

# THE HEART MANUAL HOLIDAY NEWSLETTER

December 2024

## Why you should be choosing the Heart Manual!

This year, 17 **additional** health boards and trusts have included the Heart Manual as part of their Cardiac Rehabilitation menu, increasing its reach to support more patients in recovery.

One of the program's key strengths is its flexibility—you only pay for the number of manuals required so you can tailor to the demand within your service.

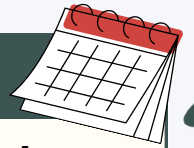
Available in both book and online formats, the Heart Manual caters to a variety of user preferences. The digital version includes features like a read-aloud function, further enhancing accessibility.

Here's what newly trained facilitators are saying about their experience with the Heart Manual training:

*"Presenters made the training fun and engaging. Great content covered. Encouraging and reassuring style of training".*

*"I thoroughly enjoyed both days. I am relatively new to cardiac rehabilitation and this course definitely helped clarify a few things for me and gave me more confidence for using the manual with patients."*

## Key Dates



- We have a **Heart Manual Follow-Up session** coming up on the 18th December!
- **Heart Manual Training on the 25th/26th Feb**, still has places.
- **Heart Manual training on 29th/30th April**

Please email our team at [heart.manual@nhs.scot](mailto:heart.manual@nhs.scot) to reserve a place for your team members

## Who has joined the Heart manual this year?

Welcome to the 192 new facilitators who have joined the Heart Manual community this year!

If you have any questions or need support, the Heart Manual team is always here to help. You can reach us at [heart.manual@nhs.scot](mailto:heart.manual@nhs.scot)—don't hesitate to get in touch!

## Thank you!

We just wanted to say a **MASSIVE** thank you to all our facilitators this year and hope you all have a happy holiday and New Year!

