

Cardiac rehabilitation

Hillsborough Leisure Centre



Information for patients Sheffield Teaching Hospitals

What is the Cardiac Rehabilitation Programme?

The Cardiac Rehabilitation Programme is a six-week programme composed of physical activity and education sessions. It aims to help patients improve their fitness, wellbeing and quality of life.

The **physical activity programme** provides an introduction to regular exercise, and is composed of either gym or circuit-based sessions. You do not need to have any previous experience.

The **heart information programme** consists of six interactive sessions to help you lead a healthier lifestyle. The sessions also provide you with the opportunity to ask any questions you may have.

Who is it for?

The programme is for anyone who has had a heart attack (myocardial infarction), been given a cardiac stent, or has recently undergone bypass surgery or valve surgery. The programme also caters for people who have been diagnosed with some form of heart failure or atrial fibrillation.

This is a free NHS service to help patients with heart disease live an active life.

How often do I need to attend?

The duration of the programme will depend on your individual assessment. Sessions are held twice a week.

We strongly recommend that you attend all sessions to get maximum benefit from the programme

How do I apply to get on the programme?

Health professionals including your GP, consultant, CHD nurse or heart failure nurse can refer you to the programme.

The team will contact you once we have received the referral.

How do I get there by public transport?

For any queries regarding public transport please contact Traveline on:

- **01709 51 51 51**
- **www.travelsouthyorkshire.com**

Sessions and times

Hillsborough Leisure Centre
Beulah Road
Sheffield
S6 2AN

Group 1:

Tuesday: 8.30am - 10.30am
Thursday: 8.30am - 11.30am

Group 2:

Tuesday: 10.30am - 12.30pm
Thursday: 10.30am - 12.30pm



Further information

For information please contact the Community Cardiac Team (Active Programmes) on:

- **0114 307 8260**
(8:00am to 5:00pm,
Monday to Friday)

Alternative formats can be available on request. Email: sth.alternativeformats@nhs.net

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email sth.infogov@nhs.net