

Speak up for cardiomyopathy

A guide for the cardiomyopathy community

Help us make sure cardiomyopathy is heard in the parliamentary debate on reducing premature deaths from heart disease and stroke.

The debate

On Thursday 2 July 2026, MPs will hold a Westminster Hall debate – ‘Reducing levels of premature deaths from heart disease and stroke’ – led by Paul Foster MP (Labour, South Ribble).

It’s a chance to talk about how the Government can meet its goal to cut these deaths by 25% over the next decade, as well as to call for the new plan for heart care (the Modern Service Framework for cardiovascular disease) to be published.

We want cardiomyopathy to be part of that conversation. You can help by contacting your MP.

Why contact your MP?

Your MP wants to hear from the people they represent. By getting in touch, you can help make sure that cardiomyopathy is not overlooked. Together, we can be a collective voice calling for earlier diagnosis, better support and fairer access to treatment, no matter where someone lives.

Who can get involved?

Anyone living in the UK can take part. It doesn’t matter where you live, your age, or your experience of cardiomyopathy – if you’re passionate about change, your voice counts.

Health policy is decided in different places across the UK. These include:

- The UK Parliament at Westminster
- The Scottish Parliament
- The Senedd Cymru / Welsh Parliament
- The Northern Ireland Assembly

This debate is happening at Westminster, but MPs from every nation will be interested in hearing about health issues that matter to you. Many also have close links with politicians in the devolved parliaments and assemblies.

What you can ask your MP to do

You might ask your MP to:

- Attend and speak in the debate on 2 July, and mention cardiomyopathy.
- Call on the Government to publish the Modern Service Framework for cardiovascular disease – and to make sure it includes inherited and genetic conditions like cardiomyopathy, not just conditions linked to lifestyle.
- Support earlier diagnosis, better mental health and rehabilitation support, and fairer access to treatment for people with cardiomyopathy.

Key facts you can use

- Cardiomyopathy affects around 1 in 250 people in the UK – about 246,000 people.
- It's one of the leading causes of heart failure and it often runs in families.
- Just over half (53%) of people who first saw their GP with symptoms were initially told it was something other than a heart condition.
- 76% of people with cardiomyopathy do not have a care or treatment plan.
- 49% say their mental health has been affected – but only 10% had this discussed by their cardiology team.

Statistics taken from *Living with cardiomyopathy*, Cardiomyopathy UK's state of the nation report (2025)

How to get involved

1. Write to your MP

Your personal experience is powerful. Telling your MP what living with cardiomyopathy means for you – and your family – helps them understand why this debate matters. Share as much or as little as you feel comfortable with.

- a. Find your MP at [writetothem.com](https://www.writetothem.com) and enter your postcode. You'll see a list of your elected representatives.

- b. Select your MP's name, then write or paste your message and add your contact details. We've included a handy template below to help you start your message.
- c. Prefer to email directly? Find your MP's email address at members.parliament.uk and send them your message directly.
- d. Please let us know who you have written to, and share any replies, by emailing policy@cardiomyopathy.org.

2. Get your MP's attention on social media

Many MPs use Facebook and X (formerly Twitter). You could share your story in a post or a short video. Double check when you're tagging your MP to make sure your message reaches the right person.

3. Share your story

A message you can adapt

Feel free to make this your own – a personal touch makes a real difference.

Dear [MP's name],

I am one of your constituents and I am contacting you about the Westminster Hall debate on reducing premature deaths from heart disease and stroke on Thursday 2 July 2026.

I am affected by cardiomyopathy, a disease of the heart muscle that affects around 1 in 250 people in the UK and is a leading cause of heart failure. [Add a sentence about your own experience if you wish.]

Please could you attend and speak in this debate, and ask the Government to publish the Modern Service Framework for cardiovascular disease and make sure it includes inherited conditions like cardiomyopathy? People with cardiomyopathy need earlier diagnosis, better support, and fair access to treatment wherever they live.

Thank you for your time. I would be grateful to hear whether you are able to take part.

A few tips

- Be polite and concise – a short, clear message works best.
- Make it personal – your own story is the most powerful part.
- Include your full postcode so your MP knows you are a constituent.
- Let us know if your MP replies.

Thank you

Thank you for being part of our campaign to improve care for everyone affected by cardiomyopathy. Please keep us updated and share any responses you receive, if you're happy to do so.

Get in touch: policy@cardiomyopathy.org