



WORKPLACE WELLBEING PROGRAMMES

LEADING THE FIGHT AGAINST HEART DISEASE AND STROKE

Since our founding in 1985, Croí, the West of Ireland Cardiac & Stroke Foundation, has been synonymous with innovation and ambition. These have been underpinned by a steadfast commitment to our patients, their families and the West of Ireland. Within 10 years of our establishment, Croí had expanded from Galway to Mayo and Roscommon – now servicing the entire northwest corridor, and expanding to nationwide service delivery.

Over the course of almost four decades, the organisation has marked many firsts for Ireland – including the first mobile coronary care unit and the first cardiovascular risk, lifestyle and behaviour change programme. We continue to evolve – ever focused on healthy outcomes – and are pleased to present details of our Workplace Health & Wellness Programmes.





WORKPLACE WELLBEING PROGRAMMES

OUR EXPERT TEAM

Our programmes are delivered by an expert multidisciplinary health team of specialist nurses, dietitians, physiotherapists, health psychologists and occupational therapists who work in the Croí Heart & Stroke Centre in Galway.

Croí is the only centre of its kind in Europe dedicated to the prevention of, and recovery from, cardiovascular disease.

We design a bespoke wellness programme that meets the needs of your workplace, with onsite and online options. Our programmes are based on many years of experience supporting a wide range of companies from small local businesses right up to the largest multinationals.

The following introduces just some of our programme offerings.....





Cardiovascular Disease (CVD) is the **second most common cause of death in Ireland**, and Stroke is the **leading cause cause of acquired disability**.

Up to 80% of heart disease is preventable by managing modifiable risk factors for CVD such as blood pressure, cholesterol and exercise



The Impact of Stress

Over a third of all adults in Ireland (36%) say that they regularly suffer from stress

Over half of all 18-34 year olds in Ireland report regularly feeling stressed

REDC Poll 2021



CPR, especially if administered immediately after cardiac arrest, can double or triple a person's chance of survival. *

*American Heart Association

LIFESAVING CPR TRAINING

- CPR is a vitally important life skill.
- This course is a great way for your team to learn about CPR, learn to recognise when CPR, is needed and gain the fundamental skills to be able to deliver CPR in their workplace, home or community.
- We can deliver the training at our centre in Croí House or at your business location (subject to space requirements)
- 2 Hour Course.
- Up to 30 participants

RAPID HEALTH CHECKS (10 minute consultation)



- Blood pressure measurement and pulse check
- Personal record card and Croí resources
- Signposting to FREE Croí Nurse Helpline and appropriate resources or programmes

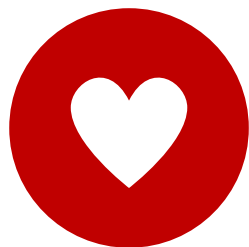
or

- Height, weight, BMI (body mass index) calculation & waist circumference measurement
- Completed personal record card and heart health kit
- Individualised healthy eating, exercise and lifestyle advice



Approximately **6,000** people have heart attacks and **7,500** have strokes in Ireland each year but many of these can be prevented

CROÍ webinars, workshops and talks



We can reduce our risk for heart disease and stroke

- Every unit of improvement in cholesterol and blood pressure results in meaningful reduction in risk for CVD
- Smoking, nutrition and physical activity play a significant role in reducing risk

• *European Society of Cardiology, 2021*

When it comes to preventing heart disease and stroke, and living well with cardiovascular disease (CVD), what we do really matters.

Through our wide range of webinars, workshops and talks, we aim to empower people, families and communities with knowledge about the factors that drive CVD, like high cholesterol, and the tools to address risk factors in their own lives.

Delivered as live webinars, in-person workshops or pre-recorded sessions over 45-60 minutes, we offer a wide range of engaging talks:

- *Know your numbers – Understanding your CVD risk factors*
- *Making sense of food labels*
- *Exercise – A powerful medicine*
- *Getting from knowing to doing*

CROÍ MOBILE HEALTH UNIT



Our mobile health unit is a vital addition to our existing initiatives, fostering strong community engagement and showcasing Croí's unwavering commitment to ensuring equitable cardiovascular health for all.

Have our mobile heart health unit visit your workplace. Staffed by our Nurse Specialist and includes all informational resources:

- Heart Health Check
- CPR Demos
- Workshops
- Talks



MEETINGS & EVENTS FACILITIES

THE VENUE THAT MAKES A DIFFERENCE!

Croí Heart and Stroke Centre in Galway city offers modern conference meeting facilities. Whether you want to have a small meeting or a conference for up to 180 guests, we can help meet your needs.

Our Conference Suite is adaptable and can provide you with different options to suit your requirements. Our facilities include state-of-the-art audio visual and video conferencing technology.

Our pre-conference area is filled with natural daylight and views of our gardens and courtyard. It is ideal for registration, drinks receptions, dining or refreshment breaks.

For smaller or more formal meetings, our luxury Creganna Boardroom can host up to 12 people. This room is perfect for board meetings, interviews, presentations, conference calls and video conferencing.





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A POSITIVE SOCIAL INVESTMENT

Contact us now and invest in the health and wellbeing of your team, raise staff morale, reduce absenteeism and promote a productive workforce. Show your commitment to workplace health and wellbeing!

Plus, by partaking in a Croí programme, not only are you investing in the health of your team & colleagues, you are also directly supporting the work of Croí, as all funds are reinvested into our community cardiovascular disease prevention programmes.

We would be delighted to discuss your requirements further with you to provide a bespoke offering that best suits your company's needs.

Learn more: www.croi.ie

Call: 091-544310

Email: community@croi.ie



As somebody who has supported Croí over the years, I never imagined that I would become a service user – but now I have seen it from both sides. You can be guaranteed that your money is being wisely and carefully applied to provide the best possible care and service to the people who need it.

—
A Croí donor and programme participant

