



Stroke Services in the South Eastern Trust

Chest
Heart &
Stroke

At Northern Ireland Chest Heart & Stroke (NICHHS) we have been leading the fight against chest, heart and stroke illnesses since 1946. As many as 470,000 people in Northern Ireland, around 1 in 3 of us, are living with a chest, heart or stroke condition.

We provide expert care and support to anyone at risk of or currently living with chest, heart and stroke conditions.

We work to prevent these illnesses by helping to detect early signs of chest, heart and stroke illness and empower people to make healthy choices. We fund research to advance how we treat, care for and prevent chest, heart and stroke conditions and we campaign for better care, treatment and awareness of chest, heart and stroke conditions.

We're here for you and your family and we understand the impact that living with a chest, heart or stroke condition can have on you and on your loved ones.

Through our Care services team we can support you in the following ways:



Stroke Family Support

For anyone referred into NICHS they will first be contacted by an experienced Family Support Co-Ordinator. Referrals to this service come mostly from the Community Stroke Team and Stroke Nurse Specialist but we also receive referrals from other professionals as well as self-referrals. We offer support to the stroke survivor and their family or carers, offering information, signposting and onward referral to both our own services as well as to other services e.g., Stroke Association, Advice Space, community/voluntary groups, statutory agencies etc.



Post Rehab Exercise Programme (PREP)

PREP is a 6/12-week physiotherapy led exercise and education programme aimed at helping stroke survivors to rebuild their lives and gain confidence following a stroke. Participants are shown how to incorporate exercises safely into their daily routine and will also receive information on how to better understand their condition. Clients will normally commence this programme after they have finished their statutory rehab although some come along at a later stage on their recovery journey.



PREP in South Eastern is delivered in:

Lisburn PREP

Trinity Methodist Church, Ballymacross Avenue, Lisburn, BT28 2GX
Wednesdays, 10.30am-12.30pm

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Newtownards PREP

The Pavillion at Londonderry Park, Portaferry Road, BT23 8SG
Tuesdays, 10.30am-12.30pm

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Ballynahinch PREP

St Patricks Church Hall, 24 Church Street, Ballynahinch, BT24 8AF
Wednesdays, 2.00pm-4.00pm

Wellness Sessions

These sessions are currently delivered every two weeks in the following locations:

- **Newtownards**

St Mark's Church, Church Street,
Newtownards, BT23 4AN
Thursdays, 10.30am-12.30pm

- **Lisburn**

Trinity Methodist Church,
Ballymacross Avenue, Lisburn, BT28 2GX
Tuesdays, 10.30am-12.30pm

- **Downpatrick**

Russell Gaelic Union, 100 Old Course Rd, Downpatrick BT30 8BW
Wednesday, 10.30am-12.30pm



These are community-based groups for stroke survivors which give clients a chance to meet peers in a social setting. At each session clients enjoy participating in a programme designed to support physical and emotional health, comprising of a range of social, recreational, educational, and therapeutic activities.

Young Stroke Wellness Sessions

These peer support groups are specifically for stroke survivors under the age of 65. At each session clients enjoy participating in a programme designed to support physical and emotional health, comprising of a range of social, recreational, educational, and therapeutic activities.

Young Stroke Wellness Sessions take place every two weeks at:
St Mark's Church, Church Street, Newtownards, BT23 4AN
Thursdays, 11am-1.00pm

Taking Control

This 6-week self-management programme is delivered in the South Eastern Trust throughout the year, with sessions lasting approximately 2 hours.

Topics covered include physical activity, problem solving, decision making, understanding emotions, healthy eating, sleep, communication, breathing techniques and medications.

Online

Inspire Choir

The Inspire Choir is a singing-for-fun choir who meet monthly to sing together and socialise. The choir invites anyone who enjoys a sing-a-long, and people of all singing abilities. First Tuesday of the month from 2.00-3.30pm

Carers Education Programme (Regional offer)

This programme is delivered over 6 weeks via 1-hour sessions on Zoom. Clients have access to Q&A sessions with Stroke Nurse Specialists, Physios and Pharmacists. Information sessions are also provided by Advice Space on benefits and the Public Health Agency present on the TAKE 5 approach. Carers in Belfast can also choose to attend the Carer's Education Programme face-to-face in our city centre Head Office. The programme is delivered once per quarter.

Taking Control

This 6-week self-management programme is delivered over Zoom or in the South Eastern Trust throughout the year, with sessions lasting approximately 2 hours.

Topics covered include physical activity, problem solving, decision making, understanding emotions, healthy eating, sleep, communication, breathing techniques and medications.

Return to Work Programme (Pilot/Regional offer)

This programme is delivered over 6 weeks via 1-hour sessions on Zoom.

Representatives from the Labour Relations Agency, Cedar Workable Programme, Disability Action – Return to Driving, and Advice Space present at this programme to support those who wish to get back to work.

External Services

Advice Space

We offer a FastTrack service to Advice Space for benefits information. Clients can normally expect to be contacted 2-3 working days after referral to the service. This service is free and confidential.

Stroke Association NI

NICHS work closely with the Stroke Association NI (SANI) whose services include:

- Speech and Language Therapy
- Steps Counselling which is currently offered online or by telephone in this area
- Here for You Service which provides telephone support calls from volunteers

For referral into any of these services or more information please contact us:

E. care@nichs.org.uk **T.** 02890 320184 or visit www.nichs.org.uk/referral

For more information on NICHS please visit www.nichs.org.uk

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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Northern Ireland Chest Heart & Stroke

21 Dublin Road, Belfast BT2 7HB

t. 028 9032 0184

www.nichs.org.uk



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The logo features the words 'Chest Heart & Stroke' written in a red, cursive, handwritten-style font. The text is contained within a white, irregular, hand-drawn shape that resembles a splash or a cloud.