

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:

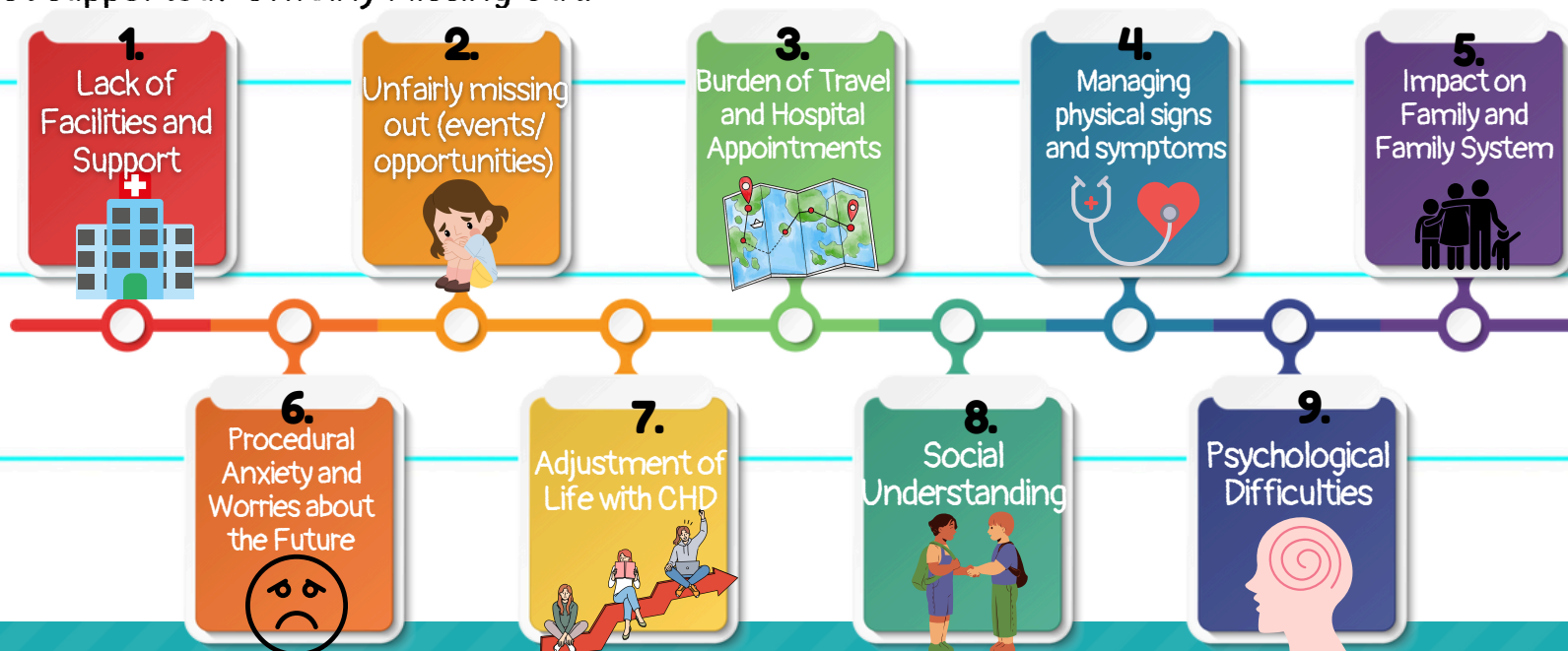
- filling out a questionnaire
- rating and sorting wellbeing challenges on success and importance
- giving us brilliant ideas on how services can better support you with these challenges

What we found 02

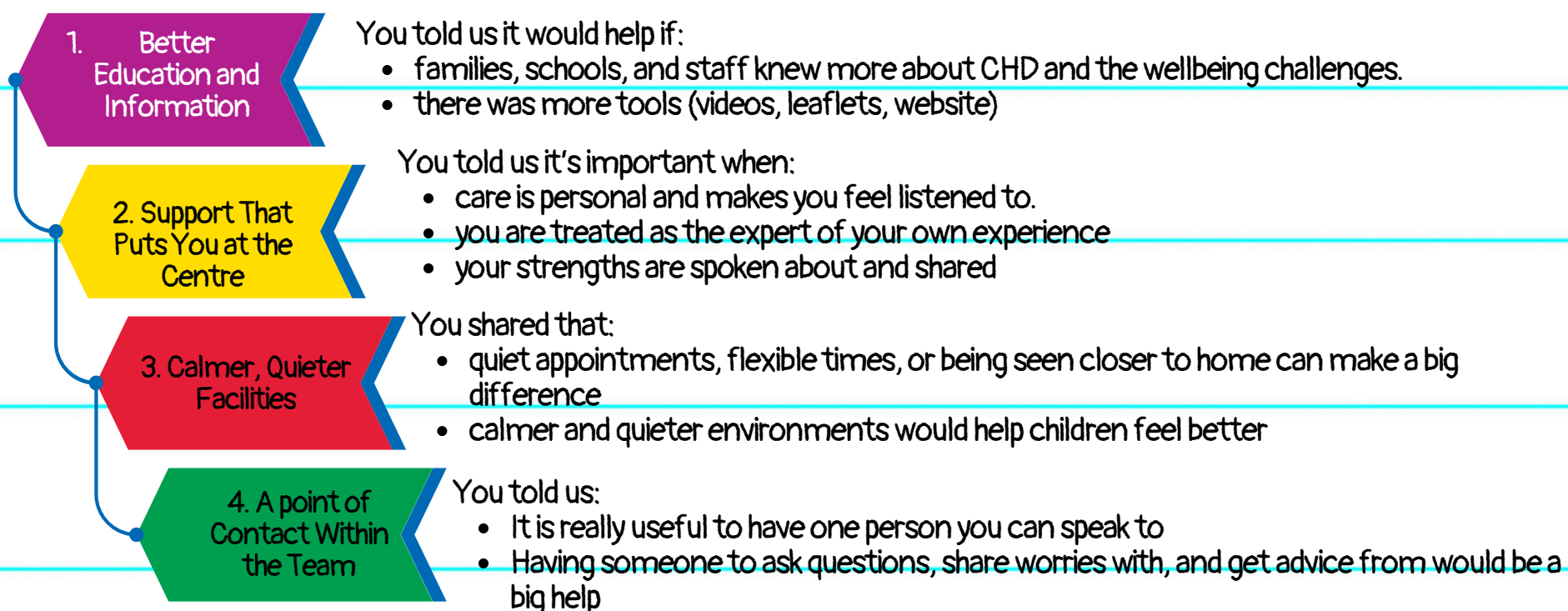
You told us about 9 main challenges. These are the things you find hardest when living with CHD:

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:



03 Next Steps

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

We are working on:

- ✓ New resources
- ✓ Support tools
- ✓ Education for staff and families

We need your help! Please get involved and have your chance of shaping how we develop services! Email us at: nuth.enquiries-nencchdn@nhs.net

To read the full report, please visit:

