



# Stroke Services in the Southern Trust



**At Northern Ireland Chest Heart & Stroke (NICHs) we have been leading the fight against chest, heart and stroke illnesses since 1946. Over 335,000 people in Northern Ireland, around 1 in 5 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 NICHHS 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.



The next PREP cycles commence:

**Armagh/Dungannon** Orchard Leisure Centre, Folly Lane, Armagh BT60 1AT  
Tuesday 2pm – 4pm

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**Newry/ Mourn**e Altnaveigh House, 51 Downshire Rd, Newry, BT34 1EE  
Tuesday 10.30am – 12.30pm

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**Craigavon/Banbridge** Brownlow Hub, 7 Brownlow Rd, BT65 5DL  
Thursday 10.30am – 12.30pm

## Wellness Sessions

These 2-hour sessions are currently delivered twice a month in Armagh, Craigavon, Dungannon, Kilkeel and Newry:

- **Craigavon** 10.30am - 12.30pm  
1st & 3rd Monday of the month  
Brownlow Hub, 7 Brownlow Rd, BT65 5DL
- **Armagh** 10.00am - 12.15pm  
1st & 3rd Tuesday of the month  
Cathedral Road Recreation Centre  
20 Cathedral Rd, Armagh, BT61 7QX
- **Newry** 10.30am - 12.30pm  
1st & 3rd Wednesday of the Month  
Altnaveigh House, 51 Downshire Rd,  
Newry, BT34 1EE
- **Kilkeel** 10.30am - 12.30pm  
1st & 3rd Thursday of the Month  
Newry Street Unite  
57 Hillside Drive, Kilkeel, BT34 3JF
- **Dungannon** 10.30am - 12.30pm  
1st & 3rd Friday of the Month  
Ballysaggart Business Complex,  
Annagh Centre, 2 Beechvalley  
Way, Dungannon BT70 1BS



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.



## Postal Support

NICHS publications such as From The Heart and Pulse are posted to clients' homes. These focus on physical health, emotional wellbeing, healthy eating, relaxation and keeping connected to NICHS support.





## Online

### **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 Authority present on the TAKE 5 approach.

### **Taking Control**

This 6-week self-management programme is delivered over Zoom with sessions lasting approximately 2 hours. This programme is also offered face to face in the Southern Trust 3 times a year.

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:**

Noelene Hughes, Head of Service

**E.** [strokesupportni@nichs.org.uk](mailto:strokesupportni@nichs.org.uk) **T.** 07764 211536

**For more information on NICHS please visit [www.nichs.org.uk](http://www.nichs.org.uk)**

**Almost 90%** of NICHs's care and prevention services and research are exclusively funded by public donations.

**Find out how you can support NICHs at [www.nichs.org.uk](http://www.nichs.org.uk)**

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**[www.nichs.org.uk](http://www.nichs.org.uk)**



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