Heart health resources and services catalogue

For healthcare professionals and anyone promoting health to others
Together we can beat heart disease

Heart and circulatory diseases cause more than a quarter of all deaths in the UK. In 2011 alone, they caused the deaths of over 159,000 people.

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.

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 the nation’s heart health.

Because it’s only by working together that we can beat heart disease.
Contents

1. Prevention resources and programmes ........................................... 09
   Quick reference guide .......................................................... 11
   - Healthy eating ..................................................................... 18
   - Being active ........................................................................ 22
   - Smoking and stress ............................................................. 24
   - Medical risk factors ............................................................ 26
   - Other prevention resources ................................................... 30
   - Healthy hearts kit and Pass-it-on programme ....................... 34
   - Health at Work ................................................................... 36
   - Hearty Lives ...................................................................... 38

2. Support and information for heart patients and their loved ones .......... 41
   Quick reference guide .......................................................... 43
   - Information about heart conditions ..................................... 54
   - Inherited heart conditions .................................................. 60
   - Congenital heart disease ..................................................... 64
   - Information for young people with heart conditions .......... 68
   - Tests, treatments and surgery ............................................. 72
   - Rehabilitation and recovery ................................................ 78
   - End of life and bereavement resources ............................... 82
   - Heart Helpline .................................................................. 84
   - Heart Matters ................................................................... 86
   - Heart Support Groups ......................................................... 88
   - Make a difference ............................................................... 90

3. Resources and training for healthcare practitioners ............................. 95
   Quick reference guide .......................................................... 97
   - BHF Healthcare and Innovations programme ..................... 102
   - Cardiac equipment grants .................................................. 104
   - Publications for clinical staff .............................................. 106
   - Reports and evaluations ..................................................... 108

4. Emergency Life Support programmes and resources .......................... 113
   Quick reference guide .......................................................... 115
   - Chest pain kit and awareness programme ......................... 116
   - Hands-only CPR ................................................................ 118
   - Heartstart ......................................................................... 120
   - Emergency life support (ELS) ............................................ 122
   - Automated external defibrillators (AEDs) in the community ... 124

5. Alternative languages and accessible formats ................................... 127
   - Resources for BME audiences .......................................... 128
   - Information in different languages .................................... 130
   - Information for people with learning disabilities .............. 132
   - Kids and schools .............................................................. 134

Thank you from the British Heart Foundation .................................... 136
   - Order form .................................................................... 139
   - Donation form ................................................................. 140
Welcome

This catalogue is a comprehensive 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 139.

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, and order by email or phone.

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 I need to be a member or create an account to order items?
You don’t need to be a member of any BHF service or create any kind of account to order items. If you order items to be delivered by post, we will ask for your address.

As a charity we rely on the generosity of people like you to fund our vital work. 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. Whatever you order, please send a donation if you can.

To find out more about donating, see page 140

We might also ask you some questions when you order. This is to help us improve our service. If you choose not to answer, you will still receive your items.

Do you charge for resources?
No. Because we are committed to supporting and caring for heart patients and promoting a heart healthy lifestyle to everyone, our materials are free of charge. But we can only continue producing high quality information with the support of donations, so we have included a suggested donation next to some of our more expensive resources.

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. If you’re interested in our resources for children and young people, order our Kids & 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.
Prevention resources and programmes

- Quick reference guide
- Prevention resources
  - Healthy eating
  - Being active
  - Smoking and stress
  - Medical risk factors
  - Other prevention resources
- Prevention programmes and services
  - Healthy hearts kit and Pass-it-on programme
  - Health at Work
  - Hearty Lives
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.
<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt reduction</td>
<td>A5 booklet</td>
<td>G160</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Cut down on salt</strong></td>
<td>A5 booklet</td>
<td>G160W</td>
<td>130</td>
<td>Welsh speakers</td>
</tr>
<tr>
<td>Salt made simple</td>
<td>Booklet</td>
<td>G508</td>
<td>20</td>
<td>South Asian people</td>
</tr>
<tr>
<td><strong>bhf.org.uk/cutdownsalt</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medical risk factors</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reducing your blood cholesterol</td>
<td>A6 booklet</td>
<td>HIS3</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Cholesterol and what you can do about it</td>
<td>A5 booklet</td>
<td>G388</td>
<td>27</td>
<td>South Asian people</td>
</tr>
<tr>
<td><strong>Blood pressure</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood pressure</td>
<td>A6 booklet</td>
<td>HIS4</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Blood pressure – and how to control it</td>
<td>A5 booklet</td>
<td>G387</td>
<td>28</td>
<td>South Asian people</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetes and your heart</td>
<td>A6 booklet</td>
<td>HIS22</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Diabetes and how it affects your heart</td>
<td>A5 booklet</td>
<td>G320</td>
<td>29</td>
<td>South Asian people</td>
</tr>
<tr>
<td><strong>bhf.org.uk/conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Physical activity</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Be active for life</td>
<td>A5 booklet</td>
<td>G364</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Calorie counter</td>
<td>Online tool</td>
<td>G12</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Get active, stay active</td>
<td>A5 booklet</td>
<td>G12</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Put your heart into walking</td>
<td>A5 booklet</td>
<td>G26</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Physical activity and your heart</td>
<td>A6 booklet</td>
<td>HIS1</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td><strong>bhf.org.uk/stayingactive</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Smoking</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Smoking Day</td>
<td>Campaign</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Stop smoking</td>
<td>A5 booklet</td>
<td>G118</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Smoking, shisha and chewing tobacco – how to stop</td>
<td>A5 booklet</td>
<td>G500</td>
<td>25</td>
<td>South Asian people</td>
</tr>
<tr>
<td>WeQuit</td>
<td>Website</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td><strong>Stress reduction</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coping with stress</td>
<td>A5 booklet</td>
<td>G187</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td><strong>bhf.org.uk/stress</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resource</td>
<td>Format</td>
<td>Order code</td>
<td>Page</td>
<td>Aimed at</td>
</tr>
<tr>
<td>----------</td>
<td>--------</td>
<td>------------</td>
<td>------</td>
<td>----------</td>
</tr>
<tr>
<td><strong>General prevention resources</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cadw’ch calon yn iach (Keep your heart healthy)</td>
<td>A5 booklet</td>
<td>G511W</td>
<td>31</td>
<td>Welsh speakers</td>
</tr>
<tr>
<td>Dbaj o zdrowe serce – Informacje dla Polaków (Keep your heart healthy)</td>
<td>A5 booklet</td>
<td>G511POL</td>
<td>31</td>
<td>Polish speakers</td>
</tr>
<tr>
<td>Healthy living, healthy heart</td>
<td>A5 booklet</td>
<td>G532</td>
<td>32</td>
<td>African Caribbean people</td>
</tr>
<tr>
<td>Heart health in BSL</td>
<td>Films</td>
<td></td>
<td>131</td>
<td>Deaf people</td>
</tr>
<tr>
<td>Know Your Heart</td>
<td>Online tool</td>
<td></td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>Live with a healthy heart</td>
<td>DVD and A4 booklet</td>
<td>G448</td>
<td>33</td>
<td>People with a learning disability</td>
</tr>
<tr>
<td>Looking after your heart</td>
<td>A5 booklet</td>
<td>G223</td>
<td>31</td>
<td>South Asian people</td>
</tr>
<tr>
<td>Keep your heart healthy</td>
<td>A6 booklet</td>
<td>HIS25</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Take heart – Our heart health information for you and your loved ones</td>
<td>A5 booklet</td>
<td>G5</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>We can help you look after your heart</td>
<td>Leaflet</td>
<td>G598</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Women and heart disease</td>
<td>A6 booklet</td>
<td>M37</td>
<td>32</td>
<td>Women</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General prevention programmes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Healthy hearts kit</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy hearts kit</td>
<td>Training kit</td>
<td>G453</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Pass-it-on</td>
<td>Workshops</td>
<td></td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Eatwell plate mat</td>
<td>A1 poster</td>
<td>G453E</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Food cards pack one</td>
<td>Card pack</td>
<td>G453C</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Food cards pack two</td>
<td>Card pack</td>
<td>G453G</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Goal sheets</td>
<td>Pack of 25 sheets</td>
<td>G453D</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td><a href="http://bhf.org.uk/healthyheartskit">bhf.org.uk/healthyheartskit</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Health at Work</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health at Work toolkit</td>
<td>Toolkit</td>
<td>G566</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Employee pocket mission booklet</td>
<td>A5 booklet</td>
<td>G566A</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Health at Work posters</td>
<td>A3 posters</td>
<td>G566B-D</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td><a href="http://bhf.org.uk/healthatwork">bhf.org.uk/healthatwork</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hearty Lives</strong></td>
<td>Programme</td>
<td></td>
<td>39</td>
<td></td>
</tr>
<tr>
<td><a href="http://bhf.org.uk/heartylives">bhf.org.uk/heartylives</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
“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.

Less than one-third of adults in the UK consume the recommended five or more portions of fruit and vegetables a day, and more than 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.

Bwyta’n iach (Eating well)
A5 booklet
Order code: G186W
A Welsh language version of our popular healthy eating resource Eating well.

So you want to lose weight... for good
A4 booklet
Order code: M2
A guide to losing weight steadily and gradually, for adults. Includes advice on a balanced diet and portion sizes, as well as an eating plan and progress chart.
A large print version of this booklet is available. Order code: M2L

Healthy eating for a healthy heart
A5 leaflet
Order code: G456
A Welsh language version of our popular healthy eating resource Eating well.

Available in English (G456), Bengali (G456B), Gujarati (G456G), Hindi (G456H), Punjabi (G456P), and Urdu (G456U).

Go online at bhf.org.uk/healthyeating for more information, tips and recipes. And don’t forget our Heart Matters online recipe finder.

More details on page 86
Guide to food labelling
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.
A Welsh language version of this booklet is also available – order code: G160W

Salt made simple
Booklet
Order code: G508
This pocket sized booklet for South Asian people gives simple tips to help people reduce their salt intake.
Available in English (G508), Bengali (G508B), Gujarati (G508G), Hindi (G508H), Punjabi (G508P), and Urdu (G508U).

Saturated fat made simple
Booklet
Order code: G480
Aimed at South Asian people, this small booklet outlines simple ways in which they can reduce their saturated fat intake.
Available in English (G480), Bengali (G480B2), Gujarati (G480G2), Hindi (G480H2), Punjabi (G480P2), and Urdu (G480U2).

Cut the saturated fat flyer – Carrot halwa
A5 leaflet
Order code: G483
A5 flyer with saturated fat reduction tips and a recipe. Can be used to promote healthy eating and other BHF resources in the community.
Available in English (G483E2), Bengali (G483B2), Gujarati (G483G2), Hindi (G483H2), Punjabi (G483P2) and Urdu (G483U2).

Cut the saturated fat flyer – Samosa
A5 leaflet
Order code: G484
A5 flyer with saturated fat reduction tips and a recipe. Can be used to promote healthy eating and other BHF resources in the community.
Available in English (G484E2), Bengali (G484B2), Gujarati (G484G2), Hindi (G484H2), Punjabi (G484P2) and Urdu (G484U2).

Cut the saturated fat flyer – Healthy meals – healthy heart
A5 recipe book
Order code: G606
Packed with 30 healthy, easy to prepare South Asian recipes.

Traditional foods – healthy dishes
A5 recipe book
Order code: G503
This recipe book has been specially created for African Caribbean communities. It can be used by community dieticians, specialist catering and kitchen staff, voluntary and community workers wanting to raise awareness around healthy eating and anyone who likes African Caribbean cuisine.

Looking for resources about managing high blood cholesterol?
See page 27
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.

Nearly two thirds of adults in the UK do not achieve recommended weekly amount of 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
Discusses strategies for getting and staying active. Encourages individuals to think about the range of ways they can be active, without needing to slip into lycra or join a gym!

Put your heart into walking
A5 booklet
Order code: G26
Introduces 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.

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.

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.

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

Find out more at bhf.org.uk/calories
Smoking and stress

In the UK, one in five adults smoke cigarettes.

Smokers are more likely to die of coronary heart disease, and quitting is the single most important step they can take to protect the health of their heart.

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.

www.wequit.co.uk
Website
WeQuit provides information and support for quitters, from a community of like-minded people.

No Smoking Day
Campaign
One in five adults in the UK smoke, yet quitting is the single best thing they can do for their heart.

The successful No Smoking Day campaign has run for 30 years and is directly responsible for helping thousands of people quit permanently. No Smoking Day supports thousands of local organisations across the UK, such as GP surgeries, schools, and employers, to host their own quit-smoking events on a single day. As well as promoting resources to help people quit, each organiser can highlight any or all of the range of health harms of smoking from heart disease and cancer through to the cosmetic effects on skin and teeth.

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

Smoking, shisha and chewing tobacco – how to stop
A5 booklet – Order code: G500
South Asian people have a higher risk of developing and dying prematurely from coronary heart disease. Smoking is one of the main risk factors for the disease. This booklet explains the health risk of cigarettes, pipe tobacco, shisha and chewing tobacco, and gives advice on how to stop smoking.

Available in English (G500), Bengali (G500B), Gujarati (G500G), Hindi (G500H), Punjabi (G500P), and Urdu (G500U).

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.
Medical risk factors

Our booklets explain the impact of high blood cholesterol levels, high blood pressure and diabetes and provide information to patients 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

Cholesterol and what you can do about it
A5 booklet
Order code: G388
For South Asian people. Explains what cholesterol is, why it increases the risk of coronary heart disease and how blood cholesterol levels can be controlled.

Available in English (G388), Bengali (G388B), Gujarati (G388G), Hindi (G388H), Punjabi (G388P), and Urdu (G388U).
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.

Blood pressure – and how to control it
A5 booklet
Order code: G387
For South Asian people. It explains what high blood pressure is, why it is harmful, and what can be done to help control it.
Available in English (G387), Bengali (G387B), Gujarati (G387G), Hindi (G387H), Punjabi (G387P), and Urdu (G387U).

Diabetes and your heart
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 how it affects your heart
A5 booklet
Order code: G320
For South Asian people. This booklet explains what coronary heart disease is and what they can do to reduce their risk and help control their diabetes.
Available in English (G320), Bengali (G320B), Gujarati (G320G), Hindi (G320H), Punjabi (G320P), and Urdu (G320U).

Go to bhf.org.uk/prevention to see case studies on
Lowering cholesterol through statins
Lowering cholesterol through increased exercise
Having high cholesterol due to hypercholesterolaemia
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.

Keep your heart healthy
A6 booklet
Order code: HIS25
Explains how people can look after their heart and reduce their risk of developing coronary heart disease and stroke.
A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS25LP

Looking after your heart
A5 booklet
Order code: G223
For South Asian people. This booklet explains what coronary heart disease is, what can be done to prevent it, and how it can be managed.
Available in English (G223), Bengali (G223B), Gujarati (G223G), Hindi (G223H), Punjabi (G233P), and Urdu (G233U).

Cadw’ch calon yn iach
(Keep your heart healthy)
A5 Booklet
Order code: G511W
This Welsh language booklet explains how people can look after their heart.

Dbaj o zdrowe serce –
Informacje dla Polaków
(Keep your heart healthy)
A5 Booklet
Order code: G511POL
Information for Polish people on how to keep their heart healthy.

We have information in BSL about the main risk factors for coronary heart disease at
bhf.org.uk
See page 131 for more information
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.

Healthy living, healthy heart
A5 booklet
Order code: G532
The booklet is for African Caribbean people and covers conditions that African Caribbean people are at greater risk of, risk factors that can increase the likelihood of developing CVD, and everyday lifestyle changes that can reduce the risk of CVD.

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

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 BHF offers. Includes information about prevention, care and treatment for people with heart conditions.

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.

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

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

Go to bhf.org.uk/prevention
for more resources, information and online tools

“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
Healthy hearts kit and Pass-it-on programme

Do you want to be able to show people how the heart works, and discuss the risk factors for coronary heart disease and what they can do to reduce their chances of developing it?

Our award winning Healthy hearts kit helps health promoters show people how they can look after their hearts through interactive sessions. The kit is designed for people who:

- work or volunteer in a healthcare or community setting
- train or help people to lead a healthier lifestyle
- have some experience of training.

So if you’re an active health promoter such as a health trainer or advocate, an interpreter, NHS health promotion staff, or voluntary and community worker, this kit will help you get heart health messages across to those who need them most.

Suitable for a wide range of audiences, the kit includes vital information for high risk groups such as South Asian and Black and Minority Ethnic (BME) communities. Visit bhf.org.uk/healthyheartskit to find out more.

Healthy hearts kit
Suggested donation – £30
Order code: G453

The kit contains everything you need to run interactive sessions to show people how to look after their hearts. Please note this kit is only available by calling the Orderline on 0870 600 6566.

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)

Register for a Healthy hearts kit workshop

The Pass-it-on workshops provide free training for active health promoters who want to deliver heart health messages using their Healthy hearts kit. To find out about workshops in your area, or if you would like to host a workshop, please go to please go to 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 and mental wellbeing
- 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.

Health at Work toolkit
Order code: G566
An in-depth ‘how to’ guide to promoting physical activity, healthy eating and mental wellbeing in the workplace. Includes practical ideas, tools and information, and re-orderable employee pocket mission booklet and posters.

Employee pocket mission booklet
A5 booklet
Order code: G566A
Ready to be handed out to your employees to encourage them to take small steps to very achievable missions on physical activity, healthy eating and mental wellbeing. This pocket mission booklet also includes tips and health challenges for a healthier lifestyle at work.

Health at Work posters
A3 posters
Order codes: G566B, G566C, G566D
Promote physical activity, healthy eating and mental wellbeing at work by using our interactive Mission Very Possible posters. The posters are available to order or download.

Already signed up?
For access to a wealth of fantastic resources including team challenges, booklets, quizzes and activities, visit the Health at Work website at bhf.org.uk/healthatwork

"All Health At Work BHF resources are extremely useful, practical and give some great advice and ideas... The templates and real case studies are so useful... I really do recommend and feel the resources are of real benefit"

Rachel
Workplace Health Coordinator
Hearty Lives

Hearty Lives is BHF’s £10 million UK-wide programme to reduce geographical inequalities in heart disease.

We work in partnership with local authority, health and community organisations to fund projects in disadvantaged communities with high risks of heart disease.

The projects provide services which are specific to local needs. Sustainable change is an important part of the Hearty Lives programme.

Partner organisations deliver community focused interventions, and are encouraged to develop new resources and services for their area.

Partner organisations are responsible for delivering their local projects, but each project is allocated a BHF Community Development Coordinator or manager to support them.

Hearty Lives is a targeted award scheme. If you would like to know more about Hearty Lives or find out whether there is any activity in your area, please contact heartylives@bhf.org.uk
Support and information for heart patients and their loved ones

- Quick reference guide
- Resources about heart conditions
  - Information about heart conditions
  - Inherited heart conditions
  - Congenital heart disease
  - Resources for young people with heart conditions
  - Tests, treatments 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.

### Support and information for heart patients and their loved ones:
**Quick reference guide**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart and circulatory conditions – information for patients and their loved ones</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Coronary heart disease</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angina</td>
<td>A6 booklet</td>
<td>HIS6</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Heart attack</td>
<td>A6 booklet</td>
<td>HIS7</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Living with angina and heart disease</td>
<td>A5 booklet</td>
<td>G324</td>
<td>55</td>
<td>South Asian people</td>
</tr>
<tr>
<td><strong>Arrhythmias</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atrial fibrillation</td>
<td>A6 booklet</td>
<td>HIS24</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Cardiac arrhythmia, fainting and syncope</td>
<td>Leaflet</td>
<td>M104G</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Heart rhythms</td>
<td>A6 booklet</td>
<td>HIS14</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Inherited heart rhythm disturbances</td>
<td>A5 booklet</td>
<td>M111B</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>Wolff-Parkinson-White Syndrome</td>
<td>Leaflet</td>
<td>M104E</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td><strong>Heart failure</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Living with heart failure</td>
<td>A6 booklet</td>
<td>HIS8</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>An everyday guide to living with heart failure</td>
<td>Book</td>
<td>G275U</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>An everyday guide to living with heart failure: Personal record</td>
<td>A5 booklet</td>
<td>G275A</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>One step at a time – Living with heart failure</td>
<td>DVD</td>
<td>DVD5</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td>Heart failure</td>
<td>A5 booklet</td>
<td>G316</td>
<td>57</td>
<td>South Asian people</td>
</tr>
<tr>
<td>Resource</td>
<td>Format</td>
<td>Order code</td>
<td>Page</td>
<td>Aimed at</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------------</td>
<td>------------</td>
<td>------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td><strong>Other heart conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart valve disease</td>
<td>A6 booklet</td>
<td>HIS11</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peripheral arterial disease</td>
<td>A6 booklet</td>
<td>HIS16</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Caring for someone with a heart condition</td>
<td>A6 booklet</td>
<td>HIS20</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td><strong>bhf.org.uk/conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Inherited heart conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genetic cardiac conditions and procedure</td>
<td>Leaflet</td>
<td>M104H</td>
<td>61</td>
<td></td>
</tr>
<tr>
<td>following a sudden death</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arrhythmogenic right ventricular cardiomyopathy</td>
<td>A5 booklet</td>
<td>M111E</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Dilated cardiomyopathy</td>
<td>A5 booklet</td>
<td>M111D</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Hypertrophic cardiomyopathy</td>
<td>A5 booklet</td>
<td>M111C</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Familial hypercholesterolaemia</td>
<td>A5 booklet</td>
<td>M111F</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Inherited heart rhythm disturbances</td>
<td>A5 booklet</td>
<td>M111B</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>Sudden arrhythmic death syndrome</td>
<td>A5 booklet</td>
<td>M111A</td>
<td>62</td>
<td></td>
</tr>
</tbody>
</table>

**Support**

- BHF Genetic Information Service 0300 456 8383 Helpline 61
- Genetic resources information card Leaflet and card M128 61
- GIS Helpline magnet Leaflet and magnet M112 61

For information on cholesterol, blood pressure and diabetes

See pages 27-29

For more information on heart conditions go to

bhf.org.uk
<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart conditions and their treatment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>– information for children, young people and their parents</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children with congenital heart disease: Understanding your child’s heart</td>
<td>DVD</td>
<td>DVD24</td>
<td>65</td>
<td></td>
</tr>
<tr>
<td><strong>Conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aortic stenosis</td>
<td>A6 booklet</td>
<td>C1</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Aortic stenosis</td>
<td>A6 leaflet</td>
<td>C1T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Atrial septal defect (ASD)</td>
<td>A6 leaflet</td>
<td>C13T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Arrhythmias</td>
<td>A6 leaflet</td>
<td>C14T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Complete &amp; partial atrioventricular septal defect</td>
<td>A6 booklet</td>
<td>C14</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Common arterial trunk (truncus arteriosus)</td>
<td>A6 booklet</td>
<td>C13</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Coarctation of the aorta</td>
<td>A6 booklet</td>
<td>C2</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Coarctation of the aorta</td>
<td>A6 leaflet</td>
<td>C2T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Double inlet ventricle</td>
<td>A6 booklet</td>
<td>C11</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Hypoplastic left heart</td>
<td>A6 booklet</td>
<td>C9</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Hypoplastic left heart syndrome</td>
<td>A6 leaflet</td>
<td>C11T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Large ventricular septal defect</td>
<td>A6 booklet</td>
<td>C3</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Large ventricular septal defect</td>
<td>A6 leaflet</td>
<td>C3T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>LQTS</td>
<td>A6 leaflet</td>
<td>C7T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Pulmonary atresia with intact ventricular septum</td>
<td>A6 booklet</td>
<td>C8</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>Pulmonary atresia with intact ventricular septum</td>
<td>A6 leaflet</td>
<td>C12T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Pulmonary atresia with ventricular septal defect</td>
<td>A6 booklet</td>
<td>C15</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td><strong>Treatment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caring for children on anticoagulants</td>
<td>A6 booklet</td>
<td>C12</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td>ICDs</td>
<td>A6 leaflet</td>
<td>C9T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Pacemakers</td>
<td>A6 leaflet</td>
<td>C8T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>Straight from the heart</td>
<td>Book and videos</td>
<td>G562</td>
<td>69</td>
<td></td>
</tr>
<tr>
<td>Operation Fix-it</td>
<td>Book</td>
<td>M82</td>
<td>65</td>
<td>Parents/children</td>
</tr>
</tbody>
</table>

[bhf.org.uk/congenital](http://bhf.org.uk/congenital)
<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Resources and programmes for children and young people with heart conditions</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Heart condition awareness</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The BHF Card</td>
<td>Pad of 20 A5 sheets</td>
<td>G486</td>
<td>69</td>
<td>Young people/healthcare practitioners</td>
</tr>
<tr>
<td>The BHF card poster</td>
<td>A3 poster</td>
<td>G488</td>
<td>69</td>
<td>Healthcare practitioners</td>
</tr>
<tr>
<td><strong>Events and programmes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speak Up</td>
<td>Event</td>
<td>70</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td>Teen Think Tank</td>
<td>Event</td>
<td>71</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td>Weekend Stunner</td>
<td>Event</td>
<td>71</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td>Update newsletter</td>
<td>Email service</td>
<td>71</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td>meet@teenheart</td>
<td>Programme</td>
<td>70</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td>meet@teenheart loop of cards</td>
<td>A6 cards</td>
<td>G477</td>
<td>71</td>
<td>Young people</td>
</tr>
<tr>
<td>yheart.net</td>
<td>Website</td>
<td>70</td>
<td>Young people</td>
<td></td>
</tr>
<tr>
<td><strong>Tests, treatments and surgery – information for patients and their loved ones</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tests</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tests for heart conditions</td>
<td>A6 booklet</td>
<td>HIS9</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td><strong>bhf.org.uk/tests</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medicines</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicines for your heart</td>
<td>A6 booklet</td>
<td>HIS17</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td>Taking medicines for your heart</td>
<td>A5 booklet</td>
<td>G224</td>
<td>73</td>
<td>South Asian people</td>
</tr>
<tr>
<td>Caring for children on anticoagulants</td>
<td>A6 booklet</td>
<td>C12</td>
<td>65</td>
<td>Parents</td>
</tr>
<tr>
<td><strong>bhf.org.uk/medicines</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Treatments</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coronary angioplasty</td>
<td>A6 booklet</td>
<td>HIS10</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Going with the flow: Angiography and angioplasty – A guide for patients</td>
<td>DVD</td>
<td>DVD4</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Primary angioplasty for a heart attack</td>
<td>A6 booklet</td>
<td>HIS26</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Implantable cardioverter defibrillators (ICDs)</td>
<td>A6 booklet</td>
<td>HIS19</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>ICDs</td>
<td>A6 leaflet</td>
<td>C9T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td>The beat goes on: Implantable cardioverter defibrillators (ICDs) – A guide to everyday life</td>
<td>DVD</td>
<td>DVD2</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Pacemakers</td>
<td>A6 booklet</td>
<td>HIS15</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Pacemakers</td>
<td>A6 leaflet</td>
<td>C8T</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td><strong>bhf.org.uk/treatment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Surgery</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having heart surgery</td>
<td>A6 booklet</td>
<td>HIS12</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Lifelines – Heart surgery and after</td>
<td>DVD</td>
<td>DVD10</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Heart transplantation</td>
<td>A6 booklet</td>
<td>HIS13</td>
<td>77</td>
<td></td>
</tr>
<tr>
<td>I’m Gonna Go for it</td>
<td>DVD</td>
<td>DVD20</td>
<td>77</td>
<td>People with a learning disability</td>
</tr>
<tr>
<td><strong>bhf.org.uk/treatment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Straight from the heart</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straight from the heart</td>
<td>Book and videos</td>
<td>G562</td>
<td>69</td>
<td>Young people</td>
</tr>
<tr>
<td><strong>Operation Fix-it</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operation Fix-it</td>
<td>Book</td>
<td>M82</td>
<td>65</td>
<td>Parents/children</td>
</tr>
<tr>
<td><strong>bhf.org.uk/treatment</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resource</td>
<td>Format</td>
<td>Order code</td>
<td>Page</td>
<td>Aimed at</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
<td>------------</td>
<td>------</td>
<td>---------------------------</td>
</tr>
<tr>
<td><strong>Rehabilitation and recovery</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My progress record</td>
<td>Manual</td>
<td>M92M</td>
<td>79</td>
<td></td>
</tr>
<tr>
<td>My progress card</td>
<td>A4 leaflet</td>
<td>M47</td>
<td>79</td>
<td></td>
</tr>
<tr>
<td>Returning to work with a heart condition</td>
<td>A6 booklet</td>
<td>HIS21</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Physical activity and your heart</td>
<td>A6 booklet</td>
<td>HIS1</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Caring for someone with a heart condition</td>
<td>A6 booklet</td>
<td>HIS20</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td><strong>Cardiac rehabilitation</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiac rehabilitation</td>
<td>A6 booklet</td>
<td>HIS23</td>
<td>80</td>
<td>Healthcare practitioners</td>
</tr>
<tr>
<td>Active heart, healthy heart</td>
<td>Programme/DVD</td>
<td>DVD29</td>
<td>81</td>
<td>Patients in England</td>
</tr>
<tr>
<td>What should I expect from cardiac rehabilitation?</td>
<td>Booklet</td>
<td>G517</td>
<td>80</td>
<td></td>
</tr>
</tbody>
</table>

**More information and support for people with heart conditions and their loved ones**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Helpline</td>
<td>Helpline</td>
<td>HSG</td>
<td>89</td>
<td>Heart Support Groups</td>
</tr>
<tr>
<td>0300 330 3311</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Heart Matters</strong></td>
<td>Support service</td>
<td>HM11</td>
<td>87</td>
<td></td>
</tr>
<tr>
<td><strong>Heart matters mini magazine</strong></td>
<td>Magazine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting online</td>
<td>A5 booklet</td>
<td>G204/OS</td>
<td>87</td>
<td></td>
</tr>
</tbody>
</table>

**End of life and bereavement support**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Helpline bereavement support</td>
<td>Helpline</td>
<td></td>
<td>82</td>
<td></td>
</tr>
<tr>
<td>0300 330 3311</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Losing someone to heart disease</td>
<td>Booklet</td>
<td>G419</td>
<td>83</td>
<td>Parents/children</td>
</tr>
<tr>
<td>The Small Creature</td>
<td>Kit/film</td>
<td>G458</td>
<td>83</td>
<td></td>
</tr>
</tbody>
</table>

**Heart Support Groups**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Support Group toolkit</td>
<td>A4 folder</td>
<td>HSG</td>
<td>89</td>
<td>Heart Support Groups</td>
</tr>
<tr>
<td>Heart Support Group leaflet</td>
<td>Leaflet</td>
<td>HSGA</td>
<td>89</td>
<td></td>
</tr>
<tr>
<td>Heart Support Group poster</td>
<td>Poster</td>
<td>HSGJ</td>
<td>89</td>
<td>Heart Support Groups</td>
</tr>
<tr>
<td>Heart Support Groups safety first</td>
<td>Booklet</td>
<td>HSGF</td>
<td>89</td>
<td>Heart Support Groups</td>
</tr>
</tbody>
</table>

**Other**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for someone with a heart condition</td>
<td>A6 booklet</td>
<td>HIS20</td>
<td>59</td>
<td></td>
</tr>
</tbody>
</table>

**Campaigning**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to build a successful campaign</td>
<td>A4 booklet</td>
<td>G485</td>
<td>91</td>
<td></td>
</tr>
</tbody>
</table>

**bhf.org.uk/heartmatters**
“As well as scaring the daylights out of me, my quadruple 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 and 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.”
Information about heart conditions

Over 2.3 million people in the UK live with a heart 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. Also available in Welsh Rheoli’ch angina – order code: G334W

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

Living with angina and heart disease
A5 booklet
Order code: G324
For South Asian people. This booklet explains what angina is, the treatments for it and how to control its symptoms. Available in English (G324), Bengali (G324B), Gujarati (G324G), Hindi (G324H) Punjabi (G324P), and Urdu (G324U).

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

Over 2.3 million people in the UK live with a heart 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. Also available in Welsh Rheoli’ch angina – order code: G334W

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

Living with angina and heart disease
A5 booklet
Order code: G324
For South Asian people. This booklet explains what angina is, the treatments for it and how to control its symptoms. Available in English (G324), Bengali (G324B), Gujarati (G324G), Hindi (G324H) Punjabi (G324P), and Urdu (G324U).

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
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.

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.

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. Also available in Welsh Byw gyda methiant y galon – order code: HIS8W.

Wolff-Parkinson-White Syndrome (WPW)
Leaflet
Order code: M104E
A leaflet for patients and healthcare practitioners that describes Wolff-Parkinson-White Syndrome. Includes Department of Health recommendations. Produced by SADS UK.

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

Heart failure
A5 booklet
Order code: G316
For South Asian people. This booklet explains what heart failure is, the causes and symptoms, how it’s diagnosed and treated and what individuals can do to help themselves.
Available in English (G316), Bengali (G316B), Gujarati (G316G), Hindi (G316H), Punjabi (G316P) and Urdu (G316U).

Peripheral arterial disease
A leaflet
Order code: M610
For South Asian people. This leaflet explains what peripheral arterial disease is, the causes and symptoms, how it’s diagnosed and treated and what individuals can do to help themselves.
Available in English (M610), Bengali (M610B), Gujarati (M610G), Hindi (M610H), Punjabi (M610P) and Urdu (M610U).

We also provide information about peripheral arterial disease. For more information order our booklet Peripheral arterial disease.

Order code: HIS16

Check out page 72 for information on tests, treatments and surgery for these conditions.
An everyday guide to 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: 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.

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 the condition, and managing their condition. Films are also available on bhf.org.uk and YouTube.

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)

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
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. Calls are charged at a similar cost to 01 or 02 numbers.

---

Genetic resources information card
Leaflet and card
Order code: M128
Card providing information on resources available to explain inherited heart conditions to patients, their families, carers and health practitioners.

GIS Helpline magnet
Magnet and leaflet
Order code: M112
Magnet detailing contact information and hours of operation for 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 Association (M111C, M111D, M111E) and Heart UK (M111F).

**Sudden arrhythmic death syndrome**
A5 booklet
Order code: M111A
Explains sudden arrhythmic death syndrome for families and health practitioners. Describes the diagnosis, treatment and screening for conditions that may lead to sudden cardiac death.

**Inherited heart rhythm disturbances**
A5 booklet
Order code: M111B
Details problems associated with inherited heart rhythm disturbances. Explains what an inherited heart rhythm disturbance means and covers screening, testing and implications for the family.

**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.

**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. Looks at living with the condition and discusses how those affected can help to manage their condition.

**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.
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

<table>
<thead>
<tr>
<th>Title</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aortic stenosis</td>
<td>C1</td>
</tr>
<tr>
<td>Caring for children on anticoagulants</td>
<td>C12</td>
</tr>
<tr>
<td>Complete &amp; partial atrioventricular septal defect</td>
<td>C14</td>
</tr>
<tr>
<td>Common arterial trunk (truncus arteriosus)</td>
<td>C13</td>
</tr>
<tr>
<td>Coarctation of the aorta</td>
<td>C2</td>
</tr>
<tr>
<td>Double inlet ventricle</td>
<td>C11</td>
</tr>
<tr>
<td>Hypoplastic left heart</td>
<td>C9</td>
</tr>
<tr>
<td>Large ventricular septal defect</td>
<td>C3</td>
</tr>
<tr>
<td>Pulmonary atresia with intact ventricular septum</td>
<td>C8</td>
</tr>
<tr>
<td>Pulmonary atresia with ventricular septal defect</td>
<td>C15</td>
</tr>
<tr>
<td>Pulmonary stenosis</td>
<td>C4</td>
</tr>
<tr>
<td>Single ventricle circulation</td>
<td>C7</td>
</tr>
<tr>
<td>Tetralogy of Fallot</td>
<td>C5</td>
</tr>
<tr>
<td>Transposition of the great arteries</td>
<td>C6</td>
</tr>
<tr>
<td>Tricuspid atresia</td>
<td>C10</td>
</tr>
</tbody>
</table>

### Children with congenital heart disease: Understanding your child’s heart

**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.

### Operation Fix-it

**Book**

Order code: M82

Aimed at 7-11 year-olds, this book tells the story of a Tom, an eight year old boy’s visit to hospital for a heart operation. The book is designed to prepare children for a hospital visit and can provide a platform for family discussion about potential fears.
Shannon, Teen Think Tank 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 in their Teen Think Tanks, 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.

<table>
<thead>
<tr>
<th>Title</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aortic stenosis</td>
<td>C1T</td>
</tr>
<tr>
<td>Coarctation of the aorta</td>
<td>C2T</td>
</tr>
<tr>
<td>Large ventricular septal defect</td>
<td>C3T</td>
</tr>
<tr>
<td>Pulmonary stenosis</td>
<td>C4T</td>
</tr>
<tr>
<td>Tetralogy of Fallot</td>
<td>C5T</td>
</tr>
<tr>
<td>Transposition of the great arteries</td>
<td>C6T</td>
</tr>
<tr>
<td>LQTS</td>
<td>C7T</td>
</tr>
<tr>
<td>Pacemakers</td>
<td>C8T</td>
</tr>
<tr>
<td>ICDs</td>
<td>C9T</td>
</tr>
<tr>
<td>Tricuspid atresia</td>
<td>C10T</td>
</tr>
<tr>
<td>Hypoplastic left heart syndrome</td>
<td>C11T</td>
</tr>
<tr>
<td>Pulmonary atresia with intact ventricular septum</td>
<td>C12T</td>
</tr>
<tr>
<td>Atrial septal defect (ASD)</td>
<td>C13T</td>
</tr>
<tr>
<td>Arrhythmias</td>
<td>C14T</td>
</tr>
</tbody>
</table>

Straight from the heart
Booklet and videos
Order code: G562
Tips on hospital trips written by young people who have been through procedures themselves. The booklet comes to life in seven short videos which feature young people and healthcare practitioners sharing their experiences – check them out at yheart.net/straightftheart

The BHF card
ID card, pad of 20 A5 sheets
Order code: G486
For young people between 13-19 who have an ongoing heart condition. The BHF card can be used to prove that the cardholder has an ongoing heart condition and may require special treatment. It can only be ordered and issued by cardiac specialists.

The BHF card poster
A3 poster
Order code: G488
A promotional poster for the BHF card. It can be displayed where young people with heart conditions will see it i.e. waiting areas, ECHO rooms, consultation rooms.

For more info on pacemakers and ICD’s see page 75
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 are invited to come to one or all of the events we hold during the year. They are a great way to meet other young people, try new things and build up confidence. To come to an event, the young people need to be aged between 13 and 19, have a heart condition and live in the UK.

Speak Up event

At this event teenagers will have the chance to meet other young people who’ve been through similar experiences to them. They will learn more about how to feel more confident, communicate with others, and how to talk to others about their heart condition in a supportive and creative way.

Speak Up is completely free, and BHF will pay for young people to travel to and from the event. It includes a social activity the evening before Speak Up so everyone gets to know each other.

Teen Think Tank

Teen Think Tank is a meeting of young people with heart conditions held three or four times a year in different parts of the UK. Teen Think Tanks advise BHF on projects that affect them or will act as a focus group for a teenage perspective. Every meeting has a fun activity before or after the meeting. BHF will pay for any travel.

Weekend Stunner

A weekend away for teenagers with heart conditions – jam packed full of fun stuff to get involved in. It gives them the opportunity to try new things, meet other young people with heart conditions and make new friends. We hold this event every two years.

Find out more at:
www.yheart.net

A website set up by BHF in collaboration with young people with heart conditions.

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

meet@teenheart loop of cards
A6, 6 cards held together by a ring
Order code: G477
Each card profiles the different activities and opportunities for young people who are living with heart conditions available through the BHF’s meet@teenheart programme.

If you know someone who would benefit from taking part
Call us on 020 75540396 or email meetatteenheart@bhf.org.uk
Tests, treatments 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

Tests for heart conditions
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

Medicines

Medicines for your heart
A6 booklet
Order code: HIS17
This booklet describes some of the medicines prescribed for people with a heart condition, and also medicines for high blood pressure and cholesterol. Explains why medications are prescribed, how they work and possible side effects.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS17LP

Taking medicines for your heart
A5 Booklet
Order code: G224
For South Asian people. This booklet describes the different medicines prescribed for people with a heart condition. Discusses how each medicine works, side effects, what to do in case of a severe reaction and the importance of taking medicines as directed.

Available in English (G224), Bengali (G224B), Gujarati (G224H), Hindi (G224H), Punjabi (G224P) and Urdu (G224U).
Treatments

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.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS10LP

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

Primary angioplasty for a heart attack

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

Implantable cardioverter defibrillators (ICDs)

Going with the flow:
Angiography and angioplasty – A guide for patients
DVD
Order code: DVD4
Designed for people who have been referred for an angiogram or angioplasty, this DVD follows a group of patients who share their feelings and experiences before, during and after the procedures.

Going with the flow:
Angiography and angioplasty – A guide for patients

The beat goes on: Implantable cardioverter defibrillators (ICDs) – A guide to everyday life
DVD
Order code: DVD2
This programme seeks to dispel some of the mystery of ICDs as it follows the stories of patients who share their feelings and experiences around having an ICD fitted.

The beat goes on: Implantable cardioverter defibrillators (ICDs) – A guide to everyday life

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

Pacemakers
Treatments

Having heart surgery
A6 Booklet
Order code: HIS12
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: HIS12LP

Lifelines – Heart surgery and after
DVD
Order code: DVD10
This programme follows five patients requiring heart surgery through three key stages: preparing for surgery, what to expect in hospital, and recovery.

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 transplantation
A6 Booklet
Order code: HIS13
This booklet is for people who have had, or are waiting for a heart transplant.
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
Suggested donation £3
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
A4 leaflet
Order code: M47
An alternative to the My progress record ring-bound manual, with space to write important information.
Active heart, healthy heart
DVD
Order code: DVD29
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.

Physical activity and your heart
A6 Booklet
Order code: HIS1
This booklet gives information about physical activity for people who have a heart condition and/or have recently had treatment such as heart surgery.

What should I expect from cardiac rehabilitation?
Booklet
Order code: G517
This booklet helps heart patients in England understand what they can expect from a cardiac rehabilitation programme.

Returning to work with a heart condition
A6 booklet
Order code: HIS21
This booklet outlines the factors that patients will need to take into account when deciding when to go back to work.

A large print version of this booklet is available for download from bhf.org.uk/publications – order code: HIS21LP

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 57 and 58
End of life and bereavement support

The death of a loved one is something that, very sadly, everyone will go through 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.

Heart Helpline bereavement support

We’re here for anyone who needs to talk about losing a loved one to heart disease. To talk to our bereavement support advisor they can call our Heart Helpline on 0300 330 3311.

The helpline is open 9am-5pm, Monday to Friday (similar cost to 01 or 02 numbers).

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.

Find out more and watch the small creature film at bhf.org.uk/smallcreature

If you, or someone you know has a question about a sudden cardiac death, please see page 61 for details of our Genetic Information Service.
Our Heart Helpline provides information, support and guidance to all those who need it.

The helpline team is made up of cardiac nurses, heart health advisors, and a bereavement support advisor.

The service is available to anyone affected by heart disease, from people with a heart condition, their relatives, friends and carers, to healthcare practitioners and students, as well as anyone who wants to help their own heart health.

For more information call the Heart Helpline on 0300 330 3311. Lines are open 9am-5pm, Monday to Friday. Calls are charged at a similar cost to 01 or 02 numbers.
Heart Matters

This free service offers a unique package of support and information for people looking to improve their lifestyle and heart health.

It’s for anyone who has, or is at risk of developing, a heart condition and for anyone caring for someone with heart disease.

Members receive:
• a welcome pack, including: the latest issue of heart matters magazine, a recipe folder to start your collection, and a tape measure to check if they are in healthy shape
• regular issues of heart matters magazine delivered to your door and access to read the online version with great extras
• exclusive access to our free email support programmes on healthy eating, quitting smoking, getting active and wellbeing
• a helpline staffed by Cardiac Nurses and Heart Health Advisor
• access to a members area with online tools like our great recipe finder with cooking videos, a portion finder and interactive eatwell plate
• access to our new online community – join in our discussions to share experiences, stories, tips and videos with other people like you.

You can become a member yourself or encourage your service-users to join.

To join Heart Matters, either register at our website 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: HM11
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.

Heart matters getting online
A5 booklet
Order code: G204/OS
There are more and more fantastic online tools available now that people can use to take control of their health. This handy guide will help them get started. It includes simple guidance on how to get online, and explains the online tools that Heart Matters offers.
Heart Support Groups

Open to anyone with any kind of heart condition as well as their partners and families, Heart Support Groups bring hope and a healthier lifestyle to thousands of patients and carers.

With nearly 300 affiliated across England and Wales, these groups are as varied as the people in them. Some are large organisations offering a weekly programme of activities, while others are much smaller and meet once a month.

To find a Heart Support Group near you, go to bhf.org.uk/map

---

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 Group leaflet
Leaflet
Order code: HSGA
This leaflet gives information on Heart Support Groups.

Heart Support Group poster
A3 poster
Order code: HSGJ
This poster has been designed for Heart Support Groups that want to advertise their activities locally. Groups can advertise their activities and contact details by adding them to the speech bubble.

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

“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
Through our Heart Voices programme, we encourage heart patients and carers to influence local and national health service decision making. If you know someone with something to say then send them to bhf.org.uk/heartvoices where they can find downloadable information to help them on their way.

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
A4 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.
“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 bent over backwards to get me all the things I’ve needed, including illness-specific information packs and leaflets in minority languages.

They’ve helped me put my heart attack behind me, get involved in the community and make a positive difference.”
Resources and training for healthcare practitioners

- Quick reference guide
  - BHF healthcare and innovations programme
  - Cardiac equipment grants
  - Publications for clinical staff
  - Reports and evaluations
  - Heart disease statistics
## Resources and training for healthcare practitioners: Quick reference guide

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BHF Healthcare and Innovations programme</strong></td>
<td>Programme</td>
<td>102</td>
<td></td>
<td>Healthcare practitioners</td>
</tr>
<tr>
<td>Your BHF healthcare professional</td>
<td>Booklet</td>
<td>M86F</td>
<td>103</td>
<td>BHF supported healthcare practitioners</td>
</tr>
<tr>
<td><strong>Cardiac equipment grants</strong></td>
<td>Programme</td>
<td>104</td>
<td></td>
<td>Hospitals/ GP surgeries</td>
</tr>
<tr>
<td><strong>Publications for clinical staff</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Echocardiography guidelines for chamber quantification</td>
<td>A1 laminated poster</td>
<td>G407</td>
<td>107</td>
<td>Clinical staff</td>
</tr>
<tr>
<td>Echocardiography guidelines for valve quantification</td>
<td>A1 laminated poster</td>
<td>G408</td>
<td>107</td>
<td>Clinical staff</td>
</tr>
<tr>
<td>Echocardiography guidelines for valve and chamber quantification</td>
<td>Reference cards</td>
<td>G450</td>
<td>107</td>
<td>Clinical staff</td>
</tr>
<tr>
<td>Implantable cardioverter defibrillators in patients who are reaching the end of life</td>
<td>A4 booklet</td>
<td>M105</td>
<td>107</td>
<td>Healthcare practitioners</td>
</tr>
<tr>
<td><strong>Reports and evaluations</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaluation of the BHF Arrhythmia Care Co-ordinator Awards</td>
<td>Download</td>
<td>M127</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Evaluation of the BHF Arrhythmia Care Coordinator Services: Executive summary</td>
<td>Booklet</td>
<td>M127S</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Evaluation of the Big Lottery Fund/British Heart Foundation Cardiac Rehabilitation Programme</td>
<td>Download</td>
<td>M114</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Report of the evaluation of the British Heart Foundation Paediatric Cardiac Liaison Nurses Project</td>
<td>Download</td>
<td>M113</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Resource</td>
<td>Format</td>
<td>Order code</td>
<td>Page</td>
<td>Aimed at</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>----------------</td>
<td>------------</td>
<td>------</td>
<td>----------</td>
</tr>
<tr>
<td>Better together – An end of life initiative for patients with heart failure and their families</td>
<td>Download</td>
<td>M123R</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Better together – An end of life initiative for patients with heart failure and their families: Executive summary</td>
<td>A4 booklet</td>
<td>M123S</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>BHF heart failure palliative care project report: The Glasgow and Clyde experience</td>
<td>Download</td>
<td>Z811</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Heart failure nurse services in England: Executive summary</td>
<td>A4 booklet</td>
<td>G235</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Heart failure nurse services in England: Full final report 2008</td>
<td>Download</td>
<td>G234</td>
<td>109</td>
<td></td>
</tr>
<tr>
<td>Role of the BHF heart failure palliative care specialist nurse: A retrospective evaluation</td>
<td>Download</td>
<td>Z812</td>
<td>110</td>
<td></td>
</tr>
</tbody>
</table>

For more information on heart conditions go to bhf.org.uk/statistics
Meredith, cardiac nurse

“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 health care 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.”
BHF Healthcare and Innovations programme

We currently provide support to over 800 cardiac specialist healthcare practitioners across the UK.

From Heart Failure nurses to Cardiac Physiologists, our healthcare practitioners cover every aspect of heart treatment and care.

As a BHF healthcare professional you will be expected to support our aims and objectives, and in return, you'll receive a support package including:

• financial assistance with education & continuing professional development (CPD) training, both clinical and professional
• access to national study days and BHF HCP conferences (national and regional)
• BHF branded clothing, business cards and badges
• access to members only website and resources
• access to the latest research and clinical updates
• networking opportunities

If you wish to be considered you will need to be working as a healthcare practitioner and secure support from your clinical line manager, before contacting us.

For enquiries, application packs and to view terms and conditions of contract please contact us on bhfi@bhf.org.uk or 020 7554 0376.
To improve the diagnosis and treatment of heart disease, we make grants for essential equipment for the care of cardiac patients.

Both hospitals and GPs can apply for equipment grants, but are expected to contribute funds towards the equipment and also to assist the BHF in fundraising and promotional activities. Suitable equipment must be regarded as cardiac and life-saving.

Funding may be considered for:
- echocardiograms
- portable ultrasounds.

For more information please contact the Healthcare and Innovations Team on 020 7554 0376 or email bhfhi@bhf.org.uk.
Publications for clinical staff

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

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.

Implantable cardioverter defibrillators in patients who are reaching the end of life
A4 booklet
Order code: M105
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: M127
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: M1275
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: M113
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: M114
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
Download and order
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: M123R
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 BHF heart failure palliative care specialist nurses.

Better together – An end of life initiative for patients with heart failure and their families: Executive summary
A4 Booklet
Order code: M123S
A summary of the evaluation of the British Heart Foundation and Marie Curie Cancer Care supportive and palliative care initiative.

Heart disease statistics

Coronary heart disease statistics 2012
A4 book
Order code: G608
A compendium of health statistics featuring extensive statistics on disease rates and risk factor levels, by age, gender, socioeconomic group and ethnic origin, as well as regionally, nationally, internationally and over time.

Trends in coronary heart disease 1961-2011
A4 book
Order code: M129
An appraisal of how the burden of coronary heart disease has changed in the UK over the last fifty years.

Physical activity statistics 2012
A4 book
Order code: M130
This supplement to Coronary Heart Disease Statistics is the first to focus solely on physical activity, providing statistics on the levels, types and reasons for physical activity in the UK.

For more heart disease statistics go to:
bhf.org.uk/statistics
Emergency life support programmes and resources

- Quick reference guide
  - Chest pain kit and awareness programme
  - Hands-only CPR
  - Heartstart – ELS skills training for the public
  - Emergency life support resources
  - Automated external defibrillators in the community
Our training programmes and resources teach members of the public what to do in a life-threatening emergency – simple skills that save lives.

### Emergency life support: Quick reference guide

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chest pain and awareness programme</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest pain kit</td>
<td>Boxed kit</td>
<td>G548</td>
<td>117</td>
<td></td>
</tr>
<tr>
<td><strong>Hands-only CPR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hands-only CPR DVD</td>
<td>DVD</td>
<td>G563D</td>
<td>119</td>
<td></td>
</tr>
<tr>
<td>Hands-only CPR leaflets</td>
<td>Pack of 50 leaflets</td>
<td>G563B</td>
<td>119</td>
<td></td>
</tr>
<tr>
<td>Hands-only CPR poster</td>
<td>A4 poster</td>
<td>G563A</td>
<td>119</td>
<td></td>
</tr>
<tr>
<td>Hands-only CPR poster</td>
<td>A3 poster</td>
<td>G563</td>
<td>119</td>
<td></td>
</tr>
<tr>
<td><strong>Emergency life support</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Resources</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart attack know the symptoms leaflet</td>
<td>Card-sized leaflet</td>
<td>G499</td>
<td>123</td>
<td>Teachers/youth workers</td>
</tr>
<tr>
<td>Heart attack know the symptoms poster</td>
<td>Poster</td>
<td>G498</td>
<td>123</td>
<td></td>
</tr>
<tr>
<td>How to save a life</td>
<td>A6 leaflet</td>
<td>G541</td>
<td>123</td>
<td>Teachers/youth workers</td>
</tr>
<tr>
<td>Ordinary day</td>
<td>DVD</td>
<td>DVD17</td>
<td>123</td>
<td>Teachers/youth workers</td>
</tr>
<tr>
<td><strong>Heartstart</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Be extraordinary – setting up a Heartstart scheme</td>
<td>Booklet</td>
<td>HSC36/ HSC37</td>
<td>121</td>
<td>Health promoters/Teachers</td>
</tr>
<tr>
<td>Skills for life</td>
<td>DVD</td>
<td>DVD12</td>
<td>121</td>
<td>Heartstart groups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Resource</th>
<th>Format</th>
<th>Order code</th>
<th>Page</th>
<th>Aimed at</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Automated external defibrillators (AEDs) in the community</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defibrillators can save lives</td>
<td>DVD</td>
<td>DVD28</td>
<td>125</td>
<td></td>
</tr>
<tr>
<td>Hello. I’m a Defib.</td>
<td>Booklet</td>
<td>G596</td>
<td>125</td>
<td></td>
</tr>
<tr>
<td>Your nearest defibrillator is here...</td>
<td>A4 poster</td>
<td>G259C</td>
<td>125</td>
<td></td>
</tr>
</tbody>
</table>
The Chest pain kit is a fantastic training resource filled with all our chest pain information. It includes interactive training aids, 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.

Using the kit couldn’t be simpler. Everything you need is in one place – we’ve even provided some session guides to help you plan your training. We’ve made sure it’s flexible – you can follow our step-by-step guides, or use the kit in a way that suits your own style and audience.

We also offer free trainer’s workshops to help you get the most out of the kit. If you’d like us to organise a workshop in your area, email the team at chestpain@bhf.org.uk
Hands – only CPR

The British Heart Foundation promotes Hands-only CPR.

Research shows people are more likely to start CPR if they only have to carry out Hands-only CPR on a casualty. If someone is untrained, or unsure about how to give rescue breaths and chest compressions, Hands-only CPR is more likely to increase a casualty’s chance of survival.

Check out the range of resources that accompany our Hands-only CPR campaign.

Hands-only CPR DVD
DVD
Order code: G563D
Our Hands-only CPR DVD featuring our advert, training film and poster designs.

Hands-only CPR poster
A4 or A3 poster
Order codes: G563A (A4)/G563 (A3)
A poster featuring Vinnie Jones promoting Hands-only CPR.
You can also download these for free from bhf.org.uk/publications

Hands-only CPR leaflets
Pack of 50 cards
Order code: G563B
Business card-style leaflets featuring Vinnie Jones with an explanation of the Hands-only CPR technique on the reverse.

We promote Hands-only CPR to people who are untrained or unsure of what to do in an emergency. For information about emergency life support (ELS) training through our Heartstart scheme, take a look at page 120, and for more information on other ELS resources, see page 123.
Heartstart resources

Could you run a Heartstart scheme in your community? Our Heartstart initiative teaches people what to do in a life threatening emergency. We need you to help us teach others these life-saving skills.

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, or establishing a scheme, go to www.bhf.org.uk/heartstart or call us on 0300 330 3311.

Heartstart resources

Be extraordinary – setting up a Heartstart scheme in your school Booklet
Order code: HSC37
Gives an overview of Heartstart school schemes, and provides you with a summary of the information you need to set up your scheme in a sustainable way.

Be extraordinary – setting up a Heartstart scheme in your community Booklet
Order code: HSC36
This booklet discusses Heartstart community schemes and gives you information about how to set up your own scheme.

Skills for life DVD
Order code: DVD12
Designed to help teach ELS as part of the Heartstart course, this DVD features five ‘real life’ scenarios where ELS is used in emergency situations.

Heartstart

Emergency life support (ELS)
skills training for the public.
Emergency life support (ELS)

Ordinary day
DVD
Order code: DVD17
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.

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.

Heart attack know the symptoms
Poster
Order code: G498
Shows some of the common symptoms of a heart attack. Can be displayed in public places so that everyone is aware of these symptoms and what to do.
Automated external defibrillators (AEDs) in the community

An automated external defibrillator (AED) gives the heart an electric shock and may be used in an emergency situation on someone who is in cardiac arrest.

AEDs with CPR can be used to help keep someone alive until professional help arrives. Because an AED 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 AEDs in public places, particularly where it may take longer for an ambulance to arrive.

To find out more, contact the the Heart Helpline on 0300 330 3311 or email equipment@bhf.org.uk

---

Hello. I’m a Defib.
Booklet
Order code: G596
This little booklet will tell you all you need to know about defibs (defibrillators). If you’re thinking of fitting one in your workplace or simply want to learn more about them, take a look.

---

Defibrillators can save lives
DVD
Order code: DVD28
An introduction to both automated external defibrillators (AEDs) and the work of community first responders (CFRs). This DVD shows how AEDs work and shows them used in emergency situations.

---

Your nearest defibrillator is here...
A4 poster
Order code: G259C
This poster is for display in locations with a defibrillator and AED-trained personnel on site.
Information in different languages and formats

- Resources for BME audiences
- Alternative languages and accessible formats
- Information for people with learning disabilities
- Kids and schools
Resources for BME audiences

People from some Black and Minority Ethnic (BME) groups are more likely to develop coronary heart disease than the rest of the UK population.

We work in partnership with community centres and places of worship in cities around the UK to promote awareness and support healthy lifestyle habits among South Asian and African Caribbean communities.
Alternative languages and accessible formats

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

Welsh language resources

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bwyta’n iach (Eating well)</td>
<td>19</td>
<td>G186W</td>
</tr>
<tr>
<td>Byw gyda methiant y galon (Living with heart failure)</td>
<td>57</td>
<td>HIS8W</td>
</tr>
<tr>
<td>Cadw’ch calon yn iach (Keep your heart healthy)</td>
<td>31</td>
<td>G511W</td>
</tr>
<tr>
<td>Cwtogwch eich defnydd o halen (Cut down on salt)</td>
<td>20</td>
<td>G160W</td>
</tr>
<tr>
<td>Rheoli’ch angina (Managing your angina)</td>
<td>55</td>
<td>G534W</td>
</tr>
</tbody>
</table>

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

Videos include:
- Being overweight
- Smoking
- High blood pressure
- Diabetes
- Physical inactivity
- Family history
- Knowing the risks
- High cholesterol

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

Large print

We produce some of our information in large print. For more details go to bhf.org.uk/largeprint

Polish language resources

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dbaj o zdrowe serce – Informacje dla Polaków (Keep your heart healthy)</td>
<td>31</td>
<td>G511 POL</td>
</tr>
</tbody>
</table>

Don’t forget to look at page 129 for details of our South Asian publications which are available in English, Bengali, Gujarati, Hindi, Punjabi, and Urdu.

We produce some of our most popular resources in different languages and formats.
Information for people with learning disabilities

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
Order code: DVD20
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 our Kids & schools catalogue
- Browse our resources at [bhf.org.uk/publications](http://bhf.org.uk/publications)
- Go to [bhf.org.uk/schools](http://bhf.org.uk/schools)

**Kids & schools catalogue**
A5 booklet
Order code: G66

**cbhf.net**
For children under 11

**yheart.net and yoobot.co.uk**
For young people over 11 years old

Take a look at page 68 for details of our offer for young people with congenital heart conditions.
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’s 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 Heartstart initiative and learn to save lives with the skills of emergency life support. Over 2.6 million people already have.
- 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

Our resources are free of charge, but we would welcome a donation.

Please make a donation in one of these three ways:

- by calling our donation hotline on 0300 330 3322 with your credit card details
- by visiting bhf.org.uk/donate or
- by completing and sending in the donation form overleaf

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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Code</th>
<th>Title/description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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)

Or please debit the above sum from my:
AMEX CAF Card Master Card Visa/Delta Maestro

Card No. ...
Valid from ...
Expiry date ...
Security code ...

Signature ...

Date ...

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

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

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

Giftaid it

Are you a UK Taxpayer?
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.

Yes, I am a UK tax payer 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.

*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.

Date ...

GA1 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.

GA2 No, I am a non-taxpayer.

Date ...

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. (MP0660)
We are the nation’s heart charity, dedicated to saving lives through pioneering research, patient care, campaigning for change and by providing vital information. But we urgently need your help. We rely on your donations of time and money to continue our life-saving work. Because together we can beat heart disease.