



Social Prescription

Your name:

Your clinic name:

Your clinician's name:

Type of cardiomyopathy:

Device Type:

Other information:



We're here for everyone affected by cardiomyopathy

We are the specialist national charity for people affected by cardiomyopathy, a condition that affects the heart muscle. Our vision is that everyone affected by cardiomyopathy should live a long and fulfilling life.

Your social prescription

Living well with cardiomyopathy means living well in both heart and mind. This booklet will help you to access Cardiomyopathy UK's full range of services designed to support your emotional well-being throughout your cardiomyopathy journey. Our dedicated staff and highly-trained volunteer network are here for you when you need them.



What Cardiomyopathy UK's Services Mean To Me

LaRisha, Dilated Cardiomyopathy

"I have received excellent medical support, but the emotional support of others was missing until I attended the Cardiomyopathy UK national conference. From that moment, my outlook on my life and diagnosis changed for the better. I've felt so much more positive. It has been an emotional lifeline!

I have gained a new support system and found inspirational people via the Coffee and Catch Up online group."

Clinical Support



Contact one of the charity's Cardiac Specialist Support Nurses, who are available Monday - Friday (8.30 - 16.30) via:

- 0800 018 1024
- SupportNurse@cardiomyopathy.org
- Live Chat: www.cardiomyopathy.org

Emotional Support



www.cardiomyopathy.org/peer-support

This section has information on:

- Support Groups (in-person and online)
- Telephone Peer Support
- Social media networks

Can't find what you're looking for?
christie.jones@cardiomyopathy.org

Contact us



0800 018 1024



www.cardiomyopathy.org



facebook.com/cardiomyopathyuk



[@cardiomyopathy](https://twitter.com/cardiomyopathy)



[@cardiomyopathyuk](https://www.instagram.com/cardiomyopathyuk)

Practical Support



www.cardiomyopathy.org/practical-support

This section has information on:

- Benefits
- Driving
- Life Insurance
- Returning to work and your rights
- Travel Insurance

Can't find what you're looking for?:
contact@cardiomyopathy.org

Further Reading



The charity's full range of booklets, fact sheets and other information resources can be downloaded or ordered in print form from our website:

www.cardiomyopathy.org/information-resources

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Cardiomyopathy^{UK}
the heart muscle charity

