The heart health catalogue

For healthcare professionals and anyone promoting health to others

Meredith Cardiac Nurse
The British Heart Foundation (BHF) is committed to sharing our knowledge to prevent heart disease devastating people’s lives.

But we can’t do this life saving work alone.

Healthcare practitioners and health promoters are on the frontline, helping to support those already diagnosed with a heart or circulatory condition, and protect people with risk factors for heart disease.

We need your help.

In this catalogue, we outline some of the services, programmes and resources that are available to you, so that you can join us in the fight for every heartbeat.
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**Thank you from the British Heart Foundation**

- Order form 
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Welcome

This catalogue is a guide to our heart health services, programmes and resources for adults.

At the beginning of each section is a quick reference guide which gives details of everything in that section – ideal if you need a quick look at what we offer around a particular topic.

To order items

To order any of our heart health information:
- call the BHF orderline on 0870 600 6566*
- email orderline@bhf.org.uk
- visit bhf.org.uk/publications or
- complete the order form on page 133.

You’ll notice that every resource has an order code (eg, G186). You can use this code to search and order at bhf.org.uk/publications, or order by email or phone.

* Lines are open 8am–6pm, Monday to Friday.

Frequently asked questions

How long will it take to receive my order by post?
We aim to deliver your resources within four working days.

How many copies of a resource can I order?
We consider all large orders on a case-by-case basis and we may contact you to find out more. If you’re ordering for an event, please call the BHF Orderline on 0870 600 6566 to find out about stock availability and delivery times.

Can I order and download heart health information through the BHF website?
You can order items using our website at bhf.org.uk/publications and they will be sent via post. Nearly all of our resources are also available to download. Downloading a BHF publication before you order it is a great way of taking a look and deciding if you want to order more.

Do you charge for resources?
No. We’re committed to supporting and caring for heart patients and promoting a heart healthy lifestyle to everyone, so our materials are free of charge.

If you order in bulk, we may suggest a donation that will help to cover the costs of producing the resources – this is considered on a case-by-case basis.

Does this catalogue contain everything you produce?
This catalogue describes our information and services for adults.

To keep up to date with new and improved resources, sign up to our new resources newsletter by emailing newresources@bhf.org.uk

If you’re interested in our resources for children and young people, order Teaching heart disease a lesson, our kids and schools catalogue, order code G66.
Visit bhf.org.uk

Discover the facts about heart health and heart conditions.

Watch films and hear real people’s stories.

Get inspired with tips and tools.

Connect and share your experiences in our online community.

Find out about BHF, who we are and our mission.

Explore the heart research we fund.

Get involved with events, fundraising and campaigning.

Shop online and learn more about our high street shops.
Tools for healthcare professionals

- Quick reference guide
  - BHF Alliance
  - Clinical innovation
  - Clinical guidelines
  - Reports and evaluations
## Tools for healthcare professionals: Quick reference guide

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For more information on heart disease statistics go to [bhf.org.uk/statistics](http://bhf.org.uk/statistics)
“I think of the BHF as the Delia Smith of cardiac. They’re approachable, sensible and make complex things easy to understand. Their range of booklets and DVDs is the perfect place to start whether you’re a patient, a student or a healthcare professional. In fact, I often refer to them myself.

These days I usually advise people to visit the BHF’s website, but a pile of booklets is still really handy for things like open days. I also like the way they fit nicely into handbags or jacket pockets. It just makes it really easy for patients to take them home.”
The BHF Alliance is a free membership scheme that aims to support those special people who work with people affected by, or at the risk of developing, cardiovascular disease (CVD).

Do you want to be part of our valued network of Healthcare Professionals? The Alliance is free to join, and seeks to grow and nurture a supportive and inspirational network.

As a member you can maximise your potential to make a difference, share your experiences and support the development of others.

If your role plays a part in the prevention, survival or support of people with or at risk from CVD we are here to help you in the fight for every heartbeat. We look forward to welcoming you to the Alliance.

Benefits for members:
- Keep up to date with all the news on the prevention and treatment of CVD and BHF activity via monthly E-newsletters and E-Alerts
- Access to the BHF online community and discussion forum for Healthcare Professionals
- An annual learning and development grant to support your professional development, and links to external events and conferences available nationwide
- Free registration to fully funded BHF Alliance regional and national events, including the annual British Cardiovascular Society conference*
- Automatic subscription to the Heart Matters Healthcare Professionals membership and quarterly magazine.

Joining the Alliance is simple, visit bhf.org.uk/alliance and complete the online application form today.

*Subject to availability

“...feeling part of a much bigger team which is supportive and the national networking enables me to share best practice with colleagues. This promotes good care but can also be very reassuring from a professional perspective.”

Kimberley
Heart Failure Advanced Nurse Practitioner
Clinical innovation

We pilot new models of service delivery to demonstrate improved clinical outcomes and patient care, increase productivity and make cost-efficient use of NHS resources.

Here are just some of our innovative projects and programmes

**Arrhythmia care co-ordinators**

**Heart failure nurses**
Providing care and advice to patients in their own homes, helping to improve their understanding and management of their condition. Reducing hospital admissions by an average of 35 per cent.

**Integrated care**
Investing over £1 million across nine UK sites – strengthening the coordination of care between hospital and community settings.

**IV Diuretics in the community**
Piloting a project in 11 sites across the UK to treat heart failure patients with excessive fluid retention in their own homes.

**Heart failure palliative care**
Partnering with Marie Curie Cancer Care and NHS Greater Glasgow and Clyde, developing a range of models for end-of-life care for patients in the advanced stages of heart failure.

**Innovation in practice Booklet**
Order code: PC0913
This publication showcases the prevention, survival, support and service innovation activities delivered by the BHF. It explains how our work provides vital support to patients and health professionals, and ultimately helps to improve outcomes for anyone affected by heart and circulatory disease.

Find out more by emailing bhfhi@bhf.org.uk
Clinical guidelines

Echocardiography guidelines for valve quantification
A1 laminated poster
Order code: G408
Poster with guidelines for echocardiography valve quantification.

Echocardiography guidelines for valve and chamber quantification
Handy pocket-sized reference cards
Order code: G450
With guidelines for valve and chamber quantification.

Echocardiography guidelines for chamber quantification
A1 laminated poster
Order code: G407
Poster with guidelines for echocardiography chamber quantification.

ICD deactivation at the end of life: Principles and practice
A4 booklet
Order code: M106
Designed for any health practitioners involved in caring for patients with an active defibrillator device, this document discusses issues related to the end of life and the management of advanced heart disease.
Reports and evaluations

We’re committed to providing evidence based care and showing the results of our initiatives.

You can download these documents from bhf.org.uk/publications

- Evaluation of the BHF Arrhythmia Care Co-ordinator Awards
  - Download
  - Order code: MI27
  - An evaluation of the BHF Arrhythmia Care Co-ordinator Awards.

- Evaluation of the BHF Arrhythmia Care Co-ordinator Services: Executive summary
  - Download or booklet
  - Order code: MI27S
  - A summary of the evaluation of the BHF Arrhythmia Care Co-ordinator Services.

- Report of the evaluation of the British Heart Foundation Paediatric Cardiac Liaison Nurses Project
  - Download
  - Order code: MI13
  - Final report of a three year evaluation into the BHF funded Paediatric Cardiac Liaison Nurses Project.

- Evaluation of the Big Lottery Fund/British Heart Foundation Cardiac Rehabilitation Programme
  - Download
  - Order code: MI14
  - An evaluation of the Big Lottery Fund cardiac rehabilitation programme, supported by the British Heart Foundation.

- BHF Heart Failure Palliative Care Project report: The Glasgow and Clyde experience
  - Download
  - Order code: Z811
  - The project report on the British Heart Foundation heart failure palliative care project in Greater Glasgow and Clyde.

- Heart failure nurse services in England: Full final report 2008
  - Download
  - Order code: G234
  - The development and impact of the British Heart Foundation and Big Lottery Fund heart failure specialist nurse services in England.
Heart failure nurse services in England: Executive summary
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Order code: G235
The development and impact of the British Heart Foundation and Big Lottery Fund heart failure specialist nurse services in England.

Better Together: An end of life initiative for patients with heart failure and their families
Download
Order code: MI23R
A study of the development and impact of the British Heart Foundation and Marie Curie Cancer Care supportive and palliative care initiative.

Role of the BHF heart failure palliative care specialist nurse: A retrospective evaluation
Download
Order code: Z812
A detailed report into the role of the BHF heart failure palliative care specialist nurses.

Heart disease statistics

Cardiovascular disease statistics 2014
A4 book
Order code: G608/1214/CHA
Our latest compendium of heart health statistics features extensive datasets on cardiovascular disease mortality, morbidity, treatments, costs and risk factors in the UK. Tables and graphs are presented at national, regional and local level, and additional rankings and maps can be found on our website.

Physical activity statistics 2015
A4 book
Order code: G1020
This statistics supplement is an update to our 2012 book and presents tables and graphs showing levels and types of physical activity and sedentary behaviour in the UK at regional and national level.

Trends in coronary heart disease 1961–2011
A4 book
Order code: M129
An appraisal of how the burden of heart disease has changed in the UK since the BHF was established.

Children and young people statistics 2013
A4 book
Order code: G694
This statistics supplement presents a wide range of statistics concerning the behaviour and health of children and young people. It discusses congenital heart disease, medical risk factors associated with cardiovascular disease, and behavioural risk factors such as diet, physical inactivity, alcohol consumption and smoking.

Download these booklets, as well as tables and graphs, from our website:
bhf.org.uk/statistics
• Quick reference guide
  - Healthy eating
  - Being active
  - Smoking and stress
  - Medical risk factors
  - Other prevention resources
  - Targeting health inequalities
  - Healthy hearts kit and Pass-it-on programme
  - Health at Work
Our extensive range of heart disease prevention resources and programmes provides vital information, tips and encouragement to help people reduce their risk of coronary heart disease.

We offer everything from leaflets to large-scale health promotion programmes. So however you deliver health messages, we can support you in encouraging people to be physically active, eat a healthy diet, manage their health conditions, and tackle risk factors such as smoking and stress.

### Keeping hearts healthy
**Quick reference guide**

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**bhf.org.uk/eatingwell**

### Recipes

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**bhf.org.uk/cutdownsalt**

### Salt reduction

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**bhf.org.uk/cutdownsalt**

### Alcohol

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“Improving cardiovascular health isn’t just about finding cures. It’s about getting out there and helping people improve their health so they can prevent conditions from developing.

I help to fight heart disease in my community by talking to people in places like shopping centres and libraries. I measure their BMI, test for diabetes, refer them to their GPs and arm them with BHF booklets. It feels great to know that people have all the information they need to change their lifestyle and start making healthier choices.”
Healthy eating

A good diet, in combination with being physically active, is an important part of staying healthy – helping to maintain a healthy body weight and keep blood cholesterol levels and blood pressure down.

Only a quarter of adults in the UK consume the recommended five or more portions of fruit and vegetables a day, and around two-thirds of adults exceed the recommended daily allowance of salt.

Our popular healthy eating resources are packed with information and recipes to help individuals eat smart, lose weight and feel great.

Eating well
A5 booklet
Order code: G186
This is our flagship resource for everyone who wants to eat more healthily to look after their heart health. It includes simple tips and easy ideas to help people put the principles of healthy eating into practice.

Facts not fads – Your simple guide to healthy weight loss
A5 booklet
Order code: M2
A guide to losing weight steadily and gradually, for adults. Please note, this replaces our ‘So you want to lose weight... for good’ booklet.

Ten minutes to change your life – Time to eat well
A6 booklet
Order code: G923
This simple guide explains how people can eat healthily for their heart. The booklet comes with a week-long activity challenge chart.

Go to bhf.org.uk/healthyeating for more tips, recipes and our Heart Matters online recipe finder.

More details on page 105
This label could change your life
A5 booklet and card
Order code: G54
Designed to help people understand food labels and use them to choose the healthiest food options. Includes a pull out credit card sized guide to take shopping.

Cut down on salt
A5 booklet
Order code: G160
This booklet helps people understand how much salt they should eat and how to identify high salt foods. It provides practical tips and recipe ideas to help them cut down.

Taste of the Caribbean
A5 recipe book
Order code: G503
This recipe book includes vibrant African Caribbean favourites that are good to eat and good for the heart. It can be used by community dietitians, specialist catering and kitchen staff, voluntary and community workers wanting to raise awareness around healthy eating and anyone who likes African Caribbean cuisine.

Ten minutes to change your life – Call time on alcohol
A6 booklet
Order code: G989
This short guide explains how alcohol can affect the heart. The booklet comes with a week-long activity challenge chart.

Eat well. Shop smart. Save Money.
DVD
Order code: DVD31
These four short films follow people making positive changes to eat well on a small budget. Includes information about batch and microwave cooking, healthy family meals and menu planning. Links back to recipes, meal plans and more information at bhf.org.uk/budgetfood

Cut the saturated fat
A2 wallchart
Order code: M4
Designed to help people reduce the amount of fat they eat, this wall chart provides practical guidance and ideas for healthy alternatives.

Risking it
DVD
Order code: DVD21
Small changes can make a big difference. These six short films are designed to help individuals identify and tackle risk factors for cardiovascular disease. Following six people who decide to take positive action to lower their risk, the films address high cholesterol, high blood pressure, smoking, weight loss, diabetes and more.

This DVD includes subtitles in English, Bengali, Gujarati, Hindi, Punjabi and Urdu.
You can also watch online at bhf.org.uk/riskingit

Taste of South Asia
A5 recipe book
Order code: G606
Packed with 30 healthy, easy to prepare South Asian recipes.

Looking for resources about managing high blood cholesterol?
See page 45
Being active

Whatever their age, size, or physical condition, most people are likely to benefit from being more active – even those who already have a heart condition.

Around two in five adults do not achieve the recommended weekly amount of physical activity.

The information and practical tips in our popular physical activity resources help individuals understand more about physical activity and how they can be active.

Get active, stay active
A5 booklet
Order code: G12
This booklet discusses strategies for getting and staying active. It encourages individuals to think about the range of ways they can be active, without needing to slip into lycra or join a gym!

Physical activity and your heart
A6 booklet
Order code: HIS1
This booklet is for people who have a heart condition or who are at risk of developing heart disease because they have a condition such as high blood pressure or high cholesterol.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS1LP

Get up and go
DVD
Order code: DVD32
This DVD shares inspiring stories from six people who’ve found very different ways of getting – and staying – active as they age. It’s suitable for anyone aged 65 and over, especially those who find it a challenge to get active because of a health condition or mobility problems.
You can also watch these videos online at bhf.org.uk/getupandgo

Be active for life
A5 booklet
Order code: G364
As you get older, it’s particularly important to stay active. This booklet helps older adults understand more about physical activity and how they can benefit from activities such as brisk walking and gardening.

Ten minutes to change your life – Time to get moving
A6 booklet
Order code: G924
This simple guide explains why being active is good for the heart and which types of activities are most helpful. The booklet comes with a week-long activity challenge chart.

Put your heart into walking
A5 booklet
Order code: G26
An introduction to physical activity through walking – one of the best ways to get a daily dose of healthy activity. Includes practical tips and a personal walking plan.

Our online calorie calculator is a fun, interactive tool that helps people find out how many calories they’ve burned by being active.

Find out more at bhf.org.uk/calories

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Our online calorie calculator is a fun, interactive tool that helps people find out how many calories they’ve burned by being active.

Find out more at bhf.org.uk/calories
Stop smoking
A5 booklet
Order code: G118
Provides practical tips for smokers who are thinking about giving up and helps them understand more about why they smoke. Explains the link between smoking and heart disease and discusses different approaches to quitting, with tips and activities to help.

No Smoking Day Campaign
Nearly one in five adults in the UK smoke, yet quitting is the single best thing they can do for their heart. The No Smoking Day campaign has run for 30 years and inspires thousands of people to quit smoking every year.

Through No Smoking Day, the BHF supports thousands of local organisations across the UK, such as GP surgeries, schools, and employers, to run their own No Smoking Day campaign and events on a single day. As well as promoting resources to help people quit, each organiser is encouraged to highlight the health harms of smoking, ranging from heart disease and cancer through to the cosmetic effects on skin and teeth.

For more information about taking part go to nosmokingday.org.uk

Ten minutes to change your life – Time to quit
A6 booklet
Order code: G925
This simple guide explains why it’s important to quit smoking and talks about different ways to quit and where to get help. The booklet comes with a challenge chart to help you plan and quit.

Ten minutes to change your life – Take time out
A6 booklet
Order code: G926
A short guide to lowering stress levels to keep the body and mind healthy. The booklet comes with a week-long ‘stress buster’ activity chart.

Coping with stress
A5 booklet
Order code: G187
This booklet helps people identify their causes of stress and considers strategies for reducing stress in their everyday life.

See page 39 for our Risking it films, featuring Lisa, who took positive action to quit smoking and improve her heart health.
Medical risk factors

Our booklets explain the impact of high blood cholesterol levels, high blood pressure and diabetes and provide information about how their effects can be managed.

Reducing your blood cholesterol
A6 booklet
Order code: HIS3
This booklet for people with a high blood cholesterol level explains what cholesterol is, what causes it, how it can be kept under control and which medicines can be used to treat it.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS3LP

Ten minutes to change your life – Lowering cholesterol
A6 booklet
Order code: G991
This simple guide to cholesterol explains what it is, why people get it, and how to lower it. The booklet comes with a week-long activity challenge chart.

Ten minutes to change your life – High blood pressure
A6 booklet
Order code: G933
A simple guide for people who have been told they have high blood pressure, or are at risk of getting it. It explains what it is, what can cause it, and how to lower it. The booklet comes with a week-long activity challenge chart.

Blood pressure
A6 booklet
Order code: HIS4
This booklet explains what high blood pressure is, why it is so important to control it, what people can do to help and what medicines are used to treat it.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS4LP
Diabetes and your heart
A6 booklet
Order code: HIS22
People with diabetes have a greater risk of developing heart disease. Keeping diabetes under control will help protect their heart health as much as possible. This booklet may also be useful for people who have been told that they may develop diabetes in the future.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS22LP

Risking it
DVD
Order code: DVD21
Small changes can make a big difference. These six short films are designed to help individuals identify and tackle risk factors for cardiovascular disease. Following six people who decide to take positive action to lower their risk, the films address high cholesterol, high blood pressure, smoking, weight loss, diabetes and more.
This DVD includes subtitles in English, Bengali, Gujarati, Hindi, Pjabi and Urdu. You can also watch online at bhf.org.uk/riskingit

Ten minutes to change your life – Managing diabetes
A6 booklet
Order code: G990
This simple guide explains how diabetes affects heart health and what people with diabetes can do to keep their heart healthy. The booklet comes with a week-long activity challenge chart.

Risking it DVD
Order code: DVD21
Small changes can make a big difference. These six short films are designed to help individuals identify and tackle risk factors for cardiovascular disease. Following six people who decide to take positive action to lower their risk, the films address high cholesterol, high blood pressure, smoking, weight loss, diabetes and more.
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This DVD includes subtitles in English, Bengali, Gujarati, Hindi, Pjabi and Urdu. You can also watch online at bhf.org.uk/riskingit

Ten minutes to change your life – Managing diabetes
A6 booklet
Order code: G990
This simple guide explains how diabetes affects heart health and what people with diabetes can do to keep their heart healthy. The booklet comes with a week-long activity challenge chart.
Prevention resources

Packed full of motivational ideas, hints and tips, our booklets and DVDs can be used with individuals and groups to explain heart disease risk factors and encourage steps towards a healthier lifestyle.

Heart age calculator
Online tool
bhf.org.uk/heartage

We’ve teamed up with NHS Choices and Public Health England to bring patients a new way to check their risk of having a heart attack or stroke. People aged 40 or over can use this tool in conjunction with their NHS Health Check. 30–40 year olds can use it too. It gives a heart age plus lots of advice about improving heart health.

Everyday triumphs – Small steps to a healthier heart for mental health service users
A5 booklet
Order code: G972

This booklet helps mental health service users take small steps towards a lifestyle that’s good for their heart and is full of useful facts, practical tips and advice.

Keep your heart healthy
A6 booklet
Order code: HIS25

Explains how people can look after their heart and reduce their risk of developing heart and circulatory disease. A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS25LP

Women and heart disease
A6 booklet
Order code: M37

Many women don’t realise how heart disease can affect them. This pocket sized booklet includes all they need to know, discussing risk factors, healthy lifestyle and personal stories from real women. Go to bhf.org.uk/womensroom to find out more.

Go to bhf.org.uk/prevention for more resources, information and online tools.
Healthy living, healthy heart – Information for African Caribbean communities
A5 booklet
Order code: G532
This booklet for African Caribbean people outlines the risk factors for cardiovascular disease and suggests everyday lifestyle changes that can reduce the chances of developing it.

Your heart our help
Leaflet
Order code: G598
This handy pocket-sized leaflet outlines the most popular prevention and care resources that the BHF produces for the public. Ideal for handing out at events or alongside other publications.

Live with a healthy heart
DVD and A4 booklet
Order code: G448
A DVD and booklet that helps people with learning disabilities to understand how to keep their heart healthy. Includes guidance notes for support workers, families and carers.

Take heart – Our heart health information for you and your loved ones
A5 booklet
Order code: G5
For members of the public. A guide to the heart health information and support that the BHF offers. Includes information about preventing heart disease, and care and treatment for people with heart conditions.

How your heart works poster
A2 poster
Order code: M17
A full-colour poster showing how the heart works and how it can go wrong.

Know Your Heart
Know Your Heart is our free, interactive online learning tool.
Split into three topics, Know Your Heart uses film, interactive tasks and quizzes to:
• explore what your heart does and how it works
• show how the different parts of your heart pump blood around your body
• help the user understand cardiovascular disease and why the build-up of atheroma is so bad for their heart
• talk about the risk factors linked with developing cardiovascular disease and what can be done to reduce them.
bhf.org.uk/knowyourheart

“Know Your Heart is a truly excellent tool – professional, engaging, reassuring, informative and motivating. The subtle visual reinforcement of key issues, the eye to eye contact with a professional and the opportunity to learn effectively through interactive self-testing make it an excellent starting point for encouraging individuals to take responsibility for looking after themselves properly.”

Diane
Voluntary Education Coordinator
In 2009 the BHF launched the ‘Hearty Lives’ programme awarding the BHF funds in areas of social deprivation and CVD health inequality.

The awards are delivered via strong partnerships between local communities and local authorities, the NHS and Public health teams to tackle inequalities in CVD health. We have invested a total of £10.5 million in 34 projects addressing specific local needs.

Examples of current projects:
- HLs Carrick Fergus is focusing on traveller and immigrant populations
- HLs Gloucester and HLs King Lynn and West Norfolk are focusing on primary prevention
- HLs Cornwall and HLs Great Yarmouth are focusing on primary prevention for people with learning difficulties
- HLs Barking and Dagenham are focusing on developing lifestyle coaches
- HLs Neath Port Talbot is recruiting volunteers to disseminate heart health messages and are focusing on mental health and wellbeing
- HLs Active Scotland, Wolverhampton, Heart Of Mersey, Manchester and Greater Glasgow and Clyde are all focusing on CVD risk in children.

If you would like to know more about Hearty Lives or find out whether there is a project in your area please email us at bhfhhi@bhf.org.uk

People in the poorest areas of the UK die, on average, several years earlier than those in the richest – and heart disease is a major cause.
Healthy hearts kit and Pass-it-on programme

Could you show people how the heart works? Tell them about the risk factors for coronary heart disease? Discuss what they can do to reduce their risk?

The training tools from our award-winning Healthy hearts kit help health promoters and healthcare professionals show people how they can look after their hearts.

Its interactive sessions cover:
- how the heart works
- risk factors for coronary heart disease
- how to make lifestyle changes to have a positive influence on your heart health.

Suitable for a wide range of audiences, these tools contain vital information for higher risk groups including South Asian and African Caribbean communities, helping you get heart health messages across to those who need them most.

Visit bhf.org.uk/healthyheartskit to find out more.

Healthy hearts kit
Please note, the full Healthy hearts kit is no longer available to order but information on how to access all of the training tools can be found at bhf.org.uk/healthyheartskit

Already using the kit?
You might want to order the following items:
- Food cards pack one – G453C
- Food cards pack two – G453G
- Eatwell plate mat – G453E
- Goal sheets – G453D (Pack of 25 goal sheets)
- Healthy hearts USB – G453U

Register for a Healthy hearts kit workshop

The Pass-it-on workshops provide free training for active health promoters and healthcare professionals who want to deliver heart health messages. To find out about workshops in your area, or if you would like to host a workshop, please visit bhf.org.uk/healthyheartskit

Food cards

An interactive tool to discuss healthy eating

Register for a Healthy hearts kit workshop

The Pass-it-on workshops provide free training for active health promoters and healthcare professionals who want to deliver heart health messages. To find out about workshops in your area, or if you would like to host a workshop, please visit bhf.org.uk/healthyheartskit
All the information and tools we provide are designed by experts and delivered in a fun and creative way. We help break everything down into a series of very achievable missions – your first one is to join us!

As a member, you’ll benefit from:
• a free welcome pack, including *a Quick guide to Health at Work*
• regular issues of our Health at Work e-newsletter
• free resources on physical activity, healthy eating, mental wellbeing, stopping smoking and alcohol awareness
• tools and posters you can download from our Health at Work website
• Heart Matters – a free service for your staff to help them keep their hearts healthy
• our online community where members can learn more by sharing experiences, ideas and top tips.

BHF Health at Work workshops
Request a BHF representative to visit your workplace to run a one-hour interactive workshop session with employees on heart health and leave them some key messages and resources to take away. To find out more visit bhf.org.uk/heartworkshops

BHF Health and wellbeing days
Bring a team of BHF experts into your organisation for a day to inspire employees to think about their health and wellbeing. To find out more and watch a video of our interactive Health and wellbeing day visit bhf.org.uk/healthdays

There’s a lot you can do in the workplace to make a difference to the health and wellbeing of your colleagues with the help of our Health at Work programme.

Our Health at Work programme is free and provides a wide range of fantastic benefits such as regular membership packs, a monthly e-newsletter and free resources on physical activity, healthy eating, mental wellbeing, smoking cessation and alcohol awareness.

Join Health at Work at bhf.org.uk/health-at-work to get your programme and your colleagues up and running.
**Health at Work toolkit**
Order code: G566

An in-depth ‘how to’ guide to promoting physical activity, healthy eating, mental wellbeing, smoking cessation and alcohol awareness in the workplace. Includes practical ideas, tools and information, and a re-orderable employee pocket mission booklet and posters.

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**Employee pocket mission booklet**
A5 booklet
Order code: G566A

Our Pocket mission booklet will help to inspire and motivate individual employees to be active, eat well and think well by taking on challenges.

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**Health at Work posters**
A3 posters
Order codes: G566B, G566C, G566D, G566E

Promote physical activity, healthy eating, stopping smoking and mental wellbeing at work by using our interactive Mission Very Possible posters. The posters are available to order or download.

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**Pedometer pack**
Order code: G621

The pedometer challenge is a four-week team challenge aiming to get employees walking more. Our pack contains all the resources you need to set up your own workplace challenge. It’s a fun and easy way for employees to improve their physical and mental wellbeing and it creates a positive team spirit too.

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**Wendy**
Senior Occupational Health Advisor

“Right from the beginning, my colleagues were intrigued and keen to know more about the programme — there was a real buzz around the company.”
What heart patients need to know

- Quick reference guide
- Resources
  - About heart conditions
  - Inherited heart conditions
  - Congenital heart disease
  - Resources for young people with heart conditions
  - Tests, treatments, medicines and surgery
  - Rehabilitation and recovery
  - End of life and bereavement support
- Support programmes and services
  - Heart Helpline
  - Heart Matters
  - Heart Support Groups
  - Make a difference
People who’ve been diagnosed with a heart condition may be feeling worried, overwhelmed or anxious.

Understanding their condition can help them manage their symptoms and maintain their quality of life.

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- **ICDs**
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- **In charge of my future**
  - **Resource:** Booklet
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- **Pacemakers**
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- **Picture your journey**
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- **Sammy’s heart operation**
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- **Straight from the heart**
  - **Resource:** Book and videos
  - **Format:** G562
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### Resources and programmes for children and young people with heart conditions

#### Heart condition awareness
- **The BHF Card**
  - **Resource:** Pad of 20 A5 sheets
  - **Format:** G486
  - **Order code:** 88
  - **Aimed at:** Young people/healthcare professionals

#### Events and programmes
- **Update newsletter**
  - **Resource:** Email service
  - **Format:** 89
  - **Aimed at:** Young people

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### Tests, treatments, medicines and surgery – information for patients and their loved ones

#### Tests
- **Angiogram – Your quick guide**
  - **Resource:** Leaflet
  - **Format:** G960
  - **Order code:** 91

- **Electrocardiogram – Your quick guide**
  - **Resource:** Leaflet
  - **Format:** G965
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#### The road ahead – Your guide to heart tests and treatments
- **Resource:** DVD
  - **Format:** DVD30
  - **Order code:** 92

- **bhf.org.uk/tests**

#### Treatments
- **Angioplasty – Your quick guide**
  - **Resource:** Leaflet
  - **Format:** G961
  - **Order code:** 92

- **Coronary angioplasty**
  - **Resource:** A6 booklet
  - **Format:** HIS10
  - **Order code:** 92

- **ICDs**
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- **ICD – Your quick guide**
  - **Resource:** Leaflet
  - **Format:** G967
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- **Implantable cardioverter defibrillators (ICDs)**
  - **Resource:** A6 booklet
  - **Format:** HIS19
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- **Primary angioplasty for a heart attack**
  - **Resource:** A6 booklet
  - **Format:** HIS26
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- **Pacemakers**
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- **Pacemakers**
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- **Pacemaker – Your quick guide**
  - **Resource:** Leaflet
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#### The road ahead – Your guide to heart tests and treatments
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“As well as scaring the daylights out of me, my coronary artery bypass operation really focused my mind on what was important.

So that was it for me. I changed everything. My cardiac unit gave me the BHF’s leaflets on diabetes, eating well and returning to work. I started exercising more, eating better and improving my work/life balance.

I feel like a new man and can’t thank them enough for helping me look forward to life as a happier, healthier dad.”
About heart conditions

Around 7 million people in the UK are living with a heart or circulatory condition.

Our patient information booklets use clear, plain language to help them understand their condition and how it can be managed.

Angina
A6 booklet
Order code: HIS6
Explains what angina is, what causes it, how it’s diagnosed and treated, and what patients can do to control its symptoms.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS6LP.

Heart attack
A6 booklet
Order code: HIS7
Explains what a heart attack is, why they happen and the tests and treatments people have after a heart attack. It also discusses recovery and rehabilitation.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS7LP.

Rheoli’ch angina
A6 booklet
Order code: G534W
This Welsh language booklet explains what angina is and discusses causes, diagnosis, treatment, and what patients can do to control their symptoms.

Heart attack – Your quick guide
Leaflet
Order code: G966
This short illustrated leaflet explains the symptoms and causes of a heart attack and the possible treatments for it. It also explains what to expect from the recovery process and answers some common questions.

Trawiad ar y galon (Heart attack)
A6 booklet
Order code: HIS7W
This Welsh language booklet about heart attack explains what a heart attack is and why they happen, and discusses tests, treatments, recovery and rehabilitation.
Atrial fibrillation
A6 booklet
Order code: HIS24
Describes what atrial fibrillation is, how it is diagnosed, its complications and treatment.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS24LP

Wolff-Parkinson-White Syndrome (WPW)
Leaflet
Order code: M104E
A leaflet for patients and healthcare professionals that describes Wolff-Parkinson-White Syndrome. Produced by SADS UK.

Cardiac arrhythmia, fainting and syncope
Leaflet
Order code: M104G
A leaflet describing different types of fainting (syncpe) and possible connections with cardiac conditions. Includes guidelines on the management, diagnosis and treatment of syncope. Produced by SADS UK.

Heart valve disease
A6 booklet
Order code: HIS11
Explains what heart valve disease is, what types of treatment are available and what people can do to help themselves.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS11LP

Atrial fibrillation – Your quick guide
Leaflet
Order code: G963
This short illustrated leaflet explains what Atrial fibrillation – or AF – is, what the symptoms are and how it can be treated.

Heart rhythms
A6 booklet
Order code: HIS14
Explains the common normal and abnormal heart rhythms, and their tests and treatments.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS14LP

Wolff-Parkinson-White Syndrome (WPW)
Leaflet
Order code: M104E
A leaflet for patients and healthcare professionals that describes Wolff-Parkinson-White Syndrome. Produced by SADS UK.

Atherosclerosis – Your quick guide
Leaflet
Order code: G962
This short illustrated leaflet explains what atherosclerosis is, how it can affect someone and what they can do about it.

Endocarditis warning card
A5 booklet and card
Order code: M26A or M26B
This leaflet and card explain the symptoms associated with endocarditis and how patients can reduce the risk of it happening to them.
This booklet comes in two versions. M26A for adults aged 19–49, and M26B for people over 50.

Stroke – Your quick guide
Leaflet
Order code: G969
This short illustrated leaflet explains the symptoms, causes and types of stroke. It tells people who have had a stroke what to expect from their recovery and explains how stroke and coronary heart disease are linked.

We also provide information about peripheral arterial disease. For more information order our booklet
Peripheral arterial disease.
Order code: HIS16

Turn to pages 90–95 for information on tests, treatments, medicines and surgery for these conditions.
Heart failure

Living with heart failure
Book
Order code: G275U
For adults of all ages with heart failure, this practical guide can help them understand and manage their condition better. Contains tips and advice about medications, treatment and self-management. Includes pull-out personal record.

An everyday guide to living with heart failure
A6 booklet
Order code: HIS8
Explains what heart failure is, what causes it, the symptoms, treatments and what can be done to help keep it under control. A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS8LP.

Byw gyda methiant y galon
(Welsh language)
(Living with heart failure)
A6 Booklet
Order code: HIS8W
This Welsh language booklet explains what heart failure is, and discusses causes, symptoms and treatment.

An everyday guide to living with heart failure: Personal record
A5 booklet
Order code: G275A
Designed to be used by the patient together with An everyday guide to living with heart failure, this sheet keeps notes about symptoms, medication and treatment all in one place. This item is included when you order An everyday guide to living with heart failure book.

One step at a time – Living with heart failure
DVD
Order code: DVD5
A DVD featuring six inspirational stories from individuals with heart failure sharing their experience of learning about and managing their condition. Films are also available on bhf.org.uk and YouTube.

An everyday guide to living with heart failure
A6 booklet
Order code: HIS8
Explains what heart failure is, what causes it, the symptoms, treatments and what can be done to help keep it under control. A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS8LP.

Working with carers?
All of our resources can be used with the friends, family and loved ones of people affected by heart disease.

We also produce a booklet specially for carers – Caring for someone with a heart condition
Order code: HIS20

If you use booklets from our Heart Information series (with HIS codes), why not order our Heart Information Series Booklet Holder?
Order code: HIS(D)
Inherited heart conditions

Half a million people in the UK could be living with a faulty gene that puts them at a high risk of an inherited heart condition.

BHF Genetic Information Service

The BHF Genetic Information Service supports individuals and families affected by an inherited heart condition.

Our heart nurses can explain the various types of inherited heart conditions and what tests and treatments are available for each type. If necessary they also provide support for referral to a specialist clinic by sending the caller a letter to take to their GP.

For more information call the BHF Genetic Information Service on 0300 456 8383*.

* Lines are open 9am–5pm, Monday to Friday.

GIS Helpline magnet
Magnet and leaflet
Order code: MI12
Magnet detailing contact information and opening hours of the BHF Genetic Information Service Helpline.

Genetic cardiac conditions and procedure following a sudden death
Leaflet
Order code: M104H
A leaflet providing advice to families immediately after a sudden cardiac death. Produced by SADS UK.
Publications about inherited heart conditions

In association with other charities we have produced six booklets to help people understand how inherited heart conditions can affect them and their family, how they are treated and where to get more help and support.

These booklets were produced in association with Cardiac Risk in the Young (M111A, M111B), Cardiomyopathy UK (M111C, M111D, M111E) and Heart UK (M111F).

**Dilated cardiomyopathy**
A5 booklet
Order code: M111D
Describes how and why the condition might happen, its diagnosis, treatment and explains the need for screening of the condition.

**Inherited abnormal heart rhythms**
A5 booklet
Order code: M111B
Details problems associated with inherited abnormal heart rhythms. It explains what inherited abnormal heart rhythms are and covers screening, testing and implications for the family.

**Familial hypercholesterolaemia**
A5 booklet
Order code: M111F
Details the risk of high cholesterol on heart health, and how the condition can be passed on through families. It also contains information about treatment and what patients can do to help themselves.

**Arrhythmogenic right ventricular cardiomyopathy**
A5 booklet
Order code: M111E
Provides information about how ARVC affects an individual, its treatment and screening of an affected person's family. It looks at living with the condition and discusses how those affected can help to manage their condition.

**Hypertrophic cardiomyopathy**
A5 booklet
Order code: M111C
Describes what hypertrophic cardiomyopathy is, how it’s diagnosed and treated, how it can affect a family and how to live with it. Also covers screening, testing and implications for the future.

**Dilated cardiomyopathy**
A5 booklet
Order code: M111D
Describes how and why the condition might happen, its diagnosis, treatment and explains the need for screening of the condition.

**Familial hypercholesterolaemia – Your quick guide**
Leaflet
Order code: G970
This short illustrated leaflet explains what FH is, how it’s passed through families and how you can find out if you have it. It’s suitable for you if you have been told you have FH, if you think you may have it, or if a family member has been told they have it.

**Sudden arrhythmic death syndrome**
A5 booklet
Order code: M111A
Explains sudden arrhythmic death syndrome for families and health professionals. Describes the diagnosis, treatment and screening for conditions that may lead to sudden cardiac death.
The ‘Understanding your child’s heart’ series has been written to help parents and health professionals who are caring for a child with congenital heart disease. Each publication in the series discusses the way the heart works and explains a particular congenital heart condition, its diagnosis, symptoms and treatment and gives information about where to find additional support.

### Congenital heart disease

Little hearts, big questions – Children with congenital heart disease

**DVD**

Order code: DVD24

For parents whose children have recently been diagnosed with congenital heart disease. Three families share their experiences from diagnosis to treatment. Addresses the most common questions, concerns and emotions that parents have.

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<td>Caring for children on anticoagulants</td>
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<td>Tricuspid atresia</td>
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Sammy’s heart operation

**Order code: M83**

A book for under 11 year olds who are preparing for heart surgery. Follow Sammy and his experience of being in hospital before, during and after his heart operation.

Please note, the ‘Understanding your child’s heart’ series has been made download-only for the present, while we update the series. New versions should be available to order from the end of 2015.
Shannon, meet @
teenheart member

“I was diagnosed with a congenital heart condition when I was 14. So it was a big help to find that the BHF had loads of stuff built especially for young people.

Since then I’ve got involved and helped them improve these resources even more. Fair play to them – they really listen to what I have to say and they make a real effort to make their website, booklets and policies relevant to young people.”
Information for young people with heart conditions

All of our resources for young people have been created and designed specially for them.

They help young people understand their condition and discuss the problems they may encounter.

Information leaflets

These leaflets for 13–19 year-olds explain particular heart conditions and devices, and the treatments and procedures that may be needed.

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For more info on pacemakers and ICDs

see page 93

Information for young people with heart conditions

Picture your journey

Pack
Order code: G690

A pack for 13–19 year-olds to help them make the journey from child to adult care. The resource is designed to keep all medical information in one place, and three booklets offer information and support as patients become adults and start to take responsibility for their own health.

Suggested donation £10.
meet@teenheart

Programme for young people with a heart condition

Growing up with a heart condition can be frightening and isolating for young people. Giving them the information they need is vital, and putting them in touch with one another can make a real difference to their lives.

Our meet@teenheart programme helps young people with heart conditions to meet other young people who understand.

Teenagers with a heart condition can apply to come to one of our events. They are a great way to meet other young people who are in the same situation, as well as learning new skills and building their confidence.

To come to an event, the young person needs to be aged between 13–19, have a heart condition and live in the UK.

Update newsletter
A three monthly newsletter from the meet@teenheart team to young people with heart conditions and the healthcare professionals who care for them. It features information about upcoming events, resources and other interesting news. To sign up email meetatteenheart@bhf.org.uk
Tests, treatments, medicines and surgery

Patients can be frightened when they find out they have a heart condition, but knowing the facts can help.

Our booklets and DVDs about tests, treatments and surgery discuss complex information in a clear and concise way.

Tests

A6 booklet
Order code: HIS9
This booklet describes the special tests that are commonly used to help diagnose heart conditions.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS9LP

Angiogram – Your quick guide
Leaflet
Order code: G960
This leaflet explains why someone might need an angiogram, what the procedure involves and answers some common questions.

Electrocardiogram – Your quick guide
Leaflet
Order code: G965
This leaflet tells people what to expect if they’re having an electrocardiogram (ECG). It explains the different types of ECG, including a Holter monitor and exercise stress test.

See page 92

for details of our short films about cardiac MRI, coronary angiogram, CT angiogram, ECG, ECG stress test, echocardiogram, EPS and ablation, ILR implantation, MPS, tilt test, TOE, and 24-hour blood pressure and Holter monitoring.
Treatments

Angioplasty – Your quick guide
Leaflet
Order code: G961
This short, illustrated leaflet tells people what to expect if they’re going to have a coronary angioplasty. It explains why someone might need one and what the procedure involves, and answers some common questions.

Coronary angioplasty
A6 booklet
Order code: HIS10
This booklet explains who needs to have an angioplasty, what happens, how successful it is and what people can do to help themselves after having the angioplasty.

Primary angioplasty for a heart attack
A6 booklet
Order code: HIS26
A booklet for people who have had a primary angioplasty to treat a heart attack.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS26LP

ICD – Your quick guide
Leaflet
Order code: G967
This short, illustrated leaflet explains how an ICD - or implantable cardioverter defibrillator - works and how it is put in. It also answers some common questions about everyday life with an ICD.

Implantable cardioverter defibrillators (ICDs)
A6 booklet
Order code: HIS19
For people who are about to have, or have already had, an ICD implanted. This booklet explains what an ICD is. It discusses implantation, what it feels like when the ICD delivers its treatment, and follow-up.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS19LP

Pacemaker – Your quick guide
Leaflet
Order code: G968
This illustrated leaflet explains how a pacemaker works and how it is put in. It also answers some common questions about everyday life with a pacemaker.

Pacemakers
A6 booklet
Order code: HIS15
For people who are about to have or have just had a pacemaker implanted. Explains why it’s needed, and how it’s fitted. It also discusses what to do and what not to do after it’s fitted.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS15LP

Tests
Cardiac MRI, coronary angiogram, CT angiogram, ECG (Electrocardiogram), ECG stress test, echocardiogram, EPS and ablation, ILR implantation, MPS, tilt test, TOE, and 24 hour blood pressure and Holter monitoring.

Treatments
Ablation, angioplasty and stents, cardioversion, coronary artery bypass surgery, heart valve surgery, pacemaker and ICD implantation, and TAVI.

The road ahead – Your guide to heart tests and treatments
DVD
Order code: DVD30
This DVD follows real people’s journeys through a variety of heart tests and treatments. By seeing the actual procedures, patients know what to expect and how to prepare for their own test. In some cases, simple animations make the medical information easier to understand. Each of the short films shows and explains one test or treatment. This DVD covers:

Tests
Cardiac MRI, coronary angiogram, CT angiogram, ECG (Electrocardiogram), ECG stress test, echocardiogram, EPS and ablation, ILR implantation, MPS, tilt test, TOE, and 24 hour blood pressure and Holter monitoring.

Treatments
Ablation, angioplasty and stents, cardioversion, coronary artery bypass surgery, heart valve surgery, pacemaker and ICD implantation, and TAVI.
Surgery

Having heart surgery
A6 Booklet
Order code: HISI2
For adults who are going to have, or have just had heart surgery. A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HISI2LP

I’m Gonna Go for it
DVD
Order code: DVD20
A DVD about having heart surgery, specially created for people with a learning disability.

Heart transplant
A6 Booklet
Order code: HISI3
This booklet is for people who have had, or are waiting for a heart transplant. A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HISI3LP

See page 75 for details of our Endocarditis warning card
Rehabilitation and recovery

It’s natural for people to have questions after they’ve experienced a cardiac event or been diagnosed with a heart condition. Whatever the condition and treatment, getting the support and answers they need can be vital.

Our rehabilitation and recovery resources outline what to expect from recovery and provide tools for self-help and tracking progress.

My progress record
Ring-bound manual
Order code: M92M
This resource for people with a heart condition includes pages to fill in, to record health readings such as cholesterol levels, and record medications.

My progress card
Leaflet
Order code: M47
An alternative to the My progress record ring-bound manual, with space to write important information.

Cardiac rehabilitation – Your quick guide
Leaflet
Order code: G964
This short illustrated leaflet is for people who have had a heart attack, coronary angioplasty or heart surgery. It explains what cardiac rehabilitation is and what happens on a programme.

Cardiac rehabilitation
A6 booklet
Order code: HIS23
This booklet is for people who have angina and those who have had a heart attack, coronary angioplasty or coronary artery bypass graft. It explains what cardiac rehabilitation is, how you can help your recovery in the first few weeks and what happens on a cardiac rehabilitation programme.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS23LP
Active heart, healthy heart is a DVD designed to support patients going through a cardiac rehab programme. It has seven exercise programmes, ranging from fully seated to fully standing. Active heart, healthy heart can, with healthcare professional support, provide the physical activity element of a home-based cardiac rehab programme. It can also be the home-based element of a supervised programme. It is also suitable for patients approaching the ongoing maintenance phase of their rehab. However, patients will need to have professional support to help with their progression, and to deal with any issues and concerns.

The DVD comes with a brief guide for professionals and a small interactive booklet for the patient to fill in key information related to their physical activity programme.

You can only order the DVD if you are a suitably qualified healthcare professional. You can order by calling the BHF Orderline on 0870 600 6566, or emailing orderline@bhf.org.uk.

Looking for An everyday guide to living with heart failure or One step at a time – living with heart failure? They’re listed on pages 76 and 77
End of life and bereavement support

The death of a loved one is something that, very sadly, everyone will deal with at some point in their lives.

It’s also very common for people to experience feelings of grief or loss if they or someone they care about becomes terminally ill.

Losing someone to heart disease
Booklet
Order code: G419
This booklet is for anyone who has lost a loved one to heart disease. It provides advice on practical and financial matters and contact details of useful organisations.

The Small Creature
Pack containing a story book, felt toy, an audio CD and cards
Order code: G458
This resource pack is for children under 11 who are coming to terms with the loss of a loved one. It helps carers to encourage children to express the sentiments that they never got the chance to say, as well as learning how to hold onto the memories of those they loved.
Heart Helpline

Do you know someone who needs support or has questions about their heart health?

Our Heart Helpline provides patients with information about their heart condition and support for keeping their heart healthy.

If you, or someone you know has a question about a sudden cardiac death, please see page 79 for details of our Genetic Information Service.

Call the Heart Helpline on 0300 330 3311*

Cardiac Nurses and Information Support Officers are on hand to answer patients’ questions such as:
• How does my medication work?
• Why do I need this test?
• What can I do to improve my diet?

*Lines are open 9am–5pm, Monday to Friday. Calls are charged at a similar cost to 01 or 02 numbers.
Heart Matters

Join thousands of other healthcare professionals already benefiting from Heart Matters – a FREE information and support programme from the BHF for you and your patients.

This service includes:
• Heart Matters magazine including information on heart conditions and treatments, prevention, groundbreaking research, and interviews with BHF professors
• free guides on heart conditions, tests and medication
• access to Heart Matters Helpline with Cardiac Nurses and Information Support Officers who can provide further support and information for your patients or service users
• a tape measure to check if your patients or service users are a healthy body shape
• access to our online healthy eating tools, community discussions and support emails.

Join now at:

bhf.org.uk/heartmatters
or call 0300 330 3300*

* Lines are open 9am–5pm, Monday to Friday.

Heart Matters mini magazine
A5 magazine
Order code: G204
You can order these mini-magazines to help us promote Heart Matters, our free membership service. It includes a sign up form, so readers can register for free and start getting regular issues of our bi-monthly magazine.
Priscilla, heart campaigner

“If you want to see change, use your voice. Get out there and tell people about heart disease. Lobby parliament. Run awareness days. Talk to real people and make some real changes. Thanks to the BHF I’ve been able to do all these things. They’ve helped me put my heart attack behind me, get involved in the community and make a positive difference.”
How can I set up a new Heart Support Group?

Heart Support Group toolkit
Order code: HSG
The Heart Support Group toolkit is designed to offer Heart Support Groups advice and guidance on everything they need to get their group going, and keep going. It has information on forming a committee, financial matters and running activities, as well as information on how to affiliate to the British Heart Foundation and the benefits of affiliation.

Heart Support Groups Safety first Booklet
Order code: HSGF
A guide to risk assessment and legal liability for Heart Support Groups.

“I support groups are a must. It doesn’t matter what age you are when you’ve suffered an ‘event’, it affects people in different ways and we all need support, carers included.”

Ian, heart patient

There are nearly 300 BHF-affiliated support groups, bringing hope and a healthier lifestyle to thousands of patients and carers across England and Wales.

The groups are as varied as the people in them. Some are large organisations offering a weekly programme of activities, while others are smaller and meet once a month.

For more information about Heart Support Groups, and to find a local group, visit bhf.org.uk/heartsupport
Our Heart Voices network supports patients and carers who want to help shape the future of heart health services by influencing local and national decision making. If you know someone with something to say then send them to bhf.org.uk/heartvoices.

Once they sign up, they’ll be told about opportunities to influence services that match their interests and experiences. There are also some downloadable factsheets to get them started.

You can also take part in our online campaigns via bhf.org.uk/campaigns – our easy to use online tools make it simple to contact local and national decision makers about issues close to your heart.

If you want to make a difference on a BHF campaign issue or start your own local campaign, we’ve put together a campaigning toolkit full of practical tips.

How to build a successful campaign
A5 booklet
Order code: G485

A campaigning toolkit with practical tips and case studies designed for people who want to know how to run a successful local campaign around issues that affect heart patients.

Make a difference
The British Heart Foundation campaigns hard to make things better for those with heart disease.

But we can’t succeed without the help of patients, carers and families.
• Quick reference guide
  – Call Push Rescue
  – Life saving skills
  – Public access defibrillators (PADs)
Our training programmes and resources teach members of the public what to do in a life-threatening emergency – simple skills that save lives.

**Saving lives**

**Quick reference guide**

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Call Push Rescue

Call Push Rescue – three simple steps that could mean the difference between life and death.

Our Call Push Rescue and Heartstart initiatives teach people what to do in a life threatening emergency. We need you to help us teach others these life saving skills.

Heartstart schemes

We work in partnership with many organisations and institutions to establish local community Heartstart schemes. Many of these schemes run courses that are open to the general public in their local communities. Others teach specific groups, such as employees in large companies, or army cadets and other youth groups, while some focus on heart patients and their families.

To find out more about becoming involved with a scheme in your area, go to bhf.org.uk/heartstart or call us on 0300 330 3311.

Call Push Rescue

Call Push Rescue training kit

Our new Call Push Rescue training kit provides an interactive and simple way for others to learn CPR. The kit covers child and adult CPR, the recovery position, defibrillator awareness and includes a training DVD. This kit is available free of charge to secondary schools, sixth forms, colleges and community groups*. Workplaces can also order the kit for a small fee.

The Call Push Rescue Kit can be applied for online, following the links on bhf.org.uk/cpr

*Only available to community groups working with people aged 12 years and over

Visit bhf.org.uk/cpr to watch a trailer of our Call Push Rescue training video and learn more about our life saving initiatives.
Life saving skills

How to save a life
A6 leaflet
Order code: G541
A booklet for over-11 year olds on what to do in an emergency situation. Helps to recognise and deal with possible heart attack, serious bleeding and choking. Teaches how to put someone in the recovery position and give CPR.

Heart attack
Heart attack know the symptoms
Leaflet
Order code: G499
This handy credit card-sized leaflet explains the symptoms of a heart attack and what to do if you or someone else is having a heart attack.

Chest pain
The Chest pain kit is a fantastic training resource filled with all our chest pain information. It includes interactive training aids that can be delivered to a wide audience and aims to:

- raise awareness of heart attack signs and symptoms
- encourage people to phone 999 immediately if they experience these symptoms or see the signs in other people
- help people overcome barriers to calling 999.

Skills for life
DVD
Order code: D612
Designed to help teach life saving skills as part of the Heartstart course, this DVD features five ‘real life’ scenarios where life saving skills are used in emergency situations.

Ordinary day
DVD
Order code: D617
Designed for use with children and young people, aged 5–15 years. Illustrates specific emergency life support skills. Includes choking, serious bleeding, a suspected heart attack and cardiac arrest.

Chest pain kit
Training kit
Order code: G548
For more information visit bhf.org.uk/chestpainkit
Please note this kit is only available by calling the BHF Orderline on 0870 600 6566.
A public access defibrillator (PAD) gives the heart an electric shock and may be used in an emergency situation on someone who is in cardiac arrest.

PADs with cardiopulmonary resuscitation (CPR) can be used to help keep someone alive until professional help arrives. Because a PAD automatically analyses the electrical activity of the heart and gives automated instructions, it can be used by untrained members of the public.

We aim to improve access to PADs in public places, particularly where it may take longer for an ambulance to arrive.

To find out more, contact us on 0300 330 3311 or email equipment@bhf.org.uk
Information for specific audiences

- Quick reference guide
  - Alternative languages and accessible formats
  - Information for people with learning disabilities
  - Kids and schools
Alternative languages and accessible formats

We produce some of our most popular resources in different languages and formats.

Welsh language resources

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Heart health in British Sign Language

We provide information on key risk factors for heart disease in British Sign Language via our website bhf.org.uk.

Our DVDs Risking it, Get up and go and The road ahead – Your guide to tests and treatments are available with in-vision BSL interpretation. See pages 39, 41 and 92.

Go to bhf.org.uk/hearthealthbsl to find out more.

South Asian Languages

Our DVDs Risking it, Get up and go and The road ahead – Your guide to tests and treatments are available in English with subtitles in English, Bengali, Gujarati, Hindi, Punjabi and Urdu. See pages 39, 41 and 92.

Large print

We produce some of our information in large print. For more details go to bhf.org.uk/largeprint.
Live with a healthy heart
DVD and booklet
Order code: G448
A DVD and booklet that helps people with learning disabilities to understand how to keep their heart healthy. It has real people talking about how they changed the way they live to look after their hearts, and gives ideas for people to try themselves. Includes guidance notes for support workers, families and carers.

The booklet provides extra information about each of the risk factors and contains photographic illustrations to help the user to link the written text to the DVD.

I’m Gonna Go for it
DVD and booklet
Order code: DVD20 & DVD20a
Andrew Lloyd, a man with Down’s Syndrome, presents the experience of heart surgery from his own view. Bringing his own sense of humour to the programme, Andrew journeys from discovering he needs heart surgery, to his time in hospital, and on to a full recovery.
We produce a wealth of free resources on the heart and healthy living for 0–19 year olds, which are designed to be used at home and in school.

To find out more:
• Order or download Teaching heart disease a lesson, our kids and schools catalogue.
• Browse our resources at bhf.org.uk/publications
• Go to bhf.org.uk/schools

Teaching heart disease a lesson
Booklet
Order code: G66

For children under 11 years old
yheart.net and yoobot.co.uk

For young people over 11 years old

Take a look at page 86 for details of our information for young people with congenital heart conditions.
Thank you

As a charity we rely on people like you. Thousands of people with heart disease turn to us for help every year and even more will need us in the future. We want to be there for them.

So whatever you do and whoever you work with, please help us in our life saving work.
Join the fight

There are many ways you can get involved and play a crucial role in our efforts to beat heart disease:

- Make a one-off donation, set up a direct debit, give in memory or leave a gift in your will – there are lots of ways to support us.
- Take part in one of our events – they’re a great way for you to have fun, get fit, and save lives.
- Choose from cycles, runs, walks and many more.
- Join our Nation of Lifesavers and learn to save lives with our Call Push Rescue training kits.
- Give to your local BHF shop – it’s easy to donate your unwanted items to us and help us raise vital funds.
- Shop from the heart with our online shop – all profits from the BHF Shop help fund our life saving work.
- Become a volunteer and help run our shops, support local events and fundraising or even campaign for the UK’s heart health – there’s something for everyone.

For more information visit bhf.org.uk/youcanhelp or call 020 7554 0000.

Order form

You can also order items through our website or by phone or email, see page 4 for details.

Your details:

Name

Address

Postcode

Please write down the quantity and resources you wish to receive:

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When complete, send this order form to:

British Heart Foundation, PO Box 5050, Sherwood Park Annesley, Nottingham, NG15 0DJ
Help the BHF save more lives by supporting us with a donation today

Title
First Name
Surname
Address

Phone
Email

We would like to keep in touch with you to let you know how your support has made a difference. By supplying your email address you agree that the BHF may use this to contact you about our work.

Please accept my gift of either: £10 £15 £20 Other
(Please make sure your cheque/postal order/CAF voucher payable to The British Heart Foundation)

Date
Valid from
Signature

£10 Make your gift worth almost a third more – at no extra cost to you!

Are you a UK Taxpayer?

Yes, I am a UK taxpayer and would like the BHF to reclaim the tax on any of the donations I have made in the last four years and any future donations I may make."

No, I am a non-taxpayer.

Date

"To qualify for Gift Aid, you must pay an amount of UK Income Tax and/or Capital Gains Tax at least equal to the amount that all the charities or Community Amateur Sports Clubs (CASCs) will reclaim on your gifts for that tax year (6 April one year to 5 April the next) and you understand that other taxes such as VAT and Council Tax do not qualify.

If you are a UK tax payer please tick the first box so we can claim up to 25p for every pound you give at no extra cost to you.

If you do not wish to be contacted by post, please tick this box (MP0074)

If you do not wish to hear from us by phone, please tick this box. (MP0075)

From time to time we allow other similar organisations to contact our supporters. If you do not wish to be contacted by them, please tick this box. (MP0060)

The British Heart Foundation, registered charity number 227971 (England and Wales) and SC039426 (Scotland).

Once completed please return this form to:
Freepost FRZJ-LCHX-EKCR, British Heart Foundation,
Greater London House, 180 Hampstead Road, London NW1 7AW

For a guide to all our resources by subject, turn to the beginning of each section of this catalogue.
For over 50 years we’ve pioneered research that’s transformed the lives of millions of people living with cardiovascular disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But cardiovascular disease still kills around one in four people in the UK, stealing them away from their families and loved ones.

From babies born with life threatening heart problems, to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people’s lives.

**Text FIGHT to 70080 to donate £3***

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*This is a charity donation service for the BHF. Texts cost £3 + 1 standard rate msg. The BHF will receive 100% of your donation to fund our life saving research. To opt out of calls and SMS text NOCOMMS BHF to 70060, or if you have any questions about your gift call 02032827862. © British Heart Foundation 2015, a registered charity in England and Wales (225971) and Scotland (SC039426)