

Integrated Care Board – 17 September 2026

Community experience briefing - Community partners to support people living with heart, lung and vascular conditions

Presented by: Louise Bache, Chief Executive of Heartbeat, and Dr Sally Seed PhD, BACPR instructor

1. Introduction

- 1.1 The ICB's programme of capturing patient and resident experiences and sharing these at our Board and Quality and Outcomes Committee meetings aim to help ground discussions and decision making in the reality of patient care, experiences and support the ICB's purpose to improve health and wellbeing. Members of the public are therefore at the centre of the decisions made by the ICB.
- 1.2 This report provides a summary of the community story as background information for the presentation. This briefing aims to ensure that Board members are aware of the topic and themes to support discussions at the Board meeting.

2. Heartbeat and vascular care

- 2.1 The September community story will feature Heartbeat, the North West cardiovascular prevention and rehabilitation charity. Heartbeat has also supported pre-engagement for the proposed vascular services redesign, helping early discussions reflect patient and community experience.
- 2.2 Louise Bache, Heartbeat's chief executive, and Dr Sally Seed PhD, a BACPR instructor whose doctoral work involved establishing and running Peripheral Artery Disease (PAD) classes, will explain Heartbeat's services, the development of the PAD classes and their impact.
- 2.3 Heartbeat has supported people with cardiovascular conditions and those at risk since 1978. Based at Preston North End Football Club, it provides clinically led exercise, testing, nutrition, lifestyle and wellbeing support across Lancashire.
- 2.4 More than 1,000 people attend its supervised exercise programmes each week. Services operate in Preston, Penwortham, Leyland, Garstang, Chorley, Blackpool, Kirkham, Burscough, Lytham and St Anne's.
- 2.5 Programmes support people living with heart, lung and vascular conditions. BACPR-qualified instructors tailor sessions to each person's ability and medical history. A short video will feature a patient describing the quality of support, the network of people and services they have found, and the reassurance that a vascular diagnosis does not define their future. Their story will show how clinical care, exercise, practical advice and peer support can help people regain confidence, manage their condition and stay connected.

3. Considerations for the Board

3.1 The Board is asked to consider:

- The impact on patient outcomes of integrated pathways for vascular have been developed with community-based cardiovascular prevention and rehabilitation across Lancashire and South Cumbria.
- How strengthening pathways between clinical services, voluntary and community organisations, and neighbourhood teams can be beneficial for other programmes and embedded as part of strategic commissioning.
- The role of strategic commissioning in maximising the value of tailored exercise, practical advice and peer support in helping people manage conditions and maintain independence.

Neil Greaves

7 September 2026