



POOLE HEART SUPPORT GROUP

*Support and Friendship*

[www.poolehsg.org.uk](http://www.poolehsg.org.uk)

## **8 Easy steps to join Poole Heart Support Group.**

1. When you leave your phase 3 exercise programme the nurse will give you a 'Cardiac Rehabilitation Phase 3 Summary' form. This says that you are ok to move on to phase 4 exercises and includes a brief summary of your time in phase 3.
2. Fill in the PHSG Membership Form, which is enclosed in the PHSG "New Members" magazine.
3. Send the membership form to the address at the bottom of the form.
4. The £8 membership fee can be paid online (details on the form) or with a cheque for £8 made payable to Poole Heart Support Group. (This fee includes membership for a partner). This needs to be renewed annually.
5. By return of post you will receive your membership number.
6. Call Robin Pringle on 01202 884250 or email [lesleyrichards@sky.com](mailto:lesleyrichards@sky.com) and they will discuss with you which class you would like to join.
7. When you know which class you will be attending take the white phase 3 summary form to your instructor at your new class. Please sign and date the form and include your next of kin's name and telephone number.
8. Each session costs £5.00 per person. SEE YOU THERE!!!!

## **Poole Heart Support Group Classes**

### **Canford School Sports Hall**

Monday Lesley – 8.45 am & 9.45 am  
Tuesday Emma – 9.00 am & 10.00 am  
Thursday Lesley – 8.45 am, 9.45 am & 10.45 am  
Friday Emma – 9.00 am & 10.00 am

### **Broadstone The Junction Sports Centre**

Wednesday Caroline – 10.45 am  
Thursday Jayne F – 9.30 am & 10.30 am

### **Broadstone Community Centre: Hearts on Seats**

Thursday Jayne F – 1.00 pm

### **Ferndown St Marys Church**

Monday Juliet – 11.00 am

### **Ferndown United Refomed Church Hall**

Friday Juliet – 10.00 am

### **Hamworthy Liberal Hall**

Monday Caroline – 10.00 am

### **Lytchett Manor School**

Tuesday Karyn – 5.30 pm & 6.30 pm

### **East Dorset Tennis Club**

Tuesday Paula – 11.00 am (Seated exercise)  
Friday Paula – 10.45 am

### **St Josephs Church, Bournemouth Road**

Wednesday Paula – 10.45 am

### **Wareham Leisure Centre**

Monday Jayne T – 1.30 pm  
Thursday Jayne T – 11.00 am

### **Swanage Methodist Church**

Wednesday Jayne T – 2.30 pm

### **Ashdown Leisure Centre – Canford Heath**

Tuesday Caroline – 9.30 am  
Friday Jayne F – 9.30 am

### **St Barnabus Church, Bearwood**

Tuesday Isy – 9.30 am

### **Zoom online**

Wednesday Emma – 9 am (email for codes)