

New project aims to make life easier

P8



CONTRIBUTED PICTURE

RED LETTER: staff from NHS Lanarkshire, North Lanarkshire Council and IRISS raise awareness of 'Keeping it Personal' at the British Heart Foundation shop in Motherwell on 'Ramp up the Red' day.

BY BRIAN YULE
Senior Reporter
motherwell.times@jnsotland.co.uk

A new project launches in Motherwell next week which aims to make life easier for those diagnosed with mild heart failure.

Coronary patients and their carers are invited to an introductory session about the 'Keeping it Personal' project which takes place on Wednesday, February 26, from 10am-1pm, in the GLO Centre.

NHS Lanarkshire heart failure nurse specialist Julie Brown said: "We would really value the experience of people living with mild heart failure

and their carers.

"Working together, we will look at how we can improve community services and support.

"The group would love to involve people of all ages who suffer with a heart condition, those who have survived a heart attack, and who endure the daily struggles of heart failure.

"There are many services for people with more severe heart failure, but we specifically want to focus on those who have a mild condition and to help delay their condition getting worse."

To attend the session or for more information call Andrea Bonomy on 01355 585186 or email andrea.bonomy@lanarkshire.scot.nhs.uk

Patients are invited to get involved

●● Institute for Research and Innovation in Social Services (IRISS) project manager Kerry Musselbrook added: "Keeping it Personal' is part of the 'People Powered Health and Wellbeing' scheme.

●● "It aims to ensure people are able to influence their services and support for their own health and wellbeing, and contribute to the design, delivery and improvement of support and services."

●● More than 235,000 people in Scotland currently live with coronary heart disease, which claims 7,500 lives here every year.