



Taking Control

Self-Management
Programme

Chest
Heart &
Stroke

If you're living with a long-term chest, heart or stroke condition, then our Taking Control Self-Management Programme provides a range of skills which will help you to manage your condition better and improve your confidence.

It also connects you to people with similar conditions, who understand what it's like to live with a long-term condition.

The programme, which is free to attend and delivered all over Northern Ireland, is run by NICHHS under license and developed from Stanford University. It involves six weekly workshops, each lasting for two-and-a-half hours and covers the following topics:

- ✓ Getting a good night's sleep
- ✓ Pain
- ✓ Fatigue
- ✓ Managing symptoms
- ✓ Managing Medication
- ✓ Working with your healthcare team
- ✓ Setting weekly goals
- ✓ Effective problem-solving
- ✓ Better communication
- ✓ Handling difficult emotions
- ✓ How to relax
- ✓ Tips for eating well



My anxiety, depression and pain are constantly reminding me they are there. I tend to conceal it as much as possible.

Before Taking Control

Uncertainty, anxiety - is it muscle weakness or brain damage? How long is your recovery? It's hard to keep going.



I feel as if I can improve my condition for myself (and I know) I can speak to professionals (when I need to).

After Taking Control

Taking Control has been a life-line post stroke.

Taking Control helps you do exactly that - take control!



“The NICHS Taking Control Self-Management Programme has had a hugely positive impact on a large group of my patients. Many people are reluctant when I suggest this to them at first, but I have had so many people tell me how delighted they were with the programme and how glad they went. It gives people back their confidence.”

Enda Kerr, Stroke Consultant

“I have seen the difference this programme makes, not only in my patients’ clinical results and lifestyles, but also in their demeanour. The results are amazing. It is so good for the patient and has a ripple effect throughout the whole family.”

Helen Logan, Practice Nurse

We take referrals from healthcare professionals as well as self-referrals. If you would like to refer someone, or yourself, please visit nichs.org.uk/referral

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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