



# MEET@TEENHEART UPDATE

SUMMER 2013

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**TEEN  
THINK  
TANK**

**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

# TANK TANK TEEN

**In April, a group of thirteen meet@teenheart members came to our latest Teen Think Tank (TTT) event in Birmingham to offer their thoughts and opinions on various areas of British Heart Foundation (BHF) work.**

**The group met on a Thursday evening and went to a pizzeria for dinner together. This was a great opportunity for everyone to get to know each other in a relaxed environment. After dinner there was a fun quiz with some great prizes. Then on Friday it was down to business!**

The group worked really hard and generated some excellent ideas for ways we can develop and change some of our areas of work. We really do rely on you to tell us the good and bad bits about our resources and projects. If you don't tell us then no-one else will – so thank you for all your honest feedback.

Also don't forget that we always love to hear from you with any ideas, suggestions and feedback, so please don't wait for the next TTT to tell us your views. If you have something you want to tell us, just email, call, facebook or write a good old-fashioned letter!

**This is a summary of some of the specific changes that will be taking place as a result of the hard work at TTT:**

### Teen sheets

You would like the language to be simpler and the diagrams and pictures made larger so that they are easier to read.

### Yheart development

Your feedback on the yheart website was extremely valuable. We are planning to make some small changes to the way the site looks in the next month so watch out for that.

### People who influence you

The information you gave us on this topic will really help us shape our work as a whole. It's crucial for us to know who is important to you and why, so that we can make sure we are supporting them and giving them the tools to help you as best they can.

### Facebook

You all love it. It was consistently your favourite and most frequently visited website and app. So we know that our own facebook page is in need of vast improvement so it can keep up with you! Watch this space for a new and improved meet@teenheart page coming soon.



## HOW CAN WE HELP YOU MORE ?

**Every 3-5 years we like to take a step back from our work to check that it is still achieving its original goals, and make sure that we are giving you the best possible information and support.**

Since January we have been looking at the work we do for children and young people, including all of meet@teenheart, yheart and our events like Speak Up and Weekend Stunner. We have been working out what we should be doing more of and what we should be doing less of.

The first phase of this review should be finished in July, by which time we will have a much clearer idea of what BHF needs to do to support young people with heart conditions in the future.

Once we have an outline of our new work plans we will be asking for young people to come along and tell us what they think of our ideas. We need to make sure that what we are proposing is really what you want and need from us. These workshops may be face-to-face or via an online forum, and will be during the school summer holidays. Details will be on facebook and **yheart.net** very soon.

As soon as we have bounced our ideas off you and we have a solid plan of what BHF will be doing for young people – you will all be the first to know. All of the details will be posted on **yheart.net**, facebook, and in our *Update* newsletter.

Over the next year we really want to make sure that any work BHF does with young people is where possible designed by you, driven by you and when possible, even delivered by you.

We will definitely be holding an end of year event in November or December 2013, so keep your eyes on facebook and **yheart.net** for more information about this, which will be coming soon.

## YOUR JOURNEY, YOUR RULES

**When the time comes to leave paediatric services and start going to adult clinics it can be a big change with lots of new information and new things to think about. Transition is all part of growing up and the BHF together with The Somerville Foundation are producing a new resource called *Your journey, your rules*, which is designed to help young people manage their condition and take responsibility for looking after themselves.**

*Your journey, your rules* is a bit like a personal diary – it is something that can be tailored just for you. You can keep all your medical records inside it, it offers advice on lifestyle issues and helps you start to think about decisions you will soon be faced with, not just in your hospital care, but also as you grow up and become an adult. It also has lots of space for you to write down your thoughts, feelings and questions. *Your journey, your rules*, is designed as something you can keep for a long time so you can have all the information you need in one place.

*Your journey, your rules* will be available from the summer 2013. If you would like to order a copy now, you can call 0870 600 6566, email [orderline@bhf.org.uk](mailto:orderline@bhf.org.uk) or visit our website [bhf.org.uk/publications](http://bhf.org.uk/publications) quoting the stock code G690 and we will send you a copy when it's ready.



## FIGHT FOR EVERY HEARTBEAT

**You might have noticed that this edition and the Spring edition of the Update had a new look and feel. And it's not just the Update – all of BHF's work will look a bit different from now on. Have you seen our new tv advert? You can watch it on our YouTube channel: [youtube.com/BritishHeartFound](http://youtube.com/BritishHeartFound)**

Unfortunately too many people are unaware of the risk and scale of heart and circulatory disease. Only the British Heart Foundation is in a position to fight this. Only we have the resources, commitment and expertise to channel into life-saving research. Our task is clear: to keep hearts beating by leading the fight against heart disease. To help us win the fight we have developed some new values which will be used in all of our work to make sure we are doing our best for you and other people like you.





## OUR VERY OWN **HERO**

In February this year our very own Shannon Donovan was awarded a Heart Hero award by the BHF at our annual general meeting in London.

When Shannon was 14 she was diagnosed with a heart condition called CPVT, which means she has an irregular heart rhythm that can lead her to collapse or go into cardiac arrest.

Since her diagnosis Shannon has thrown herself into all the work that the meet@teenheart programme does and the BHF as a whole. She became one of our young reporters, creating videos and writing blogs that have encouraged other meet@teenheart members to share their experiences of heart disease.

Shannon said: "After being diagnosed, I had to give up cheerleading and felt really alone. But getting involved with the BHF has allowed me to make new friends who also live with heart conditions. It's really nice to be recognised with the award and I'm determined to keep spreading the work of the BHF so that more people can get the same support I have."

## QUICK QUIZ

Win a signed Jessie Jay autobiography...

1. What is the largest artery in the body?
2. What are the vessels called that carry de-oxygenated blood back to your heart?
3. On average how many times does a human heart beat per day?
4. Which celebrity has been encouraging people to try hands only CPR?
5. How many bones are there in a human body?

Please email your answers to [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk) by the 29th July. The winner will be selected at random from the correct entries and announced on facebook.



## 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, gain confidence, support each other and have fun.

Contact the *meet@teenheart* team  
**Email** [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk)  
**Web** [yheart.net](http://yheart.net)  
**Phone** 020 7554 0404  
**Text** 078 2511 1369  
**Facebook** search for *yheartfan*

## CHRISTMAS CARD COMPETITION



Never too early to think about Christmas and bag yourself a great prize at the same time!

Our young people's team here at BHF always likes to send you a Christmas Card, and this year will be no different; apart from the fact that we want **you** to design the card. So get into the festive spirit and design a Christmas card for your fellow meet@teenheart members.

**To enter our Christmas competition, follow these simple instructions:**

1. Take a piece of A4 paper and fold it in half to make the template of your card
2. Now for the fun creative part! Complete your Christmas card design
3. Post your finished design to us at Children & Young people's team, British Heart Foundation, Greater London House, 180 Hampstead Road, London, NW1 7AW or email it to [meetatteenheart@bhf.org.uk](mailto:meetatteenheart@bhf.org.uk)

**All entries must be received by Monday 26th August and must be accompanied by your name and age.**

The winners of the competition will be announced on our meet@teenheart facebook page on Friday 20th September. Not only will your design be used to make our meet@teenheart Christmas cards but you will also **win a Nintendo DS**. We look forward to seeing your work!

Entries must be received by midnight on date stated in that competition. The winner will be selected at random. Only the winner will be notified. Entrants must be aged between 13-19 and UK residents. One entry per household. The prizes are non-transferable and non-refundable. Any Christmas card designs maybe be printed in the *Update*, put on the internet or reproduced by the British Heart Foundation for any of the information or marketing material we produce. By sending us an entry we assume that you are happy for us to use it (that means you give us copyright permission). Entry into any of our competitions denotes acceptance of these terms and conditions.