

Hi All,

For those who have not met me yet, my name is Xander Cook and I am the first Youth Worker for young people with congenital heart disease in the UK. Supporting those living across the South West and South Wales.

I work for a charity called Youth@Heart ([www.youatheart.co.uk](http://www.youatheart.co.uk)), and in partnership with:



*The Adult Congenital Heart team at the BHI (Sheena Vernon is one of Youth@Heart's Trustees)*



*The SWSWCHD Network (South Wales and South West Congenital Heart Disease Network).*

I am based in Bristol and Gloucestershire but am here to help anyone aged 15-24 living with CHD across the South West and South Wales. I've been a Youth Worker for many years (Despite my youthful appearance!) and also love to volunteer for the charity 'Over The Wall'

Life for everyone is very different during COVID 19, but particularly for you guys living with CHD. Do check out our social media platforms, join in with our activities, or suggest some others that you might like to have a go at.

**[Get in touch and let us know how we can help you.](#)**

**Key contact numbers:**

Clinical Nurse Specialists at the BHI – 0117 342 6599 (For any medical queries)

**To contact me:**

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Look forward to hearing from you.

Stay safe

**Xander**