



**IPSWICH TOWN  
FOUNDATION**



**ACTIVE BLUES**

## THE COURSE

Active Blues for Hypertension Prevention. This comprehensive program is designed to empower individuals with the knowledge and practical skills needed to adopt a heart-healthy lifestyle and manage blood pressure effectively.

## WHO DELIVERS THE COURSE?

Ipswich Town Foundation's qualified team deliver this free 12-week course, working in partnership with the NHS. The staff are well placed to address and help participants adopt a heart-healthy lifestyle.

## WHO IS THIS COURSE SUITABLE FOR?

- People aged 18+
- Smokers
- Those at risk of Hypertension
- Those diagnosed with Hypertension

## WHAT DOES THE COURSE INVOLVE?

- Tailored physical and theory session
- Weekly 75 minute sessions for 12 weeks
- Workbook with activities and useful tips
- Weekly check in call throughout and up to 4 weeks after completion
- Pre, Mid, Post measurements taken
- Weekly blood pressure checks and wellbeing surveys
- Action plan created for support after course completion

## WHAT DO THE WORKSHOPS INCLUDE?

Workshops delivered include nutrition, understanding the benefits of exercise, motivation and handling setback, workshops also include hypertension and smoking sensation workshops delivered by NHS.



# HYPERTENSION FACTS

High blood pressure (also called hypertension) can lead to serious problems like heart attacks or strokes. However, lifestyle changes and blood pressure medicines can help you stay healthy.

## UNDERSTANDING BLOOD PRESSURE

Blood pressure readings

Normal: <120/80mmHg

Hypertension >140/90mmHg

There are three grades to Hypertension:

1. 140-159/90-99mmHg
2. 160-179/100-109mmHg
3. >180/110mmHg

## WHAT COULD CAUSE HIGH BLOOD PRESSURE?

**HAVING CLOSE  
RELATIVES WITH  
HIGH BLOOD  
PRESSURE**

**DRINKING  
TOO MUCH  
ALCOHOL**

**AGE - AS YOU  
GET OLDER YOUR  
BLOOD  
PRESSURE IS  
MORE LIKELY TO  
INCREASE**

**SMOKING**

**BEING  
OVERWEIGHT  
INCREASES THE  
CHANCES OF HIGH  
BLOOD PRESSURE**

**ETHNICITY - YOU  
ARE AT HIGHER  
RISK IF YOU  
HAVE BLACK  
AFRICAN, BLACK  
CARIBBEAN OR  
SOUTH ASIAN  
ETHNIC  
BACKGROUND**

**FEELING  
STRESSED OVER  
A LONG PERIOD  
OF TIME**

# IMPACT OF ACTIVE BLUES

"I feel more able to cope with stress, more resilient"

"It has become part of my weekly routine and gives me a purpose"

"I have found over activities and ideas that do not need a gym, I have enjoyed learning new exercises and ideas to rehabilitate my body"

"I understand the impact of poor lifestyle choices on my physical and mental health"

"I feel more positive and happier within myself and do not overthink as much about myself"

# HOW TO SIGN UP TO ACTIVE BLUES

Participants can self refer, be referred from a GP or a health care provider, a special practitioner or through the voluntary sector.

Please email **[primarycare.personalisedcare@nhs.net](mailto:primarycare.personalisedcare@nhs.net)** with a referral or for further information on the programme next available start date.

Once the primary care team have confirmed suitability for the course and made initial contact, participants information will then passed on to the Ipswich Town Foundation team who will then contact you to begin the journey!



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