Dear [Candidate Name],

As a person affected by cardiomyopathy living in your constituency, I am writing to you to tell you about my experiences of living with cardiomyopathy and what the next Government could do to improve services and support for the cardiomyopathy community.

[Please add in your own experiences of cardiomyopathy here]

There is currently no cure for cardiomyopathy, but with an early diagnosis and the right treatments and support, people with cardiomyopathy can live full and active lives. Findings in our State of Cardiomyopathy Care 2023 report found that areas where people’s treatment and care fall below the standard one could expect – inevitably leading to higher personal and NHS cost.

**The key issues are:**

* GPs struggle to recognise the symptoms of cardiomyopathy: 53% of people who first went to their GP with cardiomyopathy symptoms were diagnosed initially with a non-heart related condition.
* It’s not easy to access mental health support: 46% of people felt having access to counselling and therapy would help their emotional wellbeing. However, only 9% of people with cardiomyopathy had been offered mental health support as part of their care.

**We are calling for:**

* GPs to ‘think heart’: Increased awareness of the signs and symptoms of cardiomyopathy amongst GPs to make timely referrals to cardiologists.
* Know the history: GPs to ask, and record, a detailed family cardiac and medical history (given cardiomyopathy can be genetic).
* Integrated mental and physical health care: The Government and NHS to centre mental and physical health care integration within their plans for improving the health service so that people living with long term physical health conditions (including advanced serious illnesses) receive person centred mental health care.

I have also attached the Cardiomyopathy Manifesto which sets out more details on our calls to the new Government.

Best wishes,

[Your name here]

[Include your address and postcode so the candidate knows you live in their constituency]