



Terms and conditions for The LHM Brave Heart Awards

The Brave Heart Awards aim to reward Little Hearts Matter child and young adult members with half a working heart who are able to demonstrate a growth in their understanding of their heart condition, its treatments and the lifestyle challenges that the condition creates. They will also need to demonstrate that the new understanding is being used to take an ever-increasing part in their medical care and inspiring balanced lifestyle decision making as well as empowering them to take an active voice in arenas for change.

The Fundraising and Ambassadorial awards will also be available to siblings and friends of the young member. The nominees are restricted to those aged 8 – 18 years.

All nominations will need to clearly demonstrate independent evidence that support the award they are nominated for. For example:

- **The My Heart Award** – doctors tell us that they can see that a young person has created their own list of questions to ask in clinic.
- **The Independent Living Award** – a psychologist tells us about the steps a young person has taken to deal with their needle phobia.
- **The Ambassadorial or Fundraising Award** – a teacher tells us about an event that has been organised by one of their pupils.

There are no restrictions on the number of times a nomination can be made for the same child or young person.