

What we do

Youth at Heart are a charity, set up to empower, inform and support young people aged 13-24, and their families, living with congenital heart disease (CHD) across South West England and South Wales.

Through our CHD Health Youth Worker Team, we offer face to face and online support. As independent advocates we listen to your stories, we enable your voice to be heard and for you to make informed choices.

Why we do it

Youth at Heart was set up in May 2014 in memory of Alice who was born with complex CHD.

Never defined by her illness, once her medical team started to talk to her about Transition and Transfer to Adult Cardiac Service, Alice realised that this step was huge. She wanted the face to face opportunity to talk to a trusted person about her health.

More than anything, Alice also wanted to help other young people living with CHD. Youth at Heart was born and proudly realises Alice's legacy on a daily basis.



Thank you for all the support you have given me over the last few years, you've helped me massively and I cannot thank you enough for everything.

- GC, Young Person

You are our priority

Youth at Heart recognise that congenital heart disease affects the whole family. Our Youth Workers are there for you and your family.

If you need non-clinical advice, someone to chat to, or just signposting to another service, we're here to help.

In collaboration with:



Contact us



@youthatheart22

www.youthatheart.co.uk

contactus@youthatheart.co.uk

07862 007909

Registered Charity No. 1158249



EMPOWERING YOU EVERY STEP OF THE WAY

Supporting Young People
Aged 13-24 with Congenital
Heart Disease (CHD)



Expert staff

Both our CHD Youth Workers support young people living with CHD and their families in South West England & South Wales during the period of transition and into adulthood.

We work alongside Consultants and Nurses in Bristol Royal Hospital for Children, Bristol Heart Institute, University Hospital of Wales (Cardiff) and other satellite hospitals.



Support in hospital

Our CHD Health Youth Workers are on hand to support you during clinic appointments as well as visiting you during hospital stays.

So whether it's a chat, someone different to talk to or play a game or two from the Rescue Rucksack, our Youth Workers are on hand to empower you every step of the way.



I cannot praise the work that Yath undertakes highly enough. There is an ABSOLUTE need for this kind of confidential yet friendly service, not just for our young adults but for their whole families too.

- JL, Parent

Support in the community

Our CHD Health Youth Workers are able to visit you at home or in more social spaces.

They also support parents, siblings and other family members.

If you need help with anyone, e.g. your employer, school or college they can liaise with them on your behalf.



Signposting

You can chat to us about anything and if needed we can signpost you to other appropriate services as required.



I think having a Youth Worker in clinic with young people helps us look at the patient's lives with broader context, especially in terms of other avenues to get support. Also, young people often open up in a completely different way to someone who is non-medical and much more on their wave length.

- SV, Clinical Nurse