

Your Heart Your Future



Friday 24th October 2025 | 1.00 pm – 4.00 pm
Stamford Arts Centre
27 St Mary's Street, Stamford PE9 2DL
No booking required

AIMS OF THE EVENT

It is estimated that more than 7.6 million people in the UK have cardiovascular disease. It is a significant cause of mortality and morbidity, accounting for a quarter of all deaths in the UK

We want to reduce that number through raising awareness and understanding of various cardiac conditions. We aim to help you reduce your heart risk, to empower you to improve your heart health, to live well with a known heart problem and to prevent you from being one of these statistics.

Agenda

- Heart Attack
- Cardiac Arrest
- Heart Failure
- Cardiac Prevention and Rehabilitation

There will be a chance to ask questions and to meet other people who may be living with a cardiovascular condition. This session is free of charge.



Stamford &
District Lions



North West Anglia
NHS Foundation Trust

Programme

TOPIC	Presenters	Time
Meet & Greet – Opportunity to have a coffee and meet the presenters and others with cardiovascular conditions.		12.30
Welcome to the Event and House-Keeping	Keith Spurr – Chair SHEAC	13.00
Presentation about Heart attack <i>What is a Heart Attack?</i> <i>An overview of what a heart attack is, common symptoms and associated risk factors</i>	Claire Cornett - Heart Failure Specialist Nurse at NWAFT with previous experience in community setting - Cardiac Nurse background with PG Cert in Cardiac Care - Experience in education with NWAFT Practice Development	13.05
Presentation about Cardiac Arrest Cardiac Arrest What is cardiac arrest? What can cause this and what can we do if someone has a cardiac arrest?	Catherine Laventure - Lead Nurse for Cardiology at NWAFT. - Elected Nurse for the British Heart Rhythm Society. - Sits on the BHRS Accreditation committee	13.40
Networking An opportunity to discuss with speakers and others with cardiovascular conditions.	Refreshment Break <i>Complimentary Teas & Coffees provided.</i>	14.15
Presentation about Heart Failure <i>What is Heart Failure?</i> <i>An overview of common causes, symptoms, management and how to live well with heart failure.</i>	Kathy Simmonds - Heart Failure Specialist Nurse-Team lead at NWAFT - Member of National Heart Failure Audit Domain Expert Group - Previous visiting Lecturer at De Montfort and Northampton Universities	14.30
Presentation about Cardiac Prevention and Rehabilitation Prevention is better than cure. Encouraging empowerment through movement, knowledge and heart-healthy lifestyle changes	Kalveeta Kaur - Cardiac Rehabilitation Nurse at NWAFT – BACPR Qualified - Cardiac Nurse background with PG Cert in Cardiac care, extensive experience in the angiography suite at PCH - Associate lecturer at ARU	15.05
Any Questions?	Open Q & A - Panel Members	15.45

For more information about the event please contact: info@stamfordsheacharity.com

Nearest car parking: Wharf Road, Stamford – PE9 2EB