



Our Care and Support Services

Chest
Heart &
Stroke

Compassionate Care For You And Your Loved Ones

At Northern Ireland Chest Heart & Stroke, we offer a wide range of care and support services for people living with chest, heart and stroke conditions. Our Care Services team works with people throughout Northern Ireland, along with their families and carers. We understand the huge impact that living with a chest, heart or stroke illness can have on you as well as your loved ones.

Whatever your situation, you can rest assured that NICHS is on hand to help you – every step of the way.

How We Can Help



FAMILY SUPPORT



INFORMATION AND ADVICE



EMOTIONAL SUPPORT



HEALTH IMPROVEMENT PROGRAMMES



PEER SUPPORT



PHYSICAL REHABILITATION PROGRAMMES (PREP)

Support For Chest Conditions

If you are living with a respiratory condition, we are here to help you with whatever challenges you may be facing. Whether it is providing information and advice on your condition to relieve worry and confusion or helping you to connect with others in similar situations, we are here to help you get back on your feet.

Breathing Better Education Programme

An education programme for anyone with a long-term chest condition which covers the following topics:



Respiratory conditions



Adopting healthy habits



Medications and knowing your numbers



Sleep, fatigue and emotions



Breathing better and physical activity



Moving forward well

Breathing Better Wellness Sessions

Our face-to-face Breathing Better Wellness Sessions focus on health promotion, physical exercise and emotional wellbeing. They offer peer support and reduce social isolation.



Support For Heart Conditions

Whether you have been diagnosed with a heart condition or have experienced a heart attack and are now recovering, we are here to help with all aspects of your recovery.

Heart Strong Cardiac Education Programme

Delivered over six consecutive weeks, this education and peer support programme brings together people living across Northern Ireland who have a diagnosis of a heart condition. This programme is designed to help participants learn more about their health and take the positive steps needed to move forward post diagnosis.

The programme covers the following topics:



Understanding your heart condition



Physical activity



Emotions after diagnosis



Sleep and managing fatigue



Healthy eating and adopting healthy habits



Moving forward



Support For Stroke

Post Rehab Exercise Programme (PREP)

PREP is a physiotherapy led, community-based course which helps rebuild people's lives and confidence after stroke through exercise and education. It is designed for stroke survivors who have completed the statutory rehabilitation provided by the NHS to meet their longer-term care needs. Our six-week PREP programme is available across all of Northern Ireland's Health and Social Care Trusts.

PREP covers the following topics:



What is a stroke?



Lifestyle choices



The benefits of exercise



Fatigue and falls



Emotions after stroke



Signposting



Food for life

Wellness Sessions

Our information and wellness sessions delivered across NI focus on secondary prevention, health promotion, physical exercise and emotional wellbeing. They offer peer support and reduce social isolation.



Support for Everyone

Family Support Service

Our Family Support Service is here to support both you and your family as you navigate life with a chest, heart or stroke condition. You will receive an initial home visit through which we can offer a listening ear and find out more about your individual circumstances. From there, we can provide you with personalised advice and a support plan to suit your needs.

Taking Control Self Management Programme

If you are 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 is like to live with a long-term condition.

The programme covers the following topics:

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

Inspire Choir

Our Inspire Choir is open to all service users but is primarily targeted at those with chest conditions.

From The Heart

This magazine aims to help you feel more connected to our charity and to look after your wellbeing at home.

Support For Carers

At NICHS we recognise that caring for a loved one can be a rewarding yet challenging responsibility. Life changes significantly for you, as well as for your family member. Not only are you adapting to life in the role as carer and the changes in the person you care for, you also have your own mental and physical health to consider.

Carers play a vital role in providing support and assistance to those who are unable to care for themselves due to illness or disability. Our carers support programmes offer a range of services which are tailored to meet the unique needs of individuals providing care to someone with a chest, heart or stroke condition.



To find out more about how our Care Services could help you, get in touch with our team at [nichs.org.uk/getsupport](https://www.nichs.org.uk/getsupport) or call us on **028 9032 0184**. You can also **visit [nichs.org.uk/support](https://www.nichs.org.uk/support)** for further information.

Almost 90% of our income comes from public donations.

Find out how you can support NICHS at www.nichs.org.uk

Follow us:

 Facebook: www.facebook.com/NorthernIrelandChestHeartandStroke

 Twitter: @nichstweet

 Instagram: @nichestheartandstroke

 LinkedIn: www.linkedin.com/company/nichs

 TikTok: @nichestheartandstroke

 YouTube: www.youtube.com/nichestheartstroke

 Threads: @nichestheartandstroke

Northern Ireland Chest Heart & Stroke

21 Dublin Road, Belfast BT2 7HB

t. 028 9032 0184

www.nichs.org.uk



Registered with
**FUNDRAISING
REGULATOR**

INVESTORS IN PEOPLE®
We invest in people Gold

Charity Reg No. NIC103593
Company No. NI18889
A Charity Limited by Guarantee

