Cardiomyopathy UK

Young People’s National Gathering 2019

Location – The Amba Hotel, London

Date – 10.08.19

Draft Programme

09:00 – Registration & Refreshments

09:30 – Welcome

09:45 – Keynote Presentation – An illustrated understanding of cardiomyopathy & myocarditis

10:00 – Breakout – My condition

- Dilated cardiomyopathy
- Hypertrophic cardiomyopathy
- Myocarditis
- Rarer cardiomyopathies: ARVC, LVNC, TS, Restrictive and other cardiomyopathies

10:30 - Refreshment break

11:00 – Breakout – My life Part 1 –

- Peer circle – share your experiences of the condition
- Work & employment – careers guidance and speaking to an employer
- Education & training – education guidance, support available
- Independent living – treatment, medication adherence, driving and benefits
- Relationships – talking to your partner, peer pressure, sexual health and fertility

11:30 - Breakout – My life Part 2 –

- Peer circle – share your experiences of the condition
- Work & employment – careers guidance and speaking to an employer
- Education & training – education guidance, support available
- Independent living – treatment, medication adherence, driving and benefits
- Relationships – talking to your partner, peer pressure, sexual health and fertility

12:00 – Lunch break

13:00 – Breakout – My experience

- Session for people with the condition, covering emotional wellbeing and challenges
- Session for carers / supporters, covering emotional wellbeing, and challenges

14:00 – Refreshment break

14:30 – Peer & clinician Q&A – panel take questions

15:00 – Closing remarks