

# Where your money goes

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

- Cardiac antenatal classes
- ECHO Teens events and workshops
- ECHO Cares packs to welcome families staying at Evelina London
- Equipment for Evelina London not funded by the NHS
- Support for siblings
- 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

## 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.

## Thanks to your donations, we have been able to:

### **Collaborate 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.

### **Launch a new ECHO Teens Virtual Film Club for young people aged 11-17**

Why? Our existing programme ran in-person and enables young people to meet others their age with heart conditions and explore new challenges. During the pandemic we moved our teens service online and run virtual workshops where young people can meet, learn new skills and have a safe space to talk about their heart condition or their siblings' condition, transition to adult cardiac services and most of all - have fun together and create lasting bonds.

### **Provide an ECHO Cares pack to every cardiac family in hospital**

Why? When families attend hospital it can be overwhelming and full of uncertainty. The ECHO Cares pack lets them know that they are not alone, and the ECHO heart community is here for them in any way we can help. The pack also includes practical hospital information and a cuddly Eddie ECHO teddy plus other helpful items.