

A guide to our youth services

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.




Our youth hub

We ensure that young people affected by cardiomyopathy are listened to & understood.

Our Youth Hub is a dedicated space for young people and contains lots of information & resources about living well with the condition and offers opportunities to connect with other young people who are going through a similar experience.

Scan the QR code or visit:

 cardiomyopathy.org/young-people



Follow us on Instagram:

 [@youth_cardiomyopathyuk](https://www.instagram.com/youth_cardiomyopathyuk)

Emotional support

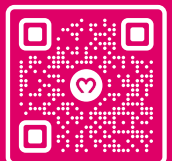
Heart to Heart

1-to-1 emotional well-being support over the phone with one of the charity's trained volunteers. Our volunteers are there to share their experiences of living with cardiomyopathy, and to listen to any questions or concerns you might have about any aspect of living with the condition.



Scan the QR code or visit:

 cardiomyopathy.org/heart-to-heart




For more information about our youth services:

 youthhub@cardiomyopathy.org

 www.cardiomyopathy.org

 0800 018 1024

 **Cardiomyopathy UK**
75A Woodside Road
Amersham
Buckinghamshire
HP6 6AA

Stay in touch:

 [@youth_cardiomyopathyuk](https://www.instagram.com/youth_cardiomyopathyuk)

 [@cardiomypathy](https://twitter.com/cardiomypathy)

 [facebook.com/cardiomypathyuk](https://www.facebook.com/cardiomypathyuk)

Practical support

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 specialist nurses are available via phone, email and live chat. You can reach a nurse Monday to Friday 8:30am - 4:30pm at:

 0800 018 1024

 www.cardiomyopathy.org

 supportnurse@cardiomyopathy.org

Scan the QR code or visit:

 cardiomyopathy.org/nurses-helpline



Join our youth panel

Our Youth Panel has been designed to make sure that young people affected by cardiomyopathy are listened to and understood. It is a collective of young volunteers from across the UK who:



Raise awareness of cardiomyopathy in young people




Advise and educate us on what life is really like as a young person living with cardiomyopathy



Influence and inform the services that we provide for young people

Scan the QR code or visit:

 cardiomyopathy.org/youth-panel



Cardiomyopathy^{UK}
the heart muscle charity

Cardiomyopathy UK is registered as a charity in England and Wales (no. 1164263) and in Scotland (no. SC053398)