

A 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 cardiomyopathy specialist 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, from 8:30am - 4:30pm.



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

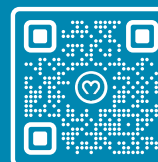
Practical Support

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

-  Benefits & welfare advice
-  Life insurance
-  Driving
-  Travel insurance
-  Returning to work & your rights

Scan the QR code or visit:

-  cardiomyopathy.org/practical-support



Emotional support

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

-  Regional & Nurse led support groups (in-person & online)
-  Closed Facebook groups
-  Online communities (coffee & catch-up)
-  Health & wellbeing programme
-  Heart to Heart peer support

Scan the QR code or visit:

-  cardiomyopathy.org/support



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

- ✉ services@cardiomyopathy.org
- 🌐 www.cardiomyopathy.org
- ☎ 0800 018 1024
- 📺 youtube.com/cardiomypathyuk
- 📍 Cardiomyopathy UK
75A Woodside Road
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Buckinghamshire
HP6 6AA

Stay in touch:

- ✉ contact@cardiomyopathy.org
- ☎ 01494 791224
- 📷 [@cardiomypathyuk](https://www.instagram.com/cardiomypathyuk)
- 🐦 [@cardiomypathy](https://twitter.com/cardiomypathy)
- 📘 facebook.com/cardiomypathyuk

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.

Scan the QR code or visit:

- 🌐 youtube.com/cardiomypathyuk



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

Scan the QR code or visit:

- 🌐 cardiomyopathy.org/information-resources



YOUTH HUB

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

- 📱 [@youth_cardiomyopathyuk](https://www.instagram.com/youth_cardiomyopathyuk) on Instagram
- 👥 Youth panel
- 👥 Youth project groups
- 💬 Young people peer support

Scan the QR code or visit:

- 🌐 cardiomyopathy.org/young-people



Parents, carers & family members

If your loved one has a diagnosis of cardiomyopathy, we can support you.

- 📖 Information resources
- 📖 Online information sessions & workshops
- 📖 Heart to Heart peer support
- 📖 Online support groups & closed Facebook group

Cardiomyopathy^{UK}
the heart muscle charity

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