Copeland Community stroke prevention project

Who are we?

A group of people and organisations who are concerned about the high numbers of people having a stroke in our area. Knowing that up to 85% of strokes can be avoided, we wanted to do something to help people find out if they have risk factors that can be identified and treated, and raise awareness of lifestyle choices that can improve their health.

We have looked at which areas have really high numbers of members of their community having a stroke and working with 3 pharmacies to offer free drop-in testing. They are:

- Mirehouse Pharmacy - 59 Meadow Road, Mirehouse, Whitehaven
- Seacliffe Pharmacy - High Road, Kells, Whitehaven
- Seascale Pharmacy- Gosforth Road, Seascale

Not today?
Fair enough!

But if you think about the testing on offer today - blood pressure (a cuff around your arm) and atrial fibrillation (a check of your pulse) and think you would like it checked what can you do?

1. Keep an eye out for us at other events and come and say hello!
2. Visit one of the pharmacies taking part in our special stroke prevention project listed overleaf.
3. Make an appointment at your GP Practice – it doesn't need to be with your GP a healthcare assistant or practice nurse can do the tests and talk about the results.
4. Ask any pharmacist or health care professional about healthy eating, stop smoking service and taking up physical activity advice if you want support.

Thanks for picking up this leaflet – if you want to get in touch you can read more here:

https://www.stroke.org.uk/

"**AND** – did you have a test that made a difference to your life? Please let us know: enquiries @northcumbriaccg.nhs.uk"