



Irish Heart  
Foundation



# HEART of our CITY



Connecting you with **support** and **resources** within the community to look after your **heart health**.

- ✓ Local supports for exercise and healthy activities
- ✓ Apps and Podcasts
- ✓ Social prescribing service
- ✓ Expert nurse support line
- ✓ Cardiac Rehab for All
- ✓ Heart and stroke support
- ✓ Social Prescribing
- ✓ Heart Failure Symptom Checker
- ✓ Medication Reminder Service

## Heart of our City

The Heart of our City programme is for anyone who lives in Dublin 8 and who wants to improve their own heart health and that of their family and friends.

The programme also supports GPs, pharmacists and community groups to help people in Dublin 8 to better understand heart disease. We want you to have the support and information you need on:

- ✓ how to live a healthy life,
- ✓ how to improve your heart health and prevent any problems,
- ✓ how to cope if you have heart disease, and
- ✓ how to get support when you are recovering from a stroke.

## Why read this leaflet and get involved?

The Heart of our City programme is brought to you by the Irish Heart Foundation, Smart D8 (who aim to improve the health and wellbeing of people in Dublin 8), and pharmaceutical company, Novartis.

For more information on the supports in this leaflet:

**Email** D8support@irishheart.ie

**Call** the Irish Heart Foundation **01 668 5001**. When calling please mention this leaflet.

**Website** [www.irishheart.ie](http://www.irishheart.ie)



## Looking after your heart

Risk factors for heart disease, like **high cholesterol** or **high blood pressure**, are genetic – in other words, they run in your family and you ‘inherit’ them from your parents. However, your cholesterol and blood pressure can also become raised due to lifestyle factors, such as:



Physical **inactivity**



Diet high in **fat, sugar and salt**



**Smoking**



Carrying extra **weight**, particularly around your stomach



Drinking too much **alcohol**

Anyone can have high cholesterol or high blood pressure, even if you're young and fit. You may not feel any symptoms – that's why it's so important to get checked by your doctor.

The good news is that **80% of heart disease is preventable**. You can usually lower your cholesterol and blood pressure by making lifestyle changes.

The Irish Heart Foundation has lots of helpful information leaflets, supports and resources to help you make these changes. We will talk about these in the following pages.



## How can I lower my risk of high blood pressure and high cholesterol?

### Eat healthily

- ♥ Eat at least 5–7 portions of fruit and vegetables every day, and lots of plant-based foods like beans, nuts and seeds.
- ♥ Include a portion of oily fish like salmon or mackerel once a week.
- ♥ Fill up on high-fibre wholegrains (like porridge and brown rice) and a variety of healthy sources of protein such as beans, lentils, peas, nuts, fish, skinless poultry and small amounts of lean red meat.
- ♥ Avoid food and drinks with a lot of salt or sugar, and avoid processed foods – foods such as crisps, cakes and biscuits.

### Be Active

- ♥ Take moderate exercise for at least 30 minutes, five days a week.
- ♥ Reduce your sitting time. Make sure you move around during the day.

### Keep your body and mind healthy

- ♥ Aim to be a healthy weight.
- ♥ Have regular blood pressure and cholesterol checks with your doctor.
- ♥ If you smoke, try to quit. The HSE free Quitline is 1800 201 203 or visit quit.ie.
- ♥ If you drink alcohol, keep within the recommended limits (17 standard drinks a week for a man and 11 standard drinks a week for a woman). Examples of a 'standard' drink are half a pint of beer, a small glass of wine, a pub measure of spirits. (<https://drinkaware.ie/what-is-a-standard-drink/>)

## How can I get started?



### Keep a food diary

Write down everything you eat and drink for a few days. This will help you to see the changes you need to make. For healthy recipe ideas, visit the Irish Heart Foundation website: [www.irisheart.ie/recipes/](http://www.irisheart.ie/recipes/)



### Take on the Move More Walking Challenge

This will help you to slowly increase your physical activity over six weeks. By the end of the challenge, you will be enjoying regular movement as a healthy lifestyle habit.



### Try the Escape your Chair Challenge

This will help you to include regular movement throughout your day. The four-week challenge encourages you to move for one minute every hour with a new movement each day.

FOOD SHOPPING CARD				
Check how much fat, sugar and salt is in your food				
	Sugars	Fat	Saturates	Salt
<b>HIGH</b> per 100g	22.5g	17.5g	5g	1.5g
<b>MEDIUM</b> per 100g	5g	3g	1.5g	0.3g
<b>LOW</b> per 100g	5g	3g	1.5g	0.3g

The amount you eat of a particular food affects how much sugar, fat, saturates and salt you will get from it.

Irish Heart Foundation  
[www.irisheart.ie](http://www.irisheart.ie)

### Download the Food Shopping Card

You can download the Food Shopping Card from the Irish Heart Foundation website. It will help you understand the information on food labels. [www.irisheart.ie/publications/food-shopping-card/](http://www.irisheart.ie/publications/food-shopping-card/)

## Heart and Stroke support?



You can meet other people like you and get information and support from the **Heart Support Network**, **Life After Stroke** and **Carers** Facebook pages.



You can access talks from experts, talk to other people and get support from the **Heart Support Network** and **Support Group** meetings.



The **Stroke Check-in Service** will help you to learn how to manage your recovery if you have had a stroke. You can get weekly phone calls from a support group co-ordinator or volunteer who will offer emotional and practical support.



The **Young Stroke Survivor Network** is for young people who have survived a stroke. You can chat to other people like you, get advice, and access exercise sessions.



If you've already had a cardiac event, you can help to improve your heart health and prevent future problems with the **Cardiac Rehab for All** programme.



We also have specific **support groups** for people living with different types of heart conditions.

*...after my stroke I felt a bit lost, it was great to have someone at the end of the phone. I felt the check in service was a great support – especially as I could get in contact with a nurse through the Irish Heart Foundation also.*

Stroke check-in service member

*A lot of you helped me through a really tough year and I have become friends with many of you.*

Support group member

## Other essential supports for heart and stroke



You can join our private **Facebook** “Heart Support Network” Group to take daily exercise classes if you have a heart condition.



**Expert Support Line.** You can get expert advice from experienced nurses on ways to manage your heart condition or stroke recovery.



You can get up to six weeks of **counselling** from professional therapists who have experience of working with heart disease and stroke.



**Peer support.** You can talk one-to-one with someone who has a similar condition and understands what you are going through.



**Monthly newsletter.** You can read inspiring patient stories, information and advice by post or email.

To find out more about accessing any of the supports or resources in this leaflet:

Email: [D8support@irishheart.ie](mailto:D8support@irishheart.ie)

Call the Irish Heart Foundation Nurse Support Line on

 **01 668 5001**

Monday - Friday 9am - 1pm

(\*when calling please mention this leaflet)

[www.irishheart.ie/heartofourcity](http://www.irishheart.ie/heartofourcity)

## Heart Failure Support

The **Heart Failure Symptom Checker** helps you to recognise the symptoms of heart failure and know when you need to talk to your doctor.



Fatigue



Shortness of Breath



Swollen Ankles



The new, easy-to-use **Fluid Heart Tracker app** allows heart failure patients to record their weight every day. Keeping an eye on your weight is one way to check if you need to speak to your doctor.



We have also created seven episodes of a **podcast** series all about heart failure. You can listen to experts giving advice, and hear people talk about their experience of living with the condition.



You can find all these resources on the Irish Heart Foundation website

[www.irishheart.ie/heartofourcity](http://www.irishheart.ie/heartofourcity)

## What is social prescribing?

'**Social prescribing**' is when a healthcare or community worker connects people to a range of non-medical services in their community. The aim of social prescribing is to help you improve your health and wellbeing.



**Fatima Groups United**  
FAMILY RESOURCE CENTRE



### Social prescribing in Dublin 8

Fatima Groups United – a family resource centre in Dublin 8 – offers a free-of-charge social prescribing service in the Dublin 8 area. This service offers access to many activities that may help you to:

- keep your heart healthy,
- improve your physical and mental health, and
- reduce social isolation and loneliness.

You can access the Fatima Groups United social prescribing service in two ways:

1. If your doctor, nurse, pharmacist or community worker feels social prescribing might help you, they can refer you into the service by emailing [d8socialprescribing@healthmail.ie](mailto:d8socialprescribing@healthmail.ie)
2. You can contact the social prescribing service yourself by phoning **Adrienne** on **085 858 1307**.

You can contact **Ann** on **089 946 4714** or **Adrienne** on **085 858 1307** for information on any of the following activities:

- ✓ Healthy Food made Easy
- ✓ Yoga
- ✓ Pilates
- ✓ Drop-in relaxation techniques
- ✓ Culture club
- ✓ Meditation
- ✓ Walk and Talk
- ✓ Accidental Gardeners
- ✓ Silver Surfers
- ✓ Outdoor Sightseeing
- ✓ Bowls
- ✓ Over-50s dance classes,
- ✓ Community Breakfast

You can call **Deirdre** on **087 670 3689** for information about:

- ✓ **Fatima Change for Life:** This weekly programme offers advice and support on your diet, physical activity, exercise, and health checks. The programme runs from January to March 2022.
- ✓ **Sea swimming.**
- ✓ **Fitness classes.**

You can call **Barbara** on **085 858 1283** about:

- ✓ The **D8 Men's Shed**, drop in for a cup of tea and a chat, learn carpentry skills, and go on regular outings.
- ✓ accessing one-to-one support to help you give up smoking with the **We Can Quit** support group.

#### Other activities:

- ✓ If you want to discuss issues affecting your health, call **Joanie** at the **Next Steps Women's Group** on **01 471 6700**.
- ✓ You can call **Susan** on **086 049 3410** if you are interested in chair aerobics.
- ✓ If you are feeling stressed or anxious, sharing your worries can help. Call **Angela** on **087 941 0734** for confidential, low-cost **counselling**.

Visit the Fatima Groups United website [www.fgu.ie](http://www.fgu.ie) for more information on these activities.

## More Resources



**ExWell Medical** offers group classes and online exercise classes to people with many different long-term illnesses including heart disease. These classes will help you to become fit and active in a friendly and safe environment. To take part, your doctor or other healthcare professional needs to refer you for classes. The classes take place in the F2 Fatima Centre, Rialto, Dublin 8. Your doctor can send referrals to [exwellmedical@healthmail.ie](mailto:exwellmedical@healthmail.ie) and you can find more information on [www.exwell.ie](http://www.exwell.ie)



**Don't Forget** is a service that reminds you to take your medication. When you sign up online to this **free** service, you will receive a text message at the time you choose to remind you to take your medication. To register, visit [www.dontforget.ie](http://www.dontforget.ie).



# Irish Heart Foundation

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