

New ECHO Teens Programme Launches

Welcome to ECHO Teens—a new, exciting and informal safe space where 11-18 year-olds with a heart condition, and their siblings, can ask questions, meet new people, and take part in some great events.

Just down the road from Evelina London Children's Hospital, we at the ECHO office have been spending some time putting together a fantastic programme of events and drop in sessions for heart teens and their siblings over the next year. During these sessions, which will run on 5 Saturdays throughout the year from 1-4pm, our office will be transformed into an the ECHO Teens Hub, a place where heart teens and their siblings can relax, make friends and take part in some great events. We're also excited to invite all our teen members to take part in the annual challenge—for those who are brave enough! Last year, a courageous group completed the Up and Over the O2 challenge in style and earned their place in the ECHO hall of fame. Watch this space for details on how to sign up and take part in what promises to be an unforgettable experience.

We knew it was time to add to and improve our teen services and we're really excited that this is now happening. We're going to be putting on more events than ever before and we'd really like to hear from you about what kind of events you'd like us to run. Do you have an idea for something that would be really exciting and fun but have never had the chance to do it? Let us know! We might be able to make this happen for you. The events we have organised in the past have appealed to all interests, ranging from the adventurous (climbing up and over the O2 area) to the creative (filmmaking on mobile phones).

Heart teens, their ideas, and their questions are at the centre of the new Hub and we're really excited about all the events we've got coming over the next year.

Here are details of the events we have organised:

[24th March 2018 - First ECHO Teens Hub. Get to know each other with a walk through the Southbank food market.](#)

[12th May 2018 - 'Emotional Well-being' session.](#)

[14th July 2018 - Coach trip to Margate.](#)

[29th September 2018 - Challenge Event \(activity to be announced\).](#)

[3rd November 2018 - 'Smoking, Drugs and Alcohol' session.](#)

[12th January 2019 - Celebration event.](#)

[16th March 2019 - ECHO Teens Hub 2019 Launch Event: Science Gallery Visit](#)

<p>“ECHO Teens Hub: Up & Over Challenge!” is locked</p>	<p>30th May 2019 - ECHO Teens Hub: Up & Over Challenge!</p>
--	---

[20th April 2019 - ECHO Teens Hub: Fundraising Planning](#)

[July 20th: ECHO Teens Hub Up & Over 02 Challenge!](#)

To find out more and register for the events please email echoteens@echo-uk.org