

Where your money goes

Every year we spend between £200-250,000 delivering the following core services to support our members:

- Cardiac family support service
- Cardiac antenatal classes
- ECHO Teens
- Equipment for Evelina London not funded by the NHS
- Music therapy
- Support for siblings
- Volunteer training
- Specialist play equipment and arts & crafts for children in hospital
- Advocacy work: representing parent/patient views locally and at a national level
- Bereavement support
- Providing information & resources in a variety of formats
- Heart community events
- Comfort, discharge and pregnancy packs at Evelina London
- Governance

ECHO Today

Initially set up in 1984 to help children with heart conditions and their families, ECHO now helps people across a greater age range with specific support and information. We support young people aged 11-18 through ECHO Teens, families experiencing exceptional difficulties through our cardiac support service, bereaved families; as well as heart children, their siblings, parents/carers and the wider family in need of support.

Recent we've worked hard to review the core functions of our charity and made sure that everything we do has member's needs at the heart.

In the past 2 years, we have:

Worked with the Cardiac Psychology team to open a new Psychology and play space.

Why? There was no dedicated space for the Cardiac Psychology teams to meet with cardiac families, and provide emotional and therapeutic support. ECHO funded and project-managed the refurbishment and opening of the new room, launching ['The Lodge'](#) - a bespoke room for cardiac families to use when attending appointments.

Established a new programme of ECHO Teens events.

Why? The sessions include advice and information about living with a heart condition and wellbeing and

lifestyle sessions such as diet, exercise, stress and anxiety alongside fun activities enabling young people to meet others their age with heart conditions, and explore new challenges.

Launched the ECHO 'We Care, You Matter' wellbeing community days.

Why? Parents of children with congenital heart disease spoke to us and we listened; these days allow families to come together to explore wellbeing practices, learn about first aid for children, enjoy complimentary massage workshops and connect with other families, creating lasting bonds.

Held annual Heart Month party events in the Evelina London.

Why? The event provides those staying in hospital and visiting a day of fun and games, and an opportunity to thank nurses, doctors and hospital staff for their excellent care. Children, young people, their families and staff have enjoyed ballet shows, magic and face painting.