



## Spring Newsletter 2023

Dear Member,

Welcome to our first newsletter of the year. We have had a busy year and slowly recovering from the pandemic.

We held our first Christmas party since 2019 in December, it was well attended, we had fun, games, face painting and even a visit from Santa. Thank you to David Dewhurst for entertainment and Riverside Hall for allowing us to use their hall.

### Teens

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.

This year we have had a day out to bowling which was attended by 15 teenagers. Our next day out is in April to crazy golf, and we have our teen weekend booked for 30th of June in Pitlochry.

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)

### March

On the 30th of March we will be attending the Glasgow Children's hospital with our Easter stall, if you are at hospital that day please pop along and say hello.

### April

This year we are excited to announce the return of our Easter Craft party this will take place on Sunday the 2nd of April 2pm to 4pm in the Children's hospital in Glasgow, X-ray department reception area. To book a place please contact Lesley at [sachdevents@gmail.com](mailto:sachdevents@gmail.com)

## **May**

This year's annual family weekend to Pitlochry will take place on 19-21st of May. We will have a fun packed weekend of activities including swimming, bikes, and walks. More information can be found on our website [www.youngheart.info](http://www.youngheart.info)

## **June**

This year's annual cycle around Millport will take place on the 3<sup>rd</sup> of June enjoy a cycle around Millport and a picnic (bring your own picnic). Costs tbc, include ferry, bike hire.

This year's teenage weekend will take place on the 30<sup>th</sup> of June to 2<sup>nd</sup> of July in Pitlochry. This is only for our teenagers that have a heart condition. This weekend provides teen 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 on the 14<sup>th</sup> of April 2023. Availability and booking form are available via our website [www.youngheart.info](http://www.youngheart.info). The suggested costs are as follows:

Monday to Friday: £190

Friday to Monday: £150

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