



Family Support Service

Chest
Heart &
Stroke

Support For The Whole Family

Navigating life after a chest, heart or stroke condition diagnosis, or after a hospital stay related to such a condition, can understandably be daunting. You, and your family, may be fearful of what the future holds, have questions about how best to manage your condition, amongst many other concerns. Our Care Services team is here to help with our Family Support Service.

Our team of experienced Care Service Co-ordinators support people affected by chest, heart and stroke conditions and their families. This support is both practical and emotional and the aim of our Family Support 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 Co-ordinator can listen to and understand your individual circumstances and experiences, allowing them to develop a tailor-made support plan best suited to your specific needs.

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
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I had 13 heart attacks over 3 days. When I came out of hospital NICHS contacted me. I attended their information sessions which were really good and gave me an insight into the benefits of exercise and so on.

Terry Blakely,
Service User



The best thing that came out of this awful time was when the NICHS team got in touch with Terry. That changed an awful lot of things and gave us our life back again because we were upside down with it all.

Dot Blakely, Terry's Wife

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







Scan to watch our Family Support Service video.



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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