

# A way to 'give back' for family and friends

Extended family and friends are a hugely important part of the children's heart community. We know how much you care, and how much ongoing support you give to your loved ones whilst they deal with their child's heart condition and the situations that arise along the way.

But we also know that extended family members and friends can often feel quite helpless watching their loved ones cope, knowing that in the difficult situation of having a child with a heart condition it often feels like there's not much you can actually do from the sidelines. Check out our [hints and tips](#) for ways to support your loved ones.

We have seen that family and friends offer what support they can, but once some time has passed they often wish to 'give something back' in order to help people in a similar situation.

We know this is true because during our 30+ year history, we've been supported many, many times by the amazing fundraising efforts of groups of family and friends of ECHO members. Many families are amazed at the kindness shown to them and want to do something to "give something back" - often encouraging further friends and family members to get involved along the way.

We have a wide variety of fundraising activities and ideas from sporting challenges, to gatherings, coffee mornings and many more - please take a look at our fundraising section for [ideas](#) and a list of our upcoming [events](#).

If you want to get involved with challenge events but don't fancy running a marathon or jumping out of plane, then volunteering could be for you - take a look at the ways you could [volunteer](#).

It can be very rewarding to help and support families - some people like to do something which is specific to them that will be fun but also a challenge. It can be a great motivation to work hard so that funds can be raised to help support other heart families.

Discover how the money you raise makes a difference to heart families [here](#).

ECHO are lucky to have the amazing support and goodwill of so many of the family and friends of the young people we support. If you'd like to find out more please [contact our fundraising team](#) who will be happy to help.

**Over the next five years we need to raise £1,000,000 to continue to provide the best support and care for young people, whenever and wherever they need it.**

**[We can't get there without you!](#)**