

Useful resources

Heartline -- 1300 362 787

A heart health service which provides information on a range of heart disease issues. Heartline is an initiative of the National Heart Foundation. It is operated by nurses trained to determine the best course of action for each case. It is available on Mondays to Fridays between 9.00 am and 5.00 pm EST.

Medicines Line -- 1300 888 763

Confidential, independent, accurate and up-to-date information on prescription, over the counter, herbal and natural medicines. Funded by the National Prescribing Service. Operates Monday to Friday 9.00 am to 6.00 pm EST.

Diabetes Helpline -- 1300 136 588

Find out about products, services, and benefits offered by Diabetes Australia as well as services in your local area. Operates Monday to Friday 9.00 am to 5.00 pm.

Stroke Helpline -- 1800 787 653

A National Stroke Foundation service providing information on all aspects of stroke prevention and care. Operates Monday to Friday 9.00 am -5.00 pm.

Commonwealth Carelink--1800 052 222

Provides information on community and support services in your local area on Mondays to Fridays between 9.00 am and 5.00 pm.

Batemans Bay Hospital
Pacific Street (02) 4475 1500

Cardiac Rehabilitation

Free, 6-week 'Get Up and Go' programs of exercises and information sessions are held at the Community Health Centre, 7 Pacific Street, in rotation with courses at Moruya and Narooma. Contact 1300 139 887 to join in.

Later, consider joining the Eurobodalla Walking for Pleasure group which operates in various interesting and scenic locations at 11.00am - noon on Wednesdays. Contact Anne Hourigan on 4473 8824 or Glenda Scott on 4474 4574 for more details.

Also Pilates and Gentle Circuit programs are held on various days and times at the Bodyworks, 1 Old Princes Highway, Batemans Bay. Phone 4472 2588 for times, days and prices.

Bega Valley Hospital
McKee Drive (02) 6492 9111

Cardiac Rehabilitation

A free Cardiac Education and Rehabilitation program is run for 8 weeks at the Pambula Community Centre, Merimbola St, Pambula on Thursdays at 9.30-12.00 noon. For enquiries, contact 6495 8350, or for new referrals, ring 1300 131 562.

Cooma Hospital
Bent Street, (02) 6455 3222

Cardiac Rehabilitation

Cooma Hospital provides free 2-hour sessions of exercise and education on Thursdays for 6 weeks. Contact (02) 6455 3216.

Heartmoves

A Heartmoves exercise program devised by the National Heart Foundation operates at the Cooma Bowling Club on Wednesdays at 11.15 – 12 noon. Contact Karen Evans on (02) 6453 3400.

Bombala Hospital
Wellington Street, (02) 6458 5777

Cardiac Rehabilitation

A Heartmoves program of moderate exercise is run by Cynthia Dolan at the Anglican Church Hall on Mondays at 2.00 – 3.00 pm. Contact her on (02) 6458 7117 for more information.

Cynthia also runs a Tai Chi program for people with arthritis at 2.00 – 3.00 pm on Wednesdays at the same location: this also will suit some heart rehabilitees.

Cootamundra Hospital
Mackay Street, (02) 6942 0444

Cardiac Rehabilitation

A friendly, flexible outpatient program is provided for heart patients at the Cootamundra Hospital on Wednesdays at 10.30 am to 12.00 noon. The free, 7-week program can be arranged by phoning (02) 6940 1111.

Cowra Hospital
Liverpool Street, (02) 6340 2300

Cardio/Pulmonary Rehabilitation

After assessment by a physiotherapist, clients can attend a free, 6-week program of suitable exercises and education on heart disease management on Mondays and Wednesdays at 10.30-12.30 in the Physiotherapy Department of the Cowra Hospital. Contact (02) 6340 2352. Later, clients may wish to attend aquatherapy classes at 9.00-10.00 am on Monday, Wednesday and/or Friday at the Cowra Aquatic Centre, Macquarie Street. There is a fee for entry to the pool. To join, contact (02) 6340 2352.

Heart Support Australia

The Cowra Branch meets at 10.00 am to 12 noon on the third Thursday of each month for educational talks or social outings. Contact Pauline McAlister on (02) 6342 2157.

Delegate Hospital

Craigie Street, (02) 6458 8088

Cardiac Rehabilitation

A free, 12-week, in-home program of exercises and walking is designed for individual needs, with one-on-one support. Contact (02) 6458 7117.

A follow-up Tai Chi program can be arranged by the same contact; it's also good for people with arthritis or diabetes.

Dubbo Base Hospital

Myall Street, (02) 6885 8666

Cardiac Rehabilitation

A free program runs on Tuesdays and Fridays in the Cardiopulmonary Rehabilitation Unit at the Base Hospital. The first hour involves exercises, and the second, information on various aspects of heart health. After 6 weeks, a supervised Maintenance Program runs at the same place on Tuesdays and Thursdays from 7.30 – 11.00 am. Contact (02) 6885 7989 for more information.

A Heartmoves exercise program devised by the National Heart Foundation operates at the PCYC, Erskine Street on Thursdays from 10.00 - 11.30 am for \$3.00 per session. Contact Johann Nielsen on (02) 6375 1560.

Forbes Hospital

Elgin Street (02) 6850 2000

Cardiac Rehabilitation

A 6-week rehab course is run on request at the Physiotherapy Department, Community Health Centre in Elgin Street. (GP or specialist clearance required). Phone (02) 6850 2233.

Community-Based Nurses also provide education and support: phone (02) 6850 2233.

Also, a gentle exercise circuit and cardiovascular program is available at Forbes Health and Fitness, 6 Dalton St. Phone (02) 6851 1550 for times and costs.

Goulburn Base Hospital

130 Goldsmith Street (02) 4827 3111

Cardiac Rehabilitation

Outpatient Program

Physiotherapists run exercise and information sessions on Tuesday mornings and Thursday afternoons for 8 weeks at the Base Hospital, followed by a weekly maintenance program on Tuesdays. For details, phone (02) 4827 3278.

Heartmoves

This National Heart Foundation exercise program is tailored to the needs of each person at moderate cost. A doctor's referral is needed. For details contact the RSL Club, 15 Market Street, on (02) 4821 3300.

Griffith Base Hospital

Noorabar Avenue, (02) 6969 5555

Cardiac Rehabilitation

After individual assessment, a program of exercise and information is provided on Wednesday afternoons in the Physiotherapy Department at the Base Hospital. The seven-week course is free. For more information, phone (02) 6969 5537.

Moruya District Hospital

Rivers Street, (02) 4474 2666

Cardiac Rehabilitation

'Get Up and Go' lifestyle program

A free course of exercises and information sessions is run at the Moruya Hospital in rotation with Batemans Bay and Narooma. For more information, phone 1300 139 887.

Heartmoves

A range of National Heart Foundation programs of low to moderate exercises specifically designed for each participant is run at the Better Bodies Fitness Centre, 68 Queen Street, Moruya for \$8.00 per session. A referral from your doctor is required. Contact Rod Bradley on (02) 4474 3991 for information and bookings.

Narooma Hospital

Rivers Street, (02) 4474 2666

Cardiac rehabilitation

'Get Up & Go' exercise and information sessions are run free, but by appointment, at Narooma Community Health, 4 Marine Drive, Narooma, on Wednesdays. Information at (02) 4476 2344 and bookings at 1300 139 887.

Heartmoves

Several National Heart Foundation exercise programs are run at The Narooma Services Club, 98 Princes Highway, by Nancy Casu, phone (02) 4476 3282. (Doctor's referral needed.)

Nowra Shoalhaven Hospital

Shoalhaven Street, (02) 4421 3111

Cardiac rehabilitation

Nowra Community Health Service runs a free, 6-8 week program of walking and information sessions. Phone (02) 4424 6300 for times and location.

Heartmoves

National Heart Foundation's exercise program runs on Wednesdays and Fridays at 9.30 am at the Shoalhaven Ex-Servicemen's Club, Junction Street. Contact Michelle on (02) 4421 6855.

Firm Fitness centre runs a range of exercise programs at 90 Kinghorne Street. Contact Deb Miles at (02) 4423 4334.

Orange Base Hospital

Dalton Street (02) 6393 3000

Cardiac Rehabilitation

The healthy lifestyle program is held in the gymnasium of the Community Centre (Caldwell House), 129 Sale Street, on Tues and Thurs at 1.30-4.00 pm. It features low to moderate exercise programs, followed by guest speakers on relevant topics. 8 weeks: phone (02) 6393 3300.

Heart Support Australia

Provides support and information for patients and carers. Meets on the third Thursday each month at the Community Health Centre, 129 Sale Street. Contact is John Pritchard on (02) 6362 1893.

Queanbeyan Hospital

Collett Street 6298 9211

Cardiac Rehabilitation

The weekly 2-hour program starts with light exercise, supervised by a physiotherapist, followed by a guest speaker, on Thursdays at 8.30 – 11.30 am. Doctor's referral is needed. 8 weeks, free, ph. (02) 6298 9233.

Heartmoves, a National Heart Foundation exercise program, runs on most weekdays. Phone Tina Kargin on (02) 6297 6115 for times and prices.

Tumut Hospital (02) 6947 1555

Simpson Street

Cardiac Rehabilitation

An exercise program suited to each person's requirements can be provided by an Exercise Physiotherapist. For times and prices, please contact Andrea Arragon at (02) 6947 4261.

Wagga Wagga

Base Hospital, Edward Street (02) 6938 6666
Calvary Hospital, Hardy Avenue (02) 6925 3055

Cardiac Rehabilitation

At the Base Hospital, exercise and information courses run for 7 weeks at no cost. Contact (02) 6938 6247 for days and times. Similar courses are run at Calvary Hospital on Thursdays: for information phone 0407 001 792 on Wednesdays or Thursdays.

Heartmoves

National Heart Foundation exercise programs are run at

1. Xceler8, 20 Chaston Street, on Tuesdays, Wednesdays and Thursdays. Contact Trisha Donnelly on (02) 6925 0088.
2. Johnston Street on Mondays, Wednesdays and Thursdays. Contact Michael and Jennifer at (02) 6921 9547.

Yass Hospital (02) 6220 2000

Meehan Street

Outpatient rehabilitation

Tuesdays, 1.00 pm-3.00 pm at the Yass Hospital.

Firstly a talk from a dietitian, pharmacist, counsellor, physiotherapist, registered nurse, occupational therapist, GP or an Emergency Services worker, and then an exercise program designed for each participant.

Approx 9 weeks, free. Ph: (02) 6220 2017.

At **Boorowa** RSL Gymnasium, Pudman St, the National Heart Foundation's 'Heartmoves' program is presented on Mondays by Teena McGrath between 10.00 and 11.00 am for \$4.00 per session. Doctor's referral required. Book with Teena on 6227 2864.

Young Hospital (02) 6382 8888

Allanan Street

Outpatient rehabilitation

Tuesdays, 10.00 am-12.00 noon at Mercy Care Centre, Demondrille St, Young, throughout year except January.

8 weeks, free. Ph: (02) 6382 8490.

Maintenance Program

After completing the Outpatient Program, you may continue to improve your fitness level at the Mercy Care Centre at 12 noon – 1.00 pm on Tuesdays.

8 weeks, free. Phone (02) 6382 8490.

Back On Track

You can do it!

After working through the section on successful rehabilitation, keep this booklet handy in the **glove box in case you need some 'road service'** when travelling around South-East NSW!

Based on a booklet originally compiled and designed by
Derryth Nash, Duffy, ACT, for the ACT Branch of Heart Support Australia