

Dear members,

A warm welcome to our Summer Newsletter (pardon the pun)!

What a busy past few months we've had. With plenty more to come, read on to see what's happening with your SACHD...

### RECENT EVENTS

#### **Family Weekend**

Our annual family residential weekend took place on 10-12th May, with all places filled. The weekend is held in the Atholl Centre in Pitlochry with all meals and activities included. This is a popular weekend and enjoyed immensely by all the families. We had a mixture of new and returning families and spent the weekend boating, putting, cycling, swimming, getting to know each other and having fun. Thank you to Caroline and Lesley for organising another very successful weekend. Great to see so many friendships being made!



#### **Millport Family Fun Day & Sponsored Cycle**

We had a wonderful turnout on Saturday the 1st of June for our annual cycle around Millport.

The sun was out for the bike ride around the island and there was delight at the return of the BBQ at the Tavern afterwards. The weather remained on our side while the kids were having some fun at the crazy golf.

This is a fantastic family day out for all our members and we love seeing you all joining the sponsored cycle, or cycling along with us to support the sponsored cyclists! We wish to express our thanks to those who continue to support the Association by getting on their bikes to raise funds!

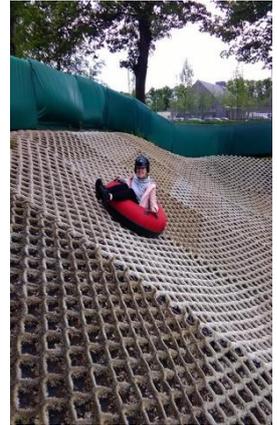


### Teen Day Out

On 9th June, Pauline & Lesley hosted another successful teen day out. This time to tubing at Bellahouston Park, Glasgow.

These days out are really becoming popular with our young adults who've have been using these opportunities to chat and have fun while getting to know each other.

If you have a teen aged 12-19 who would be interested in getting involved, please email [teens.sachd@gmail.com](mailto:teens.sachd@gmail.com)



### Jubilee Transition Day

We were honoured to attend this year's Jubilee Transition Day on 15th June. Glasgow committee members were among the groups providing an information stall at the event, which was well attended. They chatted to lots of new and familiar families. A tour of the ward was provided and the day seemed a success and informative for all who attended. Transition from paediatric to adult care can be a daunting prospect and we aim to provide as much support as possible and help bring teenagers together with our new teen group.

### AGM

The annual AGM was held in Perth on 23rd June this year. We had a good turn out and some special guests in the audience including the lovely Dr Noonan.

As usual, a beautiful lunch was served by the Queens Hotel prior to the AGM. This was followed by our guest speakers; informative talks from Carla McLaughlin (CLN) and Lindsay Geddes from Social Security Scotland. Association members, Ivy Mackie and Joelle Miller gave a personal account of their CHD journeys.



We would like to thank all who attended on the day!

## UPCOMING EVENTS

### **Teen Weekend**

We are excited to be launching our New Teen Weekend on Friday 6th Sept to Sunday 8th Sept. The weekend, organised by Lesley Kinnear and Pauline Lorimer, will also be attended by Cardiac Liaison Nurse, Carla McLaughlin.

The weekend will be held at the Atholl Centre in Pitlochry with an array of exciting activities ranging from Segway to archery and swimming!

To register or to find out more information, contact [teens.sachd@gmail.com](mailto:teens.sachd@gmail.com)

### **Science Centre**

Fast becoming a firm favourite of our young and old(er) members, we'll be returning to the Science Centre for a family day out soon. Stay tuned for further details...

### **Halloween Event**

Invitations will soon be going out for our Halloween meet-up at the Children's hospital. A great opportunity to come along and catch up with friends or meet new families, with themed crafts and fun. Keep an eye out!

## SACHD CARAVAN

The caravan has had an exceptionally busy season this year, with lots of bookings and families enjoying a lovely break and spending time in the scenic town of Pitlochry.

***There is currently still some availability for the SACHD caravan for short breaks in September.***

Please use the following link to view availability for remaining dates for this season; <http://www.youngheart.info/holiday-breaks/holiday-caravan.aspx>. To book, email Pauline on; [sachdcaravan@gmail.com](mailto:sachdcaravan@gmail.com)

## FUNDRAISING

A heart felt thank you to one of our teen Association members, Dale Leitch, seen here presenting John Fegan with a cheque for £633!

Dale saved long and hard, raising money by doing chores for family and friends, and putting away his pocket money in order to donate to the Association! Well done Dale!

Many thanks to Louise Russell and the children from Oakwood Nursery in Burnside, who held a sponsored sing which raised £230.50. A big thank you to all the children and staff at the nursery!



## FUNDRAISING cont...

Thank you also to Chelsea, Jaye and Jolene for taking part in the Kiltwalk and raising the fantastic sum of £450! Here is gorgeous little Caelyn, in charge of passing the cheque to John.



You can make a difference while you shop on Amazon with a percentage of your purchases going to the association. Follow the link below to set up SACHD as your chosen charity;

<https://smile.amazon.co.uk/ch/SC035499>

Thanks to all of our amazing volunteers and fundraisers! If you'd like to get involved with SACHD in some way please get in touch. We'd love to hear from you.

Best wishes from your Committee ❤️📧

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And you can always get in touch with us via the [SACHD Facebook page](#) or [Twitter](#)