

Age 11-14



At ECHO we understand that being a teenager with a heart condition can be pretty tough. It can interfere with all the things you like doing – going out, having fun with friends – as well as some of the things that perhaps you don't, like taking exams.

That's why we set up ECHO Teens so you have a safe space to let off steam *and* have some fun too, with special events and activities designed especially for you.

You'll meet other teenagers in similar situations, so it's a great place to make friends and share experiences if you want to. There's no pressure. Just take it at your own pace. ECHO Teens is here to support you.

Find out more about the benefits of being an ECHO Teens member and how to join.