



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Westergate Leisure Cardiac Rehabilitation

Cardiac Rehabilitation is run by a qualified British Association Cardiovascular Prevention and Rehabilitation (B.A.C.P.R) phase IV instructor. The BACPR training programme is designed to provide specialist training for instructors to prescribe and deliver exercise programmes for individuals with heart disease.

Everyone Active Westgate Leisure Centre are able to offer our phase IV clients 2 options of continued exercise:

Option 1: is a class-based circuit class consisting of upper body and lower body strength exercises as well as cardiovascular. This is a 10-week programme.

The class starts with a 15-minute warm up followed by 35-minute circuit with rest breaks and a 10-minute cooldown to finish. Equipment we use include: static exercise bikes, rowers, step boxes, resistance bands, fit balls and dumbbell weights ranging from 1-3kg. The circuit is designed to work all over body and especially the cardiovascular system. The class is a great way to meet and talk to different people. Our aim is to make the class as fun and enjoyable as possible.

With this option there is a 'follow on', which allows the clients to continue exercising in a class environment and opens up 4 other classes they could join.

Option 2: is a gym programme which is designed individually to the client and is they can work by themselves at times which suit. The programme is designed at the initial consultation and is based on the aims and goals set and agreed by the client and the referral instructor, it is a 10-week programme and is monitored on a weekly basis and modified to help with improvement.

With the gym option, once completed the client can continue with the programme set, they join as a member at a discounted rate. Our support will still be available but on a more ad-hoc basis.

To participate a referral is needed from either the phase III cardiac team at St. Richards Hospital or from a GP Surgery who has signed up to our scheme (all local surgeries are). There is a small fee for the initial and final consultations and each session is currently £4.60 (correct until April 2020).

The insight from those who talked to us who have attended this service when we visited has been collated and anonymised and forms part of the insight and evidence that Healthwatch gather to identify common themes around what works and doesn't work for local people.

This insight is used to influence services development and can feed into:

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- The Developing Integrated Care System for Sussex.

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS70 10 year forward plan.

To learn more about the work of Westergate Cardiac Rehabilitation:

please contact Telephone Number: Tina Scutt on 01243 836783

Email: Tina on tinascutt@everyoneactive.com

www.everyoneactive.com



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,

Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

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Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: cheryl.berry@healthwatchwestsussex.co.uk