

## Wellbeing Challenges in CHD: Summary of Project



## **01** What you did

Thank you so much for helping us learn more about what it's like to live with CHD (Congenital Heart Disease). You helped by:

- · filling out a questionnaire
- rating and sorting wellbeing challenges on success and importance
- giving us brilliant ideas on how services can better support you with these challenges

What we found

02

You told us about 9 main challenges. These are the things you find hardest when living with CHD:

The hardest part? Anxiety and Worrying About the Future.

The least supported? Unfairly Missing Out.



You gave us amazing ideas! Here's what you said would help:

1. Better Education and Information

2. Support That

Puts You at the

Centre

3. Calmer, Quieter Facilities

You told us it would help if:

- families, schools, and staff knew more about CHD and the wellbeing challenges.
- there was more tools (videos, leaflets, website)

You told us it's important when:

- care is personal and makes you feel listened to.
- you are treated as the expert of your own experience
- your strengths are spoken about and shared

You shared that:

- quiet appointments, flexible times, or being seen closer to home can make a big difference
- calmer and quieter environments would help children feel better

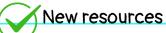
4. A point of Contact Within the Team You told us:

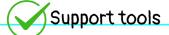
- It is really useful to have one person you can speak to
- Having someone to ask questions, share worries with, and get advice from would be a big help

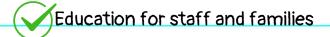


Your voice helped us - but we are not finished yet!

We are working on:







YOU!

**We need your help!** Please get involved and have your chance of shaping how we develop services! Email us at: <a href="mailto:nuth.enquiries-nencchdn@nhs.net">nuth.enquiries-nencchdn@nhs.net</a>

To read the full report, please visit:

The Newcastle upon Tyne Hospitals