

Cardiovascular information for patients

British Heart Foundation

The British Heart Foundation (BHF) are here for you in these difficult times: from the latest expert information on coronavirus and your heart to staying healthy while you're at home, plus support from cardiac nurses on our heart helpline.

<https://www.bhf.org.uk/information-support/bhf-coronavirus-hub>

The BHF handy Heart Helpline and a live chat option is here for you to ask their experts for advice:

<https://www.bhf.org.uk/information-support/heart-helpline>

Many of us are spending more time at home than usual. But there are lots of things you can do to make sure you feel well in mind and body. Read their easy tips including advice on; immune boosting nutrition, exercise, combating loneliness and more:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you-cant-go-out>

Heart UK

Here you can find out about coronavirus and how it might affect you if you have high cholesterol or a related condition such as heart disease. You can also find out if you are at higher risk, and what that means for you.

<https://www.heartuk.org.uk/news/coronavirus>

Take heart Derby

Registered charity and support group for the population of Derby who are affected by or care for those affected by a heart condition.

<https://www.takeheartderby.co.uk/>