



POOLE HEART SUPPORT GROUP

Support and Friendship

www.poolehsg.org.uk

How to join Poole Heart Support Group without a Phase 3 referral.

Do you want to join/re-join PHSG due to:

1. Having not been able to exercise due to a health condition and have let your membership lapse.
- 2 Having left Phase 3 rehab over 3 months previously so your referral form is out of date.
3. Have never been through Phase 3 Rehab.

Please contact Robin Pringle on 01202 884250 or email Emma Thomas emmaphsgtrainer@gmail.com to have an application form sent to you either by post or email (please specify)

Once the application form has been processed you will receive a membership card and a blue form. This blue form needs to be taken to your GP to be signed and stamped by your surgery to confirm you are fit to exercise.

Please then take the **signed blue form** and your **membership card** to the class you want to join and start exercising all classes are £5 cash per session.

Please note some GP surgeries are charging to sign our blue referral forms unfortunately we have no control over these charges.