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
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The BHF Bristol zoo event was fantastic! It was great to catch up with old friends and meet new ones. Our first task was to go around the zoo and study a particular animal, mine was the meerkats. We then did some art attack work.

“My Story” and “Their Story” are twin films which illustrate perfectly just what effects a heart condition can have on a teenager and the people closest to them. Created by young people, for young people, the films are based on true stories. The main character, Jamie, is at school (well, not quite) when she collapses during a fire drill. This is due to an undiagnosed heart condition which changes her life at school and at home. Both films use drama and comedy to great effect to give humour to a fairly serious story. However, the main trick of the pair of films is to show both sides of the same scenario. “My Story” is from Jamie’s point of view whereas “Their Story” is from the perspective of her family and friends. This works really well because it gives a detailed insight into the experiences of everyone involved and helps you to understand what those who are closest to you are going through. I would thoroughly recommend it to anyone who is affected by heart conditions.

The Curious Incident of the Dog in the Nighttime

Reviewed by Anna Gray
I think everyone should read this book. Firstly, it’s extremely cleverly written. It is told from the perspective of Christopher John Francis Boone, who is 15 and who suffers from severe Asperger syndrome.

Christopher finds it hard to make friends and cope with loud noises and unfamiliar situations. However, he is exceptional at mathematics and hopes to take his maths A-Level, which nobody at his school has done before. Christopher is also very aware of his surroundings and notices lots of tiny details, which helps an awful lot when a murder occurs next door. Well, a dog murder. Wellington, the poodle in fact. Stabbed. With a garden fork.

Could Christopher solve the case just like his literary hero Sherlock Holmes? And what other mysterious incidents are linked to the dead dog? Well, I’m not telling you. But I bet Christopher will.

The BHF Bristol zoo event was

A heartwarming and enjoyable day
Shannon Donovan

A fun and exciting day meeting new people
Charlie Haines

Editors note Melissa mentioned in her review that she would liked to have further time to explore the zoo. Next time we have a similar event we will ensure that there is enough time to explore.

At Bristol zoo

Our next task was to play a fun painting game tracking animal movement, with a scenario where animals had escaped from the zoo (this was all pretend obviously). We then went round the zoo again and saw more animals, my favourite were the lions! The event was brilliant.

Editors note Melissa mentioned in her review that she would liked to have further time to explore the zoo. Next time we have a similar event we will ensure that there is enough time to explore.

Asperger syndrome

My Story

Their Story

by Lucy Allen

This weekend, a few of the press gang members headed back to London, where we were shown two new films made by the British Heart Foundation. On arrival at the BFI on Southbank we briefly looked around, the building seemed to have a lot of historical value.

When we entered the theatre, there were photographers and many young heart patients, and representatives from other heart charities. Also, there was someone dressed up as an elephant, greeting everyone at the door. This was clever, it tied into the films we watched, but I won’t spoil it too much!

Fabulous, truthful
Simon Gillespie, BHF Chief Executive

Speechless
Mikheal DeVille, Actor

Very good concept
Jay Smith, Audience member

We enjoyed the films, and afterwards some of the crew, cast, writers and the director sat on stage for a question and answer session. They let us in on the whole experience of making a movie. You could tell that there was a lot of work put into these films, and a lot of passion also. It was great to hear all the things that the people who made the film had learned along the way.

After the question and answer session was over, we all joined together in the lobby for refreshments. There was also a photo booth for us all to enjoy. Overall it was a great day, with learning experiences, funny moments and a fantastic time for all.

View the films at yheart.net/stories