



## Speaking for themselves

“ The group is developing all the time, which is great. I learn something new each week. When I had my by-pass operation, I thought it was the end of life as I knew it. I felt like people were telling me that I couldn't do this and I couldn't do that. Now I feel like I can, and I want to tell as many people as possible that they can too. ”

*CRASH* – the Cardiac Rehab Awareness Support Haven  
– Cornwall

“ I think it's great that patients who may be anxious about their future, following diagnosis, can see what other people in a similar position are now achieving – life after diagnosis! ”

Darlington Coronary Support Group

“ As soon as you walk into one of our meetings, all you can hear is laughter. We have all got the same problems – that's what brought us together in the first place – but we all have an incredibly positive outlook. It is such a happy group. That's what attracts people and keeps them coming back. ”

*Upbeat*, West Suffolk Heart Support Group

The British Heart Foundation is the nation's heart charity, dedicated to saving lives every day through pioneering research, patient care and information to help people care for their own hearts. But we need your help, because without your generous donations of time and money, we simply can't carry on our vital work. If you would like to help us, please call our donation hotline on **0300 330 3322**, visit our website at **bhf.org.uk/donate**, or send your donation to us at the address below.

# HEART HELPLINE

For information and support on anything heart-related



**0300 330 3311**

local rate number



**bhf.org.uk**

Phone lines open 9am to 6pm Monday to Friday

## BEATING HEART DISEASE TOGETHER



### British Heart Foundation

Greater London House  
180 Hampstead Road  
London NW1 7AW  
Phone: 020 7554 0000  
Fax: 020 7554 0100  
Website: [bhf.org.uk](http://bhf.org.uk)

HSC08

# HEART SUPPORT GROUPS

A helping hand for your heart



BEATING HEART DISEASE TOGETHER

## What is a Heart Support Group?

As well as the treatment and care they receive from health services, many heart patients – and their families – feel the need for further information and continuing support.

British Heart Foundation (BHF) affiliated Heart Support Groups do just that. They give people with heart disease the chance to support each other through their ongoing recovery and build the confidence they need to return to a good quality of life.

There are more than 300 Heart Support Groups affiliated to the BHF, bringing hope and a healthier lifestyle to thousands of patients and carers across England and Wales.



## So how can a Heart Support Group help you?

The groups are as varied as the people in them, and offer a range of benefits including:

- the chance to share experiences and gain emotional support
- opportunities for families and carers to learn about how others cope with living with heart disease
- options for exercise, eg, walking groups or swimming classes
- healthy lifestyle tips
- links to other services that are useful for heart patients, such as stopping smoking.

## And who are Heart Support Groups for?

They're for:

- people with any kind of heart condition
- partners, families and carers of someone with a heart condition.

## What else do Heart Support Groups do?

In addition to supporting each other, some groups play a vital role in their community through activities such as promoting heart health awareness in hospitals and schools and working with health care professionals.

## How can the BHF help you get involved?

It's easy – just email [hearthelponline@bhf.org.uk](mailto:hearthelponline@bhf.org.uk) or call our Heart HelpLine on **0300 330 3311** and we'll put you in touch with your nearest Heart Support Group.

If you'd like to set up a local group to meet your particular needs or concerns, we can give you advice and resources to help get you started. And if you decide to affiliate to the BHF, you'll be eligible for many benefits, including free public liability insurance, a start-up grant and opportunities for networking and training. For more information please email [hearthelponline@bhf.org.uk](mailto:hearthelponline@bhf.org.uk) and to order a copy of the *Heart Support Groups toolkit – getting going and keeping going*, please go to [bhf.org.uk/publications](http://bhf.org.uk/publications)

Groups across Scotland and Northern Ireland can affiliate to Chest, Heart & Stroke Scotland (CHSS) and Northern Ireland Chest, Heart and Stroke (NICHHS) respectively.

To find out more about groups in these areas, or if you'd like to get one affiliated, please contact CHSS or NICHHS on the numbers listed below:

CHSS: 0131 225 6963

NICHHS: 028 9032 0184

