



**Winter 2023..
Focusing on..
ACHD & Heart
Awareness**



We have been busy over the winter months preparing for our ACHD patient engagement and information day which was held on January 27th, at the Waterton centre, Bridgend.

The day was a huge success with around 80 participants; including patients, carers, professionals and various charities attending .



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ACHD patient & Information day January 27th 2024



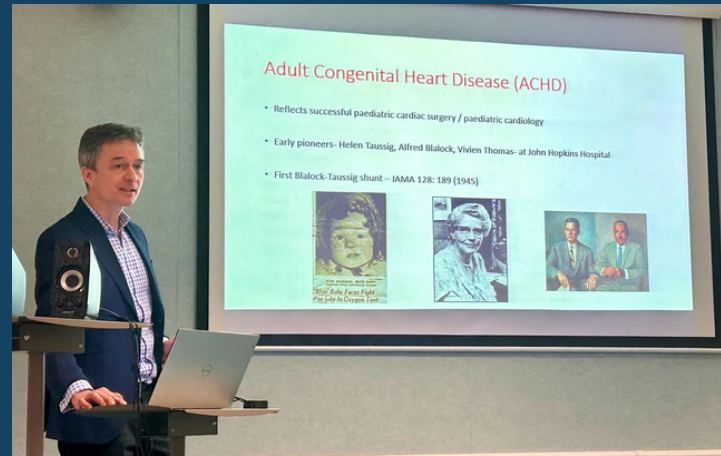
The patient and information day included presentations on topics such as lifestyle issues, family planning, cardiology intervention, psychology and exercise ..

We held interactive sessions on mindfulness, St Johns' resuscitation demonstrations and 'ask the expert panel' question time!

We have received really positive feedback on this event and are hopeful to host more in the future!

ACHD patient information & engagement day

27/01/2024



ACHD Patient engagement day feedback

“Hearing from the patients
reps and meeting other
people with a heart
condition was really
helpful”

“Wonderful event. I feel
grateful to have attended
and I feel so many more
would love things like
these “

“Excellent variety of
presentationas and
sessions which covered
all areas. Really
informative for both
patients and health
professionals”

“An opportunity to meet other
patients and their families
and to realise and
appreciate that everyone
with CHD has similar
challenges regardless of
their individual condition”

FEBRUARY
Heart Month



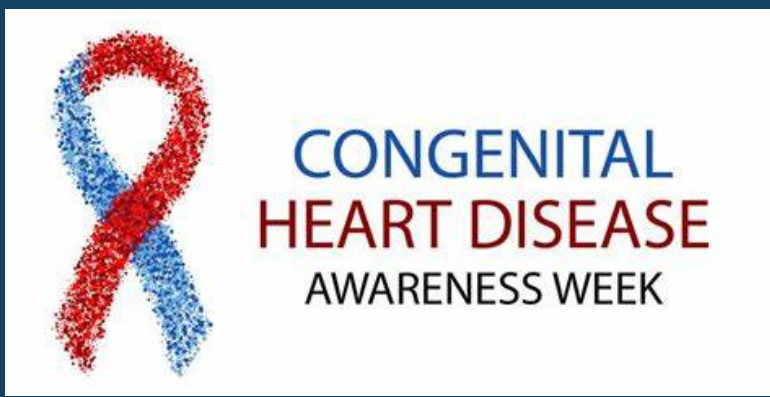
February is heart month!!

The British Heart Foundation:

“In the UK, someone dies from a heart or circulatory condition every three minutes.

Whether it's losing a loved one to sudden cardiac arrest or coping with the devastating impact of heart failure, far too many of us have felt the pain of heart and circulatory conditions. But with your help, we can give more hearts a chance.”

“This Heart Month, Go Red to raise money for lifesaving research. It could be wearing red at work, organising a healthy red bake sale or taking on a sponsored challenge. Or you could learn CPR in 15 minutes free with RevivR. Whatever it takes to help protect the hearts of people you love.”



February 7-14th is congenital heart disease awareness week!

Congenital Heart Disease Awareness Week aims to honor the people that live with them, educate the public about these conditions, and highlight the researchers and physicians that are doing their best to improve the lives of patients.

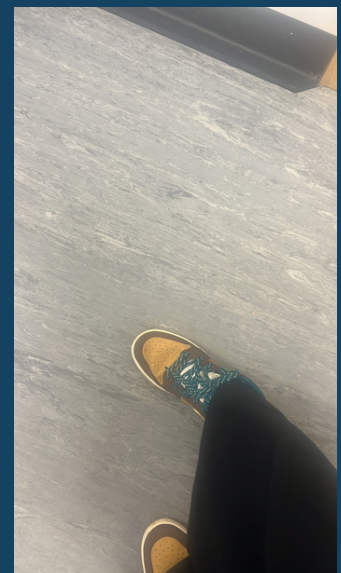


Heart Month Awareness ACHD team challenge!



Our ACHD team have challenged themselves with collectively completing 500 miles in February to raise awareness of ACHD and heart health

**Come rain or shine, we got our miles in!
We smashed our goal and achieved a
grand total of 746.5 miles!**





Resources:

<https://www.bhf.org.uk/how-you-can-help/support-our-campaigns/heart-month>

<https://cavuhb.nhs.wales/our-services/adult-congenital-heart-disease-achd-service/about-the-adult-congenital-heart-disease-achd-service/>

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