

- If you are unable to attend a session please let your tutor know either the week before or by telephone on 01642 854644. If you do not attend for 2 weeks running and you have not let us know you will automatically be discharged from the service.
- If you need to leave early please inform the class tutor at the beginning of the session.
- Unfortunately due to demand on the service if you miss sessions we are unable to add these onto the end of the programme.
- Try to respect and support others in the group and maintain confidentiality.
- Turn off your mobile phone or put it on silent during the class.
- Wear suitable loose fitting clothing and flat shoes (not flip flops) during the exercise. If you wear glasses or hearing aids bring them with you.
- Do not attend the session if you are unwell, if you have angina type chest pain follow the advice on your GTN card.
- Do not bring valuables with you to the class, (South Tees NHS Foundation Trust cannot take responsibility of loss or damage to property).
- If you are an insulin dependent diabetic please ensure you check your blood sugar prior to attending your class and inform the tutor of the reading.

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available at The James Cook University Hospital and the Friarage Hospital Northallerton, please ask a member of staff for further information.

Devised by: South Tees Cardiac Rehabilitation Team

The James Cook University Hospital
Marton Road, Middlesbrough, TS4 3BW.
Tel: 01642 850850

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A Helping Hand to Heart Recovery

Patient Information

Cardiothoracic
Cardiac
Rehabilitation



together we do the amazing

Cardiac Rehabilitation Course

- Provide an opportunity for you to meet and talk to others who have experienced or overcome similar problems.
- Start approximately 1-6 weeks after discharge depending upon your diagnosis.
- Classes are held weekly and run for 8 weeks.
- Each class lasts two hours and includes:
 - An individual exercise/activity programme.
 - Health topics/discussions i.e. diet, risk factors, stress management
 - An introduction to gentle relaxation.
- Partners are welcome to attend the sessions and join in with the health topic/discussions. Unfortunately partners cannot participate in the exercise programme.
- We look forward to you joining us.



Your Cardiac Rehabilitation Course

A place has been reserved for you and your partner on the following course.

Venue:.....
Day:..... Time:.....
Start Date:.....
Course Tutor:.....

Please wear comfortable clothing. Don't forget your spectacles/hearing aid (if you wear them).

The Cardiac Rehabilitation Team

- Led by: Sister Annette Johnson
- Cardiac Rehabilitation Nurses
- Exercise Professionals
- Pharmacists
- Dieticians
- Secretarial/Clerical Staff
- Health Care Assistants

Venue Information

Cardiac Rehabilitation Gym

1st Floor (near ward 30)
The James Cook University Hospital
Marton Road
Middlesbrough TS4 3BW

Sunnyfield House

Westgate
Guisborough TS14 6BA

Crossley Day Unit

1st Floor
Redcar Primary Care Hospital
West Dyke Road
Redcar TS10 4NW

The Neptune Centre

Berwick Hills
Ormesby Road
Middlesbrough TS3 7RP

We hope that you enjoy your cardiac rehabilitation course. To ensure that you and the rest of the group get the most out of the programme we do have some ground rules.

- Remember to take your medication before you attend the session and remember to bring any medication with you that you may need to take during the session e.g GTN or inhalers.
- Follow the exercise advice that is given to you by the class tutors.