



Press release – 6 February 2012

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Nurses and the BHF join forces during national heart month

The British Heart Foundation has teamed up with specialist heart nurses from The County Hospital, to encourage Herefordshire residents to give their heart a healthy start and to join in **Red for Heart** and raise vital funds for the BHF during February, national heart month.

In the UK, Heart disease is the biggest killer. Every minute the BHF spends £92 on vital heart research to help save lives. Living a healthy lifestyle and getting regular health checks are important to help prevent heart disease and spot any problems early.

In the last year alone, more than 1000 people in Herefordshire with a heart condition have benefited from the specialist cardiac rehabilitation service, provided at The County Hospital and heart clinics across the county.

That's why Herefordshire residents are being offered free blood pressure checks, healthy lifestyle advice, and an invitation to a charity evening with Ceilidh dancing at The Green Dragon Hotel, to help raise awareness of heart disease and raise funds towards vital heart research.

An evening full of fun and entertainment is what's on offer at the charity evening with Ceilidh dancing on Saturday 25th February, 7pm at the Green Dragon Hotel, Hereford. There will be music by local band 'Cradle to Grave', a raffle and charity auction with many prizes including a two night stay at the Green Dragon, with breakfast, lunch and dinner. For ticket enquiries please contact Brenda O'Connor, cardiac rehabilitation team, on 01432 364206. Tickets cost £18.00 including a buffet.

Brenda O'Connor, Cardiac Specialist Nurse at Wye Valley NHS Trust said: "We are asking everyone to have a big heart and help with our fundraising efforts for the benefit of local heart patients. Thanks to those who have kindly donated the prizes, venue, buffet and entertainment, all proceeds will go towards vital heart research and the local heart service".

"We are very grateful for the opportunity to raise funds for the BHF who have helped set up heart services for patients in Herefordshire by providing initial funding and training for staff".

On Tuesday 28th February between 10.30am and 2.30pm, local heart nurses will be on hand at BHF shop in Hereford high town, offering free blood pressure checks and healthy lifestyle advice.

Patricia East, Lead Nurse for cardiac rehabilitation at Wye Valley NHS Trust, advised: "High blood pressure is just one of the risk factors for developing heart disease. Approximately 5 million people in the UK have high blood pressure and are not aware of it. The only way to find out is to have your blood pressure measured. Maintaining a healthy level can dramatically reduce your risk of heart disease".

Clare Cassidy, BHF Fundraising Volunteer Manager for Herefordshire said “We are delighted that the Wye Valley cardiac nurses are encouraging local people to think about their own heart health, and also organising an event to raise funds for the BHF. We need more funds to help care for people with heart disease, to support their families, to campaign on their behalf and to fund pioneering research to save lives”.

Anybody who would like to go **Red for Heart** and organise their own event can order a free Red for Heart fundraising kit by phoning 0300 330 0645 or go to the BHF website www.bhf.org.uk/red

Photograph

Left to right -

Ashraf Mughal – Director of Green Dragon Hotel, Ann Woodhouse – BHF Shop Manager, Brenda O’Connor - Cardiac Specialist Nurse at Wye Valley NHS Trust.



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Notes to editor:

- Wye Valley NHS Trust is the first integrated provider of acute, community and adult social care in England.
- The key principles of the organisation are to improve the health and well being of the people we serve in Herefordshire and the surrounding areas.
- With an estimated annual turnover of around £160million, we employ around 2,500 staff. As the first integrated provider of acute, community and social care in England, we aim to build new relationships between our staff, patients, service users and their carers, and with the wider community.
- We are a clinical and practitioner-led organisation owned by our local community and staff.
- We are also working towards Foundation Trust status with the aim of achieving it in 2013.

For further information please contact:

Simon Horrocks, Head of Communications, Wye Valley NHS Trust: 01432 355444 ext. 2928
or Fiona Gurney, Communications Assistant 01432 355444 ext. 5105

- The British Heart Foundation (BHF) is leading the battle against heart and circulatory disease - the UK's biggest killer. The charity is a major funder and authority in cardiovascular research. It plays an important role in funding education, both of the public and of health professionals, and in providing life-saving cardiac equipment and support for rehabilitation and care
- For more information on the BHF visit www.bhf.org.uk
- The BHF is dependent upon donation of time, money and goods to continue its vital role. Volunteers are offered a range of interesting roles and opportunities across the region. For further information visit bhf.org.uk/volunteer

For further information about the British Heart Foundation contact Clare Cassidy on 01562 740081 or 07802 181646 or email cassidyc@bhf.org.uk