

Step 2

You and your partner/relative will then be invited to take part in the weekly **Our Hearts Our Minds** exercise and education programme which includes

- a group exercise session
- a group education and discussion session with key topics including, healthy eating, food labelling, being physically active, stress management and medications
- individual review of your agreed goals.

If joining a group is not for you the team can work with you on creating your own personalised programme to do at home.



Step 3

At the end of the programme you will be able to find out how successful you and your partner/relative have been in improving your lifestyles, blood pressure and cholesterol levels

“ Very professional and caring team who I found to be encouraging at all times. The Nurse was very good in helping me with suitable medication to manage my blood pressure and cholesterol. ”

Programme participant

Where is the programme located?

The Our Hearts Our Minds assessments are held in venues across the Western Health and Social Care Trust (Waterside, Omagh Hospital and Primary Care Complex and the South West Acute Hospital). The weekly exercise and education programme takes place in local leisure complexes including the Fermanagh Lakeland Forum, the Omagh Leisure Complex, Foyle Arena and the Templemore Sports Complex. You will be able to choose which venue is best for you.



For further information please contact us

Phone: **(028) 7161 1435 – Derry / Londonderry**

(028) 8283 3870 – Omagh and Enniskillen

Or email: Ourhearts@westerntrust.hscni.net

(Mon-Fri 9am to 5pm except Public Holidays)



Why join the

Our Hearts Our Minds Programme?

The programme aims to help you and your family to **reduce your risk of heart attack and stroke by**

Becoming physically active

Eating healthily

Stopping smoking

Losing weight

Managing your blood pressure, cholesterol and glucose levels

Making sure you are on the right medications for you.



What does joining the

Our Hearts Our Minds Programme entail?

By joining the 12 week programme, you and your partner / relative will receive individualised support on healthy lifestyle changes, as well as helping you manage your blood pressure and cholesterol levels. The programme will also include support on increasing your physical activity, under expert supervision

The programme is delivered by a specialist team which includes:

- *cardiovascular nurse specialist*
- *dietitian*
- *physiotherapist/ exercise professional*
- *psychologist*
- *cardiologist*

Step 1

You, your partner or other close relative will be invited for an assessment with our team of specialists. If you want to come on your own that's fine too!

At the assessment you will be asked about your smoking and eating habits and about how much physical activity you do. You will have your weight, blood pressure, cholesterol and blood sugar levels measured. Any current medications you are taking for your heart will be reviewed.



“ I think this programme is especially good for people of my age (60+) as you wouldn't join a gym, speak to a dietitian, or get the medical advice unless you really had to. This way you get all three with ease.

Programme participant

