

## Do you have or have you had?

- ◇ Heart attack/ heart surgery
- ◇ TIA/Stroke
- ◇ Angina
- ◇ Stents
- ◇ Diabetes
- ◇ Heart Failure
- ◇ Increased Blood Pressure
- ◇ Increased Cholesterol
- ◇ Family history of Heart Disease
- ◇ COPD
- ◇ Do you smoke?
- ◇ Are you overweight?

**Or are you at risk of any of the above?**

**Heartbeat can help you**



General Heartbeat enquiries call Jo or Carl on 01772 717147

For Education and Training contact Siân on:

[sian@heartbeat-nwcc.org.uk](mailto:sian@heartbeat-nwcc.org.uk)

For Healthy Lifestyle testing contact Jackie on:

[jackie.lowry@heartbeat-nwcc.org.uk](mailto:jackie.lowry@heartbeat-nwcc.org.uk)

To book an appointment contact Bernie on :

[bernadette.swift@heartbeat-nwcc.org.uk](mailto:bernadette.swift@heartbeat-nwcc.org.uk)

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<http://www.facebook.com/pages/Heartbeat-NWCC/236850949758970>



*Put your heart in our  
hands*

**Telephone 01772 717147**

## What is Heartbeat?

Heartbeat is a cardiac charity that provides;

- CVD prevention Support
- Rehabilitation
- Health Screening
- Cardio pulmonary testing



Our aims are to;

Prevent Cardiovascular Disease (CVD) by raising awareness of the risk factors particularly for those identified as high risk groups.

Provide health testing for CVD and high risk patients working with them long term to prevent future illness.

Rehabilitate through structured exercise classes held at various pre arranged times and locations throughout Lancashire.

Support our service users by providing education and training in health matters and nutrition. Also providing a counselling service to help people understand the psychological effects of heart disease. We also support people if they are at risk of heart problems in the future, have diabetes, have had a stroke, heart failure or suffer from COPD.

## What do we do?

The charity has been providing services for over 35 years throughout Lancashire. We provide a bespoke centre within which our qualified clinical team delivers cardio pulmonary testing that meets national standards for phase 4 cardiac rehabilitation.

We also offer social/psychological support which includes a counselling service as part of our wellbeing programme. In addition we deliver education regarding nutrition, heart health and cardio pulmonary resuscitation.

All this provides our service users and their families with the information, support and advice they need to get them back on their feet again after having heart problems or to assist those identified as high risk in avoiding CVD.

Working closely with other agencies services on site include; NHS phase three rehabilitation, nutrition, psychology and weight management programmes working closely with our partners.

In addition the charity delivers rehabilitation in community based settings across Lancashire in partnership with council leisure facilities, fitness providers for venues and link to NHS phase three nurses in each area. Off site Heartbeat regularly works with the local councils, health and wellbeing forums, schools and community groups.

Patients are asked to make a charitable contribution to help us cover costs .

## Where are we?

- A Harris Park
- B Sir Tom Finney Sports Centre
- C Corpus Christi
- D Preston North End- Deepdale
- E Fulwood Leisure Centre
- F Clayton Green Sports Centre
- G Stanley Park Leisure Centre
- H Ribby Hall Village
- I New Church House
- J Penwortham Leisure Centre
- K Leyland Leisure Centre