

## Information

Before your first exercise session, you will meet the Cardiac Rehabilitation Fitness Instructor and Cardiac Nurse for a short assessment and walking test so that your personalised programme can be tailored to your abilities. You will be then advised when to attend your first session.

### Contact us

If you are unable to attend or have any queries please do not hesitate to contact your cardiac nurse specialist on:

- 0113 843 4200
- longtermconditions@nhs.net
- Chapeltown Health Centre,  
Spencer Place, Leeds LS7 4BB



## Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

## Community Cardiac Rehabilitation Programme



A citywide service for your  
ongoing recovery

## What is involved?

We invite you to join us to take part in a six week exercise and health education programme.

This programme is offered to all patients following a heart attack, heart bypass, heart valve surgery or coronary intervention, or those with mild heart failure.

### The programme involves:

- attending the sports centre twice a week for up to 6 weeks;
- exercising in the gym with the guidance and supervision of a qualified Cardiac Rehabilitation Fitness Instructor and Cardiac Rehabilitation Nurse Specialist;
- health education sessions about heart disease and its prevention.

### The programme aims to give patients:

- an opportunity to gain information about any health issues;
- increased confidence in a supervised environment;
- advice on any problems you may be experiencing during your recovery;
- an opportunity to meet others who have had similar experiences to you; and
- improved level of fitness.

## Education Sessions

The Cardiac Rehabilitation Team and other healthcare professionals conduct the education sessions.

Partners and relatives are welcome to attend with you, although they must understand that they are only able to observe.

Your Cardiac Rehabilitation Nurse will inform you of the dates of the sessions for you to attend.

### Your choice of venue:

#### Armley Leisure Centre

Carr Croft, LS12 3HB

Monday and Wednesday, late afternoon

#### Middleton Leisure Centre

Ring Road, Middleton, LS10 4AX

Tuesday and Friday, morning

#### John Smeaton Leisure Centre

Smeaton Approach, LS15 8TA

Monday and Thursday, lunchtime

#### Kirkstall Leisure Centre

Kirkstall Lane, LS5 3BE

Tuesday and Thursday, lunchtime

#### Holt Park Leisure Centre

Holtdale Approach, LS16 7RX

Monday morning and Wednesday lunchtime

## Timetable

### All the classes include:

**Welcome and blood pressure taken**

**Exercise session - warm up, circuit exercises, cool down**

**Education session**

### Please ensure you:

- arrive on time;
- wear comfortable, sensible footwear and loose clothing;
- bring a bottle of drinking water;
- have eaten a light meal; and
- bring your GTN spray or tablets.

### For your safety:

- If you feel unwell at any point during the class, inform a member of staff immediately.
- Exercise should only be carried out as instructed. Do not attempt to adjust your own exercise plan.
- Don't attempt to move any of the gym equipment yourself, please ask a member of staff.
- Only use the equipment as directed by the fitness instructor.