



MEET@TEENHEART
UPDATE

SPRING 2013



Are you ready to
SPEAK UP?

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

Are you ready to

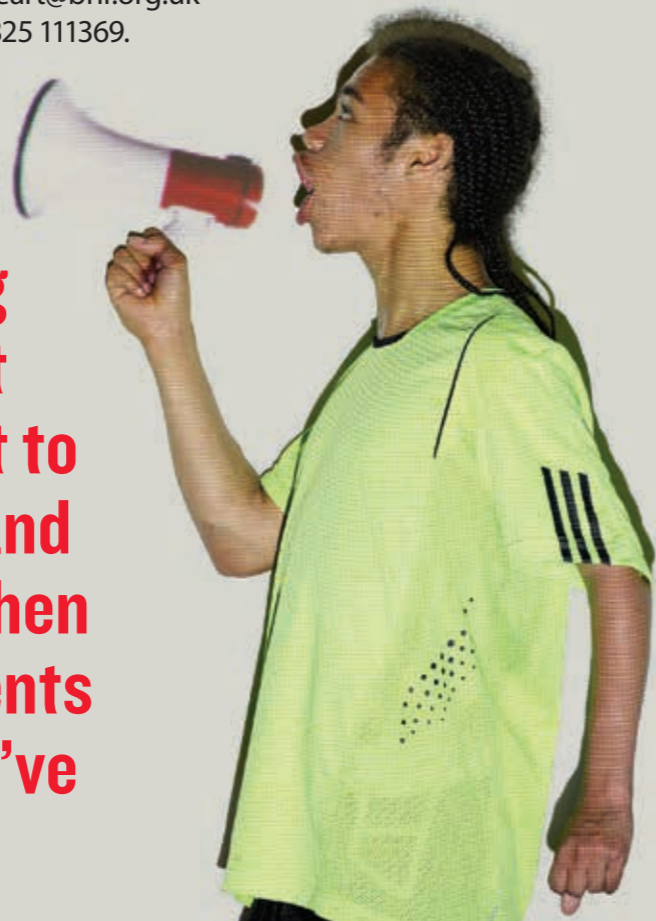
SPEAK UP?

Ever wanted to meet other young people with heart conditions? Want to learn some new and exciting skills? Then our Speak Up events are just what you've been looking for.

Speak up events normally take place over a weekend. Everyone meets up for a Friday night social where you can all meet, chat and get to know each other. Recently, this has seen us head out for a night of bowling, ceramic painting and even a ride on the London Eye.

Then, on the Saturday, we hold a fun workshop aimed at building confidence and communication skills. The workshop is relaxed, with no pressure, and is just for young people aged 13-19 years with heart conditions. It's all completely free and at the end you get an official certificate to say you took part which looks great on your CV.

We're always looking to improve our events to make sure they give you exactly what you want and need. So, if you have any ideas or suggestions about any of the meet@teenheart events then we really want to hear from you. Drop us an email with your ideas to meetatteenheart@bhf.org.uk or text us on 07825 111369.



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I found the workshop so helpful as I was able to talk to people that have been and are in the same situation as myself. In the past I have sometimes had problems with telling my friends/school/college about my heart condition so it was really nice to be able to ask for advice about how I should go about telling people.

**HEATHER
LONDON 2012 SPEAK UP**

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How did you first get involved with the meet@teenheart programme?

When I was 19 I received a letter from meet@teenheart asking if I wanted to attend a communication and confidence workshop, I went along and made some lifelong friends.

What meet@teenheart events have you have been to?

My first event was the Speak Up workshop in Leicester, I made a very good friend called Tom at the event and last year he got invited to a Speak Up workshop in Newcastle, I drove him up there and due to my circumstances the BHF allowed me to join the workshop while I was there. Then in October 2012 I was asked to be a Young Volunteer at the Weekend Stunner at Gilwell Park, London.

What did you get out of coming along to these?

I have met some great friends who I can relate to and I have become a more confident person. I also have some great memories from all of these events and I am so glad I got to take part.

Why would you recommend these events to other young people in a similar situation?

I would recommend the meet@teenheart events as they will improve your confidence, you can make some amazing friends and learn how to talk about your heart condition to people you may have struggled to talk to before. They are so fun and it's all about you. At my first event I was really scared as I was very shy but there is no need to be, everyone is so easy to get along with.

Why did you decide to fundraise for the BHF? What fundraising events have you done?

I have always done my bit for the BHF due to my heart condition but after a cardiac catheter in October 2011 I decided I wanted to do a bit more so I organised a fundraising party which took place on 25th February 2012 (National Heart Month). It involved selling tickets for entry and tickets for a raffle at the event. I wrote to local businesses to donate prizes for the raffle and altogether I raised £1,600. Because of how well it went I decided to do it again this year and I raised £1,800 for the BHF. I will be planning another party for next year and this time it will be fancy dress.



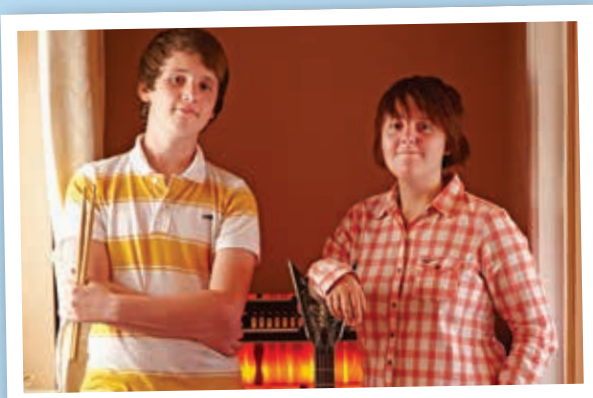
Interview with **VICKY ROBINSON**

REAL STORIES REAL PEOPLE REAL LIFE

Meet@teenheart's Becky & Callum Rosser featured in March/April edition of the BHF's Heart Matters magazine.

Their grandparents, Jeanette and Richard talk about the challenges of raising two children who both have inherited heart conditions.

You can check out their story online
bhf.org.uk/heartmattersmag



Photograph kindly supplied from the BHF's heart matters magazine, Mar/Apr 2013 issue. If you would like to subscribe to this free membership service, please call 0300 330 3300 or visit bhf.org.uk/heartmatters.

YOUNG REPORTERS MAKING RADIO WAVES



Photo of and report by Hannah Phillips

In February five yheart reporters were given the amazing opportunity to take a tour of the Heart FM radio studios in London.

After a tour of the studio and a quick demonstration of how radio works, we got the chance to interview DJ Roberto on the rooftop balcony, which had a great view of London. DJ Roberto hosts the evening show on Heart FM.

Roberto was really welcoming towards us, which set a comfortable atmosphere, enabling us to interview him with confidence. For those of you that don't know, Roberto has a heart condition. As young reporters, we wanted to find out a little bit more about this and how it has affected him over the years. Please keep your eyes peeled on yheart.net and Facebook. [com/yheartfan](https://www.facebook.com/yheartfan) for the DJ Roberto video report. Find out about his experience of growing up with a heart condition and becoming a national radio DJ. A huge thanks to Heart FM and DJ Roberto for giving up their time and making us feel so welcome in the studios. It was an experience I'm sure many of us will never forget!

**GOODBYES
AND HELLOS...**

Many of you will remember Ellen from the work she did at the Weekend Stunner, Speak Up and many of our other meet@teenheart events. After almost 9 years, Ellen left the BHF in March. I'm sure you join us in wishing her well for the future.

We also have two new members of the team – Amanda and Jenna, both of whom are looking forward to working with you to make our meet@teenheart programme even bigger and better. They are hoping to meet as many of you as possible over the coming months.

MEET@TEENHEART

meet@teenheart is the BHF's programme for young people aged 13 to 19 who are living with heart conditions in the UK. *meet@teenheart* helps young people with heart conditions to meet each other, feel more confident, support each other and have fun.

Contact the *meet@teenheart* team
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Text 078 2511 1369
Facebook search for *yheartfan*