



What we hope to achieve

1. Staying positive and well
2. Reduce peoples' levels of anxiety- esp. at diagnosis
3. Sharing experiences and perspectives, making connections and learning from one other (genuine co-production)
4. Reducing red tape to help everyone
5. Improving peoples' experiences *now/quickly*
6. Helping people maintain their identity/re-find themselves - based on what is important to them and for bad as well as good days
7. Raise awareness of community resources
8. Ensure good quality and up-to-date information is available; with better sharing of information with families
9. Support for family/carers and friends- physical and psychological
10. Reduce/interpret jargon and communicate clearly
11. Streamline pathways and improve continuity
12. Identify needs in GP surgeries and how I/we can help.

Potential Improvement Ideas

1. Provide a statistics profile of heart health
2. Provide a diagnostic pathway
3. Provide a patient pathway journey
4. Connect to people with similar support needs (and conditions) – plus at future Keeping it Personal meetings
5. Share positive tips for living - plus at future Keeping it Personal meetings
6. Share views/experiences with others
7. Share what works/doesn't work
8. Share positive tips for living
9. Have a blog or facebook page
10. Campaign for raising awareness around heart health – possibly linked to earlier diagnosis

