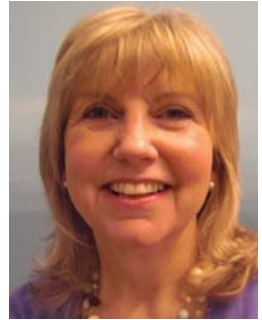


Annual Review - 2010

Supporting families with heart muscle disease



Lynn Hedgecoe: “After being given my diagnosis, I was in a severe state of shock.

“I was given a website address by a medical student. This was my introduction to the wonderful support machine called the CMA.”



Registered charity no 803262



give with confidence

Our mission

The Cardiomyopathy Association (CMA) strives to ensure that every family affected by the inherited heart muscle disease cardiomyopathy receives proper diagnosis, treatment, care, support and information.

Our objectives are:

- ♥ Providing specialist information and support to families affected by the heart muscle disease cardiomyopathy
- ♥ Raising awareness of the condition among the public and the medical and nursing professions
- ♥ Campaigning for more heart checks and gene tests for affected families to find those at risk and save lives
- ♥ Remaining at the forefront of the fight against cardiomyopathy as we have done for the last twenty years

The CMA's key achievements in 2010



**CMA's first
cardiomyopathy
support nurse
Gill Rogers**

- ♥ With the help of supporters, created two additional cardiomyopathy support groups
- ♥ Recruited nine more people (60 in total) to our key contact network that offers one-to-one support by telephone or email
- ♥ Appointed our new cardiomyopathy support nurse Gill Rogers to the CMA team in Chesham
- ♥ 370 people attended our five information days
- ♥ Continued to work with Government in our campaign for better services for cardiomyopathy patients

- ♥ Our updated booklets on dilated cardiomyopathy, hypertrophic cardiomyopathy and arrhythmogenic right ventricular cardiomyopathy were all reprinted in partnership with the BHF
- ♥ Continued to provide free information and support to individuals and their families affected by cardiomyopathy through our literature and website (we had over 4.5 million page views)
- ♥ Continued to provide free information to clinics and hospitals
- ♥ 100 doctors attended our annual medical conference on frontiers in cardiomyopathy diagnosis and treatment
- ♥ 50 doctors attended our second European medical seminar on Anderson Fabry disease, which has a close association with hypertrophic cardiomyopathy
- ♥ Provided 120 free places to medical trainees at the medical conferences to assist in their understanding of best practice in managing and treating cardiomyopathy
- ♥ Helped draft the new National Institute for Health and Clinical Excellence (NICE) guidelines on diagnosing and treating heart failure

These have been achieved due to the following people:



Our supporters who take part in challenges, recruit others to support the CMA, organise fundraising events (both large or small), supporters who make regular donations, or who have pledged a gift in their Will, as well as the supporters who give so much time.

The staff and trustees at the CMA are enormously grateful. **Your support whether financial or time does count! Thank you.**

Ray Golding: “The CMA has been a life line to me and my wife. “When Sharon was first diagnosed, the charity provided us with a wealth of knowledge and support during our darkest moments.”

What your fundraising or donations go towards:

- ♥ £5 goes towards providing three newly diagnosed people with information on a CD-rom
- ♥ £10 goes towards offering 15 minutes of professional support via the CMA helpline
- ♥ £25 goes towards paying for a specialist nurse for two hours
- ♥ £50 goes towards running the web site for a week
- ♥ £100 goes towards paying for a nurse or doctor to attend a cardiomyopathy medical conference

Finances

The CMA is facing challenges caused by the world economic downturn by seeking new sources of income and maintaining strict control over costs.

Even greater efforts will be required by the CMA and its supporters to continue the achievements of 2010. That year income was increased and expenditure reduced, turning a loss of over £22,000 in 2009 to a surplus of over £100,000. This has enabled an expansion in the CMA's services, including recruiting a part-time support nurse in 2010 and a second part-time support nurse and a customer care co-ordinator at the start of 2011.

Chief executive Robert Hall says: "We rely on the generosity and commitment of our supporters, gifts in Wills and fundraising to raise the £410,000 needed each year. We are keen for supporters to consider remembering the CMA in their Wills, after taking care of their loved ones. Even one per cent of your estate left to the CMA would be wonderful. All legacies, small or big will make a vital difference to the charity."

Our income and expenditure is published in our annual report and on our website.

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