



WE'RE
ON YOUR
SIDE

CARDIAC SUPPORT SERVICES

Chest
Heart &
Stroke

Supporting people living
with heart conditions

Cardiac Support Services

At Northern Ireland Chest Heart and Stroke (NICHHS) we understand that living with a heart condition can bring many challenges and we recognise that everyone's needs are unique. Our care services are shaped around your individual needs with the aim of improving your mental and physical wellbeing. From ongoing family support to online support programmes and face to face support in your local community we offer support in a variety of different ways.

Family Support Service

Whether you have just been diagnosed with a heart condition, have recently experienced a heart attack or were diagnosed with a heart condition some time ago, our dedicated team are able to provide you with information and support to help you understand your heart condition. Our team will take the time to listen and understand your circumstances, so we can offer you personalised support and information.

Our family support service offers both practical and emotional support and is open to a person with a cardiac condition as well as their loved ones. Regardless of when you were diagnosed with a heart condition, our team can help you to better understand your condition and support you to overcome any barriers you may be facing. You will receive an initial phone call assessment or home visit, ensuring that we can create the very best support plan for you. We are on your side and just a phone call away.

Our family support includes:

- Information and advice on living life with a heart condition or caring for someone with a heart condition
- A listening ear and emotional support
- A key point of contact for you and your family
- Fast-track referral to Advice Space for support with benefits (if required)
- Signposting to other local services
- Support in liaising with your healthcare professionals



Heart Strong Online



Heart Strong Online will help you learn more about your health and will give you the opportunity to meet others living with a cardiac condition. This is a free, weekly online workshop lasting 90 minutes which runs for 6 weeks. Heart Strong Online is available to people across all of Northern Ireland's Health and Social Care Trusts and covers topics such as:

- Understanding your condition
- Emotions after diagnosis
- Physical activity
- Healthy eating
- Adopting healthier habits
- Goal setting

What if I haven't accessed online support before?

We understand that getting online can be daunting but one of our Coordinators will send you a step-by-step guide as well as coach you over a phone call to help you get started. They can also arrange a practice run prior to the workshop start date for support if required.

Stay Strong Walking Groups



Our Stay Strong Walking Groups operate at various locations across Northern Ireland. The groups are open to anyone with a heart condition and are designed to increase confidence to exercise. We recognise that post diagnosis many people find the idea of regular exercise daunting, especially if it has not previously been part of your everyday life.

Stay Strong Walking Group participants work at their own pace and we are confident that you will be surprised at how quickly you will make progress with our support. Our groups are delivered over a minimum of 6 weeks and are open to anyone with a cardiac condition.



Taking Control Self-Management Programme

If you are living with a long-term chest, heart or stroke condition our Taking Control Self-Management Programme can provide you with a range of skills to help you better manage your condition and improve your confidence. The programme will also connect you with people who understand what it's like to live with a long-term condition.

The Taking Control Self-Management Programme is free to attend and involves six weekly workshops, each lasting two-and-a-half hours, which cover the following topics:

- Managing symptoms of long-term health conditions
- Setting weekly goals
- Effective problem-solving
- Better communication
- Handling difficult emotions
- How to relax and getting a good night's sleep
- Tips for eating well
- Working with your healthcare team

For Further Information

If you are interested in any of NICHS's cardiac support services, please email heartsupportni@nichs.org.uk or call **028 9032 0184**.



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

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