

Cardiac Support

What's the groups name?

- Lighthearted Cardiac Support Group (affiliated to the British Heart Foundation)

Where and when do they meet?

- Queen's Park Sports Centre, Chesterfield – Tuesday mornings 10.30 a.m. to 11.30 a.m.

How many people are members?

- Approximately 50

Who's invited?

- People who have experienced heart-related health issues (heart attacks followed by angioplasty and stents, or bypass operations, valve replacements, angina etc.) and partners or carers who are keen to provide support.

What does the group do?

- Regular, instructor-led exercise programme, consisting of an aerobics session, followed by circuit training, pilates or games. Some of our members also meet regularly for badminton (on Thursday evenings).
- Irregular social events, most commonly a 2-hour walk in the countryside, followed by a pub lunch, and other activities can be arranged (such as bowling, river cruise, concert, evening meal out etc.).

Would the group meet staff to talk about the work they do?

- Yes. The group is happy to meet staff and give a talk or presentation and does regularly attend the hospitals' cardiac rehab programme education sessions.

How do we find out more information?

Contact details: Mr Frank Casey (Chairman)

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