

Members Comments

Angela

"I had lost my confidence after my heart attack but coming along to LightHearted has changed all that and I am even involved on the committee now!"

Mike

"I was becoming just a couch potato, scared to do anything until I went to LightHearted and now I feel better, can climb the stairs and enjoy the company of others who understand what I have been through."

Jonathan (Angina sufferer)

"I have a 'Desk job' and work from home so I was unaccustomed to regular exercise (lazy!). Cardiac Rehabilitation is the thing that leads to long term lifestyle changes. It is a known fact that patients who go through Cardiac Rehabilitation, and have regular exercise, will have a 26% reduction in mortality rate in anything from 2 to 3 years."

"Joining Lighthearted encourages me to 'get out', do regular exercise and meet people who have had similar experiences."

We look forward to hearing from you and meeting you at one of our sessions

NHS Derbyshire County Cardiac Unit and the British Heart Foundation recommend joining a Cardiac Support Group as a means of gaining long term benefits from enjoyable exercise.

Contacts

If you want to find out more about what we do and why we do it please contact Queen's Park who can give you more information about the club.

Name

Contact Numbers

Queen's Park Sports Centre	01246 345559
Peter Jenkinson	01246 856057
Roger Gill	07871 286304
Frank Casey	01246 854223

email: lighthearted@uwclub.net
website: www.lighthearted.org.uk

Affiliated to the British Heart Foundation



Cardiac Support Group

Where?

Queen's Park Sports Centre,
Boythorpe Avenue,
Chesterfield

When?

Every **Tuesday**
from 10.30 to 11.30am
and
Thursdays
from 6.00 till 7pm



Exercise Classes

Currently exercise classes are held each Tuesday from 10.30am-11.30am and Thursday 6pm - 7pm at Queen's Park Sports Centre, Chesterfield. There are special rates for members of the club and exercise classes provided by a qualified BACR fitness instructor who makes them fun whilst ensuring your safety.

If you want to attend the gym at Queen's Park we have negotiated reduced rates for our members at any time of the day/evening.



Social events

Life is about more than just exercise it is about having fun, meeting people and getting out and about. All of our events are open to members, their families and carers - the more the merrier is our motto.



The Club

At Chesterfield's Lighthearted we believe that life is for living, we are people who have experienced heart disease, whether it is recovering from surgery or having a heart complaint that we want to control. It is not just about recovering patients it is also about their family and carers as they are also affected by the disease and we are here for them too.

- L** Living life to the full
- I** Inviting to take part
- G** Getting active and going places
- H** Healthy living & lifestyle activities
- T** Teamwork - we're in this together

- H** Happy members having fun
- E** Encouragement at every step
- A** Active 'aftercare' support
- R** Relaxing recovery
- T** Time for you
- E** Energising and effective exercise
- D** Dedicated members who look out for each other