

# ECHO Community Day

## Coming together to remember & reflect

If you are a bereaved heart family or their supporter- please join us on Saturday 23rd June at the Garden Museum London for our annual community day.

The morning will be dedicated to giving bereaved parents, grandparents and siblings the chance to meet with each other and the ECHO team to talk, reminisce, share special memories and, if needed, lean on one other for comfort and support.

At midday, invited supporters such as ECHO members, staff, volunteers, medical staff and partner organisations or supporters can join us for an hour of reflection at ECHO's Reflection Bench located only two minutes from the office in the peaceful and quiet Garden Museum, take a stroll in the local park and attend our annual balloon release.

Losing a child with congenital heart disease is rare but when bereavement occurs is devastating to those family members left behind.

Stand with us as we launch heart balloons and remember those children who grew wings too soon and for those left behind.

This annual remembrance gathering brings together bereaved families and their supporters to reflect on the challenges faced by heart parents and to remember the heart children who are no longer with us.

The invitation is open to all ECHO members and invited supporters.

The day is very relaxed, you can join in with as much or as little as you want, whatever feels right for you.

Teas and coffees and entrance to the museum will be included - [more info about ECHO's community day](#)

If you'd like to join us please email, letting us know full names of everyone who will attend and the relationship to ECHO. Please can you also share your child's name, age and date of passing if appropriate and ages of any siblings: [hello@echo-uk.org](mailto:hello@echo-uk.org)