

North Cumbria Heart Failure Team



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Welcome

You have been referred to see the Heart Failure Team because your Cardiologist, GP surgery or hospital based Heart Failure Specialist Nurse thinks that you might benefit from further advice and guidance on how you can help yourself manage your condition better.

After receiving a referral for your care we will endeavour to see you as soon as possible in either a clinic based as close to your home as possible or if you are housebound in your own home, with your consent and through an appointment arranged in advance.

We are a team of 5 highly experienced Heart Failure Specialist Nurses who are trained in the management of Chronic Heart Failure. We cover a huge area of Cumbria – Allerdale, Copeland, Carlisle and Eden so we are not always based in the same place every day, although our base (as listed below) is at Wigton Community Hospital.

Currently 2 members of the team are Non-Medical Prescribers (NMP) which means they are qualified to look at your medications, suggest changes and with your agreed consent provide you with a prescription.

A list of current team members and their contact details are:

Trudy Edgar, Team Lead & NMP - 0782 568 1099

Nicola Todd, Heart Failure Specialist Nurse – 0776 996 1245

Lyndsey Sowerby, Heart Failure Specialist Nurse – 0776 848 7230

Nicola 'O'Hare, Heart Failure Specialist Nurse – 0782 787 9541

Simon Morehead, NMP – 0782 692 1971

Claire Smith, Administrative Assistant -

Useful links to further information

- British Heart Foundation -- www.bhf.org.uk
- Pumping Marvellous – www.pumpingmarvellous.org
- NHS 111 offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. Tel: 111



- NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
www.nhs.uk

Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

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Telephone:

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Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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