

Share the Love this National Heart Month



NATIONAL HEART MONTH 2020

Share the Love

Help us to support children with congenital heart disease and their families + bring some heart to a brand new psychology room at Evelina London this year.



Will you start off 2020 by sharing the love?

Make a difference this National Heart Month and support children with congenital heart disease, and their families.

This year, we need you to Share the Love and help us to bring some heart to a brand new play room and Psychology space for cardiac families at Evelina London.

Over the years we've spoken to families and heard that lack of private space to have difficult conversations or sessions with the psychology team has been a problem - but this is changing.

A brand new play space and psychology room 'The Lodge' will soon be available near to Outpatients on Level 1 at Evelina London - fantastic news for families and hospital staff. This room is nearly ready to be used, but it's not yet fit for purpose - it's too clinical.

ECHO has campaigned for this room to exist and we're delighted we've been heard - but we now need to ensure it's exactly what families need.

We need your help to fundraise, donate and wear red to raise awareness of congenital heart disease this National Heart Month at your workplace, school or with friends and make a difference to families in times of need. You could raise funds with a bake sale or asking colleagues to donate and wear something red to work!

Share the Love today:

Why we need your help:

This room needs some HEART - we want it to be inviting, cosy, warm; a place young people want to escape to. As well as somewhere parents can be alone when difficult conversations need to happen.

The NHS cannot fund everything needed to make this room right - which is where ECHO comes in.

We're fundraising for:

- Comfortable furniture
- New play resources + books + games specific to this room
- Soothing, appropriate, warm décor
- Soft furnishings and blinds to ensure privacy
- Decorating services plus equipment, paint etc
- Lockable cabinets and wall mount

Our target to help us bring HEART to the Lodge is £5,000 - we hope to raise this during January and February. We can't do this without you - as an independent charity, we receive no government or NHS funding and need your support.

Many young people and families feel nervous when they first come to meet with a psychologist. They may not have met with a psychologist before and may not know what to expect. They may also have undergone some frightening and unpleasant procedures/received bad news in the hospital environment and therefore may have worries about what will happen during our session. It is

therefore incredibly important to create an atmosphere within the psychology setting that puts children and families at ease and helps them to feel welcome, calm, safe and comfortable.

NICOLA GREGG, - SPECIALIST CLINICAL PSYCHOLOGIST, EVELINA LONDON CHILDREN'S HOSPITAL

How you can make a difference during National Heart Month:

Wearing red: Be bold and be loud, let's all wear red throughout the month of February and raise the profile of congenital heart disease. Whether it's a crimson t-shirt, ruby red jumper or scarlet tie, snap a selfie and tag us @echoukcharity using the hashtag **#NationalHeartMonth**. If you're limited to office attire, why not try a red pair of socks or a tie, and encourage colleagues to do the same!

Reach out to your child's nursery or school: Ask your local nursery or school to get involved in National Heart Month by wearing red and including a section on congenital heart disease awareness week in their assembly. We've put together a letter you are welcome to amend and send: [Click here to download the template letter](#). Let us know if you are successful in your request!

Send an email reminder to your colleagues: Invite your workplace to wear red on a certain day during the week/month and email colleagues a short blurb such as: *Join me in wearing red for one day during National Heart Month and supporting ECHO charity to help children born with heart conditions and their families. Find out other ways you can get involved: echo-uk.org*