

## Dear Patient

Congratulations on completing Phase III of your Cardiac Rehabilitation programme.

You are now ready for the long-term phase of Cardiac Rehabilitation which is referred to as Phase IV. This part of the programme has been designed for patients to maintain health and wellbeing on a long-term basis.

This leaflet has been developed to provide you with information on all the available Phase IV services in your local area so that you can continue with maintaining your health.

We hope that you will find this leaflet useful.

North West London Cardiac & Stroke Network Team

## Kensington & Chelsea

### Phase IV Cardiac Exercise Class

**Tuesday: 11:15-12:45pm, 3:00-4:00pm**

**Venue:** Chelsea Sports Centre  
Chelsea Manor Street SW3 5PL

(behind the Town Hall, Kings Road)

## Brent

### Phase IV Cardiac Exercise Class

**Up to 8 weeks of FREE sessions**

**Tuesday: 12:15—1:15pm**

**Additional classes after 8 weeks:**

**Tuesday: 1:30—2:30pm (Cost: £3.50)**

**Venue:** Vale Farm Sports Centre Watford Road  
North Wembley Middlesex HA0 3HG

**Contact:** Andrew Denys — 020 8453 5964  
Shriti Raichura — 0773 142 3399

## Hillingdon

### Exercise in the community for Cardiac Rehabilitation patients

Blood pressure reading prior to exercise, extended warm up, circuits (similar to hospital based class) and cool down and stretches

**Monday: 7:00-8:00pm (arrive 15mins before for blood pressure reading)**

- **First 2 sessions – FREE**
- **Registration fee £15 (only payable after 2 first sessions)**
- **£5 per class**

**Venue:** Hayes Methodist Church,  
4 Station Road Hayes UB3 4DA

**Contact:** Austin Lumley – 07733 303 598

## Healthy Hearts Club Hillingdon

The Healthy Heart Club aims to improve the health of individuals with a known heart condition through a carefully designed exercise programme.

### 12 week Phase IV Class

**Wednesday: 9:00-10:00am**

**Cost:** £2 per person per class

**Venue:** Top floor gym, Highgrove Pool Eastcote Road  
Ruislip HA4 8DZ

### Drop in class for graduates of phase IV

**Thursday: 8:30-9:30am & 10:00-11:00am**

**Cost:** £4.50 per class

**Venue:** Top floor gym, Highgrove Pool Eastcote Road  
Ruislip HA4 8DZ

**Contact:** Ian Humphreys – 01895 250 504

ihumphreys@hillington.gov.uk

## Hillingdon

### Get active exercise in the community

Includes pre exercise blood pressure reading followed by extended warm up, stretches and cool down

**Tuesday: 6:30-7:30pm Cost:** £5.00 per class

**Venue:** St John's Church Hall, Royal Lane  
Uxbridge UB8 3QR

**Contact:** Parveen Bains – 07957 287 372

## Westminster

### Up to 16 weeks of FREE sessions!

Referral to the classes is through the MyAction programme, a Phase III programme or your GP.

**Tuesday: 11:30—12:30pm**

**Venue:** Beethoven Centre Queens Park, Third Avenue,  
London W10 4JL

**Wednesday: 1:00-2:00pm**

**Venue:** Beethoven Centre Queens Park, Third Avenue  
London W10 4JL

**Wednesday: 3:00-4:00pm**

**Venue:** Mint Wing Gym, St Mary's Hospital, Off South  
Road, Paddington, W2 1PF

**Thursday: 12:15—1:15pm**

**Venue:** Queen Mother Centre, Community Gym, 223  
Vauxhall Bridge Road, Victoria SW1V 1EL

**Thursday: 1:45—2:45pm**

**Venue:** Mansergh Club (Scout Hut), 26 Hill Road, St Johns  
Wood London NW8 9QG

**Friday: 10:00-11:00am Venue:** Churchill Hall, Churchill  
Gardens, London SW1V 3AL

**Friday: 1:00-2:00pm**

**Venue:** Mint Wing Gym St Mary's Hospital, Off South  
Road, Paddington W2 1PF

**More classes will be starting in Spring 2011**

**For enquiries contact:** 020 8383 5949

