



Cardiac Support Services



Supporting People Living With Heart Conditions

At Northern Ireland Chest Heart & Stroke (NICHS) we understand that living with a heart condition can bring many challenges. Our care services are shaped around your individual needs with the aim of improving your mental and physical wellbeing. Whatever your situation, you can rest assured that NICHS is on hand to help you – every step of the way.

Family Support Service

Navigating life after a heart diagnosis, or after a hospital stay related to a cardiac condition, can understandably be daunting and you are likely to have lots of questions. Our Care Services team is here to help with our Family Support Service.

The aim of this service is to help people better understand their condition and to overcome any barriers they may be facing. There is no time limit to this service, regardless of when you were diagnosed with a condition.

You will receive an initial home visit or phone call assessment as part of the service. This is so your Care Services Co-ordinator can understand your individual circumstances and experiences, allowing them to develop a tailor-made support plan.

The support offered by our Family Support Service includes:

- ✓ A key point of contact for you and your family
- ✓ Information and advice on living life with a chest, heart or stroke condition, as well as caring for someone with such a condition
- ✓ Details about NICHS programmes and services running in your local area specific to your condition, including health management and education programmes
- ✓ A listening ear and emotional support
- ✓ Fast-track referral to Advice Space for support with benefits, if required
- ✓ Support in liaising with healthcare professionals
- ✓ Signposting to other local services

Heart Strong Education Programme



Delivered over six consecutive weeks, this education and peer support programme brings together people living across Northern Ireland who have a diagnosis of a heart condition. This programme is designed to help participants learn more about their health and take the positive steps needed to move forward post diagnosis.

The programme covers the following topics:



Understanding your heart condition



Physical activity



Emotions after diagnosis



Sleep and managing fatigue



Healthy eating and adopting healthy habits



Moving forward

To find out more about how our cardiac support services could help you, get in touch with our team at nichs.org.uk/getsupport or call us on 028 9032 0184.



Almost 90% of our income
comes from public donations.

Find out how you can support NICHs at www.nichs.org.uk

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