



## **Newsletter Spring 2022**

Dear Member,

Welcome to our first newsletter since the pandemic began. It has been a long two years and we hope that everyone has kept well throughout it.

Unfortunately, with restrictions we have been extremely quiet and have been unable to hold our normal events and activities. However, we are still active and now with restrictions easing we are looking forward to having our activities up and running along with some new ideas.

Just before Christmas we had our first Teen group day out since 2019, we had a visit to the cinema and then to Pizza Hut for some food, this was for our existing teen members to give them a chance to reconnect after a long two years. As they have all kept in touch throughout the pandemic via their What's App chat group.

Our teen support group provides support to teenagers with heart conditions, we provide days out and a teen weekend away in Pitlochry which has been a valuable support to all that has attended. These activities help boost self-esteem, confidence and reduces social isolation.

If you have a heart teenager between the ages of 12 & 19 who would be interested in joining our support group, please contact Lesley & Pauline at [teens.sachd@gmail.com](mailto:teens.sachd@gmail.com)

Over the next 6 months we have a few events planned some of which are still in the planning stages but keep an eye out for more information.

### May

This year's annual family weekend to Pitlochry will take place on 20-22<sup>nd</sup> May. We will have a fun packed weekend of activities including swimming, bikes, and walks. This is an extremely popular weekend and bookings are now open, via our website. For more information, please contact Lesley at [sachdevents@gmail.com](mailto:sachdevents@gmail.com).

## **June**

This year's annual cycle around Millport will take place on the 4<sup>th</sup> of June, enjoy a cycle around Millport and a picnic (bring your own picnic). Costs tbc, include ferry and bike hire.

This year's teenage weekend will take place on the 10-12<sup>th</sup> of June in Pitlochry. This is only for our teenagers that have a heart condition. This weekend provides teens with fun activities and the opportunity to get to know others like themselves. For more information, please contact Lesley and Pauline at [teens.sachd@gmail.com](mailto:teens.sachd@gmail.com).

## **Caravan**

Our caravan at Faskally Caravan Park near Pitlochry will open this easter for the first time in 2 years. Availability and booking form are available via our website [www.youngheart.info](http://www.youngheart.info). The caravan is subsidised but we do rely on your donation to help keep it running, suggested donations are as follows:

Monday to Friday: £190

Friday to Monday: £150

## **Open Day/AGM**

We are currently working on having an open day/AGM at one of Scotland's top attractions. More information to follow, watch the website.

We look forward to seeing and hearing from all our current and new members over the coming year, and we are always looking for new ideas.

Best Wishes,

The Committee