

Wellbeing Challenges in CHD: Summary of Project

01 What you did

We invited children, young people, families, and staff members to share their experiences of CHD. They participated by:

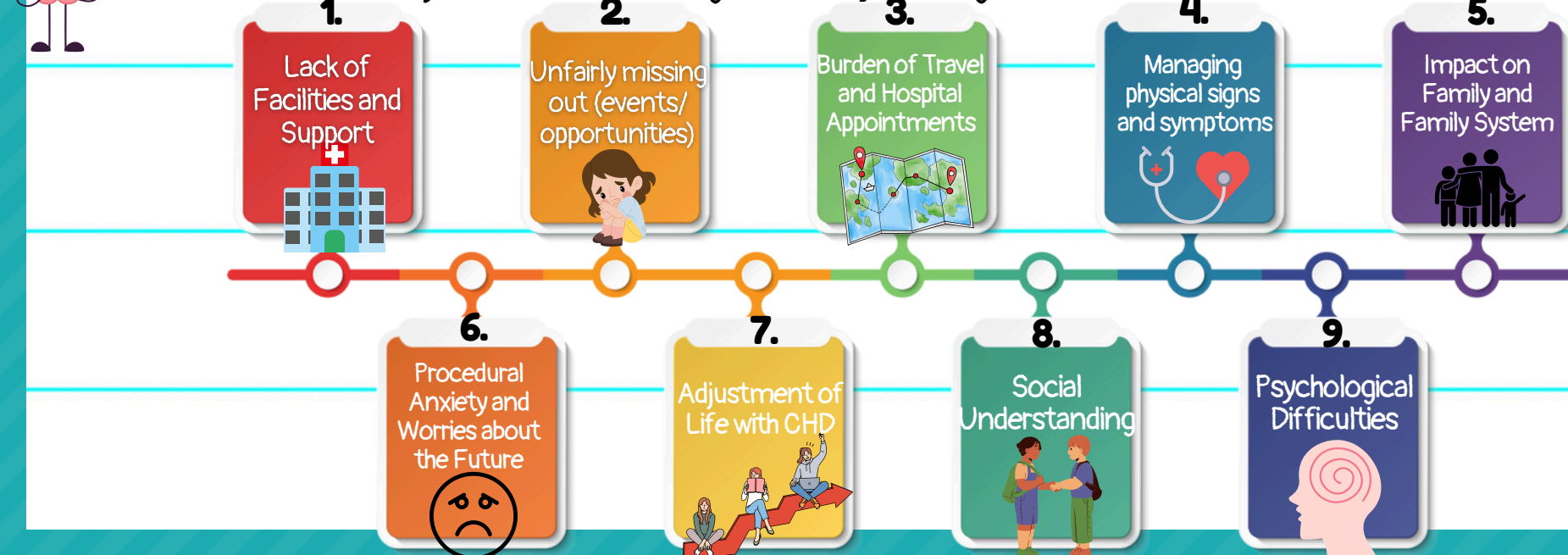
- completing a questionnaire about wellbeing challenges
- sorting and rating these challenges on success and importance
- generating ideas and joining group discussions to understand how services can provide better support for those challenges

What we found 02

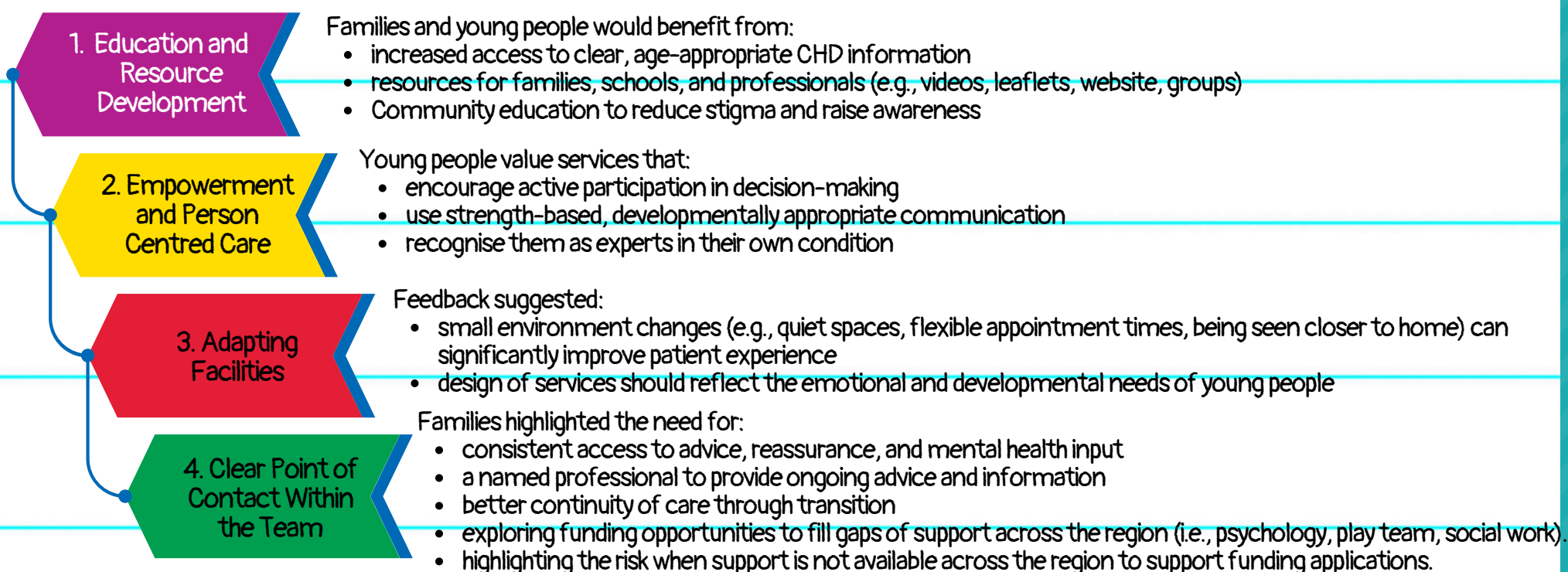
We identified 9 main challenges, experienced by children living with CHD.

The challenge rated most significant: Procedural Anxiety and Worrying About the Future.

The least successfully addressed challenge: Unfairly Missing Out.



Four clear priority areas emerged from feedback and idea generation in regard to service improvement:



03 Next Steps

You told us what matters - now it's time to act. We need your help to embed these recommendations into everyday practice.

- ✓ **Reflect:** What can you and your team do differently?
- ✓ **Act:** Identify small, practical changes in-line with recommendations that you can lead on in your setting
- ✓ **Connect:** work with others to build on ideas and strengthen support

To share your ideas or get involved in next steps, email us at: nuth.enquiries-nencchdn@nhs.net

To read the full report, please visit:

