

Guide to our Services

We're here for everyone affected by cardiomyopathy.

We're the specialist charity for people affected by cardiomyopathy. Although the condition can be life-changing, with the right treatment and support people can feel empowered to face and overcome challenges.



Whether you're looking for information to understand the condition or would like to speak to someone who understands what you're going through, we're here for you. Whatever stage you're at in your cardiomyopathy journey, you can come to us.



Speak to a Specialist Cardiac Nurse

Our Cardiomyopathy UK Specialist Nurses are here to listen, answer your questions and share their expertise for as long as you need.

Our nurses are available:
Monday to Friday 8:30am - 4:30pm

-  **0800 018 1024**
-  **supportnurse@cardiomyopathy.org**
-  **cardiomyopathy.org**
(live chat)



Practical Support

On our website you can access downloadable resources with information on practical areas such as:

-  **Benefits & Welfare Advice**
-  **Travel Insurance**
-  **Driving**
-  **Life Insurance**
-  **Returning to Work & Your Rights**



Emotional Support

We've created spaces for people to come together to share experiences, speak openly about challenges and share information. These include:

-  **Regional Support Groups** (In person & online)
-  **Closed Facebook Groups**
-  **Online Communities** (Coffee & Catch Up)
-  **Health and Wellbeing Programme**
-  **Telephone Peer Support**



Information & Webinars

We run a regular series of webinars where you can hear from experts on a variety of topics, including different types of cardiomyopathy and common challenges.

Our YouTube channel offers a variety of feature-length and bite-size learning taken from leading Cardiomyopathy Specialists. We regularly post to the channel, supporting you on your cardiomyopathy journey to become an Expert Patient.



[youtube.com/@cardiomyopathyUK](https://www.youtube.com/@cardiomyopathyUK)



We have a full range of clinically informed booklets and other information resources that can be downloaded, ordered, or printed.



[cardiomyopathy.org/information-resources](https://www.cardiomyopathy.org/information-resources)



YOUTH HUB

We ensure that young people affected by cardiomyopathy are listened to & understood. Our Youth Hub contains lots of information & resources about living well with the condition.



14 – 25 Closed Facebook Group



Youth Panel



Youth Project Groups



Young Person Nurse Helpline 6pm – 9pm

(open on the second and fourth Wednesday of every month 0800 018 1024)



Young People Peer Support

Parents, Carers & Family Members

Whether your loved one has just been diagnosed or has been for a while, we can support you.



Paediatric Nurse Helpline 6pm – 9pm

(open every other Wednesday
0800 018 1024)



Online Information sessions
and workshops



Information Resources



Peer Support

For more information about our services please contact our services team:



services@cardiomyopathy.org



0800 018 1024



[cardiomyopathy.org](https://www.cardiomyopathy.org)



[youtube.com/@cardiomyopathyUK](https://www.youtube.com/@cardiomyopathyUK)



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Cardiomyopathy^{UK}
the heart muscle charity

Cardiomyopathy UK is a registered charity in England and Wales no 1164263