

Young at Heart is an official licenced centre for **The Duke of Edinburgh Award Scheme** from 1st July 2021.

We are the **ONLY** children's heart charity nationally to be offered this fantastic opportunity.

This means that all our members heart children and siblings regardless of health needs or abilities from school Year 9 up to 24 years old will be able to participate and achieve the DoE awards. Each award will be individually planned for your child / young adult.



Niamh



Becca



Lennie



Noah



Myla

There is **no cure** ONLY monitoring, treatment and surgeries. By supporting Young at Heart you continue to help us support families under the care of Birmingham Children's Hospital Cardiac Unit.



Young at Heart

Supporting families of children with heart conditions

Poorly Hearts Beat for Big Smiles

We are a small local registered charity, founded in 1982, offering help and support to families of babies and children diagnosed with heart defects. All these children and their families have spent many weeks /months in hospital undergoing major heart surgery. Some children have had numerous operations throughout their short lives.

Sadly, some do not survive and for others their only hope is a heart transplant.



Alfie



Henry



Ellie



Registered Charity No. 512815

www.youngatheart.org.uk

 /YaHFundraising  @YAHBCH  @youngatheartbch

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Registered Charity No. 512815

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Who we are...

Young at Heart provide a **critical support line** and network with regular ward visits, telephone support line and parents social forum groups, for parents during their time in hospital with their sick child but also when at home. We work closely with the Heart Unit at the Birmingham Children's Hospital but receive no funding from them.

One of our aims is to **bring the families together** at social events, where they can meet with other families, share their experiences and the children can make new friends. The children love these social events, they have been through a lot and enjoy being with other children who also have 'special hearts'.



Nathaniel



Thomas

The ethos of **Young at Heart** is **“giving”** and **NOT “taking”**

“ Since finding YAH we have always felt included as a family and connected to families on a similar journey. Someone is always there to offer advice and support, to listen without judgement and to show compassion. I have made some lovely friendships and YAH have helped us make wonderful memories which I will treasure forever. Thank you Young at Heart . ”

Sharon, mom to Connor , age 6



Connor

In the UK
1 in 125
babies will be born with a CHD

CHD is the
most common
congenital anomaly

In the UK more than
6000
babies each year will be born with a CHD

Around
1000
newborns leave hospital each year with a undetected CHD



In the UK a baby is born with a CHD approximately every
2 hours

In around
33%
of cases, the CHD is detected prenatally

300
infants die from CHD in the UK every year

CHD accounts for up to
12%
of all infant deaths - that's 1 in 10

Everyday in the UK
12 babies
will be diagnosed with a CHD, more than half will require Open Heart Surgery within the first few days of being born, at this point the heart is the size of a walnut

How Young at Heart help...

- Private Facebook Support
- Telephone Support Line
- Ward Visits for parent support
- Support following Antenatal Diagnosis
- Transition support through to Adult Service
- Social Day Events
- Christmas Ward Visits with Santa
- Christmas Party
- Bravery Certificates
- Personalised Young at Heart Superhero Bears
- Purchase of INR machine and Defibrillators for Families
- Purchase of Medical Equipment for Birmingham Children's Hospital Cardiac Unit
- Involvement in Cardiac Research

RESEARCH = HOPE