

***Summer 2020 Newsletter***

Dear members,

As we entered 2020, who could have predicted the uncertainty of dealing with a Covid-19 pandemic. Our forecast for the year ahead, therefore, looks very different from usual. We do, however have some important (and exciting) announcements.

We begin by signposting you to the latest relevant advice -

* The Cardiac Team at the Royal Hospital for Children in Glasgow currently follow guidance from The British Congenital Cardiac Association. The latest **BCCA** advice and guidance for those who are vulnerable or shielding can be found [here](https://www.bcca-uk.org/pages/news_box.asp?NewsID=19495718).
* Remember, for further advice or if you are worried, the Cardiac Liaison Team at the Royal Hospital for Children, Glasgow are available to offer support via telephone- 0141 452 4925 or email- CardiacLiaison.NursesPaeds@ggc.scot.nhs.uk
* For adults/young adults, please also refer to [advice from the Golden Jubilee](https://hospital.nhsgoldenjubilee.co.uk/general-information/coronavirus-covid-19/congenital-heart-disease), as the advice may differ from above.
* Please also keep up to date with the latest [Scottish government advice](https://www.gov.scot/coronavirus-covid-19/).

CANCELLED EVENTS

Although inevitable, it is with great sadness we have had to cancel the following events for this year:

**Easter Craft Day** – we certainly missed catching up with all our families who get together for an afternoon of crafts for the children and a good blether with tea and cake for the parents.

**Family Weekend to Pitlochry** – For the first time in over 25 years we had to cancel our weekend full of activity and fun to Pitlochry. The success of this weekend over the years has been tremendous and we hope we can make up for this next year!

**Millport Annual Fundraiser** – Another long running successful and fun packed event we have definitely missed. Our long term fundraising family are to be congratulated for the innovative alternative fundraising event for a social distancing walk. Many thanks to Janice Shields and team!

**AGM**- For the moment, this event is currently postponed until later in the year. However, in line with government guidance on gatherings, it may be that we cancel or consider alternative options. The AGM has, for many years taking place in Perth, as a central location for our wide-spread Scottish members. We are, however, considering a Glasgow venue. If this is something you feel you would be interested in attending when guidelines allow, we would love to hear your feedback!

Other events we would normally plan throughout the years include: day trips to the Science Centre, Teen days out, and our Halloween Party. It goes without saying, these are also currently on hold and will be confirmed only if and when deemed safe.

FUNDRAISING

SACHD is small but mighty organisation. We are volunteer run, meaning we are able to keep expenses to an absolute minimum, and direct money where it best benefits children and families. This includes purchases such as: INR machines for congenital heart patients in Scotland, DVD players for the cardiac ward, iPads for cardiac theatre and scanning equipment for the Cardiology suite. The list goes on and on and we couldn’t do any of this without you.

Sadly, Covid-19 has prevented our members and fundraisers from raising funds, for cardiac children in Scotland, through regular channels. We have had to cancel our craft stalls for the year and, of course, we’ve missed our annual fundraiser to Millport.

If you are fundraising by any safe means, walking around your garden, a cycle or a thousand star jumps, please let us know and we will promote your good deed on our social media page!

You can also 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

CARAVAN 2020

We are extremely proud of our caravan at Faskally Caravan Park in Pitlochry, however, have taken the decision not to open the caravan when the site re-opens at Faskally due to the stringent restrictions. We feel this is in the best interest of our members’ and families’ safety

HEALTH & WELLBEING

We want to end this newsletter update by wishing you all well during these tough times. Remember to stay safe, practise social distancing and above all, take care of each other. Isolation and anxiety is an issue for many people currently, more so for those of us with caring responsibilities. If you feel your mental health has been affected, please seek support. [Breathing Space](https://www.breathingspace.scot/) and [SAMH](https://www.samh.org.uk/) are amongst some useful mental health support organisations.

FACEBOOK GROUP

We remain available via the [SACHD Facebook page](https://m.facebook.com/TheSACHD/) or [Twitter](https://mobile.twitter.com/TheSACHD) but as virtual interaction replaces physical, we are making plans to launch an online group for members who are looking after a child or young person with a cardiac condition. Stay tuned for more…

In the meantime, best wishes from all of us at SACHD