



HOW WE CAN HELP YOU IN YOUR CANCER RECOVERY

Originally providing cardiac rehabilitation, Heart Care has developed the programme to benefit other groups such as COPD and Cancer patients.

- Well-equipped gym
- Large Exercise Room
- Education sessions
e.g. Health eating, relaxation
- Safe, monitored environment
- Partners/carers are encouraged to attend

Through a unique programme of monitored physical exercise, tai chi sessions and advice, patients can improve their fitness.

Exercise helps prevent muscle wasting, can boost energy, improve quality of life and mental health, helps maintain weight and helps reduce the risk of developing other long term conditions

Aims:

To restore patients to the highest level of independent functioning by:

- Increasing quality of life and fitness

- Increasing confidence and ability to cope
- To meet other people in the same/similar situation

Staff

- All staff are Basic Life Support trained
- All clinical staff are Intermediate Life Support trained
- Individual Exercise programme designed by Exercise Physiologists
- Qualified Tai Chi Instructors
- On site Exercise Physiologists, Nurses and Health Care Assistants
- On site counsellor

Programmes available:

- 6 week exercise programme with patients attending twice a week or 12 sessions - £2.00 per session
- 12 week Tai Chi class - £2 per session – see flyer
- Patients can continue on into After Care programme - £4 per session

To Book an appointment on the 6 week programme contact: **Gemma Toovey on 01922 725050 or**

gemma.toovey@walsall.nhs.uk

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