More than 3,000 people in Rotherham are currently living with heart failure conditions and this number is expected to increase dramatically in the future. As part of Heart Failure Awareness Day on 6th May 2011, people with the condition in Rotherham are being urged to take part in a new Heart Education and Learning Programme (HELP) course.

The ‘HELP’ course is a one day community based course to help educate patients about heart failure and promote awareness and self-management.

Heart Failure Specialist Nurse, Sarah Briggs says: “Heart failure is very common. It is caused by damage to the heart muscle which reduces the hearts ability to pump blood around the body and this can cause symptoms of breathlessness and swelling of the ankles.

“The number of patients with heart failure in the UK is increasing at an exceptional rate. As a result, not every patient with a heart problem will be seen by a Heart Failure Specialist Nurse or Cardiologist and therefore may not receive standard information about their condition and advice about its management. They also may not be aware of some of the services available in Rotherham, such as advice about exercise and support groups.”

The ‘HELP’ course is interactive, collaborative and patient centred. All patients will be given an individualised management plan at the end of the course.

Sarah continues: “Heart failure causes poor quality of life and anxiety, so it is vital to educate people who have been diagnosed with heart failure to help them manage their condition and build their confidence.”

The ‘HELP’ programme will be launched at a special event attended by John Healey, Shadow Health Secretary and the Mayor of Rotherham in the hospital’s Community Corner area of the main entrance on the 6th May 2011.

For more information about the ‘HELP’ course please contact Heart Failure Specialist Nurse, Sarah Briggs on: 01709 423257
Staff from The Rotherham NHS Foundation Trust will reach dizzying heights on the 30th April as they take on a daring ‘Triple Whammy’ of extreme activities for the Hospital Charity.

The team of 12 will attempt a daring zip wire, abseil and indoor skydive at the special event at Magna Science and Adventure Centre in Rotherham.

Lung Cancer Nurse Specialist and organiser of the event Suzanne Davies explains: “This event is not for the faint hearted! We will have to contend with three separate hair-raising challenges from a zip wire stretching 250ft to a 150ft abseil down the ‘Face of Steel Building’ at Magna. Then we will have to jump off a 150ft platform to indoor skydive into a massive power fan. It’ll be a big challenge, but we’re ready to take on the might of the Magna triple whammy.”

Charity Development Officer Tracy Williams says: “A few of us are afraid of heights so it’ll be a bit scary, but it’s all for a really good cause as we’re raising money for the Purple Butterfly Appeal to improve end of life care in Rotherham. Hopefully this will be all we need to help motivate us on the day!

“We would like to raise as much cash as we can for the Purple Butterfly Appeal and people can sponsor us via our Just Giving site at www.justgiving.com/Tracy-Williams2. Anyone who would like to come and watch is also very welcome, the more support we get the better!”

The Triple Whammy event starts at 12pm. For more information please contact Tracy Williams on 01709 307589 or Lung Cancer Nurse Specialist Suzanne Davies on 01709 304727.

More information about the event can be found at: www.ukbungee.co.uk/content/26/the-abyss-at-magna-the-awesome-foursome.

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