



#### 09:00 – Registration & Refreshments

09:30 – Welcome

09:45 – Keynote Presentation – An illustrated understanding of cardiomyopathy & myocarditis

#### 10:00 – Breakout – **My condition**

- Dilated cardiomyopathy
- Hypertrophic cardiomyopathy
- Myocarditis
- Rarer cardiomyopathies: ARVC, LVNC, TS, Restrictive and other cardiomyopathies

#### 10:30 – Refreshment break

#### 11:00 – Breakout – **My life** Part 1 –

- Peer circle – share your experiences of the condition
- Work & employment – careers guidance and speaking to an employer
- Education & training – education guidance, support available
- Independent living – treatment, medication adherence, driving and benefits
- Relationships – talking to your partner, peer pressure, sexual health and fertility

#### 11:30 – Breakout – **My life** Part 2 –

- Peer circle – share your experiences of the condition
- Work & employment – careers guidance and speaking to an employer
- Education & training – education guidance, support available
- Independent living – treatment, medication adherence, driving and benefits
- Relationships – talking to your partner, peer pressure, sexual health and fertility

#### 12:00 – Lunch break

#### 13:00 – Breakout – **My experience**

- Session for people with the condition, covering emotional wellbeing and challenges
- Session for carers / supporters, covering emotional wellbeing, and challenges

#### 14:00 – Refreshment break

14:30 – Peer & clinician Q&A – panel take questions

15:00 – Closing remarks