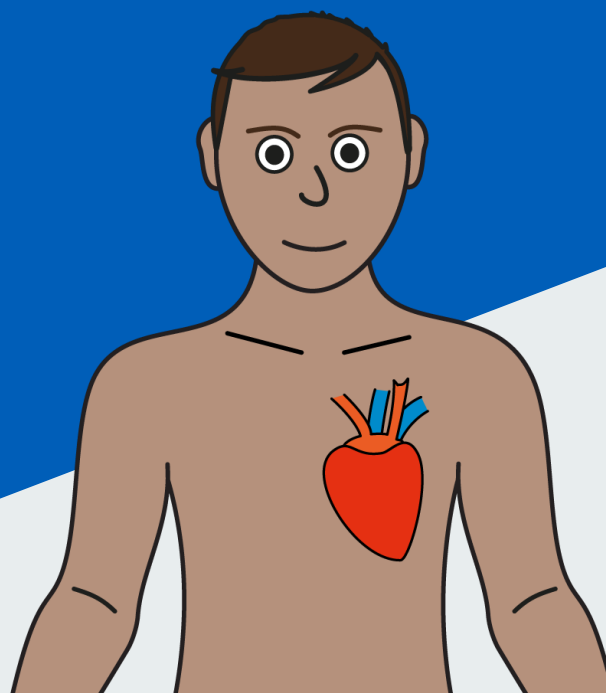
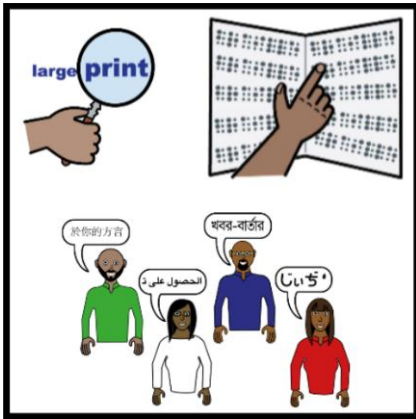


Easy Read

Cardiac Rehabilitation Service

Information leaflet





If you require this information in other languages, Braille, large print, or audio format please contact the Cardiac Rehabilitation service.

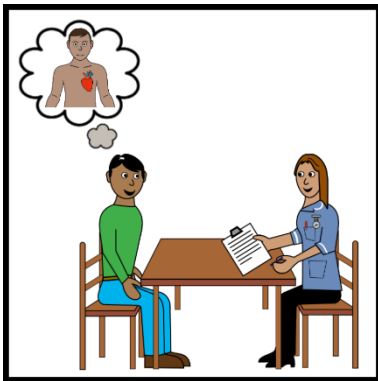


This booklet uses easy words and pictures.
You might want to ask someone to help you read it.

Who are we?



We are the **Cardiac Rehabilitation Team**.



Cardiac Rehabilitation means a plan is made to help keep your heart healthy.

It can also be called Cardiac Rehab.

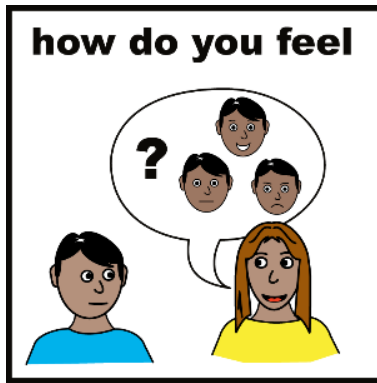


Our team is made up of nurses, physiotherapists, occupational therapists and clinical support workers.



We also work with your GP, the hospital, and other professionals.

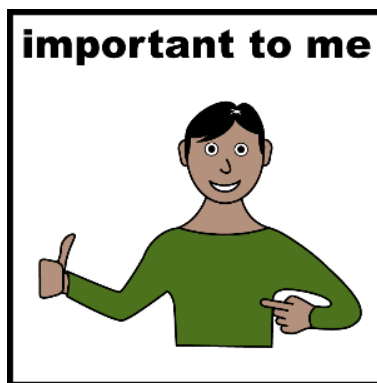
What do we do?



We will talk to you about how to make your heart healthy.



We will plan your care with you.
You can have someone with you when we do this.

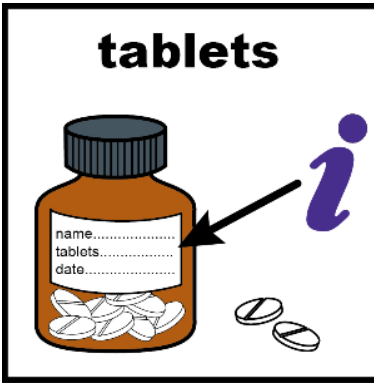


We will listen to what is important to you.



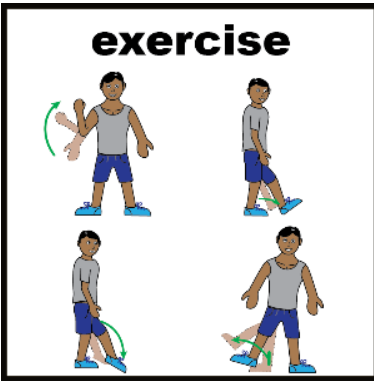
We will support you and help you learn how to manage your health.

tablets



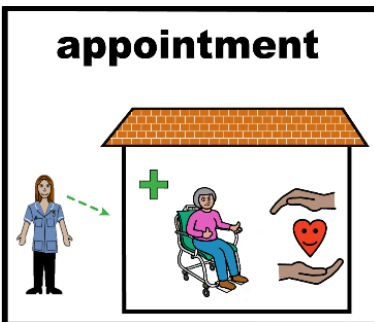
We will help you understand your heart medication.

exercise



We help you be more active.

appointment



You might have more than one appointment with us.

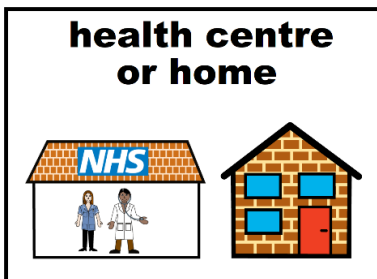
This is normal.

When do we work?



The Cardiac Rehab team works:
8:30am – 4:30pm
Monday – Friday

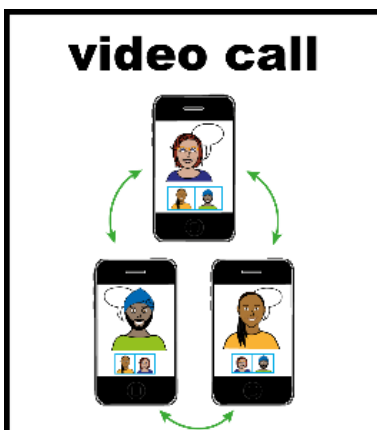
Where will we see you?



We can see you at home or at a local health or leisure centre.



Sometimes you might have appointments with us over the phone. Please let us know if you do not want this.



We can do video call appointments too. Please let us know if you would like this.

Service Contact Information



If you need to speak to someone about this leaflet, you can:

Call 0113 8434 200

Email longtermconditions@nhs.net



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.