

# Cardiomyopathy<sup>UK</sup>

the heart muscle charity

## With you all the way

From diagnosis to day-to-day life — Cardiomyopathy UK is here for you and those who support you. We offer:

### Trusted information

We have a wide range of reliable information resources and practical advice to share with you.

### Clinical support

Our **Specialist Nurses** are here to listen, answer your questions and share their expertise via phone, email or live chat. As part of our Nurse Helpline, we also offer specialist genetic advice and support.

### Peer support

People with lived experience who understand. We have two peer support services that support your emotional wellbeing.

#### 1. Heart to heart

One-to-one emotional support from someone who truly understands.

#### 2. Support groups

A space to connect, share, and feel understood, both online and in-person.



### Stay connected

Regular online Coffee & Catch Up social group and private Facebook groups.

## Explore more

 **Specialist Nurse and Genetic Advice Helpline: 0800 018 1024**

 **Office: 01494 791224**

 **services@cardiomyopathy.org**



[www.cardiomyopathy.org](http://www.cardiomyopathy.org)



[www.youtube.com/cardiomyopathyuk](http://www.youtube.com/cardiomyopathyuk)

## Benefits and Welfare Advice service

Our free **Benefits and Welfare Advice service** offers expert support to help anyone affected by cardiomyopathy.

## Emotional and practical support

**1. ACE programme** offers a digital eLearning and online group programme exploring the emotional impact of living with cardiomyopathy including discussions about fatigue, worry, sleep and skills for working effectively with difficult thoughts and emotions.

**2. Thriving with your child's cardiomyopathy** offers a programme for parents and carers, providing emotional and practical support on social wellbeing, education, finances, and self-care.

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Cardiomyopathy UK is a registered charity in England and Wales (no. 1164263) and in Scotland (no. SC053398).