

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.