



New Zealand Directory of Cardiac Rehabilitation Programmes

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(updated annually)

Produced by the Cardiac Care Setting of the Heart Foundation, New Zealand

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Welcome

The Heart Foundation is the charity that leads the fight for heart health for all New Zealanders. Cardiovascular disease remains New Zealand's largest killer, accountable for 40 percent of all deaths per year.

The Heart Foundation is working hard to ensure that people at high cardiovascular risk and those with established heart disease receive optimal care. Cardiac rehabilitation is one such focus and is defined by the New Zealand Guidelines Group (2002) as:

“The coordinated sum of interventions required to ensure the best physical, psychological and social conditions so that patients with chronic or post-acute cardiovascular disease may, by their own efforts, preserve or resume optimal functioning in society and, through improved health behaviours, slow or reverse progression of disease”.

The main goals of cardiac rehabilitation are:

- 1 To prevent further cardiovascular events by empowering patients to initiate and maintain healthy lifestyle changes
- 2 To improve quality of life through the identification and treatment of psychological distress
- 3 To facilitate the patient's return to a full and active life by enabling the development of their own resources.

Comprehensive cardiac rehabilitation programmes have been shown to reduce mortality from coronary heart disease, re-infarction rates and hospital admissions, and improve quality of life for the patient and their family/whanau.

We believe that cardiac rehabilitation and secondary prevention programmes should be available to all patients following acute myocardial infarction, coronary artery bypass surgery, angioplasty and other cardiac events. Patients should be referred to hospital or community-based programmes unless advised otherwise.

The New Zealand Directory of Cardiac Rehabilitation Programmes is produced by the Cardiac Care Setting of the Heart Foundation to:

- Assist with the referral of patients to appropriate cardiac rehabilitation programmes throughout New Zealand
- Act as a contact list for those working in cardiac healthcare
- Provide information to the general public about cardiac rehabilitation programmes in New Zealand.

For further information about the Cardiac Rehabilitation Directory please contact:

Jennifer Wrigley

National Affiliation Coordinator – Community Liaison (phase 3)

Heart Foundation

Telephone: (09) 526-8561

Email: jenniferw@heartfoundation.org.nz

New Zealand Cardiac Rehabilitation Guidelines

In 2002, New Zealand published its first evidence-based best practice guideline on cardiac rehabilitation. These were developed to inform healthcare professionals about best practices in comprehensive cardiac rehabilitation programmes and the benefits of cardiac rehabilitation, with the aim of improving the quality of life for patients and their family/whanau.

“These are the first-ever cardiac rehabilitation guidelines that have been produced specifically for New Zealand people and they reflect the social and ethnic diversity of the country,” says Dr Diana North, Former Medical Director for the Heart Foundation.

These guidelines can be downloaded from the following websites:

- www.nzgg.org.nz
- www.heartfoundation.org.nz

Cardiac Rehabilitation Association of New Zealand

The Cardiac Rehabilitation Association of New Zealand Inc (CRANZ) is a multidisciplinary organisation of health professionals, dedicated to the professional development of cardiac rehabilitation.

Its aim is to ensure high quality cardiac rehabilitation and secondary prevention services are available for all people with heart disease in New Zealand.

Benefits to Members

- Discount registration at CRANZ conferences for individual members
- Access to a nationwide network of experienced health professionals involved in cardiac rehabilitation
- Circulation of up-to-date information and current developments
- Regular CRANZ newsletter
- Access to educational training and information sessions
- Reciprocal membership with ACRA (Australian Cardiac Rehabilitation Association)
- Travel grants for members to access upon application.

Membership

Membership of CRANZ is by application to the Association and by payment of an annual levy of \$40.00.

Contact Details

President: Paul Peacock

Email: paul.peacock@ccdhb.org.nz

Phases of Cardiac Rehabilitation

Cardiac rehabilitation is currently delivered in three phases, all with equal importance:

Phase I: Inpatient

Phase I occurs in hospital whilst the patient is recovering from an event, awaiting a diagnosis or preparing for a heart treatment/procedure. This phase focuses on early mobilisation and education of the patient, spouse, partner, whanau and family. The patient should be given a discharge plan, usually offering medical follow-up, information and referral to a Phase II programme.

Phase II: Outpatient

Phase II is a medically supervised education and activity programme beginning as soon as possible after discharge and runs over a 6-12 week period.

Patients are encouraged to make lifestyle changes to reduce and minimize the occurrence of further heart events and other risk factors. Phase II usually involves:

- An exercise component
- Educational sessions – to provide guidance for the resumption of physical, sexual and daily living activities, including work
- Psychosocial support.

Phase III: Long term maintenance

The maintenance phase is usually community-based and generally provided by cardiac clubs or support groups. These groups provide members with important social support following a cardiac event as well as promoting maintenance of a healthy lifestyle learned within Phase I and II. All patients and their families are usually informed of their closest group. These groups provide an important forum for social support, physical activity, education and secondary prevention.

There are a number of cardiac clubs or support groups throughout New Zealand, many of which are affiliated to the Heart Foundation. Affiliated clubs provide a programme that encourages healthy lifestyle changes through physical activity, education and emotional/social support. They are supported by the Affiliation Team at the Heart Foundation.

Within the directory:

- The cardiac clubs and support groups that are shaded are affiliated to the Heart Foundation
- The cardiac clubs and support groups which provide professional supervision are asterisked (*).

Using the Directory

The directory has been split into thirteen regions throughout New Zealand (*see map below*). Each region lists the town(s), hospital(s) and centre(s) offering Phase II cardiac rehabilitation and Phase III cardiac support groups in that area.

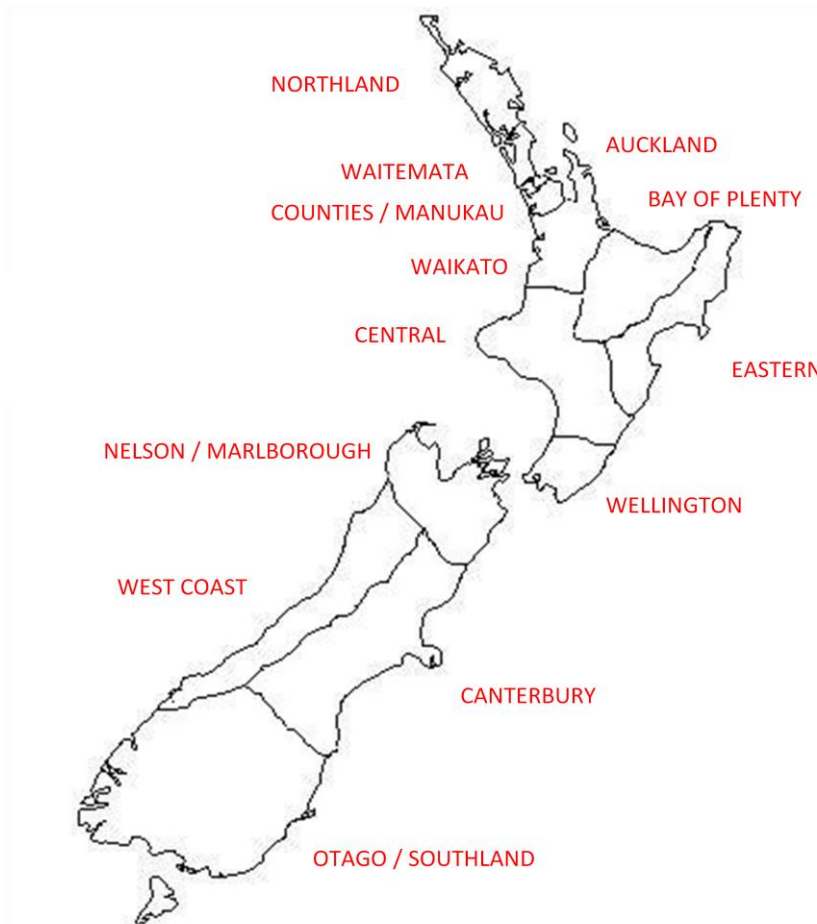
Under each listing you will find information about the programme and contact details.

Every endeavour has been made to ensure the information is accurate. The most up-to-date version of this directory can be downloaded from the Heart Foundation website www.heartfoundation.org.nz (under Heart Information/Living with a Heart Condition/Cardiac Rehabilitation).

Alterations/Additions:

If you wish to make an alteration/addition to the Cardiac Rehabilitation Directory, please contact Jennifer Wrigley, National Affiliation Coordinator – Community Liaison, phone (09) 526-8561 or email jenniferw@heartfoundation.org.nz.

Please note that this resource is only available via the Heart Foundation website, and is updated annually.



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NORTHLAND

Kaitaia

Phase II

Organisation:	Kaitaia Hospital
Physical Address:	Redan Road, Kaitaia
Service:	Education Programme (all cardiac patients)
Programme:	A 6-week programme – group education, group and individual exercise programme, home exercise programme, individual discussion and stress management
Day(s) and Time(s):	<i>Wednesday, 1.00-2.30 pm</i>
Venue:	Kaitaia Hospital, Redan Road, Kaitaia
Contact Person(s):	Lorraine Parker
Telephone:	(09) 408 0010 ext 4872
Fax:	(09) 408 9249
Email:	lorraine.parker@northlanddhb.org.nz

Kaikohe

Phase II

Organisation:	Northland DHB
Physical Address:	Whangarei Hospital, Maunu Road, Whangarei
Service:	Education Programme (all cardiac patients)
Programme:	Group education and individual discussion
Day(s) and Time(s):	<i>Tuesday (monthly), 10.00-12.00 noon</i>
Venue:	Kaikohe Baptist Church, Cnr Hongi & Broadway Streets, Kaikohe
Contact Person(s):	Cardiac Rehabilitation Nurses, Whangarei Hospital
Telephone:	(09) 430 4101 ext 7124
Fax:	(09) 470 2708
Email:	cardrehabnurse@northlanddhb.org.nz

Dargaville

Phase II

Organisation:	Northland DHB
Physical Address:	Whangarei Hospital, Maunu Road, Whangarei
Service:	Education Programme (all cardiac patients)
Programme:	Group education and one-on-one contact at home
Day(s) and Time(s):	<i>Tuesday (monthly), phone for time(s)</i>
Venue:	Dargaville Hospital, Awakino Road, Dargaville

Contact Person(s): Cardiac Rehabilitation Nurses, Whangarei Hospital
Telephone: (09) 430 4101, ext 7124
Fax: (09) 470 2708
Email: cardrehabnurse@northlanddhb.org.nz

Whangarei

Phase II

Organisation: Northland DHB
Physical Address: Whangarei Hospital, Maunu Road, Whangarei
Service: Education Programme (all cardiac patients)
Programme: Group education, individual discussion, exercise programme, stress management, and family support
Day(s) and Time(s): Thursday, 10.00-12.00 noon
Venue: St Johns Church, Kamo Road, Whangarei
Contact Person(s): Cardiac Rehabilitation Nurses, Whangarei Hospital
Telephone: (09) 430 4101 ext 7124
Fax: (09) 470 2708
Email: cardrehabnurse@northlanddhb.org.nz

Phase III

Organisation: Sport Northland - Kiwi Seniors*
Physical Address: ASB Leisure Centre, Western Hills Drive, Whangarei
Service: Maintenance Programme
Programme: Gentle exercise sessions and walking groups, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Monday, 9.30 am & Thursday, 10.15 am
Venue: ASB Leisure Centre, Western Hills Drive, Whangarei
Contact Person(s): Henrietta Sakey
Telephone: (09) 437 6395
Email: kfc@sportnorth.co.nz

Organisation: Whangarei Cardiac Club
Physical Address: St John Ambulance Rooms, Western Hills Drive, Whangarei
Service: Maintenance Programme
Programme: Gentle exercise session at the monthly meeting led by an exercise instructor, monthly guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Thursday (monthly), 1.00 pm – 1st Thursday of the month
Venue: St John Ambulance Rooms, Western Hills Drive, Whangarei
Contact Person(s): John Cook
Telephone: (09) 436 0832
Email: jazka@xtra.co.nz

WAITEMATA

Orewa

Phase III

Organisation:	One-to-One Healthy Hearts*
Physical Address:	Kinetics, 47 Riverside Road, Orewa
Service:	Maintenance Programme
Programme:	Individual 6 week exercise programme with lifestyle advice, library of Heart Foundation resources, and one-on-one encouragement by clinical exercise therapist
Day(s) and Time(s):	<i>Varies – phone for details</i>
Venue:	Kinetics, 47 Riverside Road, Orewa, Auckland
Contact Person(s):	Victoria Hirst
Telephone:	(09) 427 4477
Email:	orewa.kinetics@xtra.co.nz

Whangaparaoa

Phase III

Organisation:	Hibiscus Coast Cardiac & Rehabilitation Club*
Physical Address:	The Leisure Centre, 159 Brightside Road, Stanmore Bay, Whangaparaoa
Service:	Maintenance Programme
Programme:	Two aqua aerobic sessions and one circuit/light aerobic session per week, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s):	<i>Monday & Friday, 8.30 am (pool); Wednesday, 8.30 am (exercise room)</i>
Venue:	The Leisure Centre, 159 Brightside Road, Whangaparaoa
Contact Person(s):	Dorothy Cherry (Coordinator) or Paddy Stroud (Wellbeing Services Manager, The Leisure Centre)
Telephone:	(09) 428 1150 or (021) 254 6356 (dorothy), or (09) 424 1914 (paddy)
Email:	dmm.cherry@gmail.com (dorothy), or paddy.stroud@rodney.govt.nz (paddy)

Helensville

Phase III

Organisation:	Parakai GRx Heart Club
Physical Address:	Aquatic Park Parakai Springs, 150 Parkhurst Road, Helensville
Service:	Maintenance Programme
Programme:	Aqua and Tai Chi classes, 30 min heart health related discussion per week including handouts on topics such as goal setting, heart healthy eating, food labels etc, library of Heart Foundation resources, peer group support and occasional social outings

Day(s) and Time(s): *Tuesday, 9.30-11.00 am (Tai Chi); Wednesday, 9.30-11.30 am (aqua)*
Venue: Rautawhiri Park, Rautawhiri Road, Helensville (Tai Chi); Aquatic Park Parakai Springs, 150 Parkhurst Road, Helensville (aqua)
Contact Person(s): Annette Hemeheema
Telephone: (09) 420 8998
Email: info@parakaisprings.co.nz

North Shore

Phase II

Organisation: **North Shore Hospital**
Physical Address: Shakespeare Road, Takapuna, Auckland
Service: Education Programme (all cardiac patients)
Programme: Group education – risk factors, dietary advice, medications, CPR, stress management, emotional reactions, family support, group exercise
Day(s) and Time(s): *Tuesday, 1.30-3.30 pm*
Venue: North Shore Hospital, Shakespeare Road, Takapuna (Physiotherapy Gym)
Contact Person(s): Jo Wickham or Suzie Andrew
Telephone: (09) 486 1491 ext 3167
Fax: (09) 488 4624
Email: jo.wickham@waitematadhb.govt.nz

Organisation: **North Shore Hospital**
Physical Address: Shakespeare Road, Takapuna, Auckland
Service: Heart Failure Service
Programme: Group session, education, support and telephone follow-up – outpatient CHF clinic
Day(s) and Time(s): *Phone for details*
Venue: North Shore Hospital, Shakespeare Road, Takapuna (Heart Failure Nurse Clinics)
Contact Person(s): Marion Heyrick
Telephone: (09) 486 1491 ext 3168
Fax: (09) 488 4624
Email: marion.heyrick@waitematadhb.govt.nz

Phase III

Organisation: **AUT never2old Active Ageing Programme***
Physical Address: AUT, 90 Akoranga Drive, Northcote, North Shore City, Auckland
Service: Maintenance Programme
Programme: Weekly gym-based exercise programme, educational seminars and peer group support
Day(s) and Time(s): *Monday, Tuesday, Thursday & Friday, 9.30-10.30 am; Tuesday & Thursday, 1.00-2.00 pm; Wednesday, 9.30-10.30 am*
Venue: AUT Sport & Fitness Centre, 90 Akoranga Drive, Northcote
Contact Person(s): Phillipa Batts
Telephone: (09) 921 9999 ext 7615

Email: phillipa.batts@aut.ac.nz
Website: www.never2old.net.nz

Organisation: YMCA North Shore Movement Therapy & Heart Class*
Physical Address: YMCA North Shore, 5 Akoranga Drive, Northcote, Auckland
Service: Maintenance Programme
Programme: 3 x exercise sessions per week (e.g. aerobics, circuit, chair exercises, stretch and flex, tai chi, resistance and games), one-on-one instruction by trained staff, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Monday, Wednesday & Friday, 1.00 pm
Venue: YMCA North Shore, 5 Akoranga Drive, Northcote
Contact Person(s): Shirley McKain
Telephone: (09) 480 7099
Email: strini.naidoo@nzymca.com

Organisation: Beachside Seniors Club*
Physical Address: Beachside Health Club, 30 Anzac Avenue, Browns Bay, Auckland
Service: Maintenance Programme
Programme: 5 x exercise sessions per week, 2-3 guest speakers per year, tea/coffee at every session, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Monday, Wednesday, Thursday & Friday, 11.00 am; Tuesday, 1.00 pm
Venue: Beachside Health Club, 30 Anzac Road, Browns Bay
Contact Person(s): Julie Teixeira
Telephone: (09) 479 2924
Email: info@beachside.co.nz

Waitakere

Phase II

Organisation: Waitakere Hospital
Physical Address: 55 Lincoln Road, Henderson, Auckland
Service: Education Programme (all cardiac patients)
Programme: A 6-week cyclical programme covering risk factors for heart disease, nutrition, exercise, medications, social and emotional reactions, CPR and stress management, supervised exercise sessions, and partner support
Day(s) and Time(s): Monday, 1.30-3.30 pm
Venue: Waitakere Hospital, 55 Lincoln Road, Henderson, Auckland (Manuka/Matepo Conference Room, Therapies Area)
Contact Person(s): Jocelyn Bell
Telephone: (09) 839 0000, locator 93 1862
Fax: TBA
Email: jocelyn.bell@waitematadhb.govt.nz

Phase III

Organisation: **Health Wise***
Physical Address: Unitec Sports Centre, Carrington Road, Gate 3, Mt Albert, Auckland
Service: Maintenance Programme
Programme: 3 x exercise sessions per week using a personalised programme, 2 x group exercise classes per week (gentle aerobics), flyers and brochures on nutrition and physical activity, tea/coffee at every session and peer group support
Day(s) and Time(s): *Monday, Wednesday & Friday, 9.00-12.00 noon*
Venue: Unitec Sports Centre, Carrington Road, Gate 3, Mt Albert
Contact Person(s): Sue Dorman
Telephone: (09) 815 2925
Email: sdorman@unitec.ac.nz

Organisation: **The Trusts Stadium Cardiac Club***
Physical Address: The Trusts Stadium, 65-67 Central Park Drive, Henderson, Auckland
Service: Maintenance Programme
Programme: Gym based and group fitness exercise programme, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday & Friday, 9.00-11.00 am (gym); Wednesday, 9.00-10.00 am (group fitness)*
Venue: The Trusts Stadium, 65-67 Central Park Drive, Henderson
Contact Person(s): Marilyn Pullen
Telephone: (09) 834 2172 or (021) 254 8767
Email: marilyn.pullen@gmail.com

Organisation: **West Wave Cardiac Club***
Physical Address: West Wave Aquatic Centre, 20 Alderman Drive, Henderson, Auckland
Service: Maintenance Programme
Programme: 5 x initial one-on-one appointments before moving to the gym (e.g. 50+ aerobics, aqua aerobics, hydrotherapy classes, yoga and walking groups, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Tuesday, 1.30 and 2.15 pm (hydrotherapy); Wednesday, 10.30 am (aqua and water walking); Thursday (gym) – flexible times*
Venue: West Wave Aquatic Centre, 20 Alderman Drive, Henderson
Contact Person(s): Cindy Stewart
Telephone: (09) 835 0767 ext 7604 or 7627
Email: cindy.stewart@waitakere.govt.nz

Organisation:	New Lynn Cardiac Club*
Physical Address:	New Lynn Community Centre, 45 Totara Avenue, New Lynn, Auckland
Service:	Maintenance Programme
Programme:	Gentle exercise programme (e.g. sit and be fit, circuit, games, yoga), half hour educational talk on heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s):	Tuesday, 2.00 pm
Venue:	New Lynn Community Centre, 45 Totara Avenue, New Lynn
Contact Person(s):	Simone Taylor
Telephone:	(09) 818 4471
Email:	simone@engelhard.co.nz

AUCKLAND CITY

Auckland Central

Phase II

Organisation:	Auckland City Hospital
Physical Address:	Cardiology Offices, Level 3, Auckland City Hospital, Park Road, Grafton
Service:	Education Programme
Programme:	A 6-week cyclical programme covering topics such as exercise for heart health, risk factors for heart disease, emotional impact and stress management, understanding medications, healthy eating, meet and question the cardiologist. <i>We also offer two different alternative 4-week community programmes in Glen Innes and Lynfield once a school term, as well as an evening programme three times per year and home-based programmes</i>
Day(s) and Time(s):	Tuesday, 1.30-2.45 pm
Venue:	St Andrews Parish Hall, Epsom, Auckland
Contact Person(s):	Helen O'Shaughnessy, Susan Reed, Wendy Marshall, Mandy Bennett, or Rachel Trust
Telephone:	(09) 307 4949 ext 23324 (helen), ext 27864 (susan), ext 27865 (wendy), ext 23520 (mandy), or ext 29270 (rachel)
Fax:	(09) 307 4950
Email:	helenos@adhb.govt.nz , sreed@adhb.govt.nz , wmarshall@adhb.govt.nz , mandyb@adhb.govt.nz , or rtrust@adhb.govt.nz

Organisation:	Auckland City Hospital
Physical Address:	Park Road, Grafton, Auckland
Service:	Exercise Programme (all cardiac patients)
Programme:	Gym-based exercise programme – individual assessment and programme progression (pre-assessment is necessary)
Day(s) and Time(s):	Wednesday & Friday, 1.00-3.30 pm

Venue: Greenlane Clinical Centre, 214 Greenlane West Road, Epsom, Auckland (Physiotherapy Department, 1st Floor, Building 7)

Contact Person(s): Helen O'Shaughnessy or Kirsty Johnson Cox

Telephone: (09) 307 4949 ext 23324 (helen), or ext 27703 (kirsty)

Fax: (09) 307 4950

Email: helenos@adhb.govt.nz

Organisation: **Auckland City Hospital**

Physical Address: Park Road, Grafton, Auckland

Service: Heart Failure Service

Programme: Inpatient education – heart failure management; outpatient heart failure clinic/home visits - to optimise medication and self-care management; education on heart failure management to healthcare workers

Day(s) and Time(s): *Monday to Friday, phone for time(s)*

Venue: Greenlane Clinical Centre, 214 Greenlane West Road, Epsom, Auckland

Contact Person(s): Heart Failure Service

Telephone: (021) 748 355

Fax: (09) 307 4950

Email: helenmc@adhb.govt.nz

Organisation: **Auckland City Hospital**

Physical Address: Park Road, Grafton, Auckland

Service: Congenital Heart Defect Outpatient Education

Programme: Individualised sessions

Day(s) and Time(s): *Monday afternoons, phone for details*

Venue: Greenlane Clinical Centre, 214 Greenlane West Road, Epsom, Auckland (Cardiology Outpatients Clinic) – or by appointment at Auckland City Hospital

Contact Person(s): Annette Rief

Telephone: (09) 307 4949 ext 23630 or (027) 227 1400

Fax: (09) 307 4950

Email: annetten@adhb.govt.nz

Phase III

Organisation: **Auckland City YMCA never2old Programme***

Physical Address: YMCA Auckland, Cnr Pitt Street & Greys Avenue, Auckland

Service: Maintenance Programme

Programme: Supervised gentle exercise programme, workshops, outings, outdoor activities, library of Heart Foundation resources and peer group support

Day(s) and Time(s): *Monday & Wednesday, 10.00 am; Tuesday, Thursday & Friday, 9.30 am*

Venue: YMCA Auckland, Cnr Pitt Street & Greys Avenue, Auckland City

Contact Person(s): Kate Churcher (Fitness Manager) or Claudia Gallur (n2o Coordinator)

Telephone: (09) 303 2069

Email: kate.churcher@nzymca.com, or
never2old.aucklandcity@nzymca.com (claudia)

Glen Innes

Phase II

Organisation: **Auckland Cardiac Rehabilitation Clinic**
Physical Address: Auckland Cardiac Rehabilitation Clinic, UniSports Training Centre, 71 Merton Road, Glen Innes, Auckland
Service: Exercise Programme
Programme: Monitored gym-based programme in a supervised and individually prescribed manner by trained staff
Day(s) and Time(s): *Monday, Wednesday & Friday, between 6.00-11.00 am*
Venue: Auckland Cardiac Rehabilitation Clinic, University of Auckland, 71 Merton Road, Glen Innes
Contact Person(s): Lance Dalleck
Telephone: (09) 373 7599 ext 83766
Fax: (09) 367 7139
Email: acrc@auckland.ac.nz
Website: www.cardiacrehab.org.nz

Phase III

Organisation: **Auckland Cardiac Rehabilitation Clinic***
Physical Address: Auckland Cardiac Rehabilitation Clinic, UniSports Training Centre, 71 Merton Road, Glen Innes, Auckland
Service: Maintenance Programme
Programme: Monitored gym-based programme in a supervised and individually prescribed manner by trained staff, 3 x aerobic sessions and 1 x resistance session, library of Heart Foundation resources and peer group support
Day(s) and Time(s): *Monday, Wednesday & Friday, between 6.00-11.00 am*
Venue: Auckland Cardiac Rehabilitation Clinic, University of Auckland, 71 Merton Road, Glen Innes
Contact Person(s): Lance Dalleck
Telephone: (09) 373 7599 ext 83766
Email: acrc@auckland.ac.nz
Website: www.cardiacrehab.org.nz

COUNTIES/MANUKAU

Howick

Phase III

Organisation: **Howick & Districts Cardiac Club***
Physical Address: Nixon Park Community Hall, 70 Sale Street, Howick, Auckland
Service: Maintenance Programme
Programme: Weekly gentle exercise led by an exercise instructor – 30-60 minutes

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Email:

per week, monthly guest speakers on heart health and related topics, tea/coffee at every session, library of Heart Foundation resources, peer group support and occasional social outings

Thursday, 10.00 am

Nixon Park Hall, 70 Sale Street, Howick

Joyce Renaud-Norton

(09) 265 2480

joyceandken@xtra.co.nz

Otago

Phase II

Organisation:

Physical Address:

Service:

Programme:

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Fax:

Email:

Middlemore Hospital

Hospital Road, Otago, Auckland

Exercise Programme (all cardiac patients)

An 8-week exercise programme available – assessment needed prior to commencing

Monday & Thursday, 1.30-2.30 pm or 3.00-4.00 pm

Phone for details

Katherine McLean or Lorraine Morley

(09) 276 0044 ext 7345, pager 938126

TBA

mcleank@middlemore.co.nz, or lorraine.morley@middlemore.co.nz

Organisation:

Physical Address:

Service:

Programme:

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Fax:

Email:

Middlemore Hospital

Hospital Road, Otago, Auckland

Education Programme (all cardiac patients)

A 6-week cyclical programme covering risk factors for heart disease, medications, understanding stress, healthy eating, physical activity and the psychological impact of a cardiac event

Thursday, 12.00-1.00 pm

Middlemore Hospital, Hospital Road, Otago

Katherine McLean or Lorraine Morley

(09) 276 0044 ext 7345, pager 938126

TBA

mcleank@middlemore.co.nz, or lorraine.morley@middlemore.co.nz

Organisation:

Physical Address:

Service:

Programme:

Day(s) and Time(s):

Venue:

Contact Person(s):

Middlemore Hospital

Hospital Road, Otago, Auckland

Education Programme (all cardiac patients)

A 3-week evening programme covering risk factors for heart disease, medications, understanding stress, healthy eating, physical activity and the psychological impact of a cardiac event

Tuesday, 6.30-8.30 pm (runs 3 weeks on then 3 weeks off) – phone for details of starting dates

Conference Room 1, Manukau Superclinic, Great South Road, Manukau

Katherine McLean or Chris Aldridge

Telephone: (09) 276 0044 ext 7345, pager 938126
Fax: TBA
Email: mcleank@middlemore.co.nz, or chris.aldridge@middlemore.co.nz

Papatoetoe

Phase III

Organisation: **Papatoetoe Ezy Exercise & Cardiac Club***
Physical Address: Papatoetoe Town Hall, St George Street, Papatoetoe, Auckland
Service: Maintenance Programme
Programme: A 1 hour gentle exercise session led by an experienced exercise instructor, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): *Thursday, 1.30 pm*
Venue: Town Hall, St George Street, Papatoetoe
Contact Person(s): Kath Scahill
Telephone: (09) 298 4577
Email: k.scahill@xtra.co.nz

Papakura

Phase III

Organisation: **Papakura Heart Club**
Physical Address: Masonic Lodge, Cnr Wood & Duke Streets, Papakura, Auckland
Service: Maintenance Programme
Programme: Weekly half hour undulating walk or circuit training and a half hour gentle exercise session, monthly guest speakers, monthly quiz, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): *Thursday, 10.00 am*
Venue: Masonic Lodge, Cnr Wood & Duke Streets, Papakura
Contact Person(s): Eleanor Bower
Telephone: (09) 268 6056
Email: elliebowernz@hotmail.com

Pukekohe

Phase II

Organisation: **Pukekohe Hospital**
Physical Address: Taukau Road, Pukekohe
Service: Education Programme (all cardiac patients)
Programme: A 3-week group education and home based exercise programme (programme runs on a 3 week on 3 week off basis)
Day(s) and Time(s): *Phone for details*
Venue: Pukekohe Hospital, Tuakau Road, Pukekohe
Contact Person(s): Chris Aldridge or Lorraine Morley
Telephone: (09) 276 1999 ext 7345

Fax: TBA
Email: chris.aldridge.middlemore.co.nz, or
lorraine.morley@middlemore.co.nz

Phase III

Organisation: **Pukekohe Cardiac Club***
Physical Address: Franklin: The Centre, 12 Massey Avenue, Pukekohe
Service: Maintenance Programme
Programme: Gentle exercise programme, guest speakers, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Friday, 10.00 am
Venue: Library & Arts Building, 12 Massey Road, Pukekohe
Contact Person(s): Alma Wilson
Telephone: (09) 269 7489
Email: awadng@yahoo.co.nz

WAIKATO

Whitianga

Phase III

Organisation: **Mercury Bay Health Support Trust**
Physical Address: Whitianga Social Services, 2 Cook Drive, Whitianga
Service: Health Support Programme
Programme: Regular guest speakers on heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support, occasional social outings and home visits (as needed)
Day(s) and Time(s): Thursday (monthly), 1.30 pm – 1st Thursday of the month
Venue: Whitianga Social Services, 2 Cook Drive, Whitianga
Contact Person(s): Wendy Algie
Telephone: (07) 867 1333
Email: wendy.algie@gmail.com

Thames

Phase II

Organisation: **Thames Hospital**
Physical Address: Mackay Street, Thames
Service: Education Programme (all cardiac patients)
Programme: Telephone follow up, advice and support
Day(s) and Time(s): Phone for details
Venue: Phone for details
Contact Person(s): Rosemary McGoldrick
Telephone: (021) 0216-4933
Fax: (07) 839 8643 (address to: cardiac rehabilitation nurses)
Email: rosemary.mcgoldrick@waikatodhb.health.nz

Phase III

Organisation: **Hauraki Cardiac Support Club**
Physical Address: Thames Contract Bridge Club, Brown Street, Thames
Service: Maintenance Programme
Programme: Meeting followed by a guest speaker and tea/coffee
Day(s) and Time(s): *Tuesday, phone for details*
Venue: Thames Contract Bridge Club, Brown Street, Thames
Contact Person(s): Dell Jenkins or Ngaire Potter
Telephone: (07) 868 8874 (dell), or (07) 868 3421 (ngaire)
Email: N/A

Hamilton

Phase II

Organisation: **Waikato Hospital**
Physical Address: Pembroke Street, Hamilton
Service: Education Programme (all cardiac patients)
Programme: Group education covering topics such as heart disease, risk factors and treatment; physical activity and exercise; medications; cholesterol and nutrition; emotions and reactions; stress management (telephone follow-up and/or a home-based programme are available for those unable to attend the outpatient programme. *Classes are run in other Waikato DHB areas – phone for details.*)
Day(s) and Time(s): *Thursday, 1.30 and 3.00 pm*
Venue: Melville Methodist Centre, Cnr Normandy Ave and Bader Street, Hamilton
Contact Person(s): Pauline Honey, Nicky Hunt, Cate Shepherd, or Lyn Whelan
Telephone: (07) 839 8899 ext 96571, pager 23007 (pauline), pager 23008 (nicky), pager 23946 (cate), or pager 23947 (lyn)
Fax: (07) 839 8643 (address to: cardiac rehabilitation nurses)
Email: pauline.honey@waikatodhb.health.nz

Phase III

Organisation: **Hamilton Cardiac Care & Heart Support Group**
Physical Address: Celebrating Age Centre, 30 Victoria Street (south end), Hamilton
Service: Maintenance Programme
Programme: Occasional club walks, monthly guest speakers on heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): *Monday (monthly), 9.30 am – 2nd Monday of the month*
Venue: The Celebrating Age Centre, 30 Victoria Street, Hamilton
Contact Person(s): John Stirling
Telephone: (07) 853 3441 or (027) 204 9017
Email: anita.home@xtra.co.nz

Organisation: Life Fit – Healthy Heart Club*
Physical Address: Rec Centre, Gate 1, Knighton Road, Hillcrest, Hamilton
Service: Maintenance Programme
Programme: Supervised cardio and personalised resistance programme, monthly education sessions, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Tuesday & Friday, 7.00-9.30 am
Venue: Recreation Centre, University of Waikato, Gate One, Knighton Road, Hamilton
Contact Person(s): Charlie Dean
Telephone: (07) 838 4177
Email: charlie@uleisure.co.nz
Website: www.reccentre.co.nz

Organisation: Zipper Cardiac Support Club (NZ) Inc – Hamilton
Physical Address: Fairfield Presbyterian Church, Cnr Peachgrove Road & Insoll Avenue, Hamilton
Service: Maintenance Programme
Programme: Monthly guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Monday (monthly), 7.30 pm – 2nd Monday of the month
Venue: Fairfield Presbyterian Church Hall, Cnr Peachgrove Road & Insoll Avenue, Hamilton
Contact Person(s): Don Traill
Telephone: (07) 855 7077
Email: donhilda.traill@clear.net.nz

Cambridge

Phase III

Organisation: Cambridge Cardiac Support Group
Physical Address: Cambridge Cosmopolitan Club, 88-94 Burn Street, Cambridge
Service: Maintenance Programme
Programme: Bimonthly lunch, peer group support and occasional social outings
Day(s) and Time(s): Tuesday (bimonthly), 12.00 noon – 4th Tuesday
Venue: Cambridge Cosmopolitan Club, 88-94 Burn Street, Cambridge
Contact Person(s): Melva Pentelow
Telephone: (07) 827 5565
Email: N/A

Matamata

Phase III

Organisation:	Heart Fit Heart Health Matamata*
Physical Address:	Matamata Sports Centre, Meura Street, Matamata
Service:	Maintenance Programme
Programme:	1 x gentle exercise session per week, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s):	<i>Thursday, 10.30 am</i>
Venue:	Matamata Sports Centre, Meura Street, Matamata
Contact Person(s):	Charmaine Donaldson
Telephone:	(07) 888 7476
Email:	ecdonaldson@clear.net.nz

Te Awamutu

Phase III

Organisation:	Zipper Cardiac Support Club (NZ) Inc – Te Awamutu
Physical Address:	Lyceum Clubrooms, Bank Street, Te Awamutu
Service:	Maintenance Programme
Programme:	Group meets bimonthly – please phone for details
Day(s) and Time(s):	<i>Phone for details</i>
Venue:	Lyceum Clubrooms, Bank Street, Te Awamutu
Contact Person(s):	Avalon Norris
Telephone:	(07) 871 5914
Email:	avalonnorris@gmail.com

BAY OF PLENTY

Tauranga

Phase II

Organisation:	Tauranga Hospital
Physical Address:	Cameron Road, Tauranga
Service:	Education Programme (all cardiac patients)
Programme:	A 6-week education and exercise programme – individual assessment, group exercise session, home-based exercise programme and support available (evening programmes available for those patients unable to attend during the day)
Day(s) and Time(s):	<i>Tuesday or Wednesday, 9.00-12.00 noon</i>
Venue:	Tauranga Hospital, Cameron Road, Tauranga (Allied Health Room, Outpatients Department)
Contact Person(s):	Wendy Bryson
Telephone:	(07) 579 8523
Fax:	(07) 571 8756
Email:	wendy.bryson@bopdhb.govt.nz

Phase III

Organisation: **Body+Soul – for over 50s***
Physical Address: N/A
Service: Maintenance Programme
Programme: 50 min low impact aerobics – two levels (silver and gold), library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday & Friday, 9.15-10.15 am (Greerton Hall); Tuesday, 9.15-10.15 am (Wesley Church Hall); Wednesday, 9.15-10.15 am (City Church Hall)*
Venue: Greerton Hall, Cameron Road, Tauranga; Wesley Church Hall, 13th Avenue, Tauranga; City Church Hall, 252 Otumoetai Road, Tauranga
Contact Person(s): Dianne Mannington
Telephone: (07) 576 5031
Email: body+soul@maxnet.co.nz

Organisation: **Recycled Teenagers***
Physical Address: Tauranga Senior Citizens Club, 14 Norris Street, Tauranga and Fernlands Spa, 250 Cambridge Road, Tauranga
Service: Maintenance Programme
Programme: Gentle exercise for the more mature person (also suitable for injury or illness rehabilitation), monthly guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday & Wednesday, 9.00 am (Senior Citizens Club); Wednesday, 10.45 am (Fernlands Spa)*
Venue: Tauranga Senior Citizens Club, 14 Norris Street, Tauranga; Fernlands Spa, 250 Cambridge Road, Tauranga
Contact Person(s): Jennifer Butler
Telephone: (07) 571 1411 or (027) 206 0776
Email: lochwood@xtra.co.nz

Organisation: **Tauranga Heart Support***
Physical Address: N/A
Service: Maintenance Programme
Programme: 45 min gentle exercise – three levels (bronze, silver and gold), occasional guest speakers on heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): *Thursday, 9.30 am*
Venue: City Church, 252 Otumoetai Road, Tauranga
Contact Person(s): Dianne Mannington
Telephone: (07) 576 5031
Email: body+soul@maxnet.co.nz

Organisation: **The Cardiac Clinic Ltd***
Physical Address: BOP Polytechnic, Sport & Recreation Department, 70 Windermere Drive, Tauranga
Service: Maintenance Programme
Programme: 12 week supervised exercise programme following the ACSM guidelines (with provision to extend beyond the 12 weeks), and fortnightly education sessions
Day(s) and Time(s): *Monday, Wednesday & Friday, 6.00-10.00 am*
Venue: BOP Polytechnic, Sport & Recreation Department, 70 Windermere Drive, Tauranga
Contact Person(s): Nan McKenzie
Telephone: 0508 227 342
Email: nan@thecardiacclinic.co.nz
Website: www.thecardiacclinic.co.nz

Organisation: **Zipper Cardiac Support Club (NZ) Inc – Tauranga**
Physical Address: Wesley Church Hall, 13th Avenue, Tauranga
Service: Maintenance Programme
Programme: Afternoon tea, guest speakers (on a variety of topics) and newsletter
Day(s) and Time(s): *Sunday (monthly), 1.30-3.00 pm – 4th Sunday of the month*
Venue: Wesley Church Hall, 13th Avenue, Tauranga
Contact Person(s): Margaret Ward
Telephone: (07) 576 5579
Email: margaret.ward@kinect.co.nz

Mt Maunganui

Phase III

Organisation: **Global Heart Exercise Group***
Physical Address: Global Fitness Health Club, 150 Newton Street, Mt Maunganui, Tauranga
Service: Maintenance Programme
Programme: Weekly group circuit training, occasional guest speakers and heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Wednesday, 2.00 pm & Friday, 11.00 am*
Venue: Global Fitness Health Club, 150 Newton Street, Mt Maunganui, Tauranga
Contact Person(s): Vikki Searle
Telephone: (07) 575 0470
Email: rotovegans@xtra.co.nz

Organisation: **Recycled Teenagers***
Physical Address: St Mary's Church Hall, Cnr Girven Road & Marlin Street, Bayfair, Mt Maunganui
Service: Maintenance Programme
Programme: Gentle exercise for the more mature person (also suitable for injury or illness rehabilitation), monthly guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Tuesday, 9.00 am*
Venue: St Mary's Church Hall, Cnr Girven Road & Marlin Street, Bayfair, Mt Maunganui
Contact Person(s): Jennifer Butler
Telephone: (07) 571 1411 or (027) 206 0776
Email: lochwood@xtra.co.nz

Whakatane

Phase II

Organisation: **Whakatane Hospital**
Physical Address: Stewart Street, Whakatane
Service: Education Programme (all cardiac patients)
Programme: A 6-week education and exercise programme, individual assessment, group exercise session, home-based exercise programme and support available – flexible options to meet individual's needs
Day(s) and Time(s): *Thursday, 9.30-12.00 noon*
Venue: Whakatane Hospital, Stewart Street, Whakatane (Physiotherapy Gym)
Contact Person(s): Wendy Bryson
Telephone: (07) 579 8523
Fax: (07) 571 8756 or (07) 307 0451
Email: wendy.bryson@bopdhb.govt.nz

Rotorua

Phase II

Organisation: **Rotorua Hospital**
Physical Address: Pukeroa Street, Rotorua
Service: Education Programme (all cardiac patients)
Programme: Home visits, telephone follow up, group education and exercise programme, family support, stress management, nutrition and speakers from other community agencies
Day(s) and Time(s): *Tuesday, 1.30-3.30 pm*
Venue: Rotorua Hospital, Pukeroa Street, Rotorua
Contact Person(s): Paula Broughton or Stephanie Thomson
Telephone: (07) 349 7955 ext 8956
Fax: (07) 349 7952

Email: paula.broughton@lakesdhb.govt.nz, or
stephanie.thomson@lakesdhb.govt.nz

Phase III

Organisation: **Heart of Gold***
Physical Address: Golds Health & Fitness, 102 Old Taupo Road, Mangakakahi, Rotorua
Service: Maintenance Programme
Programme: 2 x gentle exercise sessions per week (with modified options for those less able), regular guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Tuesday & Thursday, 11.00 am*
Venue: Golds Health & Fitness, 100 Old Taupo Road, Rotorua – Heart of Gold
Contact Person(s): Raewyn Gardiner
Telephone: (07) 345 6634 or (07) 348 8998
Email: raewyn.gardiner@xtra.co.nz

Organisation: **Ace of Hearts***
Physical Address: Go360 Health & Wellness Centre, 1070 Eruera Street, Rotorua
Service: Maintenance Programme
Programme: 2 x exercise sessions per week, education sessions around lifestyle changes, library of Heart Foundation resources, and peer group support
Day(s) and Time(s): *Monday & Wednesday, 10.15 am*
Venue: Go360 Health & Wellness Centre, 1070 Eruera Street, Rotorua
Contact Person(s): Belinda Bennett
Telephone: (07) 348 1770
Email: belinda@go360.co.nz

Taumaranui

Phase II

Organisation: **Taumaranui Hospital**
Physical Address: Kururau Road, Taumaranui
Service: Education Programme (unstable angina, MI and post cardiac surgery patients)
Programme: Individual education, group classes, and clinic or home visit options
Day(s) and Time(s): *Every 3 weeks (phone for details); classes additional*
Venue: Taumaranui Hospital, Kururau Road, Taumaranui
Contact Person(s): Waikato Cardiac Rehabilitation Nurses or Maree Neill
Telephone: (07) 839 8899 ext 96571
Fax: (07) 839 8643 (address to: cardiac rehabilitation nurses)
Email: Coming soon

Phase III

Organisation: Taumaranui Cardiac Club
Physical Address: Gill's Gym, 47 Hakiaha Street, Taumaranui
Service: Maintenance Programme
Programme: 1 hour of gentle exercise (warm-up and stretches, light cardio circuit, light weights on gym equipment, cool-down with swiss balls and more stretches) twice a week, social interactions between members and gym staff
Day(s) and Time(s): Tuesday & Friday, 8.45 am
Venue: Gill's Gym, 47 Hakiaha Street, Taumarunui
Contact Person(s): Gill McCann
Telephone: (07) 895 9070
Email: gillsgym@xtra.co.nz

Taupo

Phase II

Organisation: Taupo Hospital
Physical Address: Kotare Street, Taupo
Service: Education Programme (all cardiac patients)
Programme: Phase 1 cardiac rehabilitation provided as inpatient with phase 2 provided as outpatient home visits with telephone follow-up
Day(s) and Time(s): Monday, 9.00-4.30 pm, and Thursday & Friday, 9.00-2.00 pm
Venue: Phone for details
Contact Person(s): Tracey Liddell
Telephone: (07) 376 1000 ext 5912
Fax: (07) 376 1003
Email: tracey.liddell@lakesdhb.govt.nz

Phase III

Organisation: Midlands Health Network Taupo Cardiac Club*
Physical Address: Taupo Cosmopolitan Club, 5-7 Taniwha Street, Taupo
Service: Maintenance Programme
Programme: Aerobic CV with functional strength and ability
Day(s) and Time(s): Thursday, 11.00-11.45 am
Venue: Taupo Cosmopolitan Club, 5-7 Taniwha Street, Taupo
Contact Person(s): Wendy Chrisp
Telephone: (07) 377 4041
Email: wendy.chrisp@midlandshn.health.nz

Organisation: Taupo Cardiac Support Group Inc
Physical Address: Phone for details
Service: Maintenance Programme
Programme: Phone for details
Day(s) and Time(s): Phone for details
Venue: Phone for details

Contact Person(s): June Bevan or Marion Whitehouse
Telephone: (07) 378 2565 x 7816 (june), or (07) 378 7873 (marion)
Email: deejay1@xtra.co.nz

EASTERN

Gisborne

Phase II

Organisation: **Midlands Health Network – Gisborne Locality**
Physical Address: 94 Peel Street, Gisborne
Service: Toi Ora – Heart Recovery
Programme: Physical cardiac rehab and education programme for all of the Tairāwhiti region. Co-run with a "Better Breathing" pulmonary/heart failure rehab programme x 4 intakes/year – multi-disciplinary team, joint venture with Turanga Health/Sport Gisborne and various community agencies
Day(s) and Time(s): *Monday & Wednesday mornings for 8 weeks/4 terms per year*
Venue: Turanga Health Gym, Derby Street, Gisborne
Contact Person(s): Diane Williams (Nurse Practitioner), or Carol Ford (Program Coordinator)
Telephone: (06) 863 2661 ext 113 (diane), or ext 110 (carol)
Fax: (06) 863 2347
Email: diane.williams@midlandshn.health.nz, or carol.ford@midlandshn.health.nz

Phase III

Organisation: **Gisborne Cardiac Support Group***
Physical Address: Anglican Church Hall, Derby Street, Gisborne
Service: Maintenance Programme
Programme: A weekly gentle/moderate aerobic session led by an exercise instructor, occasional guest speakers and heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): *Tuesday, 10.30 am*
Venue: Anglican Church Hall, Derby Street, Gisborne
Contact Person(s): Rona Brownlie
Telephone: (06) 867 5170
Email: N/A

Napier

Phase II

Organisation: **Napier Heart Smart Programme**
Physical Address: Pettigrew Green Arena, Taradale, Napier
Service: Education Programme (all cardiac patients)

Programme: Group education and exercise, individual discussion, CPR, family support and vocational support
Day(s) and Time(s): Monday, 11.30-1.30 pm
Venue: Pettigrew Green Arena Gymnasium, Taradale, Napier
Contact Person(s): Lee Heaps
Telephone: (06) 878 8109 ext 4547
Fax: (06) 878 1313
Email: lee.heaps@hawkesbaydhb.govt.nz

Phase III

Organisation: **Bay City Gym**
Physical Address: 129 Latham Street, Napier
Service: Maintenance Programme
Programme: A supervised exercise programme involving cardio and resistance equipment education and peer support – bookings are essential
Day(s) and Time(s): Monday, 1.30 pm
Venue: Bay City Gym, 129 Latham Street, Napier
Contact Person(s): Chrissy Bradey
Telephone: (06) 843 7478
Email: baycitygym@xtra.co.nz

Organisation: **Napier Cardiac Companions Support Group**
Physical Address: Taradale Club, Taradale, Napier
Service: Maintenance Programme
Programme: Quarterly group meeting, social support and outings
Day(s) and Time(s): Phone for details
Venue: Taradale Club, Taradale, Napier
Contact Person(s): John McLay
Telephone: (06) 844 6346
Email: N/A

Organisation: **Napier Coastal Cardiac Group**
Physical Address: Phone for details
Service: Maintenance Programme
Programme: Exercise and companionship
Day(s) and Time(s): Monday, 10.30 am and 4.00 pm; Wednesday, 4.00 pm
Venue: Phone for details
Contact Person(s): Eleanor Holmes
Telephone: (06) 835 5920
Email: N/A

Hastings

Phase II

Organisation: **Hastings Heart Smart Programme**
Physical Address: Hawkes Bay Hospital, Omahu Road, Hastings
Service: Education Programme (all cardiac patients)
Programme: Group education and exercise programme, individual discussion,

home visits and outpatients clinics
Day(s) and Time(s): *Wednesday, 12.30-2.30 pm*
Venue: Hawkes Bay Hospital, Omaha Road, Hastings
Contact Person(s): Lee Heaps
Telephone: (06) 878 8109 ext 4547
Fax: (06) 878 1313
Email: lee.heaps@hawkesbaydhb.govt.nz

Organisation: **Hawkes Bay Hospital**
Physical Address: Omaha Road, Hastings
Service: Individual Case Coordination (ICDs, CCF, complex cardiac patients)
Programme: Session days/times are arranged individually with cardiac nurse
Day(s) and Time(s): *Phone for details*
Venue: Phone for details
Contact Person(s): Maureen Bent
Telephone: (06) 878 8109 ext 6184 or (021) 224 1951
Fax: (06) 878 1313
Email: maureen.bent@hawkesbaydhb.govt.nz

Phase III

Organisation: **Hastings Cardiac Companions**
Physical Address: Heretaunga Club, Hastings Street, Hastings
Service: Maintenance Programme
Programme: Peer group support
Day(s) and Time(s): *Tuesday, phone for details*
Venue: Heretaunga Club, Hastings Street, Hastings
Contact Person(s): John Doig
Telephone: (06) 878 8785
Email: N/A

Organisation: **Swim Gym Cardiac Club**
Physical Address: Swim Gym, 111 Maraekakaho Road, Hastings
Service: Maintenance Programme
Programme: Aqua and gym based exercise, and peer group support
Day(s) and Time(s): *Wednesday, 1.30 pm*
Venue: Swim Gym, 111 Maraekakaho Road, Hastings
Contact Person(s): Jude Hill
Telephone: (06) 878 4699
Email: swimgymmanager@gmail.com

Waipukurau

Phase III

Organisation: **Central Hawkes Bay Cardiac Support Group**
Physical Address: Varies – phone for details
Service: Maintenance Programme
Programme: Peer group support and occasional social outings
Day(s) and Time(s): *Phone for details*

Venue: Phone for details
Contact Person(s): Kerry Sellwood
Telephone: (06) 858 8732
Email: N/A

Organisation: **Oxygym Central Hawkes Bay***
Physical Address: Westpac Indoor Pool, 10 River Terrace, Waipukurau
Service: Maintenance Programme
Programme: Hydrotherapy and gym sessions, phase 2 education each term, library of Heart Foundation resources and peer group support
Day(s) and Time(s): *Tuesday & Thursday, 10.00 am*
Venue: Westpac Indoor Pool, 10 River Terrace, Waipukurau
Contact Person(s): Michele Hayes
Telephone: (06) 858 8972
Email: agua.wpk@xtra.co.nz

CENTRAL

New Plymouth

Phase II

Organisation: **Taranaki District Health Board**
Physical Address: David Street, New Plymouth
Service: Education Programme (all cardiac patients)
Programme: Individual education and discussion, telephone follow up, home visits if necessary, group education and supervised exercise programme – educational topics include heart disease, risk factors and treatment, nutrition, cardiac medication, stress management, exercise and activity, and psychology
Day(s) and Time(s): *Monday, 12.45-2.00 pm*
Venue: TDHB Base Hospital, David Street, New Plymouth
Contact Person(s): Maureen Spurway or Cathy Vickers
Telephone: (06) 753 6139 ext 7590, pager 472 (maureen), or 519 (cathy)
Fax: TBA
Email: maureen.spurway@tdhb.org.nz

Phase III

Organisation: **Happy Hearts Taranaki***
Physical Address: N/A
Service: Maintenance Programme
Programme: Individualised exercise programme, and lifestyle advice
Day(s) and Time(s): *Phone for details*
Venue: Phone for details
Contact Person(s): Claire Winzar
Telephone: (021) 206 5503
Email: clairewinzar@hotmail.com

Organisation: **New Plymouth Heart Support**
Physical Address: Old Parish Lounge, St Mary's Church, Vivian Street, New Plymouth
Service: Maintenance Programme
Programme: Speaker followed by cup of tea, mix and mingle
Day(s) and Time(s): *Wednesday, 9.30 am*
Venue: Phone for details
Contact Person(s): Jack Gernaffer
Telephone: (06) 757 8391
Email: N/A

Organisation: **Zipper Cardiac Support Club (NZ) Inc – Taranaki**
Physical Address: Bowling Club, Smart Road, New Plymouth
Service: Maintenance Programme
Programme: Monthly guest speakers on heart health and related topics, tea/coffee at every meeting, peer group support and occasional social outings
Day(s) and Time(s): *Monday, 9.30 am*
Venue: Bowling Club, Smart Road, New Plymouth
Contact Person(s): Stan Keast
Telephone: (06) 758 7352
Email: stanley.dawn@clear.net.nz

Hawera

Phase II

Organisation: **Hawera Hospital**
Physical Address: Hunter Street, Hawera
Service: Education Programme (all cardiac patients)
Programme: Individual consultation in clinic and referral to other members of health team as required, including cardiac physiotherapy programme
Day(s) and Time(s): *Phone for details*
Venue: Hawera Hospital, Hunter Street, Hawera
Contact Person(s): Cathy Vickers
Telephone: (06) 753 6139 ext 7590, pager 519
Fax: TBA
Email: cathy.vickers@tdhb.org.nz

Phase III

Organisation: **Hawera Cardiac Companions**
Physical Address: Presbyterian Centre, Argyle Street, Hawera
Service: Maintenance Programme
Programme: Guest speakers and regular social outings
Day(s) and Time(s): *Monday (monthly), 1.30-3.30 pm – 2nd Monday of the month*
Venue: Presbyterian Centre, Argyle Street, Hawera
Contact Person(s): Anne Galloway
Telephone: (06) 278 7097 or (021) 893 002
Email: a.galloway@actrix.co.nz

Wanganui

Phase II

Organisation:	Superbeat Cardiac Rehabilitation
Physical Address:	Polysport Gym, 32 Wilson Street, Wanganui or Sport Wanganui, 40 Maria Place extension, Wanganui
Service:	Education Programme (all cardiac patients)
Programme:	Group education, individual discussions, nutrition advice, individual exercise programme, CPR, risk factor assessment, stress management, family support, motivation and diabetes education
Day(s) and Time(s):	<i>Tuesday & Thursday, 2.00-4.00 pm</i>
Venue:	Polysport Gym, 32 Wilson Street, Wanganui, or Sport Wanganui, 40 Maria Place extension, Wanganui
Contact Person(s):	Paul Boden or Mary Crawford
Telephone:	(06) 348 1234 ext 8033
Fax:	(06) 348 1209
Email:	paul.boden@wdhb.org.nz

Phase III

Organisation:	Cardiac Support Wanganui
Physical Address:	Dempsey & Forrest, 208 Guyton Street, Wanganui (Hatrack Street entrance) – Forrest Lounge
Service:	Maintenance Programme
Programme:	Monthly walks, guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s):	<i>Thursday (monthly), 7.30 pm – 1st Thursday of the month</i>
Venue:	Dempsey & Forrest, 208 Guyton Street, Wanganui (Hatrack Street entrance) – Forrest Lounge
Contact Person(s):	Christine Rocke
Telephone:	(06) 347 7706
Email:	rocke@infogen.net.nz

Palmerston North

Phase II

Organisation:	Central PHO
Physical Address:	Health on Main, 575 Main Street, Palmerston North
Service:	Education Programme (all cardiac patients)
Programme:	A 7-week cyclical programme covering topics such as understanding heart disease, medications, diet, CPR, stress management, managing emotions and exercise
Day(s) and Time(s):	<i>Tuesday, 3.00-4.30 pm (with a cuppa beforehand, 2.45 pm)</i>
Venue:	Totara Room, Health on Main, 575 Main Street, Palmerston North

Contact Person(s): Folole Fai or Karen Sullivan
Telephone: (06) 354 9107 ext 228
Fax: (06) 354 6107
Email: folole.fai@centralpho.org.nz

Phase III

Organisation: **CLM Health & Fitness Cardiac Club***
Physical Address: CLM Health & Fitness, Lido Aquatic Centre, Park Road, Palmerston North
Service: Maintenance Programme
Programme: Various supervised exercise options (gym based, aquatic, walks), monthly guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Thursday, 9.00 am (with various other options available on an individual basis if required)*
Venue: Lido Aquatic Centre, Park Road, Palmerston North
Contact Person(s): Vaughan Hope
Telephone: (06) 356 8010
Email: vaughanhope@clmnz.co.nz

Horowhenua

Phase II

Organisation: **Central PHO**
Physical Address: Health on Main, 575 Main Street, Palmerston North
Service: Education Programme (all cardiac patients)
Programme: A 7-week cyclical programme covering topics such as understanding heart disease, medications, diet, CPR, stress management, managing emotions and exercise
Day(s) and Time(s): *Wednesday, 1.30-3.00 pm*
Venue: Main Meeting Room, Horowhenua Health Centre,
Contact Person(s): Jean Harris, Leanna Murray, Dan Carter or Desiree Paul
Telephone: (06) 367 6433
Fax: (06) 354 6107
Email: jean.harris@centralpho.org.nz

WELLINGTON

Kapiti Coast

Phase II

Organisation: **Capital Coast DHB, Kapiti Health Centre**
Physical Address: Warrimoo Street, Paraparaumu
Service: Education Programme (all cardiac patients)
Programme: An 8-10 week cyclical group education and exercise programme

including individual discussion, home exercise programme, stress management and home visits

Day(s) and Time(s): *Wednesday, 12.00-2.00 pm*
Venue: Phone for details
Contact Person(s): Kate O'Reilly
Telephone: (04) 806 0170
Fax: (04) 806 0187
Email: kate.o'reilly@ccdhb.org.nz

Phase III

Organisation: **Kapiti Cardiac Club***
Physical Address: Phone for details
Service: Maintenance Programme
Programme: 2 x organised walks (1-2 hours) per week, with additional options in the community for people with disabilities, bimonthly educational meetings, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Tuesday, 9.50 am (1 hour walk) & Thursday, approx. 9.30 am (2 hour walk)*
Venue: Meet at Otaihanga Domain (Tue); venue is broadcast on Beach FM (106.3) (Thu)
Contact Person(s): Graham Priest
Telephone: (04) 293 7872
Email: graham.priest@xtra.co.nz

Porirua

Phase II

Organisation: **Capital Coast DHB, Kenepuru Hospital**
Physical Address: Hospital Road, Porirua, Wellington
Service: Education Programme (all cardiac patients)
Programme: An 8-10 week cyclical group education and exercise programme including individual discussion, home exercise programme, stress management and home visits
Day(s) and Time(s): *Tuesday, 12.00-2.00 pm*
Venue: Phone for details
Contact Person(s): Chris Murphy
Telephone: (04) 918 2049
Fax: (04) 806 0187
Email: christine.murphy@ccdhb.org.nz

Phase III

Organisation: **WELL.Heart Manawa Ora**
Physical Address: Varies – ring for details
Service: Maintenance Programme
Programme: A range of physical activity options are available in the community (phone for details), participation in regional runs/walks, bimonthly educational and social programme (check website for details),

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Email:

Website:

regular newsletters (available on the website), peer group support, and library of Heart Foundation resources

Varies – phone for details or check website for upcoming events

Varies – phone for details or check website for upcoming events

Paul Peacock

(04) 806 0169

paul.peacock@ccdhb.org.nz

www.wellheart.org.nz

Wellington Central

Phase II

Organisation:

Physical Address:

Service:

Programme:

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Fax:

Email:

Capital Coast DHB, Wellington Hospital

Riddiford Street, Newtown, Wellington

Education Programme (all cardiac patients)

An 8-10 week cyclical group education and exercise programme; individualised programme with home visits incorporating home exercise programme and stress management; 3-week educational programme after hours – "The beat in the city"

Monday, 1.00-3.00 pm; Wednesday, 3.00-4.00 pm; Tuesday, 5.30-7.00 pm

Phone for details

Paul Peacock

(04) 806 0169

(04) 806 0187

paul.peacock@ccdhb.org.nz

Phase III

Organisation:

Physical Address:

Service:

Programme:

Day(s) and Time(s):

Venue:

Contact Person(s):

Telephone:

Email:

Website:

WELL.Heart Manawa Ora

Varies – ring for details

Maintenance Programme

A range of physical activity options are available in the community (phone for details), participation in regional runs/walks, bimonthly educational and social programme (check website for details), regular newsletters (available on the website), peer group support, and library of Heart Foundation resources

Varies – phone for details or check website for upcoming events

Varies – phone for details or check website for upcoming events

Paul Peacock

(04) 806 0169

paul.peacock@ccdhb.org.nz

www.wellheart.org.nz

Lower Hutt

Phase II

Organisation:	Hutt Hospital
Physical Address:	Hutt Valley Health, High Street, Lower Hutt
Service:	Education Programme (all cardiac patients)
Programme:	Group education, individual discussion, supervised group exercise programme, home exercise programme, walking exercise programme, nutritional advice, stress management and relaxation
Day(s) and Time(s):	Tuesday, 11.00-12.30 pm & 3.30-5.00 pm
Venue:	Hutt Hospital, High Street, Lower Hutt (Gymnasium)
Contact Person(s):	Judy Dewar
Telephone:	(04) 570 9377 or (04) 570 9098
Fax:	(04) 570 9280
Email:	judy.dewar@huttvalleydhb.org.nz

Phase III

Organisation:	Take Heart Club – Hutt*
Physical Address:	Hutt Hospital, Physiotherapy Department
Service:	Maintenance Programme
Programme:	Weekly walks, gym and aqua aerobic sessions, biannual 9-hole golf tournaments, library of Heart Foundation resources, peer group support and a programme of social outings
Day(s) and Time(s):	Monday, 10.00 am (walk); Tuesday & Wednesday, 5.00 pm (gym); Wednesday, 5.00 pm (pool)
Venue:	Hutt Hospital, Physiotherapy Department; venue for walk varies - phone for details
Contact Person(s):	Ernst Segessenmann (President) or Dave Harrington (Secretary)
Telephone:	(04) 527 2169 (ernst), or (04) 528 4011 (dave)
Email:	berna@gasp.co.nz (ernst), or bettyann@xtra.co.nz (dave)

Masterton

Phase II

Organisation:	Wairarapa Hospital
Physical Address:	Te Ore Ore Road, Masterton
Service:	Education Programme (all cardiac patients)
Programme:	A 5-week group education programme including individual discussion, spouse counselling, stress management, family support, CPR, supervised group exercise programme, social worker support, dietician and pharmacist talks
Day(s) and Time(s):	Thursday, 9.45-12.00 noon
Venue:	Phone for details
Contact Person(s):	June Roseingrave or Jill Trower
Telephone:	(06) 946 9800 ext 5765 or (027) 687-5927
Fax:	(06) 946 9837 (address to: cardiac rehabilitation nurses)
Email:	cardiac.outreach@wairarapa.dhb.org.nz

Phase III

Organisation: **Wairarapa Cardiac Support Group**
Physical Address: Phone for details
Service: Maintenance Programme
Programme: Social – where friends can meet and talk, guest speaker, general business and refreshments
Day(s) and Time(s): *Sunday (monthly), 2.00-3.30 pm (2nd Sunday of the month)*
Venue: Hospital premises
Contact Person(s): Eric Edwards
Telephone: (06) 377 0967
Email: ericedwards@xtra.co.nz

NELSON/MARLBOROUGH

Nelson

Phase III

Organisation:	Nelson Cardiac Club*
Physical Address:	City Fitness Nelson CBD, 40 Vanguard Street, Nelson
Service:	Maintenance Programme
Programme:	Supervised gentle exercise, occasional guest speakers on heart health and related topics, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s):	<i>Tuesday & Thursday, 11.00 am</i>
Venue:	City Fitness Nelson CBD, 40 Vanguard Street, Nelson
Contact Person(s):	Sharon Standish-White
Telephone:	(03) 539 0348
Email:	sharon@cityfitness.co.nz
Organisation:	Nelson Regional Community Cardiac Support Group
Physical Address:	Heart Foundation, 42 Halifax Street, Nelson
Service:	Maintenance Programme
Programme:	Meet and greet over a cuppa, guest speakers (e.g. cardiologist; dietician, physiotherapist, pharmacist, physical activity providers etc) and peer group support
Day(s) and Time(s):	<i>Monday, 9.45-11.15 am (quarterly meetings). Dates for 2011: 7 March, 23 May, 5 September, 5 December</i>
Venue:	Phone for details
Contact Person(s):	Averil West
Telephone:	(03) 545 7112
Email:	averilw@heartfoundation.org.nz

Motueka

Phase III

Organisation:	Motueka Healthy Hearts*
Physical Address:	St Thomas Church Hall, 101 High Street, Motueka
Service:	Maintenance Programme
Programme:	Gentle exercise programme, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s):	<i>Thursday, 9.30 am</i>
Venue:	St Thomas Church Hall, 101 High Street, Motueka
Contact Person(s):	Wendy Brown
Telephone:	(021) 026 83591
Email:	hapsfire111@yahoo.co.nz

Blenheim

Phase II

Organisation: Wairau Hospital
Physical Address: Hospital Road, Blenheim
Service: Healthy Heart Programme (all cardiac patients)
Programme: Individual discussion, group education and exercise, stress management and family support
Day(s) and Time(s): Tuesday & Thursday, 1.30-3.00 pm
Venue: Phone for details
Contact Person(s): Robynne Currie
Telephone: (03) 520 9676
Fax: (03) 520 9931
Email: robynne.currie@nmhs.govt.nz

WEST COAST

Greymouth

Phase II

Organisation: Grey Base Hospital
Physical Address: High Street, Greymouth
Service: Education Programme (all cardiac patients)
Programme: A six-week outpatient programme, cardiac follow-up by telephone or home visits; Heart Guide Aotearoa programme
Day(s) and Time(s): Wednesday, 10.00-12.00 noon
Venue: Phone for details
Contact Person(s): Lisa Smith
Telephone: (03) 769 7473
Fax: (03) 769 7793
Email: lisa.smith@westcoastdhb.health.nz

Phase III

Organisation: Greymouth Cardiac Club
Physical Address: Trinity Centre, 201 Tainui Street, Greymouth South, Greymouth
Service: Maintenance Programme
Programme: Gentle 30 minute exercise using a video, monthly guest speakers, library of Heart Foundation resources, tea/coffee at every session, peer group support and occasional social outings
Day(s) and Time(s): Monday (fortnightly), 10.00 am – 2nd and 4th Monday
Venue: Anglican Church, Trinity Centre, 201 Tainui Street, Greymouth
Contact Person(s): Marjorie Newcombe
Telephone: (03) 768 7299
Email: marjorie.vern@kinect.co.nz

Westport

Phase III

Organisation:	Westport Heart Club*
Physical Address:	Buller Hospital, Cobden Street, Westport
Service:	Maintenance Programme
Programme:	A variety of exercise options including 'Sit and be Fit' for the older members, treadmills, exercycles and rowing machine; library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s):	Wednesday, 10.00 am
Venue:	Buller Hospital, Cobden Street, Westport
Contact Person(s):	Susan Taylor and Marla Hill
Telephone:	(03) 788 9030
Email:	taylorstj@ihug.co.nz , or marla.hill@bullermed.org.nz

CANTERBURY

Amberley

Phase III

Organisation:	Amberley Healthier Hearts*
Physical Address:	Catholic Church Hall, Amberley
Service:	Maintenance Programme
Programme:	1 x gentle exercise session per week, lifestyle advice, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s):	Thursday, 2.00 pm
Venue:	Catholic Church Hall, Amberley
Contact Person(s):	Katie Croft
Telephone:	(03) 314 8504
Email:	katie.charlie@clear.net.nz

Christchurch

Phase II

Organisation:	Christchurch Hospital
Physical Address:	Riccarton Avenue, Christchurch
Service:	Education Programme (post MI, PCI, angina, CABG, valve surgery)
Programme:	A 6-week cyclical programme including individual discussion, group exercise (pool and gym), home exercise programme, stress management and family support. Prior to attending the Phase 2 programme each participant must attend an "introductory session" for cardiac rehabilitation. An appointment is sent to the patient for this
Day(s) and Time(s):	Thursday, 1.30-3.30 pm
Venue:	Horticultural Society Hall, Riccarton Avenue, Christchurch

Contact Person(s): Ruth Davison
Telephone: (03) 364 1093
Fax: (03) 364 1589
Email: ruth.davison@cdhb.govt.nz

Organisation: Christchurch Hospital
Physical Address: Riccarton Avenue, Christchurch
Service: Exercise Programme (optional)
Programme: A 12-week exercise programme for patients post discharge phase 2
Day(s) and Time(s): Thursday, 11.00-12.00 noon
Venue: Horticultural Society Hall, Riccarton Avenue, Christchurch
Contact Person(s): Ruth Davison
Telephone: (03) 364 1093
Fax: (03) 364 1589
Email: ruth.davison@cdhb.govt.nz

Organisation: Christchurch Hospital
Physical Address: Riccarton Avenue, Christchurch
Service: ICD Society (for those waiting, or with, ICDs)
Programme: Patient education and support, community education on ICDs and health professional liaison
Day(s) and Time(s): Phone for details
Venue: Christchurch Hospital, Riccarton Avenue, Christchurch (Coronary Care Unit)
Contact Person(s): Judy Greenslade
Telephone: (03) 364 0640 or (03) 322 8585
Fax: (03) 364 1589
Email: N/A

Phase III

Organisation: Christchurch Cardiac Companions*
Physical Address: Burwood Hospital, Cnr Mariehau & Burwood Roads, Christchurch and Wharenui Sports Complex, Elizabeth Street, Riccarton, Christchurch
Service: Maintenance Programme
Programme: Supervised weekly exercise programme and walks, regular guest speakers on heart health and related topics, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): Monday & Wednesday, 7.30 pm (Burwood Hospital); Friday, 10.00 am (Wharenui)
Venue: Burwood Hospital, Cnr Mariehau & Burwood Roads, Burwood; Wharenui Swimming Club & Sports Centre, Elizabeth Street, Riccarton
Contact Person(s): Neville Wootton
Telephone: (03) 942 5453
Email: N/A

Ashburton

Phase II

Organisation:	Ashburton Hospital
Physical Address:	Elizabeth Street, Ashburton
Service:	Exercise Programme (all cardiac patients)
Programme:	A 6-week exercise programme designed to meet specific needs of patient – access to the hospital gym twice a week (with physiotherapy guidance and supervision); an invitation is extended to attend a new referral appointment with CNS – this appointment provides the individual patient with post cardiac event follow up, explanations, education and support
Day(s) and Time(s):	<i>Phone for details</i>
Venue:	Phone for details
Contact Person(s):	Jane Harnett
Telephone:	(03) 308 4149
Fax:	(03) 307 8460
Email:	jane.harnett@cdhb.govt.nz

Phase III

Organisation:	Ashburton Cardiac Companions
Physical Address:	Ashburton Hospital, Old Nurses Home, Elizabeth Street, Ashburton (Rakaia Room)
Service:	Maintenance Programme
Programme:	30 minute exercise routine using a video, fortnightly guest speakers, tea/coffee at every meeting, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s):	<i>Monday (fortnightly), 10.00 am – 2nd and 4th Monday</i>
Venue:	Ashburton Hospital, Old Nurses Home, Rakaia Room, Elizabeth Street, Ashburton
Contact Person(s):	Bill Corbett
Telephone:	(03) 308 8398
Email:	bpcorbett@kinect.co.nz

Timaru

Phase II

Organisation:	Timaru Hospital
Physical Address:	Cnr Queen and High Streets, Timaru
Service:	Education Programme (all cardiac patients)
Programme:	A 7-week group education and exercise programme including individual discussion, stress management, home exercise programme, diet and medication
Day(s) and Time(s):	<i>Phone for details</i>
Venue:	Phone for details
Contact Person(s):	Kathy Patrick
Telephone:	(03) 687 2365, or fax (03) 687 2232

Fax: (03) 687 2232
Email: kpatrick@timhosp.co.nz

Phase III

Organisation: **South Canterbury Cardiac Support**
Physical Address: Methodist Church, Parish Hall, Woodlands Road, Timaru
Service: Maintenance Programme
Programme: 20 mins exercise (e.g. walk outside, instructor, video) on the 1st Monday of the month and walking group (1 hour) on the 3rd Monday of the month, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday (monthly), 10.00 am – 1st Monday of the month*
Venue: Methodist Church, Parish Hall, Woodlands Road, Timaru
Contact Person(s): Rosemary Gibson
Telephone: (03) 688 2362
Email: N/A

OTAGO/SOUTHLAND

Oamaru

Phase II

Organisation: **Oamaru Hospital, Waitaki District Health Services Ltd**
Physical Address: Steward Street, Oamaru
Service: Education Programme (all cardiac patients)
Programme: Risk factors, one on one education, family support, stress management, and lifestyle adjustments
Day(s) and Time(s): *Tuesday, by appointment*
Venue: Oamaru Hospital, Steward Street, Oamaru (Takaro Ward)
Contact Person(s): Jan Keown
Telephone: (03) 433 0290
Fax: TBA
Email: jan.keown@otagodhb.govt.nz

Phase III

Organisation: **Whitestone Cardiac Support Group**
Physical Address: Oamaru Club Inc, 32 Severn Street, Oamaru
Service: Maintenance Programme
Programme: Lifestyle advice from a nurse, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday (monthly), 1.30 pm – 2nd Monday of the month*
Venue: Oamaru Club Inc, 32 Severn Street, Oamaru
Contact Person(s): Joy Rusbatch
Telephone: (03) 437 0095
Email: N/A

Dunedin

Phase II

Organisation: **Dunedin Hospital**
Physical Address: 201 Great King Street, Dunedin
Service: Education Programme (all cardiac patients)
Programme: Group education, individual discussion, stress management and family support
Day(s) and Time(s): *Selected Thursdays, 11.00-1.00 pm*
Venue: Heart Foundation, 97 Federick Street, Dunedin
Contact Person(s): Leanne Barclay
Telephone: (03) 474 0999 ext 8502
Fax: (03) 474 7655
Email: leanne.barclay@southerndhb.govt.nz

Organisation: **Dunedin Hospital**
Physical Address: 201 Great King Street, Dunedin
Service: ICD Support Programme
Programme: Information sessions including discussion about living with ICDs
Day(s) and Time(s): *Phone for details*
Venue: Dunedin Hospital, 201 Great King Street, Dunedin
Contact Person(s): Leanne Barclay
Telephone: (03) 474 0999 ext 8502
Fax: (03) 474 7655
Email: leanne.barclay@southerndhb.govt.nz

Organisation: **Dunedin Hospital**
Physical Address: 201 Great King Street, Dunedin
Service: Exercise Programme (all cardiac patients)
Programme: An 8-week exercise programme supervised by a nurse and physiotherapist. Programme includes an exercise test and quality of life questionnaire before participation and at completion
Day(s) and Time(s): *Monday & Thursday, 9.30-10.45 am*
Venue: Lifestyle Gym, Fraser Building, Hanover Street, Dunedin
Contact Person(s): Dianne Body
Telephone: (03) 474 0999
Fax: (03) 474 7655
Email: elizabethdianne.body@southerndhb.govt.nz

Phase III

Organisation: **The Otago Phoenix Club***
Physical Address: Otago Hospital, Fraser Building, Cumberland Street, Dunedin
Service: Maintenance Programme
Programme: A variety of exercise options (e.g. gym, circuit, table tennis, swimming, bush working, tramping and walking), annual CPR training, library of Heart Foundation resources, peer group support and occasional social outings
Day(s) and Time(s): *Monday & Thursday, 7.00 pm (gym, table tennis, pool); Wednesday,*

9.00 am (bush working); Thursday, 9.00 am (walk); Sunday, 9.00 am (tramp)

Venue: Otago Hospital, Fraser Building, Cumberland Road, Dunedin; venue varies for bush working, walk and tramp - phone for details

Contact Person(s): John Young

Telephone: (03) 488 3583

Email: jaandbm@paradise.net.nz

Taieri

Phase III

Organisation: **Taieri Fit & Fun Group**

Physical Address: Taieri Bowling Club, Wickliffe Street, Mosgiel, Otago

Service: Exercise Programme

Programme: A 1 hour low-aerobic exercise programme, library of Heart Foundation resources, peer group support and occasional social gatherings

Day(s) and Time(s): *Tuesday & Thursday, 10.00 am*

Venue: Taieri Bowling Club, Wickliffe Street, Mosgiel

Contact Person(s): Jeanette Grant and/or Dorothy Phillips

Telephone: (03) 488 0336 (jeanette), or (03) 489 8172 (dorothy)

Email: grantsfarm@xtra.co.nz (jeanette) and/or b.phillips@actrix.co.nz (dorothy)

Clyde

Phase II

Organisation: **Dunstan Hospital District Nursing Service**

Physical Address: Hospital Road, Clyde

Service: Education Programme (all cardiac patients with a referral)

Programme: Cardiac rehabilitation and post-discharge care by district nursing team for up to six weeks post-event/discharge – days and times are arranged to suit the individual (please phone for details)

Day(s) and Time(s): *Phone for details*

Venue: Phone for details

Contact Person(s): Carolyn Dobson

Telephone: (03) 440 4303

Fax: TBA

Email: carolyn.dobson@cohealth.co.nz

Queenstown

Phase III

Organisation: **Central Tickers Cardiac Club***

Physical Address: Queenstown Events Centre, Frankton, Queenstown

Service: Maintenance Programme

Programme: Weekly exercise programme led by a trained physiotherapist,

Day(s) and Time(s): monthly meetings covering lifestyle advice, and peer group support
Tuesday, 1.30 pm (exercise), first Tuesday of each month, 6.00 pm (evening meeting)

Venue: Queenstown Events Centre, Frankton, Queenstown

Contact Person(s): Louise Sheppard

Telephone: (03) 441 4339

Email: louise.sheppard@clear.net.nz

Gore

Phase III

Organisation: **Active for Life**

Physical Address: C/o Sport Southland, Gore Multi Sports Complex, 20 Wayland Street West, Gore

Service: Maintenance Programme

Programme: Gym circuit and low impact aerobics, 3 x guest speakers per annum, peer group support and occasional social outings

Day(s) and Time(s): *Monday & Wednesday, 11.00 am*

Venue: Everybodies Health & Fitness Centre, 28 Mersey Street, Gore

Contact Person(s): Susie Burrows

Telephone: (03) 208 3846

Email: susie.burrows@sportsouthland.co.nz

Invercargill

Phase II

Organisation: **Southland Hospital**

Physical Address: Kew Road, Invercargill

Service: Education Programme (all cardiac patients, including self-referral)

Programme: Group education, individual discussion, stress management and family support

Day(s) and Time(s): *Monday, 1.00-3.00 pm (please check prior to attending)*

Venue: South Centre, Jenkins Street, Invercargill

Contact Person(s): Julie Cuthill or Jill Brown

Telephone: (03) 218 1949 ext 8827

Fax: (03) 218 1194

Email: julie.cuthill@southerndhb.govt.nz, or jill.brown@southerndhb.govt.nz

Organisation: **Southland Hospital**

Physical Address: YMCA, Tay Street, Invercargill

Service: Maintenance Programme

Programme: Supervised exercise session for all cardiac patients

Day(s) and Time(s): *Tuesday, 10.15-11.15 am*

Venue: YMCA, Tay Street, Invercargill

Contact Person(s): Julie Cuthill or Jill Brown

Telephone: (03) 218 1949 ext 8827

Fax: (03) 218 1194
Email: julie.cuthill@southerndhb.govt.nz, or
jill.brown@southerndhb.govt.nz

Organisation: **Southland Hospital**
Physical Address: Kew Road, Invercargill
Service: ICD Support Programme
Programme: Information sessions, regular meetings throughout the year
Day(s) and Time(s): *Phone for details*
Venue: South Centre, Jenkins Street, Invercargill
Contact Person(s): Lisa Wilson (Medical Technologist)
Telephone: (03) 214 5775
Fax: (03) 218 1194
Email: lisa.wilson@southerndhb.govt.nz

Phase III

Organisation: **Cardiac Club of Southland**
Physical Address: Richmond Grove Church Hall, Richmond, Invercargill
Service: Maintenance & Support Programme
Programme: Monthly guest speakers on heart health and related topics, social and peer group support
Day(s) and Time(s): *Tuesday (monthly), 2.00 pm – 3rd Tuesday of each month unless otherwise advertised*
Venue: Richmond Grove Church Hall, Yarrow Street, Invercargill
Contact Person(s): Lesley Gray
Telephone: (03) 217 7277
Email: graykauri@xtra.co.nz