Cardiac Rehabilitation comes to Fleetwood

Thursday 7 June, 2018

Local Lancashire
cardiac charity, Heartbeat, is bringing its cardiac rehabilitation programmes to Fleetwood. Offering people affected with heart disease and those at high risk of developing it with an opportunity to improve their health.

Heart disease
is the biggest killer in the UK and 1 in 4 people in Lancashire are affected by it. Residents in Fleetwood can expect to live shorter lives and experience more life-changing illnesses than people elsewhere in the country.

Heartbeat is a
local charity that aims to improve these statistics by offering services to heart patients as well as those identified as being at high risk of developing cardiovascular disease, such as those with high blood pressure, stroke patients, obese or overweight patients.

Dr Mark Spencer
of the Mount View Practice said, “Heart disease is a major issue in the town and it’s great the Heartbeat will be working with local GP practices to reduce the number of people affected.”

Exercise
sessions will take place at the Fleetwood Health and Wellbeing centre, Dock Street and people can ask their GP to refer them, or self-refer if they feel they would benefit from joining.

Heartbeat’s
Services Manager, Louise Bache said

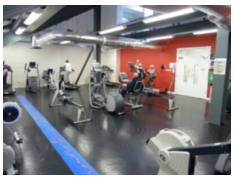
“We are
delighted to be able to bring our cardiac services to Fleetwood. There is a definite need in the area and we are keen to get people involved and help them to improve their health and wellbeing.

We want to
raise awareness of heart disease and help local people access the support they need. We would love to hear from local community groups and businesses to help us share this positive message and improve the health of Fleetwood residents.

Heartbeat is a
charity that is 100% voluntary funded and as such we need to raise nearly £1 million every year to fund our cardiac services, which now include the Fleetwood area.”

If you would
like to see more about the work Heartbeat does please visit our website www.heartbeat-nwcc.org.uk or follow us on social media, or call us on 01772 717147

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