



# Health and Homeless Service

Chest  
Heart &  
Stroke



**“The Health and Homeless service made a big difference for me because I was at a really low ebb and wasn’t looking after myself. They gave me great information and got me involved in the events and told me about other people who could help me with my conditions.”**

Jim B. Ex Service User

**There are over 200,000 people in Northern Ireland living with chest, heart or stroke illnesses. Homeless people are more vulnerable to these illnesses and are often not registered with a GP.**

Northern Ireland Chest Heart & Stroke’s Health and Homeless service works with people living in hostels and assisted living accommodation, and with the staff who have daily contact with them. Our aim is to raise awareness of healthy living and reduce cardiovascular and respiratory risk and illness.

NICHS currently receives health funding to work in the Belfast and South Eastern Trust areas.



## **NICHS offers one-off or tailored support for homeless people:**

- **Health Checks – blood pressure and information sessions**

Sessions include information about lifestyle issues such as diet, physical activity, smoking, alcohol and stress, which impact on cardiovascular and respiratory health, and measuring blood pressure and heart rate.

- **“Choose Healthy Stuff” talks**

We have a range of talks to choose from:  
Healthy Lifestyle – 60 minutes  
Eat the Right Stuff – 30 minutes  
Get a Move On – 30 minutes  
Stub Out Smoking – 30 minutes  
Cut Back On The Booze – 30 minutes  
Heart Attack, Stroke & Risk Factors – 30 minutes

- **Stop Smoking sessions**

Sessions covering both the health and financial benefits of stopping smoking, which can be tailored to the needs of the group. We also signpost to other health professionals for smoking cessation services and support.

- **Healthy Eating and Cook It events**

Sessions designed to increase knowledge of how to have a healthy, balanced diet.

We can also deliver the Cook It Programme which is a series of six cooking and information sessions.

- **Walking Groups**

Walking is good for both physical and mental health and our walking groups are very popular.

- **De-stress and pampering sessions**

Sessions which aim to help participants relax and learn to control their stress levels.

- **Staff information sessions**

NICHS runs staff training days focussing on smoking and healthy eating and how to encourage a whole hostel approach to chest, heart and stroke health.

- **Referrals and signposting to other services.**



**“The services offered to our clients are first rate and each session continues to provide our residents with great information and support.”**

Mary Fullerton, Simon Hostel Support Worker

**“Health Promotion is the process of enabling people to increase control over and improve their health.”**

- World Health Organisation

Our team promotes healthy living messages and choices, such as staying active, not smoking, healthy diet and safe alcohol limits, delivered within schools, youth clubs, businesses, community groups and homeless hostels. We also carry out health checks and lobby for healthy environments.

**For further information about any of these services please contact:**

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ON YOUR  
SIDE**