


"WE JOINED BECAUSE..."

**THE REAL
REASONS
PEOPLE FIND
THE PUMPING
MARVELLOUS
COMMUNITY**





They didn't join because it was convenient.

They didn't join because it was trendy.

They joined because something changed.

**Suddenly.
Quietly.
Shockingly.**

A diagnosis.

A number.

An Ejection Fraction.

A phone call.

A nurse's suggestion.

A leaflet handed over.

A moment that split life into before and after.

This is why they came.



"I felt so alone."

"Felt very alone with my diagnosis."

"Support...this feels so lonely at the moment."

"I don't know anyone else with Heart Failure."

"I just need reassurance."

"I want to know we aren't alone."

Heart Failure can feel invisible.

I look the same, but I definitely don't feel the same.

But inside, everything has shifted.

Friends don't understand.

Colleagues don't understand.

Sometimes even family don't understand.

The Community becomes the first place where someone says:

"I get it."



**"Feeling isolated
since my Heart
Failure diagnosis."**

"I was just diagnosed."

"Newly diagnosed and struggling."

"In total shock."

"Life ended and changed 10 years ago."

"After being given the diagnosis by a receptionist..."

Some heard it gently.

Some heard it bluntly.

Some heard it by accident.

Many left hospital with more questions than answers.

?

What does EF mean?

**Why am I
breathless?**

?

**What is
HFrEF?**

**What is
LVSD?**

**What is
HFpEF?**

**Is this
the end?**

**Is chest
pain normal?**

**They joined because Google frightened them.
They needed reality. Not worst-case scenarios.**

"I'm scared."
"Rather anxious at times."
"I'm really depressed."
"I feel confused."
"I don't know what else to do."
"I feel helpless."
"I'm scared of my husband's diagnosis."



Behind every diagnosis is fear.

Fear of:

Something new but unexplained.

Pain.

Multiple tablets.

Devices.

Surgery.

Medication side effects.

Breathlessness.

The future.

Leaving loved ones behind.

The Community doesn't promise false reassurance.

It offers something better:

Honest voices.

People living.

People coping.

People adapting.

Hope rooted in reality.

Living well.



"I want to understand."

"To better understand my diagnosis."

"Clarification on what Heart Failure is."

"To gain more knowledge."

"I want all the information I can get."

"To know my limitations."

"To optimise my self-care."

Heart Failure is complicated.

HFrEF what?

I have been diagnosed with HFpEF but I don't have a Heart Failure nurse.

People join because they want knowledge.

Not to obsess,

but to feel in control again.

Understanding replaces helplessness.

**“I’m NOT the patient.
I’m the partner.”**

“My husband has just been diagnosed.”

“Dad is in Heart Failure.”

“My mum needs a triple bypass.”

“My fiancée has an EF of 21%.”

“I want to help my wife.”

“I advocate for my father.”

These are the silent members of the Community:

**Partners. Daughters.
Sons. Carers.**

They join, carrying panic quietly.

They need somewhere to ask:

How do I support them?

What should I watch for?

How do I stay positive?

How do I cope myself?

**The Community supports
hearts – not just the
one that’s failing.**



**"Little access to services where I live,
how come I don't have what others have?"
"Waiting for first appointment." "Services feel
hard to access." "Rehab ended, and I feel alone again."
"Virtual ward discharged me and that's it
– left to fend for myself!"**

There are gaps.
Between appointments.
Between clinics.
Between reassurance and reality.
The Community fills the space between.
Not replacing clinicians.
But walking alongside patients.

**"I used to
benefit
from
the NHS
clinic until
COVID."**

"I still want to live; I refuse to fail."

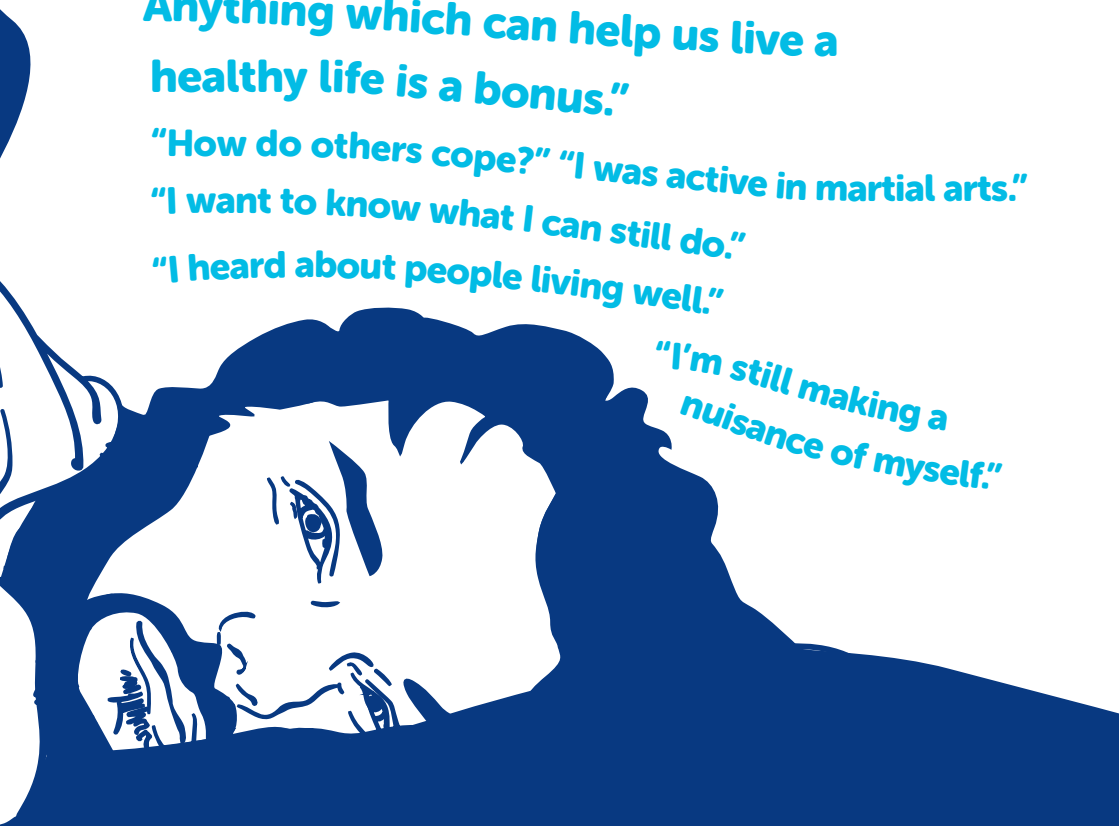
"Anything which can help us live a healthy life is a bonus."

"How do others cope?" "I was active in martial arts."

"I want to know what I can still do."

"I heard about people living well."

"I'm still making a nuisance of myself."



This isn't a group about dying.

It's about living.
Living carefully.
Living consciously.
Living differently, perhaps.
But living fully.

Members share:

Exercise adaptations.
Travel tips.
Diet experiences.
Mental health struggles.
Wins. Setbacks. Milestones.

It's really about medical advice.

It's about:

A reply at 10pm.

A "me too."

A shared laugh about diuretics.

Someone explaining what rehab felt like.

Someone saying, "That happened to me, too."

Human connection is medicine.



The Common Thread

Across tens of thousands of voices, the themes repeat:

**Loneliness • Shock
Fear • Confusion • A desire to
understand • A need for support
• Wanting to help someone
they love • Wanting to
live well**



**They didn't join because they
were weak.**

**They joined because they were
brave enough to reach out.**

Why the Pumping Marvellous Community Exists

Because Heart Failure is frightening.

Because the system can feel
overwhelming.

**Because information without
empathy is not enough.**

Because people deserve:

Words they **understand**.

People who **understand**.

Tools they can use.

Hope grounded in reality.





The Pumping Marvellous Community isn't just a Facebook group.

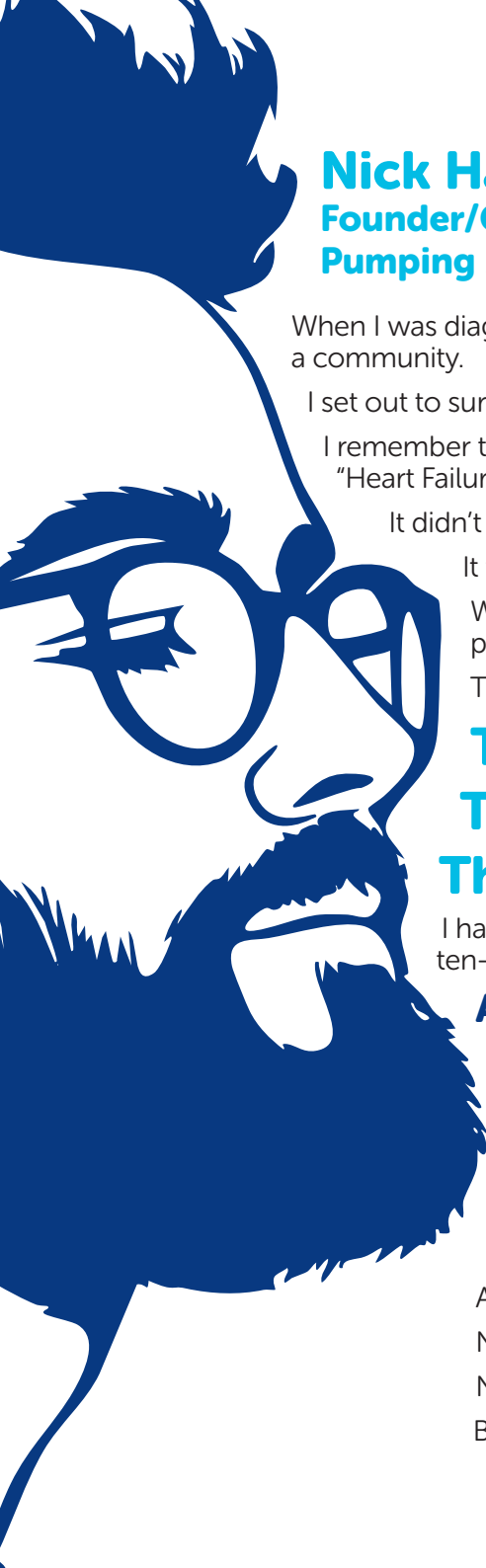
It's:

A waiting room that
never closes.

A conversation that
doesn't end.

**A place where
Heart Failure
doesn't define
you –**

**but shared
strength does.**



Nick Hartshorne-Evans

Founder/CEO

Pumping Marvellous Foundation

When I was diagnosed, I didn't set out to build a community.

I set out to survive.

I remember the silence after the word "Heart Failure" landed.

It didn't feel like a medical term.

It felt like a full stop.

What I quickly realised was that the physical symptoms were only part of it.

The bigger battle was emotional.

The fear.

The isolation.

The not knowing.

I had questions that didn't fit into ten-minute appointments.

Am I going to see my children grow up?

Can I work?

Why do I feel so tired?

Why does no one talk about the anxiety?

And I realised something was missing.

Not medicine.

Not expertise.

But connection.

The Pumping Marvellous Community was born from that gap.

Not as a replacement for clinicians.

Not as a complaint about the system.

But as a bridge between diagnosis and living well with a shocking diagnosis.

Every message shared echoes the same truth:

People don't just need treatment.

They need understanding.

They need to know that EF numbers are not the whole story.

They need someone to say, "I've been there."

They need to see others still laughing, travelling, parenting, adapting.

And sometimes, they simply need somewhere to admit they are frightened.

What moves me most – even now – is how many people join not just for themselves, but for someone they love.



**A wife trying to stay strong.
A son advocating for his dad.
A partner quietly panicking
at night.**

Heart Failure affects one heart, but it shakes whole families.
If this Community proves anything, it's that shared experience
is powerful medicine.

When people come together:

Fear softens.

Knowledge grows.

Confidence builds

Isolation shrinks.

**I am endlessly proud
of the courage it
takes to press "join".**

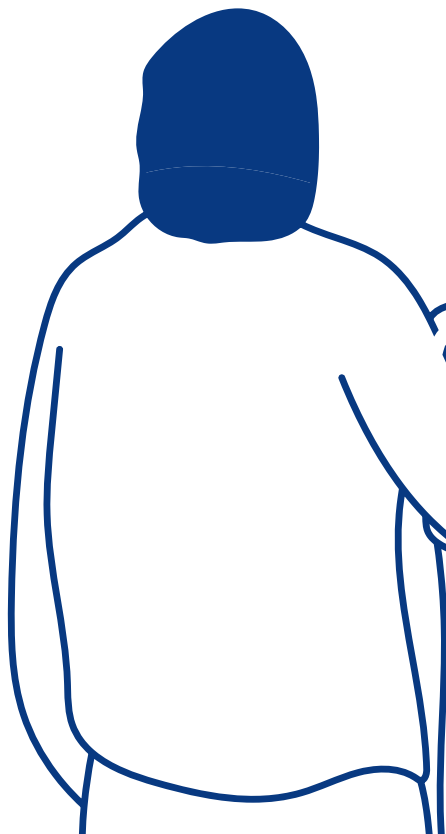
That small action says:

"I'm not giving up."

"I want to understand."

"I want to live well."

**"I want to help
someone else."**



This Community doesn't promise miracles. It promises honesty.

Humanity.

And the strength that comes from not facing
Heart Failure alone.

If you are reading this and you feel frightened,
confused or overwhelmed –

**We built this for you.
And you are welcome here.
Always.**

Nick





JOIN OUR COMMUNITY

Come and join our community to experience the wealth of support we offer to people living with Heart Failure and their families. Scan this QR code to join or go to this web link:

<http://qr.pumpingmarvellous.org/WeJoinedBecause>



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