

# What is ECHO Teens?



It can be hard enough being a teenager without having to deal with a heart problem.

We're here to help you and your siblings lead a normal life. ECHO Teens provides a safe space to meet other heart teenagers, where you can share your thoughts and experiences (if you want to) and make friends with other young people who know what you're going through.

We aim to improve the lives of heart teenagers by providing information and support, as well as organising events and activities designed especially with teenagers in mind.

## What do we do?

We give you the opportunity to meet other young people who've been through similar experiences and who understand that a heart condition shouldn't define you - it's part of who you are but not the whole.

As an ECHO Teen member you decide how you want to be involved - perhaps you fancy volunteering or fundraising? Or maybe you just want to make friends and meet other young people in a similar situation? Or perhaps you simply want to find out more about your heart condition. It's up to you.

Our role is to help you get involved in things which make you feel confident and happy with the way you are, spending time with other heart teenagers who just get it, so you don't need to explain.

## Who can become a member?

Anyone between the ages of 11-18 with a heart condition, who's been treated by Evelina London's hospital network, can join. We also welcome the sisters or brothers of heart teenagers (from the same age group).

## How do I join?

It's free to join. Just [fill in this form](#) and we'll get in touch.

## Benefits of becoming a member

- Enjoy meeting other heart teenagers and siblings
- Have fun, meet new people and learn new skills
- Share your experiences and recommendations
- Learn more about your heart condition
- Inspire younger ECHO Teen members
- Receive regular updates

## Events we've organised in the past include:

- Climbing up and over the O2 Arena
- Filmmaking on mobile phones
- Transition days
- Treasure hunts in London
- Trips to the Zoo
- Overnight camping trips
- Hotel stays
- Brighton First Aid Course