

22 Brave ECHO Teens Climb the O2

A group of 22 ECHO Teens courageously climbed to the top of London's O2 to raise money for ECHO, in an awe-inspiring venture showing just what they can achieve all while living with a heart condition.

The group of incredible teens plus volunteers from World Pay and a team of police officers took on the Up & Over Challenge - and they raised just under £5,000!

ECHO Teens aged from 11-17 year took on the challenge of climbing up and over The O2 in London on 30th May. Some of the teens had taken on the same challenge back in 2017, and were returning, but for many of the group this was the first time they had done anything like this.

The Up & Over walkway is 52 metres high - which is taller than Niagara Falls! At its steepest point the walkway has an incline 30 degrees.

One heart parent who attended said:

Our daughter who did the climb, our heart child, gained a great amount of personal achievement, time with other heart children and siblings and fun. We loved watching them all and had a great time meeting and chatting to the other parents.

A heart sibling who attended said:

I loved meeting new people and enjoyed seeing heart patients achieve!

ECHO Teens is a dedicated group for young people with heart conditions and their siblings, aged 11-17. The project seeks to improve the lives of heart teenagers and their siblings by providing information and support, as well as holding events and activities designed especially for teenagers. ECHO Teens events allows heart children to participate in events they may otherwise be unable to, improving emotional wellbeing and boosting confidence.

Check the [ECHO events calendar](#) to see the latest upcoming ECHO Teens events!

Are you aged 11-17 with a heart condition, or have a sibling with a heart condition? Join ECHO Teens and join other heart teens and siblings for fun days out, an opportunity to make friends and learn more about living with a heart condition.