

# The Wellbeing Newsletter

## Heart Health Roadshow



The Wellbeing Service delivered a heart health roadshow to the residents and staff of Cecil Gardens, Harrison Park, and Redwood Glades extra care facilities in Hull.



Our reason for choosing the subject of heart health is that according to the British Heart foundation, heart and circulatory disease has risen to the highest level in over a decade, with widening health inequalities identified as one of the reasons.



During the roadshow we talk about the functions of the heart, blood pressure, heart disease and its causes. Things we can do to help keep our hearts healthy, and information on diet, exercise, smoking, and alcohol intake.



We offer a mini health check, which includes, height, weight, blood pressure, and BMI. A conversation about health goals, a health action plan, and signposting to community support and services.

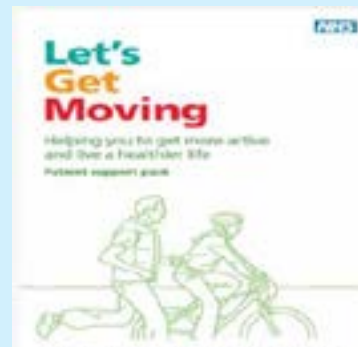


While developing the roadshow we discussed the increase in numbers of people been asked to monitor their blood pressure at home. To help support people with doing this, we produced an easy read guide to taking blood pressure

We also provided a wide range of resources and information for people to take away with them.



[Click the image to see the full document](#)



Visit the Wellbeing website where you can find information and resources. [chcpic.org.uk/chcp-services/wellbeing-primary-care-liaison-service](http://chcpic.org.uk/chcp-services/wellbeing-primary-care-liaison-service)

## Feedback:

Very professional, your approach was the right way for us.

Learning about the heart.

Having all the resources available for the residents was brilliant, visuals are a must for my patients.

Having a health check.

Very interesting, learnt new things.