



**DIRECTORY OF NSW / ACT
CARDIOVASCULAR
HEALTH PROGRAMS**

Version 13 – January 2012

To update entry details or for further information please contact:
Cate Ferry – Clinical Issues Manager

Tel: 02 9219 2444 Fax: 02 9219 2424
Email: cate.ferry@heartfoundation.org.au

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1. METROPOLITAN LOCAL HEALTH DISTRICTS

Central Coast Local Health District

Central Coast Health

Servicing Gosford & Wyong Area

HsB2 PO Box 361
GOSFORD NSW 2250
Tel: (02) 4320 3652
Fax: (02) 4320 5492

Outpatient Program

Cardio Therapy Outpatient Program

Coordinator: Darrell Warrington

Tel: (02) 4320 3652

Fax: (02) 4320 5492

Email: dwarrington@nscchahs.health.nsw.gov.au

Option 1: "On the run" - One 3hr session about heart disease, symptoms, recovery & lowering risk.

Option 2: "Complete follow through" - 2hrs twice a week for 6 weeks. Multidisciplinary. Physical and social assessment, supervised exercise, risk modification, stress management.

Option 3: "Sit with me" - Home based visit by Community RN for support and education. Suitable for those who are housebound or carers.

Option 4: "Heart Failure Door" - see below.

Option 5: Nunyara unit follow up (for Aboriginal and Torres Strait Islander maintenance) - The Lucky Hearts Club. Monthly walks, talks, picnics.

Heart Failure Program

Outpatient Rehabilitation

Coordinator: Paula Candlish

Tel: (02) 4320 2532

Fax: (02) 4320 5485

Email: pcandlish@nscchahs.health.nsw.gov.au

Comments: Once a week for 8 weeks. 1h exercise followed by 1h education, delivered at Wyong and Gosford Campus. Exercise, education, individual and group education, access to physio & OT assessment. Home visits as required. Telemanagement and ongoing support. Diagnosis of heart failure right or left, PHT.

Heart Failure Maintenance

Comments: Mon at Wyong from 8 - 11am or Wed at Gosford from 1 - 3pm, exercise and support, both ongoing.

Illawarra Shoalhaven Local Health District

Aboriginal Health Unit

Primrose House
190 Russell Avenue
DOLLS POINT NSW 2219

Outpatient Program

Aunty Jean's Good Health Program
Warilla Community Health
Coordinator: Kay Stewart
Tel: (02) 4296 4200
Fax: (02) 4276 4111
Email: kay.stewart@sesiahs.health.nsw.gov.au
Comments: Weekly on Tue, group exercise and education for Aboriginal and Torres Strait Islander patients.

Illawarra Aboriginal Men's Physical Health & Training Program (IAMPHAT)
Illawarra Koori Men's Support Group ('Our Place')
2 Wilga Close
ALBION PARK RAIL NSW 2527
Coordinator: Shane Venables
Tel: (02) 4296 4200
Fax: (02) 4296 8237
Email: shane.venables@sesiahs.health.nsw.gov.au
Comments: Weekly on Thu from 10am - 2pm for Aboriginal and Torres Strait Islander males over 15 years of age with or at risk of chronic diseases. Walking group, weight sessions, health information sessions e.g. healthy eating workshops and smoking cessation. This program runs in partnership with the Illawarra Aboriginal Medical Service and the Illawarra Koori Men's Support Group.

Aunty Jean's Good Health Program
Nowra Community Health
5 Lawrence Avenue
NOWRA NSW 2541
Coordinator: Jean Turner
Tel: (02) 4424 6388
Fax: (02) 4424 6490
Email: norma.turner@sesiahs.health.nsw.gov.au
Comments: Weekly on Fri, group exercise and education for Aboriginal and Torres Strait Islander patients.

Aqua Aerobics
Nowra Community Health
5 Lawrence Avenue
NOWRA NSW 2541
Coordinator: Jean Turner
Comments: Weekly, group exercise and education for Aboriginal and Torres Strait Islander patients.

Waves-Aqua Aerobics

Community Health POWH
Avoca Street
RANDWICK NSW 2031
Coordinator: Colleen Cawood

Tel: (02) 9382 8063

Fax: (02) 9382 8265

Email:

colleen.cawood@sesiahs.health.nsw.gov.au

Comments: Twice weekly on Wed & Fri. Water exercise for Aboriginal and Torres Strait Islander patients.

East Coast Walking Group

Coordinator: Colleen Cawood

Comments: Weekly physical exercise for Aboriginal and Torres Strait Islander patients on Tuesdays.

Division Population Health and Planning

Warilla Community Health

Belfast Avenue

WARILLA NSW 2528

Outpatient Program

Aunty Jean's Good Health Program

Coordinator: Kay Stewart

Tel: (02) 4221 6731

Email: kay.stewart@sesiahs.health.nsw.gov.au

Comments: Group education and exercise once per week. For Aboriginal and Torres Strait Islander people with, or at risk of developing cardiovascular disease.

Illawarra Heart Failure Service (Northern Region)

Servicing Bulli, Wollongong Shellharbour Hospitals

Port Kembla Hospital

Cowper Street

WARRAWONG NSW 2502

For all referrals: please call or fax details

Mob: 0421 054 632

Outpatient Program

Best of Life with Heart Failure

Coordinator: Darron Webber

Tel: (02) 4223 8413

Fax: (02) 4223 8008

Email: darron.webber@sesiahs.health.nsw.gov.au

Comments: 2hr session 1 day per week for 7 weeks plus pre and post assessment. Heart failure specific group education and exercise program, individual assessments, telephone follow up / case management, limited home visiting. Open referral for all patients with symptoms.

Maintenance Program

Comments: Once a week, patients can attend the maintenance program on a needs / flexible basis. Open to all patients who have been assessed.

Home Based Program

Comments: Depends on patient needs following a comprehensive assessment.

Heart Failure Program

Illawarra Heart Failure Service

Bulli Hospital

PO Box 21

BULLI NSW 2519

Coordinator: Darron Webber

Tel: (02) 4283 0687

Fax: (02) 4223 8008

Email: darron.webber@sesiahs.health.nsw.gov.au

Comments: 8 week education and exercise group program. Individual sessions and home visits also offered. Transport can be arranged.

Nowra Community Health Centre / Shoalhaven District Memorial Hospital

Servicing Nowra, Berry, Culburra Beach, Berry, St Georges Basin, Sussex Inlet, Shoalhaven Heads, Ulladulla, Mollymook and some parts of Kiama and Gerringong

5 - 7 Lawrence Avenue

NOWRA NSW 2541

PO Box 55

NOWRA NSW 2541

Outpatient Program

Shoalhaven Cardiac Rehabilitation Program

Coordinator: Bronia Kandl

Tel: (02) 4424 6300

Mob: 0411 158 606

Fax: (02) 4424 6390

Email: bronia.kandl@sesiahs.health.nsw.gov.au

Comments: 6 week education / exercise / discussion group program (client can start any day). Home visiting option, clinic outreach at Ulladulla, therapeutic phone based contact, provision of comprehensive CR workbook. Program is tailored to each clients needs, can utilise one or a combination of service options for a brief or longer period of time. Eligibility at discretion of CNC.

Maintenance Program

Comments: Ongoing program, assessment and individual exercise prescription by accredited EP, contact with CNC or RN at each session. Primary CR program participation.

Home Based Program

Comments: Tailored to individual client or carers needs.

Heart Failure Program

Shoalhaven Heart Failure Service

PO Box 55

NOWRA NSW 2541

Coordinator: Anne O'Neill

Tel: (02) 4424 6300

Fax: (02) 4424 6371

Email: anne.oneill@sesiahs.health.nsw.gov.au

Comments: 8 week multidisciplinary education and exercise group program. Individual assessments, clinic appointments, monthly outpatient clinic at Milton Ulladulla Hospital - the second Fri of the month, home visits. For all patients with heart failure, CCF / APO / LVF / RVF, bi-ventricular failure.

Heart Failure Maintenance Program

Comments: Weekly maintenance exercise program on Tue afternoon for those who have completed the group program.

Heart Failure Home Based Program

Comments: One-off home visits for frail or elderly patients.

Nepean Blue Mountains Local Health District

Blue Mountains District Anzac Memorial Hospital

Great Western Highway
KATOOMBA NSW 2780
Tel: (02) 4784 6512 or (02) 4784 6552
Fax: (02) 4784 6980

Outpatient Program

Coordinator: Adam Darley
Email: darleya@wahs.health.nsw.gov.au
Comments: Weekly for 6 weeks. Includes exercise program and multidisciplinary education, spouse / partner support. Patients include all cardiac patients including those with heart failure.

Hawkesbury District Health Services Ltd

2 Day Street
WINDSOR NSW 2756
Tel: (02) 4560 5684
Fax: (02) 4560 5713

Outpatient Program

Coordinators: Andrew Denahy,
Kylie Jorgensen
Email: adenahay@chcs.com.au
Comments: Phase 2 Outpatient Rehabilitation. Two times weekly for 6 - 8 weeks, group setting of 5 - 8 people. Exercise, warm up, aerobic gym circuit, stretches / relaxation. Education on life after heart surgery and / or heart attack, hypertension, dietetics and education / home maintenance. On request ADLs, smoking cessation and stress management. Patients include AMI, CABG 's, PTCA, MVR or stable angina.

Lithgow District Hospital

Col Drew Drive
LITHGOW NSW 2790
PO Box 10
LITHGOW NSW 2790
Tel: (02) 6350 2516
Fax: (02) 6350 2530 (Attention Physiotherapy)

Outpatient Program

Coordinator: Andreas Heidemann
Email: andreas.heidemann@swahs.health.nsw.gov.au

Comments: Twice weekly for 8 weeks (4 intakes per year). Nearest formal cardiac rehabilitation programs at Katoomba & Bathurst. 1hr exercise & 1hr education, for all patients willing to attend. Referral via health professional or pathway from wards.

Maintenance Program

Comments: For medically stable graduates of pulmonary or cardiac rehabilitation program access to the rehab gym equipment is granted Mon, Wed & Fri afternoons. Access to reviews on request.

Home Based Program

Comments: For those unable or unwilling to attend formal rehab supervision of home based risk modification is offered.

Heart Failure Program

Comments: 8 weeks 4 times a year, Tue & Ths 10 -12noon. Accommodated within the Pulmonary Rehab program. Cannot claim to specifically address the needs of clients with heart failure.

Nepean Hospital

Cnr Derby Street and Northern Rd (Parker St)
KINGSWOOD NSW 2747
PO Box 63
PENRITH NSW 2751

Outpatient Program

Nepean Hospital Cardiac Recovery Program
Coordinator: Janice Smith
Tel: (02) 4734 2799
Fax: (02) 4734 1792
Email: smithj@wahs.nsw.gov.au

Comments: 4 - 6 week program, evening information session option available. AICD support group which meets every 3rd month (with regular guest speakers). Supervised group exercise & multidisciplinary group education sessions including a monthly quit smoking support session. Pre and Post program assessment. Family and partners are encouraged to attend. Links to Cardiac Support Group, maintenance program and / or Heart Foundation Heartmoves. Patients include those with CHD & valve surgery.

Home Based Program

Heart Failure Service Exercise Self Management Support Program
Coordinator: Elizabeth Vukovich
Tel: (02) 4734 1324
Fax: (02) 4734 1792
Email: elizabeth.vukovich@swahs.health.nsw.gov.au

Comments: 12-18 week self management support program (3 - 4 home consultations & phone follow up). Patients are seen once every 6 weeks. Weekly phone follow ups are provided between visits for encouragement and support. Patients are prescribed an individualised home based self managed exercise program. Patient must be referred to the Heart Failure Service Clinical Nurse Co-ordinator for clinical review prior to commencing program. For heart failure patients only.

Heart Failure Program

Nepean Heart Failure Services

Coordinator: Drew Roberts

Tel: (02) 4734 4497

Fax: (02) 4734 1792

Email: andrew.roberts@swahs.health.nsw.gov.au

Comments: Inpatient education and support service. Outpatient heart failure clinic to optimise patient management and monitor / maintain condition. Post discharge telephone consultation to support self management strategies. Home based exercise rehabilitation program facilitated by exercise physiologist, access to cardiac rehabilitation program.

Northern Sydney Local Health District

Hornsby Hospital

Palmerston Road
HORNSBY NSW 2077
Tel: (02) 9477 9844
Fax: (02) 9477 2005

Outpatient Program

Hornsby Heart Throbs
Coordinator: Julie Belshaw

Email: jbelshaw@nscchahs.health.nsw.gov.au

Comments: Twice weekly for 6 - 8 weeks. Multidisciplinary group sessions for improved CAD risk factor management. Weekly "Healthy Lifestyle" session for 8 weeks. Individualised group exercise session with exercise assessment on entry and completion of program. Patients include those with a cardiac diagnosis and those at high risk. Stable AMI, IHD, PTCA / stent, CABG, other cardiac surgery and cardiomyopathy.

Management of Cardiac Function (MACARF)

Coordinator: Geraldine Gillies

Tel: (02) 9477 9850

Fax: (02) 9447 9013

Email: ggillies@nscchahs.health.nsw.gov.au

Comments: Ongoing program with inpatient education & support, outpatient visits & phone follow up.

Manly Hospital

Darley Road
MANLY NSW 2095
Tel: (02) 9976 9527
Fax: (02) 9976 9768

Outpatient Program

Cardiac Rehabilitation Phase II

Coordinator: Leonie Sadler

Tel: (02) 9976 9527

Fax: (02) 9976 9768

Email: lsadler@nscchahs.health.nsw.gov.au

Comments: 2 times a week with a walk once a week for 4 - 6 weeks. Pre and post stress test. Multidisciplinary group discussions & individualised circuit & exercise training program. Family support. For all patients with a cardiac diagnosis.

Heart Failure Program

Management of Cardiac Function (MACARF)

Coordinator: Rhonda Burke

Tel: (02) 9976 9558

Fax: (02) 9976 9595

Email: rjburke@nscchahs.health.nsw.gov.au

Comments: Ongoing program with inpatient education on self management, home visits, telephone support.

Mona Vale Hospital

Coronation Street
MONA VALE NSW 2103
Tel: (02) 9998 0333

Heart Failure Program Management of Cardiac Function (MACARF)

Coordinator: Rhonda Burke
Tel: (02) 9998 0880
Fax: (02) 9976 9595
Email: rjburke@nsccha.health.nsw.gov.au
Comments: Ongoing program with inpatient education on self management, home visits, telephone support and a weekly exercise program.

Royal North Shore Hospital / North Shore Private Hospital

Reserve Road
ST LEONARDS NSW 2065
Tel: (02) 9926 6560
Fax: (02) 9926 7844

Outpatient Program

North Shore Cardiovascular Education Centre
Coordinators: Vanessa Baker,
Ann Kirkness
Email: vlbaker@nsccha.health.nsw.gov.au; akirknes@nsccha.health.nsw.gov.au
Comments: Cardiac Lifestyle Program, Rehabilitation Exercise Program. Education once a week for 5 weeks. Exercise twice a week for 12 sessions. Multidisciplinary group discussion, group exercise, home exercise program, stress management, spouse / partner support, ongoing mail contact and individual consultations. Fast Track Program available. Patients include all those with a cardiac diagnosis. AICD support group available.

Maintenance Program

The Pulsers
Comments: 7 weekly community exercise classes. Land and aqua aerobics, 1 weekly walk.

Heart Failure Program Management of Cardiac Function (MACARF)

Coordinator: Anne Sullivan
Tel: (02) 9926 7049
Fax: (02) 9926 7050
Email: asulliva@nsccha.health.nsw.gov.au
Comments: Ongoing program with inpatient education & support, outpatient visits & phone follow up.

Ryde Hospital

Denistone Road
EASTWOOD NSW 2122
Tel: (02) 9858 7888

Outpatient Program

Ryde Hospital Cardiac Rehabilitation Program

Contact: Kellie Roach

Tel: (02) 9858 7764

Fax: (02) 9858 7707

Email: kroach@nscchahs.health.nsw.gov.au

Comments: An individualised program with length dependent on needs. Individual and group education and counselling. Individualised exercise and training. Patients include those with a cardiac diagnosis and those at high risk of heart disease.

Maintenance Program

Ryde Hospital Cardiac Rehabilitation Program

Comments: Ongoing at 6 months post outpatient program then 12 months. Individual assessment of risk factors, symptoms, psychosocial assessment and stress testing.

Home Based Program

Comments: Individualised program for those unable to attend the hospital program. Patients include those with a cardiac diagnosis and those at high risk of heart disease.

Heart Failure Program

Management of Cardiac Function (MACARF)

Contact: Susan Hales

Tel: (02) 9858 7596

Fax: (02) 9858 7707

Email: shales@nscchahs.health.nsw.gov.au

Comments: Ongoing program, inpatient and education & support, outpatient visits & phone follow up plus weekly exercise program.

South Eastern Sydney Local Health District

Prince of Wales Hospital

Physiotherapy
Level 1
High St
RANDWICK NSW 2031
Tel: (02) 9382 2286
Fax: (02) 9382 8855

Outpatient Program

Heart Health Plus
Coordinator: Jenny Fildes
Email: jennifer.fildes@sesiahs.health.nsw.gov.au
Comments: Twice weekly for 6 weeks. Individual assessment. Individual and group supervised exercise, information, stress management and counselling. Patients with a heart related condition or high cardiac risk.

Maintenance Program

Heart Foundation Walking Group
Comments: Weekly on Wed. Meet at POWH Level 1, High Street. Weekly walk and then morning tea. Referral from GP or for those who have completed the outpatient program.

Heart Failure Program

Heartlink
RANDWICK NSW 2031
Coordinator: Jim McVeigh
Tel: (02) 9382 8011 or 0421 057 340
Fax: (02) 9382 8088
Email: james.mcveigh@sesiahs.health.nsw.gov.au
Comments: Home based interventions for HF management. Referral and liaison for physical activity and medical management of heart failure.

St George Hospital

Gray Street
1st Floor Clinical Services
Gray Street
KOGARAH NSW 2217
Tel: (02) 9113 3143
Fax: (02) 9113 1826

Outpatient Program

Cardiac Rehabilitation Program
Coordinators: Sarah Davis,
Beth Connolly
Email: sarahvictoria.davis@sesiahs.health.nsw.gov.au;
beth.connolly@sesiahs.health.nsw.gov.au

Comments: Twice weekly for 6 weeks. Multidisciplinary group discussion, group exercise, home exercise program, stress management and return to work program. Suitable for patients with ACS, stable angina, revascularisation and interventional procedures, CABG and vascular procedures, heart failure, risk factors management.

Maintenance Program

Cardiac Rehabilitation Maintenance

Comments: One hour per week for 6 weeks, group exercise. Patients who require ongoing risk factor management are eligible.

Heart Failure Program

Gray Street

KOGARAH NSW 2217

Coordinator: Janet Newton

Tel: (02) 9113 3042

Fax: (02) 9113 1826

Email: janet.newton@sesiahs.health.nsw.gov.au

Comments: Dependent on clinical status and based on individual education.

Resourced for CALD groups: Cantonese (Esther Ang - Cantonese interpreter) and Mandarin speaking

Sutherland Hospital - Cardiac Rehabilitation

Cnr Kareena Rd & The Kingsway

CARINGBAH NSW 2229

Locked Bag 21

TAREN POINT NSW 2229

Tel: (02) 9540 7309

Fax: (02) 9540 8954

Outpatient Program

SHARCS Program

Coordinator: Wendy Mullooly

Email: wendy.mullooly@sesiahs.health.nsw.gov.au

Comments: SHARCS 8 weeks on Tue & Fri mornings, gym + education. FAST SHARCS 7am - 8am Tue & Fri must be working / returning to work. Individual prescribed exercises and group education, full education day on last Wed of month. Suitable for those with cardiac diagnosis including younger heart failure patients.

Maintenance Program

Cardiac Rehabilitation

Comments: Wed mornings 8.30 - 9.30am or 11am - 12noon. Patients must have completed Cardiac Rehabilitation Phase 2.

Home Based Program

SHARCS Home Program

Coordinator: Lorraine Barwick

Tel: (02) 9540 7309

Fax: (02) 9540 8954

Email: lorrainebarwick@sesiahs.health.nsw.gov.au

Comments: Duration of program depends on clients requirements. Assessment and follow up via phone or email, patients encouraged to attend the education day. For all patients with Cardiac diagnosis.

Sutherland Heart And Lung Team Southcare

Cnr Kareena Road & The Kingsway
CARINGBAH NSW 2229

Home Based Program

SHALT CCF Home Program
126 Kareena Road
MIRANDA NSW 2228
Coordinator: Kylie Ditton
Tel: (02) 9540 7047
Fax: (02) 9540 7855
Email: kylie.ditton@sesiahs.health.nsw.gov.au

Comments: Nurse based assessment, education and monitoring with the option of a home-based exercise program individualised to client by an exercise physiologist. Patient eligibility criteria: Diagnosis of CCF

Heart Failure Program

SHALT CCF Program
126 Kareena Road
MIRANDA NSW 2228
Coordinator: Kylie Ditton
Tel: (02) 9540 7047
Fax: (02) 9540 7855
Email: kylie.ditton@sesiahs.health.nsw.gov.au

Comments: Introduction program: 2 hours twice weekly for eight weeks. Maintenance Program: 1 hour twice weekly for eight weeks. Nurse and Exercise Physiologist based assessment, monitoring, education and outpatient gym-based exercise program individualised to client.

St Vincent's Local Health District (SVLHD)

St Vincent's Hospital / St Vincent's Private Hospital

390 Victoria Street
DARLINGHURST NSW 2010
Tel: (02) 8382 2321
Fax: (02) 8382 3352

Outpatient Program

Cardiac Rehabilitation Program

Coordinators: Madeline Attrill,

Danna Kerr, TamraLangley

Tel: (02) 8382 2321 or 0457 562 179

Fax: (02) 8382 3352

Email: mattrill@stvincents.com.au; dkerr@stvincents.com.au;

tlangley@stvincents.com.au

Comments: Twice a week (Mon & Wed) for 4 - 6 weeks. Individually designed program. Group exercise including individual home exercise prescription, group discussion, stress management, risk factor modification sessions. Patients include those with a cardiac diagnosis, cardiovascular disease or for secondary prevention. ICD Support available and diabetes education session monthly.

Maintenance Program

Coordinators: Madeline Attrill,

Anthony O'Connor, Danna Kerr

Email: mattrill@stvincents.com.au; dkerr@stvincents.com.au

Comments: Length and frequency is ongoing. Suitable for graduates of standard program & for those with GP / Cardiologist clearance.

Heart Failure Program

Heart Failure Service

Level 3 O'Brien Centre

390 Victoria Street

DARLINGHURST NSW 2010

Coordinators: Kim Bardsley, Carol Whitfield

Tel: (02) 8382 1506

Fax: (02) 8382 1997

Email: svhheartfailureservice@stvincents.com.au

Comments: Home based multidisciplinary heart failure service. Individualised, patient focused heart failure program following the patient from their inpatient stay through to the community. Includes specialist nursing, pharmacist, physiotherapist and OT input.

South Western Sydney Local Health District

Bankstown / Lidcombe Hospital

Eldridge Road
BANKSTOWN NSW 2200
Tel: (02) 9722 7963
Fax: (02) 9722 8490

Outpatient Program

Cardiac Ambulatory Service
Coordinator: Joyce de Guzman
Email: joyce.deguzman@sswahs.nsw.gov.au
Comments: Exercise sessions 3 times a week for 6 weeks. Group and individual education sessions, for patients with any cardiac disease / condition or risk factors.

Maintenance Program

Cardiac Ambulatory Service
Comments: Community services - walking programs, heart support groups etc. For patients who have completed outpatient / inpatient cardiac rehabilitation. Also patients who do not have transport to attend outpatient rehabilitation.

Heart Failure Program

Cardiac Ambulatory Service - Chronic Complex
Coordinator: Emilia Serban
Tel: (02) 9722 8498
Fax: (02) 9722 8490
Email: emilia.serban@sswahs.nsw.gov.au
Comments: Generally up to 8 weeks, patient driven.

Bowral District Hospital

PO Box 268
BOWRAL NSW 2576
Tel: (02) 4861 0290
Fax: (02) 4861 0307

Outpatient Program

Coordinators: Nerida Campbell,
Dianne Jacobs
Tel: (02) 4861 0290
Fax: (02) 4861 0307
Email: nerida.campbell@swsahs.nsw.gov.au
Comments: 6 - 8 week program. Structured individual exercise and group education. Patients include those with a cardiac diagnosis.

Heart Failure Program

Comments: Home assessment, visits, education, management group education, multi disciplinary team approach.

Camden / Campbelltown Hospital

Menagie Road
CAMDEN NSW 2570
Tel: (02) 4636 3000
Fax: (02) 4654 6240

Outpatient Program

Fresh Start for a Healthy Heart
PO Box 99

Coordinator: Anau Speizer
Tel: (02) 546 228 or 0438 595 329
Fax: (02) 549 240

Email: anau.speizer@sswahs.nsw.gov.au

Comments: Negotiable 4 - 8 week program, Wed & Fri. Exercise twice weekly, tailored to individual needs. Individual assessments, education, weekly group education sessions. For all patients with cardiac diagnosis.

Heart Failure Program

Macarthur Heart Failure Service
Camden Hospital
Menagie Road
PO Box 99

CAMDEN NSW 2570
Coordinator: Linda Gardiner
Tel: (02) 4654 6228
Fax: (02) 4654 6240

Email: linda.gardiner@swhs.nsw.gov.au

Comments: Needs based service, self management principles promoted. Model of care, inpatient, outpatient & home visits with assessment, education & support.

Resourced for Tongan CALD groups.

Active Solutions Exercise Clinic

Shop 3, No. 4 Chamberlain Street
CAMPBELLTOWN 2560
Tel: (04) 3351 1509
Fax: (02) 4656 1850

Outpatient Program

Cardiac Rehabilitation
Coordinator: James Wallace

Email: james@activesolutions.com.au

Comments: Group and individual exercise sessions and assessments. On-going 2-4 times per week.

As classes are run by Accredited Exercise Physiologist, health fund rebates & medicare rebates may be available.

Fairfield Hospital

Cnr Polding & Prairievale Roads
PRAIRIEWOOD NSW 2176
PO Box 5
FAIRFIELD NSW 1860
Tel: (02) 9616 8153
Fax: (02) 9616 8433

Outpatient Program

Cardiac Rehabilitation

Coordinators: Jane Gibson,
Maria Sheehan

Email: jane.gibson@sswahs.nsw.gov.au; maria.sheehan@sswahs.nsw.gov.au

Comments: Rolling program 52 weeks a year, individualised program with length dependent on needs. Individual and group education & counselling, individualised exercise training. Patients include those with any cardiac diagnosis and those at high risk of heart disease.

Maintenance Program

Phase III Cardiac Rehabilitation Program

Prairiewood Leisure Centre

Cabravale & Fairfield Leisure Centre

Tel: (02) 9757 2433

Comments: Referrals made from Fairfield Hospital on completion of the outpatient exercise program. Ongoing for as many days per week as individuals require. Exercise program. Patients include those who have completed Phase II Cardiac rehabilitation.

Home Based Program

Chronic & Complex Cardiac Care

Coordinators: Angela Hatton,
Maria Sheehan

Tel: (02) 9616 8153 or 0408 665 484

Email: angela.hatton@sswahs.nsw.gov.au; maria.sheehan@sswahs.nsw.gov.au

Comments: Rolling program 52 weeks a year. Length of program is as needed. Individualised programs requiring home visiting for any cardiac diagnosis with a focus on chronic & complex cardiac patients who cannot attend hospital based outpatient services. Able to facilitate referral to community care for flexible diuretic regime.

Able to provide interpreters for culturally & linguistically diverse groups including Assyrian.

Liverpool Health Service

Level 1
Don Everett Building
Campbell Street
Liverpool Hospital
LIVERPOOL NSW 2170
Locked Bag 7103
LIVERPOOL BC 1871
Tel: (02) 8738 3080
Fax: (02) 8738 3159

Outpatient Program

RACE - Recover After a Cardiac Event

Coordinator: Joseph Macri

Email: joseph.macri@sswahs.nsw.gov.au

Comments: Mainstream Program - RACE: "Deluxe Package" twice weekly for 7 weeks. Flexible programs available (e.g. weekly, individual or phone programs). Individual & group sessions. Education group discussion, relaxation and exercise options. Individual counselling as required. 'RACE HOME' home exercise program available (must attend an assessment at the hospital for exercise prescription). Multidisciplinary team involved. Interpreters and written translations used. Patients include those with cardiac diagnosis or several CHD risk factors, family is included.

Maintenance Program

Comments: Participants are individually linked with community activities they are interested in as part of their goal setting & discharge planning.

Home Based Program

Outreach Program

Coordinator: Karla Espino-Woo

Tel: (02) 8738 3176

Fax: (02) 8738 3159

Email: karla.espino@sswahs.nsw.gov.au

Comments: Program developed as required either on an individual basis or with the family involved. Includes home visits by RN, phone follow up, education, support, case management. Eligible patients with complex cardiac diagnoses and those who are unable to attend the hospital for the RACE program. Both outpatient and outreach programs take heart failure patients.

Sydney Local Health District

Canterbury Hospital

Canterbury Road
CAMPSIE NSW 2194
Tel: (02) 9787 0000
Fax: (02) 9787 0031

Heart Failure Program

Heart Plus Program
Contact: Maria O'Neill
Tel: (02) 9787 0934 or 0425 240 488
Fax: (02) 9787 0094
Email: maria.oneill@sswahs.nsw.gov.au
Comments: Contact continues until patients are aware of and understand concepts. Patients with heart failure, inpatients with referral from GP or specialist medical officer, self referrals. Self management is promoted by a specialist heart failure nurse through inpatient education, home visits, phone calls, coordination of care.

Concord Repatriation General Hospital

Hospital Road
CONCORD NSW 2137
Tel: (02) 9767 6765
Fax: (02) 9767 5217

Outpatient Program

Coordinators: Lise Panaretto,
Susana Brazete
Email: cardiacrehab@email.cs.nsw.gov.au
Comments: 12 visits on Mon & Wed. Group / individualised program, exercise and education sessions from Allied Health including nurse, dietician, social work , physio, psychology, pharmacy and occupational therapy. Eligible patients with CAGs, PCI heart attack, valve surgery, Heart failure, pacemakers & ICDs.

Maintenance Program

Comments: Once a fortnight for 12 visits. Also refer to heart support. Exercise sessions can attend educations sessions if desired. Eligible patients completed a phase 2 program.

Heart Failure Program

Heart Plus Program
Coordinator: Angela Hatton
Tel: (02) 9767 5528
Fax: (02) 9767 5217
Email: angela.hatton@sswahs.nsw.gov.au
Comments: Education & support is provided through home visits and phone contact until patients are stable and have a good understanding of self management.

Royal Prince Alfred Hospital

Missenden Road
CAMPERDOWN NSW 2050
Tel: (02) 9515 6290
Fax: (02) 9550 6262

Outpatient Program

Cardiac Rehabilitation Outpatient Program

Coordinators: Fiona Skarligo and Virginia Orr

Email: rpacardiarehab@sswahs.gov.au

Comments: Runs twice a week for 5 weeks. Group education, multidisciplinary sessions and exercise schedule. Patients include those with a cardiac diagnosis, including heart failure. Arrhythmia Service for patients with AICDs Tel: Edward Toal (02) 9515 6371. We also offer weekly chronic care exercise rehabilitation classes for patients who require this service.

Maintenance Program

Comments: Daytime once weekly and ongoing as required. Group exercise, relaxation session, and video loan library available. Patients referred from other areas welcome.

Home Based Program

Comments: Take home information package, home walking / activity scheme, telephone contact to check progress. Weekly evening outpatient exercise / education session.

Heart Failure Outreach Program (Heart Plus)

Contact: Nicole Bennett

Tel: (02) 9515 6786 or 0425 277375

Fax: (02) 9519 9875

Email: nicole.bennett@sswahs.nsw.gov.au

Comments: Home visits and phone contact until patients are stable and have a good understanding of concepts. Program involves a specialist nurse and other health professionals who coordinate care, educate and support self management concepts with patients with chronic cardiac disease.

Western Sydney Local Health District

Aboriginal Cardiac Rehabilitation Service

Mount Druitt Hospital
Railway Pde
MOUNT DRUITT NSW 2770

Outpatient Program

Wogul But But
Coordinator: Karen McNulty
Mob: 0423 780 184
Fax: (02) 9881 1118
Email: karen.mcnulty@swahs.health.nsw.gov.au
Comments: Mon 5pm - 7pm. For Aboriginal clients only, cardiac rehabilitation and exercise, counselling, education, group and individual.

Maintenance Program

Comments: Clients are invited to continue to come to Cardiac rehabilitation to continue to use the walking track and equipment at an earlier time. Patients include anyone who has been through the outpatient program.

Home Based Program

Comments: 4 - 6 weeks, initial assessment with exercise program developed based on walking. Telephone call follow ups every 2 weeks and exit assessment at end of program. Patients include any patient who is unable to attend the group sessions.

Auburn Hospital

Hargrave Rd
AUBURN NSW 2144
Tel: (02) 8759 3107
Fax: (02) 8759 3109

Outpatient Program

Cardiac Education & Assessment Program (CEAP)
Coordinators: Mary Pettitt,
Trish Vail
Email: mary.pettitt@swahs.health.nsw.gov.au
Comments: Up to four times per week for 6 weeks. Individual / group assessment, education, exercise, support and exercise stress testing. Patients include those with a cardiac diagnosis and people at high risk.

Home Based Program

Comments: Walking Program with initial assessment and weekly follow up phone calls. Open to the same patient groups as listed above.

Programs resourced for Arabic, Cantonese, Italian and Turkish CALD groups.

Blacktown District Hospital

Level 2 Blacktown Hospital
Blacktown Road
BLACKTOWN NSW 2148
PO Box 6105
BLACKTOWN NSW 2148
Tel: (02) 9881 8264
Fax: (02) 9881 7477

Outpatient Program

CEAP

Coordinators: Sue Te Whaiti,
Liza Rull

Email: susan.tewhaiti@swahs.health.nsw.gov.au;
elizabeth.warner@swahs.health.nsw.gov.au

Comments: Twice a week for 4 - 6 weeks (Mon and Wed mornings). Group sessions and individualised program. Education group sessions on stress management, heart disease and risk factors, diet, medication and 5 sessions on behavioural modification. Patients include those with a cardiac diagnosis including heart failure.

Maintenance Program

CEAP

Comments: Mon and Wed mornings. Clients are invited to continue to come to CEAP to use the walking track and equipment. Patients include anyone who has been through the outpatient program.

Home Based Program

CEAP

Comments: 4 - 6 weeks, initial assessment with exercise program based on walking. Telephone call follow ups every 2 weeks and exit assessment at end of program. Patients include anyone who is unable to attend the group sessions.

Heart Failure Program

BMDH Heart Failure Services

Coordinator: Bronwyn Jenkins

Tel: (02) 9881 7792

Fax: (02) 9881 7477

Email: bronwyn.jenkins@swahs.health.nsw.gov.au

Comments: Exercise program weekly for 8 - 12 weeks, ongoing follow up and support as needed. Inpatient support, phone follow up, home visits and supported community nurse monitoring available.

Mt Druitt Hospital

Rehabilitation Hub
Railway Road
MT DRUITT NSW 2770
Tel: (02) 9881 1802
Fax: (02) 9881 1118

Outpatient Program

CEAP

Contact: Sue Te Whaiti

Email: susan.tewhaiti@swahs.health.nsw.gov.au

Comments: 4 - 6 weeks, can also be individualised. Group exercise twice per week on Tue and Thu.

Maintenance Program

Comments: Clients are invited to continue to come to cardiac rehabilitation to continue to use the walking track and equipment at an earlier time. Patients include anyone who has been through the outpatient program.

Home Based Program

Comments: 4 - 6 weeks, initial assessment with exercise program developed based on walking. Telephone call follow ups every 2 weeks and exit assessment at end of program. Patients include any patient who is unable to attend the group sessions.

Heart Failure Program

BMDH Heart Failure Service

Contact: Bronwyn Jenkins

Email: bronwyn.jenkins@swahs.health.nsw.gov.au

Comments: Exercise program weekly for 8 - 12 weeks, ongoing follow up and support as needed. Inpatient support, phone follow up, home visits and supported community nurse monitoring available.

Westmead Hospital

Hawkesbury Road

WESTMEAD NSW 2145

Tel: (02) 9845 6787

Fax: (02) 9845 7459

Outpatient Program

CEAP

Coordinator: Robert Zecchin

Email: robert_zecchin@swahs.nsw.gov.au

Comments: One to four times weekly for 6 weeks, group discussion, group exercise, family support program, individualised, supervised monitored exercise program, counselling for adjustment to illness / other coping strategies, home exercise program, stress management sessions, follow up contact / exercise test every 6 months post-program completion for 2 years. Patients include those with a cardiac diagnosis including heart failure and those at high risk.

Heart Failure Program

CEAP Heart Failure Service

Tel: (02) 9845 6787

Fax: (02) 9845 7459

Comments: Tue 8.30am - 3.30pm for 12 weeks. Home visits, follow up and clinic exercise.

Private Programs

Brisbane Waters Private Hospital

21 Vidler Avenue
WOY WOY NSW 2256
Tel: (02) 4343 0386
Fax: (02) 4342 7168

Outpatient Program

BWPH Cardiac Rehabilitation

Reply Paid

PO Box 204

Contact: Joanne Ellery (Tue, Wed, Thu)

Email: joanne.ellery@healthscope.com.au

Comments: 5 - 6 week program (depending on health fund) with two groups run every Tue & Thu. 1hr education session and 1hr exercise session. Suitable for complicated AMI, stents, multiple risk factors, CABG, valve surgery, sedentary lifestyle and anxiety.

Maintenance Program

Comments: Referral to local gyms. Heart Foundation Heartmoves, Tai Chi and Active Over 50s program.

Lady Davidson Hospital

434 Bobbin Head Road
NORTH TURRAMURRA NSW 2074
Tel: (02) 9488 0177
Fax: (02) 9144 1405

Outpatient Program

Lady Davidson Cardiac Program

Coordinator: Elise McAlpin

Tel: (02) 9488 0177

Email: elise.mcalpin@healthscope.com.au

Comments: 6 week program on Tue & Thu, ongoing frequency. Patients can enter the program at any time. Group program consisting of initial & final assessment with each session comprising exercise and education, individualised exercise programs. Ideal for patients with CHD, pacemaker insertion, congestive heart failure and those at high risk.

Maintenance Program

Comments: Ongoing group exercise classes - two to three sessions on offer a day. (Classes are 1hr long and cost \$13.50 per session). All sessions supervised and programs designed for each individual by an Exercise Physiologist. Covers all Cardiac patients - ideally phase III and IV post outpatient Cardiac group.

Lawrence Hargrave Private Hospital (Northern Illawarra)

72 Philip Street
THIRROUL NSW 2515
Tel: (02) 4267 2811
Fax: (02) 4267 1069

Outpatient Program

Healthy Heart Program
Contact: Jenny Davies,
Tracey Weir
Email: daviesj@ramsayhealth.com.au

Comments: Twice a week for 3 weeks after initial assessment. Multidisciplinary group exercise and education / discussion program. Stress management, medication education plus individual counselling as required. Carers and partners are encouraged to attend education sessions. Patients include those with heart related conditions and those at high risk.

Maintenance Program

Comments: Patients will be followed up at 3, 6 and 12 months post completion of program.

Sydney Adventist Hospital

185 Fox Valley Road
WAHROONGA NSW 2076

Outpatient Program

Heart Health Program
Coordinator: Sharyn Scott
Tel: (02) 9487 9470
Fax: (02) 9487 9475
Email: sharyn.scott@sah.org.au

Comments: 6 week (telemetry monitored) program for 3 sessions per week or 2 evening sessions. Individually prescribed exercise in group setting with education sessions. Post cardiac intervention / event or those at high risk.

Maintenance Program

Comments: 3 days per week with morning & afternoon sessions available. Independent, program for those wishing to maintain their fitness under medical supervision. Continuation of heart health program and also those at high cardiac risk.

Home Based Program

Conditioning for Life
Comments: Twice weekly for 8 weeks. Including education sessions. Specifically designed for patients with reduced physical function due to SOB, chronic lung disease, reduced heart function, extended hospital stay or illness and patients with chronic diseases.

Management of Cardiac Function (MACARF)

Coordinator: Geraldine Gillies
Tel: (02) 9477 9850
Fax: (02) 9477 9013
Email: ggillies@nscchhs.health.nsw.gov.au

Comments: Ongoing, inpatient education and support, outpatient home visits and phone follow up.

The Exercise Clinic at Crows Nest

Level 2
511 Pacific Highway
CROWS NEST NSW 2065
Tel: (02) 9439 9773
Fax: (02) 9439 9775

Outpatient Program

Coordinator: John Felton

Email: john@theexerciseclinic.com.au

Comments: 2 - 3 times per week for 8 weeks with ongoing monitoring and support. Flexible start date and program times. Individual assessment (7am - 7pm) with exercise programming, supervised exercise, motivation support and access to dietician services. For all patients with cardiovascular diagnosis including AMI, PTCA / stent, CABG or high cardiac risk.

Home Based Program

Comments: Individualised assessment and exercise prescription home based exercise program, self monitoring and motivational tools, regular review consultations. All patients with cardiovascular diagnosis or high cardiac risk are eligible.

The Exercise Clinic at Harbord Diggers Club

Freshwater Health & Fitness
Evans Road
FRESHWATER NSW 2096
Tel: (02) 9439 9773
Fax: (02) 9439 9775

Outpatient Program

Coordinator: Michael White

Email: michael@theexerciseclinic.com.au

Comments: Ongoing program with flexible start dates and program times. Individual assessment (7am - 7pm) with exercise programming, ongoing monitoring, motivational support and access to dietician services. For all patients with cardiovascular diagnosis including AMI, PTCA / stent, CABG or high cardiac risk.

Home Based Program

Comments: Individualised assessment and exercise prescription home based exercise program, self monitoring and motivational tools, regular review consultations. All patients with cardiovascular diagnosis or high cardiac risk are eligible.

The Hills Private Hospital

499 Windsor Road
BAULKHAM HILLS NSW 2153

Outpatient Program

Phase II Program

Coordinators: Nicholas Toose

Tel: (02) 9686 0454

Fax: (02) 9686 2003

Email: nicholas.toose@healthscope.com.au

Comments: 2 daytime sessions for 6 weeks on Wed and Fri 12 - 2.30pm. Multidisciplinary education, group gym exercise and Tai Chi-style cool down. All patients reviewed by a rehabilitation consultant before commencing. Open to anyone who has experienced myocardial infarction, cardiac surgery (stent / CABG / valve replacements), stable or unstable angina, controlled heart failure or other cardiovascular disease. Program is generally covered by private health insurance hospital cover.

Fast Track Evening Program

Comments: 1 evening session per week for 6 weeks (Wed 6 - 8.30pm). Multidisciplinary education, group gym exercise and Tai Chi-style cool down. All patients reviewed by a rehabilitation consultant before commencing. Suitable for those who have had minor cardiac surgery and have already returned to work or other daytime activities. Program is generally covered by private health insurance hospital cover.

2. RURAL & REGIONAL NSW LOCAL HEALTH DISTRICTS

Far West Local Health District

Broken Hill Health Service

Thomas Street
BROKEN HILL NSW 2880
Tel: (08) 8080 1462
Fax: (08) 8080 1694

Outpatient Program

Cardio-Pulmonary Rehabilitation Program

Coordinators: Joanne Roberts

Tel: (08) 8080 1462

Fax: (08) 8080 1694

Email: jroberts@gwahs.health.nsw.gov.au

Comments: 12 week education and exercise program. Multidisciplinary educational team delivers education once per week with exercise sessions twice per week by physiotherapist and Chronic Care CNC. Assessments pre and post with exercise prescription and home exercise plan. Diagnosis of COPD, heart failure, cardiovascular disease / risk factors - referral for lifestyle changes.

Maintenance Program

Comments: Exercise program once a week for 10 weeks, only for patients who need longer rehabilitation.

Heart Failure Program

Cardio Pulmonary Rehabilitation

Comments: Individual assessment prior to commencement of 10 week program of exercise and multidisciplinary education sessions.

Hunter New England Local Health District

Armidale - New England Division of General Practice

Servicing Uralla and surrounding areas

PO Box 1321
ARMIDALE NSW 2350
Tel: (02) 6771 1146
Fax: (02) 6771 1170

Outpatient Program

Heart Health Program (Cardiac Rehabilitation)

Coordinator: Letecia Kearney

Email: lkearney@nedgp.org.au

Comments: Twice weekly for 1hr plus education for 1hr per week plus education 3 - 5 times weekly. Includes patients referred by GP.

Maintenance Program

Heart Health Program (Cardiac Rehabilitation)

Comments: Patient continues as a "graduate" for several weeks. Patients referred to local classes run by physio twice weekly and advised on other community health/exercise providers.

Home Based Program

Armidale Home Based Heart Health Program

Comments: 1hr per week for 4 - 6 weeks depending on needs. Education on heart disease, diet, activity, smoking, cholesterol, diabetes, energy conservation, stress and sexuality. GP referral needed. Heart Foundation Heartmoves has ceased to exist in Armidale under the Heart Foundation Heartmoves banner. HNEAHS commence a pulmonary rehabilitation service on Mon and Wed at Armidale Rural Referral Hospital.

HNEAHS commence a pulmonary rehab service on Mon and Wed at Armidale Rural Referral Hospital.

Barraba Health Service

Edward Street
BARRABA NSW 2347
PO Box 144
BARRABA NSW 2347
Tel: (02) 6782 2560
Fax: (02) 6782 1808

Outpatient Program

Coordinator: Rose Foale

Email: rose.foale@hnehealth.nsw.gov.au

Comments: Weekly for 6 weeks. Individual assessment and education. Group exercise or home based exercise program. Patients include clients with heart disease including heart failure, post procedure and those at high risk and for lifestyle modification.

Bingara Community Health Service

Keera Road
BINGARA NSW 2404
Tel: (02) 6728 0130
Fax: (02) 6724 1708

Outpatient Program

Coordinator: Sharon Price,
Tiffany Galvin
Email: sharon.price@hnehealth.nsw.gov.au
Comments: Individual or group program.

Home Based Program

Comments: Individual or group community focused program.

Boggabilla Community Health Centre

Cnr South & Merriwa Streets
BOGGABILLA NSW 2409
Tel: (07) 4671 9400
Fax: (07) 4676 2129

Outpatient Program

Coordinator: Leeanne Smith
Email: leeanne.smith@hnehealth.nsw.gov.au

Bonalbo Community Health Centre

Woodenbond Road
BONALBO NSW 2469

Home Based Program

Coordinator: Cheryl Ducat
Tel: (02) 6665 1203
Cheryl.ducat@ncahs.health.nsw.gov.au

Calvary Mater Newcastle (formerly Mater Misericordiae Hospital)

Locked Bag 7
HRMC NSW 2310
Tel: (02) 4016 4685
Fax: (02) 4016 4733

Outpatient Program

Cardio-Pulmonary Rehabilitation Unit
Comments: Group and individual exercise & education.

Cessnock District Hospital

View Street
CESSNOCK NSW 2325
PO Box 154
Tel: (02) 4936 3242
Fax: (02) 4991 0402

Outpatient Program

Coordinator: Helen Broadfoot
Mob: 0407 955 377

Email: helen.broadfoot@hnehealth.nsw.gov.au

Comments: Program includes pre assessment, education / exercise sessions once per week for 6 weeks. Sessions include multidisciplinary group discussions, group exercises, family / partner support. Patients include AMI / AP, CHF / heart failure, CABG / other cardiac surgery or intervention, PTCA / stent. For any patient with cardiovascular disease or risk factors for cardiovascular disease.

Maintenance Program

Comments: Once a week for 1hr. Patients eligible after attending rehabilitation group. Exercise, Heart Foundation HeartMoves referral options.

Community Stroke Team - Greater Newcastle Cluster

The Lodge
Locked Bag 1
HRMC NSW 2310

Outpatient Program

Stroke Prevention Program

Coordinator: Megan Alston

Tel: (02) 4985 5247

Fax: (02) 4921 4833

Email: megan.alston@hnehealth.nsw.gov.au

Comments: Three 2.5hr sessions that run five times per year. Group education and behaviour change program aimed at reducing lifestyle related stroke risk factors. Patients identified as at risk of stroke or has already experienced a stroke or TIA are eligible, patients reside in Newcastle, Lake Macquarie or Port Stephens LGAs.

Maintenance Program

Comments: Ongoing exercise classes with fitness leader at the same venue or referral to Heart Foundation HeartMoves. Active over 50's or other appropriate community based activity.

Stroke Exercise Group

Comments: 1hr small group exercise sessions, 2 week and once weekly 30min brief education and support session. Education around risk factor modification, SMART goal setting and maintenance of changes for secondary prevention, the group is run by a physiotherapist and fitness leader. Patients with history of stroke / TIA, clients with significant physical impairments, aphasia and cognitive impairment can be catered for.

Forster Community Health Centre

Breeze Pde
FORSTER NSW 2428
Tel: (02) 6592 9678
Fax: (02) 6592 9742

Outpatient Program

Coordinator: Peter Ivey
Email: peter.ivey@hnehealth.nsw.gov.au
Comments: Weekly group education and exercise for 6 weeks. For patients with a cardiac diagnosis.

Glen Innes Community Health Centre

Servicing Glen Innes, Ben Lomond, Deepwater, Dundee and Wyaliba

PO Box 363
GLEN INNES NSW 2370
Tel: (02) 6739 0100
Fax: (02) 6739 0105

Outpatient Program

Glen Innes Cardiac Rehabilitation Program
Coordinators: Rosemary Willis,
Helen Power
Email: rosemary.willis@hnehealth.nsw.gov.au; helen.power@hnehealth.nsw.gov.au
Comments: 90mins for 6 weeks on Tue, 4 times a year (home visits also offered). Group and individual sessions offering education, exercise & support. Programs conducted in partnership with HNELHD & NEDGP. For patients and family who have heart disease, have had cardiac events, at high risk and want lifestyle changes for better health.

Home Based Program

Comments: Assessment, education and exercise.

Gloucester Community Health Centre

King Street
GLOUCESTER NSW 2422
Tel: (02) 6592 9678
Fax: (02) 6592 9742

Outpatient Program

Coordinator: Peter Ivey
Email: peter.ivey@hnehealth.nsw.gov.au
Comments: Education from cardiac nurses, physiotherapist and dietician every second month half day seminar for patients with a cardiac diagnosis.

Maintenance Program

Heart Foundation Heartmoves
Gloucester Rural Fitness Centre
Philip Close

Coordinator: Cindy Hawthorne
Mob: 0437 587 460

Comments: Gentle exercise variable depending on needs and demand, available for patients with cardiac diagnosis or risk factors for heart disease.

Gunnedah Community Health Service

Servicing Gunnedah, Curlewis, Carroll, Breeza and Mullaley

PO Box 243
GUNNEDAH NSW 2380
Tel: (02) 6741 8000
Fax: (02) 6740 2881

Community Program

Cardiac Rehabilitation Program
Coordinator: Melissa O'Brien

Email: melissa.o'brien@hnehealth.nsw.gov.au

Comments: Individual face to face education sessions, for patients with heart disease.

Guyra Multi-Purpose Health Service

44 - 48 Sole Street
GUYRA NSW 2365
PO Box 42
GUYRA NSW 2365
Tel: (02) 6738 4000
Fax: (02) 6779 1579

Outpatient Program

Chronic Cardiac Rehabilitation Program
Contact: Community Health Attn: Marilyn Wyatt
Email: marilyn.wyatt@hnehealth.nsw.gov.au

Comments: Education and exercise. Post-acute Program: education and support for lifestyle modifications and exercise program. Entry into the program from self-referral, GP or specialist.

Home Based Program

Contact: Community Health Attn: Marilyn Wyatt
Email: marilyn.wyatt@hnehealth.nsw.gov.au

Hunter Health Chronic Disease Management Unit

621 - 623 Hunter Street
NEWCASTLE WEST NSW 2302
Tel: (02) 4016 4685
Fax: (02) 4925 7870

Outpatient Program

Cardio Pulmonary Rehabilitation Unit
Contact: Yvette Chapman,
Colleen Grace (Belmont), Fiona Cameron (Newcastle Health Centre) & Lucinda McPherson
(Toronto Polyclinic)
Tel: (02) 4925 7838
Fax: (02) 4925 7870
Email: yvette.chapman@hnehealth.nsw.gov.au

Heart Failure Management Program

Comments: (In conjunction with pulmonary rehabilitation program). Runs at four sites in Hunter Area - Belmont District Hospital, Toronto Polyclinic, Newcastle Health Centre and Nelson Bay Community Health Centre. Multidisciplinary approach providing both individual case management, home visits and group education and exercise sessions. The service provides all appropriate exercise and education over an 8 week period. 6 and 12 month follow ups are offered to all clients.

Inverell Community Health Centre

Servicing Ashford, Bundarra and Tinga

PO Box 279
INVERELL NSW 2360
Tel: (02) 6721 9600
Fax: (02) 6721 9580

Outpatient Program

Coordinator: Janet Harris
Email: janet.harris@hnehealth.nsw.gov.au
Comments: 1hr per week, exercise group plus 1hr education sessions when scheduled.
Weekly group exercise (1 hr class), four 5 weekly blocks of education per year.

Maintenance Program

Maintenance Exercise Program
Comments: 1hr held weekly on Wed at 2pm. Eligible patients must have completed cardiac rehabilitation for 5 weeks.

John Hunter Hospital

Lookout Road
NEW LAMBTON HEIGHTS NSW 2305
Tel: (02) 4921 3000
Fax: (02) 4921 4210

Outpatient Program

Coordinators: Dawn McIvor,
Karen Foy, Jody Walters
Tel: (02) 4921 4219
Email: dawn.mcivor@hnehealth.nsw.gov.au; karen.foy@hnehealth.nsw.gov.au;
jody.walters@hnehealth.nsw.gov.au
Comments: Two outpatient programs plus alternate models available. Exercise and education for all cardiac patients.

Surgical Program

Coordinator: Jody Walters
Tel: (02) 4921 3534
Fax: (02) 4921 4544
Email:
jody.walters@hnehealth.nsw.gov.au
Comments: Exercise and education post cardiac surgery.

Cardiac Coaching & Risk Reduction Program

C/- Ward G3
Coordinator: Vicki McCarter
Tel: (02) 4921 3562
Fax: (02) 4921 4581
Email: vicki.mccarter@hnehealth.nsw.gov.au
Comments: Area-wide cardiac rehab program based at John Hunter Hospital, delivered over the phone for 6 - 12 weeks. Individual coaching to achieve cardiovascular disease risk factor targets. Action plan training to self manage disease exacerbation, links with community based exercise programs, liaison with medical practitioners. Available for all cardiac diagnoses, clients must be able to function well over the phone.

Kurri Kurri District Hospital

PO Box 44
KURRI KURRI NSW 2327
Tel: (02) 4936 3242
Fax: (02) 4936 3239

Outpatient Program

Coordinator: Helen Broadfoot
Mob: 0407 955 377
Email: helen.broadfoot@hnehealth.nsw.gov.au
Comments: Pre assessment, education & exercise sessions once per week for 6 weeks. Sessions include multidisciplinary group discussions, group exercises, family / partner support. Patients include AMI / AP, CHF / heart failure, CABG / other cardiac surgery or intervention, PTCA / stent. For any patient with cardiovascular disease or risk factors for cardiovascular disease. Heart Foundation HeartMoves referral options.

Maintenance Program

Coordinator: Helen Broadfoot
Tel: (02) 4936 3242
Comments: Kurri Kurri walking group, program 3 times per week.

Lake Macquarie Private Hospital

Locked Bag 3001
GATESHEAD NSW 2290
Tel: (02) 4947 5136
Fax: (02) 4943 5892

Outpatient Program

Lake Macquarie Private Cardiac Rehabilitation
Coordinator: Karen Dickson
Email: dicksonk@ramsayhealth.com.au
Comments: Twice weekly for 6 weeks. Group exercise twice weekly. Education once a week.
Patients include: those with diagnosed coronary heart disease. Lake Macquarie Private Cardiac Rehabilitation program is a privately funded program, health insurance is necessary.

Maitland Hospital

550 - 560 High Street
MAITLAND NSW 2320
Tel: (02) 4939 2524
Fax: (02) 4939 2477

Outpatient Program

Rural Rehabilitation Program
Coordinator: Penny Minifie
Email: penelope.minifie@hnehealth.nsw.gov.au
Comments: Pre assessment, education / exercise sessions once per week for 6 weeks. Sessions include multidisciplinary group discussions, group exercises, family / partner support. Patients include AMI / AP, CHF / heart failure, CABG / other cardiac surgery or intervention, PTCA / stent. For any patient with cardiovascular disease or risk factors for cardiovascular disease. Heart Foundation Heartmoves referral options.

Maintenance Program

Comments: Heart Foundation Walking group. Ongoing social activities and walking program twice a week.

Manilla Health Service

PO Box 74
MANILLA NSW 2346
Tel: (02) 6785 4000
Fax: (02) 6785 1490

Outpatient Program

Coordinator: Robyn Smith
Email: robyn.smith@hnehealth.nsw.gov.au
Comments: Weekly for 6 weeks. Information, education on stress, diet, exercise, medications, ambulation, how the heart works, exercise program. Patients include all cardiac clients and clients at high risk.

Maintenance Program

Gentle Exercise Program
Comments: 1hr weekly session or as long as patients requests.

Home Based Program

Comments: Home visits for support, education & assessment.

Moree Community Health Centre

Alice Street
MOREE NSW 2400
Tel: (02) 6757 0200
Fax: (02) 6757 3697

Outpatient Program

Cardiac / Respiratory Exercise Group
Coordinator: Joy Schultz
Email: joy.schultz@hnehealth.nsw.gov.au
Comments: Weekly for 10 weeks, 2 groups - maintenance and acute group. Exercise and education for all cardiac patients.

Maintenance Program

Comments: Exercise and group education review. Patients eligible after attending rehabilitation group.

Home Based Program

Comments: Weekly follow up by phone or home visit for 6 - 8 weeks. Education, exercise advice and follow up.

Muswellbrook Hospital

Brentwood Street
MUSWELLBROOK NSW 2333
PO Box 120
MUSWELLBROOK NSW 2333
Tel: (02) 6542 2031
Fax: (02) 6542 2003

Outpatient Program

Coordinator: Barb Corliss

Mob: 0428 541 044

Email: barb.corliss@hnehealth.nsw.gov.au

Comments: Program includes pre assessment, education / exercise sessions once per week for 6 weeks. Sessions include multidisciplinary group discussions, group exercises, family & partner support. Patients include AMI / AP, CHF / heart failure, CABG & other cardiac surgery or intervention, PTCA / stent. For any patient with cardiovascular disease or risk factors for cardiovascular disease.

Narrabri Community Health

93 - 95 Barwin Street
NARRABRI NSW 2390
PO Box 243
NARRABRI NSW 2390
Tel: (02) 6799 2000
Fax: (02) 6799 5112

Outpatient Program

Coordinator: Janelle Schwager

Email: janelle.schwager@hnehealth.nsw.gov.au

Comments: Individual program. Patients include AMI, AP, CHF, arrhythmia, CABG, other surgery and PTCA / stent.

Home Based Program

Comments: Individual home based program. Family support and home exercise program.

Nelson Bay Community Health Centre

Kerrigan Street
NELSON BAY NSW 2315
Tel: (02) 4984 0730
Fax: (02) 4984 0744

Outpatient Program

Nelson Bay Cardiac Rehabilitation

Coordinator: Cheryl Gorrie

Email: cheryl.gorrie@hnehealth.nsw.gov.au

Comments: Twice a week for 8 weeks, group exercise and education. Patients can be referred for individual sessions to allied health. Access to physiotherapist, dietician, psychologist, occupational therapist, social worker and cardiac nurse. Patients include post surgery, ACS and post cardiac event.

HealthOne Quirindi

50 Nowland St
QUIRINDI NSW 2343
Tel: (02) 6746 0215
Fax: (02) 6746 0230

Outpatient Program

Quirindi Cardiac Rehabilitation

PO Box 120

Coordinator: Robyn Leece

Tel: (02) 6746 0200

Fax: (02) 6746 0230

Email: robyn.leece@hnehealth.nsw.gov.au

Comments: 6 week program, runs continuously. Individual assessment and education, group exercise is integrated with maintenance group, Heart Foundation Heartmoves. All patients with CVD are eligible.

Maintenance Program

Heartmoves

Comments: 1hr per week with opportunity to participate in another 1hr session each week. For all patients with chronic disease.

Home Based Program

Comments: No formal program, individual prescription.

Scott Memorial Hospital

Stafford Street
SCONE NSW 2337
Tel: (02) 6545 2100
Fax: (02) 6540 2180

Outpatient Program

Rural Rehabilitation Program
Coordinator: Patricia Teasdale
Tel: (02) 6540 2100
Fax: (02) 6540 2180

Email: patricia.teasdale@hnehealth.nsw.gov.au

Comments: 6 week program for 2hr on Mon. Group sessions with education and exercise. Individual sessions as required. Patients include those with CVD, including heart failure and pulmonary disease.

Maintenance Program

Comments: 1hr per week for 6 weeks on Mon or more if required. Exercises, extension of the Outpatient program.

Singleton District Hospital

Dangar Rd
SINGLETON NSW 2330
Tel: (02) 6571 9222
Fax: (02) 6571 9282

Outpatient Program

Rural Rehabilitation Program
Coordinator: Annette Holland
Email: kathleen.holland@hnehealth.nsw.gov.au

Comments: Pre assessment, education & exercise sessions once per week for 6 weeks. Sessions include multidisciplinary group discussions, group exercises, family & partner support. Patients include AMI / AP, CHF / heart failure, CABG / other cardiac surgery or intervention, PTCA / stent. For any patient with cardiovascular disease or risk factors for cardiovascular disease.

Tamworth Hospital

Locked Bag 9783
Tamworth NEMSC
TAMWORTH NSW 2348
Tel: (02) 6767 7235
Fax: (02) 6766 1027

Outpatient Program

Cardiac Rehabilitation and Heart Failure Services

Coordinator: Tanya Knee,
Geoff Thomas

Mob: 0417 472 008 or 0421 084 482

Email: tanya.knee@hnehealth.nsw.gov.au; geoff.thomas@hnehealth.nsw.gov.au

Comments: Twice weekly for 7 weeks. Multidisciplinary group discussion, one-on-one assessments and structured group exercise.

Maintenance Program

Comments: Ongoing sessions available for low-moderate risk clients. Heart Foundation Heartmoves program and community based exercise. For those who have completed outpatient program.

Heart Failure Program

As per cardiac rehabilitation program.

Taree Community Health Centre

Pulteney Street

TAREE NSW 2430

Tel: (02) 6592 9678

Fax: (02) 6592 9742

Outpatient Program

Coordinator: Peter Ivey

Email: peter.ivey@hnehealth.nsw.gov.au

Comments: Group education & exercise weekly for 6 weeks for patients with a cardiac diagnosis.

Maintenance Program

Heartmoves

Taree Elite Fitness

1 Stevenson Street

TAREE NSW 2430

Coordinator: Fiona McManus

Tel: (02) 6552 6121

Comments: Ongoing weekly program including gentle exercise for patients in post cardiac rehabilitation or with risk factors of heart disease.

Heart Failure Program

Coordinator: Christine Somerville

Tel: (02) 6592 9783

Fax: (02) 6592 9742

Email: christine.somerville@hnehealth.nsw.gov.au

Comments: 6 weeks or until self managing. Fluid management / activity guidelines / risk factor modification / self management / medication education. Outpatient, home based and heart failure programs all based in the Taree Community Health Centre.

Tenterfield Community Health Centre

Prince Albert Memorial Hospital
Naas Street
TENTERFIELD NSW 2372
PO Box 84
TENTERFIELD NSW 2372
Tel: (02) 6739 5300
Fax: (02) 6736 2960

Outpatient Program

Coordinators: Margaret Zannes,
Jenny Smith

Email: margaret.zannes@hnehealth.nsw.gov.au

Comments: 8 session program including guest speakers such as community nurses, GP, physiotherapist, pharmacist, dietician, clinical nurse consultant (cardiac). Day sessions held 3 times a year if patient numbers sufficient. Includes people with diabetes and carers. Heart Foundation Walking with Tenterfield Willow Walkers. Held weekly commencing 8am Wed from Jubilee Park. Walks graded. Physical Activity Class: 4 sessions per week. Prevention program as well as post cardiac episode.

Home Based Program

Comments: Individual based care carried out by community nurses. Includes walking guidelines, ADL skills support.

Vegetable Creek Multipurpose Service Emmaville

Servicing Emmaville, Deepwater and Torrington areas

13 - 33 Glen Innes Road
EMMAVILLE NSW 2371
Tel: (02) 6734 7900
Fax: (02) 6734 7990

Outpatient Program

Coordinator: Brigette Sass

Email: brigette.sass@hnehealth.nsw.gov.au

Comments: Once a week for 8 weeks or more if necessary. For individuals who are referred by health professionals.

Walcha Health Service

Servicing Nowendoc, Weabonga, Woolbrook and Yarrowitch

PO Box 73
WALCHA NSW 2354
Tel: (02) 6774 4200
Fax: (02) 6777 1458

Outpatient Program

Coordinator: Kim Holstein
Email: kim.holstein@hnehealth.nsw.gov.au

Warialda Community Hospital

Servicing Warialda Rail, Croppa Creek, Coolatai, North Star, Gravesend & Yetman

Long Street
WARIALDA NSW 2402
Tel: (02) 6728 9020
Fax: (02) 6729 1208

Outpatient Program

Warialda Community Health
Coordinators: Rebecca Slater,
Georgina Smith
Email: rebecca.slater@hnehealth.nsw.gov.au; georgina.smith@hnehealth.nsw.gov.au
Comments: 6 week program on a as needed basis.

Home Based Program

Comments: Individually based support, education & monitoring. Services provided to isolated patients.

Wee Waa Community Health Service

Servicing Wee Waa, Pilliga and Gwabegar

PO Box 417
WEE WAA NSW 2388
Tel: (02) 6795 0444
Fax: (02) 6795 4905

Outpatient Program

Coordinator: Janelle Schwager
Email: janelle.schwager@hnehealth.nsw.gov.au
Comments: Individual assessment and education.

Home Based Program

Comments: Assessment, vital signs and education.

Mid North Coast Local Health District

Bellingen Health Campus

Church Street
BELLIGEN NSW 2454
PO Box 21
BELLIGEN NSW 2454
Tel: (02) 6659 5876
Fax: (02) 6655 1838

Home Based Program

Cardiac & Respiratory Liaison: Karalyn Eades
Mob: 0438 610 297
Email: karalyn.eades@ncahs.health.nsw.gov.au
Comments: 6 - 8 week home based program combining phone and home visits. Education, medication review, exercise program, diet, stress, depression and risk factors. Clients are predominately from rural areas.

Coffs Harbour Cardiac Rehabilitation Service

345 Pacific Highway
COFFS HARBOUR NSW 2450
Locked Bag 812
COFFS HARBOUR NSW 2450
Tel: (02) 6656 7566
Fax: (02) 6656 5334

Outpatient Program

Coordinator: Sheryl Bowen
Email: sheryl.bowen@ncahs.health.nsw.gov.au
Comments: Weekly for 6 weeks - rolling start. Multidisciplinary group discussion, group exercise. Individual consultation available. Evening program for education only sessions, monthly group meetings 6-8pm. Eligible patients include all cardiovascular diagnosis. Evening program for education only sessions monthly group meetings 6 - 8pm.

Maintenance Program

Comments: Referral to appropriate community options.

Home Based Program

Coordinator: Patti Condon
Mob: 0408 665 143
Email: patti.condon@ncahs.health.nsw.gov.au
Comments: Service available Wed 8.30am - 5pm.

Heart Failure Program

Coordinator: Mel McCosker
Tel: (02) 6656 7849
Fax: (02) 6656 5334
Email: mel.mccosker@ncahs.health.nsw.gov.au
Comments: Home based interventions for HF management.

Chronic Care Co-ordination Program

Tel: (02) 6656 7814

Comments: Please leave message when prompted.

Kempsey Community Health

Centre based programmes are on hold until recruitment of allied health staff. Home based programmes run consistently.

Locked Bag 1

KEMPSEY NSW 2440

Tel: (02) 6562 6066

Fax: (02) 6562 8116

Outpatient Program

Cardiac Rehabilitation

Contact: Kathy Brown

Email: kathy.brown@ncahs.health.nsw.gov.au

Comments: 6 weeks centre based or home based as per clients needs. Individual education, link with needed services, group exercise and education (on hold until 2012). Open to all ages, must have good cognitive skills post PCTA, AMI, CABG, angina, valve surgery.

Heart Failure Program

Cardiac Outreach Service

Comments: Length and frequency per client needs. Education and management strategies, link with needed services.

Macksville Community Health Service

Boundary Street

MACKSVILLE NSW 2447

PO Box 137

MACKSVILLE NSW 2447

Tel: (02) 6568 0685

Fax: (02) 6568 2391

Outpatient Program

Coordinator: Linda Donnelly

Email: linda.donnelly@ncahs.health.nsw.gov.au

Comments: Once weekly home visits for 6 weeks. Education and exercise program available. Eligible patients include those who have had a recent cardiac event.

Heart Failure Program

Chronic & Complex Care

Comments: Ongoing exercise and education program that is tailored to patient's needs.

Port Macquarie Community Health / Port Macquarie Base Hospital

Servicing Port Macquarie, Camden Haven and Wauchope

19-31 Morton Street
PORT MACQUARIE NSW 2444
Tel: (02) 6588 2747
Fax: (02) 6588 2785

Outpatient Program

Port Macquarie Cardiac Rehabilitation Service
Coordinator: Jannie Denyer
Email: jannie.denyer@ncahs.health.nsw.gov.au
Comments: 7 week program every Ths from 1.30 - 3.30 / 4pm. Multi disciplinary group education and group exercise. All patients with cardiovascular diagnosis / intervention / surgery are eligible.

Maintenance Program

Comments: Linked into community programs E.g. Heart Foundation Heartmoves.

Home Based Program

Atrium Group
Coordinator: Jannie Denyer
Tel: (02) 6588 2747
Fax: (02) 6588 2785
Email: jannie.denyer@ncahs.health.nsw.gov.au
Comments: One off 3hr education session . Associated exercise guideline and 6MWT. Education from Occupational Therapist / dietician and Cardiac Nurse. Available to stent patients that are returning to work or anyone unable to attend the 7wk group.

Heart Failure Home Based Program

PO Box 126
PORT MACQUARIE NSW 2444
Coordinator: Sue Sheeran
Tel: (02) 6588 2617
Fax: (02) 6588 2785
Email: sue.sheeran@ncahs.health.nsw.gov.au
Comments: Individual needs catered for as long as patient requires. Multidisciplinary team approach. Provides an inpatient heart failure service for the Port Macquarie Base Hospital mostly to recruit to the home based program on referral out of area services.

Port Macquarie Base Hospital

Wrights Road
PORT MACQUARIE NSW 2444
Tel: (02) 5524 2000

Inpatient Program

Exercise Stress Test / Cardiac Assessment
Coordinator: Rhonda Turnbull
Tel: (02) 5524 2387
Fax: (02) 5524 2390
Email: rhonda.turnbull@ncahs.health.nsw.gov.au

Comments: Mon - Fri 8.30am - 5pm, individualised program. For EST-intermediate ACS risk patients plus CAN-ACS (UAP, NSTEMI, STEMI). Inpatient program separate from outpatient program.

Wauchope Community Health Centre

69 High Street
WAUCHOPE NSW 2446
Tel: (02) 6585 1133
Fax: (02) 6585 3441

Outpatient Program

Chronic Care Coordinator: Susan Ashton
Email: susan.ashton@ncahs.health.nsw.gov.au
Comments: Centre and home based cardiac rehabilitation for rural clients unable to attend Port Macquarie.

Murrumbidgee Local Health District

Albury Base Hospital

Borella Road
ALBURY NSW 2640
Tel: (02) 6058 4561
Fax: (02) 6058 4520

Outpatient Program

Smheart Group / Snap Group
PO Box 326
Coordinator: Ivy Biacsi
Email: ivy,biacsi@awh.org.au

Comments: 7 week program for 2 sessions (SNAP) of 2hrs each several times a year. Stent and cardio groups. Group, individual, education and exercise. For patients with IHD, stent, angina, AMI, CABGs, valve replacements.

Maintenance Program

Heart Smart Program
Tel: (02) 6041 3566
Comments: Ongoing sessions, weekly exercise group, monthly education / discussion group.

Heart Failure Program

Comments: Individual one to one assessment, education and home exercise program.

Calvary Health Care Riverina

PO Box 618
WAGGA WAGGA NSW 2650

Outpatient Program

Coordinator: Alexandra Simpson
Tel: 0407 001 792
Fax: (02) 6932 1405
Email: alex.simpson@calvary-wagga.com.au

Comments: 7 sessions over 7 weeks, 10am - 12 noon every Thu. Program runs continuously throughout the year. Group education and exercise (strength training and aerobic exercises). Large multidisciplinary team available. Eligible for patients with ACS, revascularisation procedures, valvular surgery, heart failure, PPM / ICD.

Maintenance Program

Comments: Two Heart Foundation Heartmoves programs, classes run daily. All patients are phone consulted prior to program and have initial consultation prior to commencing session.

Community Health Centre

Lake Cargelligo Multipurpose Health Service
PO Box 75
LAKE CARGELLIGO NSW 2672
Tel: (02) 6898 1200
Fax: (02) 6898 1244

Outpatient Program

Cardiac Rehabilitation
Coordinator: Barbara Nilsson
Tel: (02) 6898 1200
Fax: (02) 6898 1244
Email: barbara.nilsson@gsahs.health.nsw.gov.au
Comments: Weekly group exercise for chronic disease including heart disease, diabetes, COPD, overweight.

Cootamundra Health Service

Primary Health Care Centre
118 Mackay St
Cootamundra NSW, 2590
Tel: (02) 6940 1111

Outpatient Program

A Healthy Heart Program
Coordinator: Melissa Mannell
Email: melissa.mannell@gsahs.health.nsw.gov.au
Comments: Bi monthly education sessions, one one one appointments, weekly exercise programs run in conjunction with physiotherapy.

Home Based Program

A Healthy Heart Program
Comments: Flexible delivery, dependent on clients need.

Corowa Hospital

Guy Street
COROWA NSW 2646
Tel: (02) 6033 7555
Fax: (02) 6033 3646

Outpatient Program

Coordinators: Mary Macqueen,
Gillian Kingston
Email: mary.macqueen@gsahs.health.nsw.gov.au
Comments: 6 week group discussion, group exercise. Patients include those with a cardiac diagnosis.

Culcairn Community Health Service

Servicing Culcairn, Henty, Holbrook, Lockhart, The Rock, Rand, Pleasant Hills, Walbundrie, Walla Walla, Woomargama, Yerong Creek, Boree Creek and Morundah

Balfour Street
CULCARIN NSW 2660
Tel: (02) 6029 8917
Fax: (02) 6029 7018

Outpatient Program

Contact: Garrick Bridges

Email: garrick.bridges@gsahs.health.nsw.gov.au

Comments: 6 week program. Group (if enough participants) or one-to-one home based program, exercise, stress, diet, pharmacology and smoking. Patients include those with a cardiac diagnosis, including heart failure.

Maintenance Program

Comments: 3, 6 or 12 month program dependent on patient's individual needs. Exercise, stress, diet, pharmacology and smoking. Patients include those with a cardiac diagnosis, including heart failure.

Home Based Program

Comments: 6 week program with follow up at 3 and 6 months depending on patient's individual needs, exercise, stress, diet, pharmacology and smoking. Patients include those with a cardiac diagnosis, including heart failure.

Heart Failure Program

Comments: Program is run for as long as necessary. Content is dependent on patient's knowledge base and includes assessment and topics covering education, exercise, stress, diet, pharmacology and smoking.

Deniliquin Hospital

411 Charlotte St
DENILIKUIN NSW 2710
Tel: (03) 5882 2816
Fax: (03) 5882 2815

Outpatient Program

Cardiac Rehabilitation Program

PO Box 291

Coordinator: Cheryl O'Donnell

Email: cheryl.odonnell@gsahs.health.nsw.gov.au

Comments: 6 weeks, Phase 2 group program Fri 10am - 12 noon for groups of up to 6 people, exercise / warm ups and circuit exercises. Education covering heart disease, diet, stress, risk factors and medication.

Home Based Program

Comments: Available for individual as a one off.

Finley Hospital

Servicing Tocomwal, Berrigan, Jerildene and Finley

Dawe Avenue
FINLEY NSW 2713
Tel: (03) 5883 1133
Fax: (03) 5883 1457

Outpatient Program

Coordinator: Pam Van Beek

Email: pamela.vanbeek@gsahs.health.nsw.gov.au

Comments: 7 week ongoing program or tailor made to meet individual needs. Group, individual, exercise & education. Patients include those with stable heart disease and GP exercise clearance. No group heart failure program but will include elements in cardiac rehabilitation with individualised sessions as needed.

Maintenance Program

Comments: No maintenance program offered however there is a follow up at 6 & 12 months to see how patients are going. This follow up monitors QOL survey, weight, cholesterol, stress levels, exercise, smoking and whether they have reached their goals.

Heart Failure Program

Comments: Included in cardiac rehabilitation program individualised to meet clients needs.

Griffith Base Hospital

PO Box 1013
GRIFFITH NSW 2680

Outpatient Program

The Beat Goes On Cardiac Rehabilitation Program

Coordinator: Sharon Fallon

Tel: (02) 6969 5537

Fax: (02) 6969 5669

Email: sharon.fallon@gsahs.health.nsw.gov.au

Comments: 7 weeks 2hr sessions on a weekly basis ongoing. Group education & exercise. Individual education & home exercise. Cardiac diagnosis, ACS, post PCI, post cardiac surgery, heart failure, risk factor management.

Mercy Care Centre

69 Demondville Street
YOUNG NSW 2594

Outpatient Program

Cardiac Rehabilitation Program

Tel: (02) 6382 8444

Fax: (02) 6382 8400

Coordinator: Jackie Cooper

Email: jacqueline.cooper@gsahs.health.nsw.gov.au

Comments: 8 weeks with further 8 week Maintenance program if required. Group setting, exercise program followed by weekly education session. Post acute Cardiac event patients eligible.

Maintenance Program

Comments: 8 week program. Supervised 1hr group session for clients who have completed Cardiac program.

Narrandera Health Service

Douglas Street
NARRANDERA NSW 2700
PO Box 297
NARRANDERA NSW 2700
Tel: (02) 6951 0200
Fax: (02) 6959 1063

Outpatient Program

Coordinators: Pauline Hatherly,

Judith Hobart

Email: pauline.hatherly@gsahs.health.nsw.gov.au; judith.hobart@gsahs.health.nsw.gov.au

Comments: Individual face to face advice and counselling.

Home Based Program

Comments: Take home program following individual assessment session. Phone contact available.

Temora Hospital

servicing Temora, Ardlethan, West Wyalong

Loftus Street
TEMORA NSW 2666
Tel: 0269 771066
Fax: 0269 771545

Outpatient Program

Coordinator: Amanda McKinnon

Email: Mandy.mckinnon@gsahs.health.nsw.gov.au

Mobile: 0459 843913

Tocumwal Community Health Centre

Adams Street
TOCUMWAL NSW 2714
Tel: (03) 5874 3125
Fax: (03) 5874 3125

Outpatient Program

Coordinator: Pam Van Beek
(See Finley Hospital for phone number)
Email: pamela.vanbeek@gsahs.health.nsw.gov.au
Comments: Program is run at Finley Hospital.

Tumbarumba Community Health Service

Mitchell Street
TUMBARUMBA NSW 2653
Tel: (02) 6948 9653
Fax: (02) 6948 9683

No Program

Coordinator: Rosanne Baker
Email: rosanne.baker@gsahs.health.nsw.gov.au
Comments: No cardiac rehabilitation program but offer support to anyone on a cardiac rehabilitation program and referral for Tumbarumba shire.

Tumut Community Health Centre

servicing Tumut, Gundagai, Batlow, Adelong, Talbingo, Brungle

Simpson Street
TUMUT NSW 2720
Tel: (02) 6947 0900
Fax: (02) 6947 2220

Home Based Program

Contact: Skye Gray
Email: skye.gray@gsahs.health.nsw.gov.au
Comments: Length of program as required. Individual education sessions in the Client's home. Program includes checking of wounds and vital signs, such as blood pressure, pulse, temperature and education on cardiac rehabilitation. Topics covered include activities and coping abilities. Patients include AMI, CHF and Post Surgery / PTCA.

Urana Community Health

PO Box 15
Princess Street
URANA NSW 2645
Tel: (02) 6920 8101
Fax: (02) 6920 8263

Outpatient Program

Coordinator: Christine Simpson
Email: chc.urana@gsahs.health.nsw.gov.au
Comments: Group or individual for as long as necessary. Program covers exercise, diet and medications. All patients with a cardiac diagnosis. Individualised or for clients seeking group classes are linked into rehabilitation programs at Finley, Corowa and Albury.

Maintenance Program

Comments: Program is relevant to individual needs and continues for as long as necessary. All patients with a cardiac diagnosis.

Home Based Program

Comments: Program is relevant to individual needs and continues for as long as necessary. All patients with a cardiac diagnosis.

Wagga Wagga Base Hospital

PO Box 159
WAGGA WAGGA NSW 2650
Tel: (02) 6938 6247
Fax: (02) 6938 6488

Outpatient Program

Wagga Better Beating Program
Coordinators: Joanne Leonard,
Jacqui Maidment
Email: joanne.leonard@gsahs.health.nsw.gov.au;
jacqueline.maidment@gsahs.health.nsw.gov.au
Comments: 8 weeks once a week for 2.5hrs plus option to attend local Heart Foundation Heartmoves program at completion. Group education, multidisciplinary sessions, exercise schedule, individual assessment with Physio. Available for all with cardiac diagnosis, CAD risk factors and heart failure. Carers and significant others encouraged to attend.

Home Based Program

Comments: Up to 6 weeks of ongoing telephone contact on a weekly basis, written resource package sent to client. Topics include medication, education, nutrition, smoking cessation, stress management and home exercise program. Available for those that can't travel, cardiac diagnosis, CAD risk factors and heart failure.

West Wyalong Community Health Centre

186 Main Street
WEST WYALONG NSW 2671
Tel: (02) 6972 2122
Fax: (02) 6972 0401

Outpatient Program

Coordinator: Dee Haub
Email: dee.haub@gsahs.health.nsw.gov.au
Comments: Phone consultations only. Arranges home visits with Community Health Nurses in local area.

Young, Boorowa and Harden Health Services

Servicing Harden, Young and Boorowa Hospitals

Young Health Service
PO Box 435
YOUNG NSW 2594
Tel: (02) 6382 8888
Fax: (02) 6382 8741

Inpatient Program

Coordinator: Jenny Eldridge
Comments: Individualised education program and staged mobilization program. Referral to health professionals as required.

Outpatient Program

Coordinators: Wendy Fisher,
Jenny Eldridge
Tel: (02) 6382 8725
Fax: (02) 6382 8741
Email:
wendy.fisher@gsahs.health.nsw.gov.au
Comments: Once a week for 8 weeks. Individualised group exercise sessions and multidisciplinary education program. Support and follow up. Patients include AMI, pre / post CABGs, PCI and cardiac surgery.

Maintenance Program

Puffers and Wheezers
Comments: Ongoing weekly sessions. Social outings as arranged. Referral post outpatient program, respiratory group or from GP.

Heart Failure Program

Back on Track
Coordinator: Kay Skinner
Tel: (02) 6382 8789
Comments: 8 week program run twice yearly. Individualised exercise and multidisciplinary education program.

Northern NSW Local Health District

Ballina District Hospital

Servicing Alstonville

PO Box 523
BALLINA NSW 2478
Tel: (02) 6686 2111
Fax: (02) 6686 6731

Outpatient Program

Ballina Cardiac Services

Coordinator: TBA

Di McClelland [manager]

Tel: (02) 6620 6209 or 0428 660 068

Email: Dianne.McClelland@ncahs.health.nsw.gov.au

Comments: 6 week multidisciplinary continuous program of education and exercise. For clients with a cardiac diagnosis, including heart failure and those at high-risk.

Maintenance Program

Better Beat

Coordinator: Mary Ward

Email: mary.ward@ncahs.health.nsw.gov.au

Comments: Once weekly ongoing exercise session. Education on request.

Home Based Program

Comments: Program length depends on patient needs. Can be up to 6 months. Home visits and telephone follow up for CHF patients. Referral from any source with GP/Specialist approval.

Heart Failure Program

Coordinator: TBA

Email: Dianne.McClelland@ncahs.health.nsw.gov.au [manager]

Comments: Education, symptom monitoring and graded exercise. Program lasts up to 6 months involving home visits and telephone follow up.

Aboriginal Cardiac Rehabilitation

Coordinator: Dena Moore

Tel: (02) 6686 8977

Fax: (02) 6686 0187

Email: dena.moore@ncahs.health.nsw.gov.au

Comments: 6 week program run twice yearly. Group education and exercise. For Aboriginal and Torres Strait Islander clients.

Bangalow Community Health Centre

PO Box 77
BANGALOW NSW 2479
Tel: (02) 6687 0000
Fax: (02) 6687 0001

Outpatient or Clinic Program

Coordinator: Catriona Wilson
Tel: (02) 6687 0009
Email: catriona.wilson@ncahs.health.nsw.gov.au
Comments: Access to Lismore Base or Ballina Hospitals for facility based program.

Maintenance Program

Community Health Group Inc (CHEGS)
Bangalow & Byron
Tel: (02) 6620 7523
Comments: Ongoing community based exercise group.

Home Based Program

Coordinator: Catriona Wilson
Tel: (02) 6687 0009
Fax: (02) 6687 0001
Email: catriona.wilson@ncahs.health.nsw.gov.au
Comments: 6 weeks home based education or longer program depending on patient needs.
For patients with cardiac diagnosis, including heart failure and those at high risk.

Bonalbo Community Health Centre

Woodenbong Road
BONALBO NSW 2469
Tel: (02) 6665 1203
Fax: (02) 6665 1116

Outpatient Program

Coordinator: Cheryl Ducat
Email: cheryl.ducat@ncahs.health.nsw.gov.au
Comments: 6 week assessment and Home Based education pack with weekly contact.
Referrals as necessary. For clients with a cardiac diagnosis, including heart failure and those at high risk.

Casino Aboriginal Medical Service

Servicing Casino, Tabulam & Mulli Mulli

PO Box 14
CASINO NSW 2470
Tel: (02) 6662 3514
Fax: (02) 6662 4849

Outpatient Program

Aboriginal Health Worker: TBA
Email: ccc@casinoams.com

Comments: “Yelberrd Jugul” (“Healthy Heart” Program). For Aboriginal people with vascular disease and those “at risk”. Screening and assessment, early detection and identification, health promotion. A home-based service provided.

Aboriginal Diabetes Health: Sue Rowell at Casino Community Health Tel: (02) 6662 4444.

Casino Community Health Centre

PO Box 268
CASINO NSW 2470
Tel: (02) 6662 2111
Fax: (02) 6662 2324

Outpatient Program

Healthy Heart Casino Cardiac Rehabilitation Program

Coordinators: Kate Stirling & Andrew Neill [physio],

Tel: (02) 6662 4444

Fax: (02) 6662 4013

Email: kate.stirling@ncahs.health.nsw.gov.au

Comments: Twice a week for 6 – 8 weeks, group education and exercise. For patients with cardiovascular disease inclusive of heart failure living in the Casino district and its surrounds. Referral from GP/hospital/clinician or self.

Maintenance Program

Comments: No specific maintenance program but clients can come back for another 6 - 8 weeks of exercise when necessary.

Home Based Program

Comments: 6 week program of education and exercise with phone contact. For patients who have a cardiac condition and are unable to attend a site-based program.

Coraki / Evans Head Community Health Centres

PO Box 93
EVANS HEAD NSW 2471
Tel: (02) 6682 4899
Fax: (02) 6682 6414

Outpatient Program

Coordinator: Karen McKinnon

Tel: (02) 6620 6209

Email: Dianne.McClelland@ncahs.health.nsw.gov.au [manager]

Comments: 6 week [or longer] home based education with weekly contact. Will be running chronic disease groups. Referrals from all sources. Access to Lismore Base or Ballina Hospital Facility program. Patients include those with a cardiac diagnosis, including heart failure and those at high risk.

Grafton Base Hospital

Arthur Street
GRAFTON NSW 2460
Tel: (02) 6640 2347
Fax: (02) 6640 2366

Outpatient Program

Cardiac Services Coordinator: Grant Wood
Mob: 0404 144 831
Email: grant.wood@ncahs.health.nsw.gov.au
Comments: 6 week multidisciplinary education and exercise program for all medical / surgical patients and those with risk factors.

Home Based Program

Comments: 6 week program of education and exercise with phone contact weekly. For patients who have a cardiac condition and are unable to attend a site-based program.

Kyogle Community Health Centre

Summerland Way
KYOGLA NSW 2474

Outpatient Program

Combined Cardio - Pulmonary Rehabilitation
Coordinator: Leanne Booth
Tel: (02) 6630 0488
Fax: (02) 6632 1699
Email: leanne.booth@ncahs.health.nsw.gov.au
Comments: 4 programs per year of 8 weeks, 2hr per week. Group, exercise, education, diet medication, stress management. Post cardiac event or respiratory problem, GP or self referral.

Home Based Program & Heart Failure Program

Comments: Home visit follow up and referral to group program.

Lismore Base Hospital

PO Box 419
LISMORE NSW 2480
Tel: (02) 6621 8000
Fax: (02) 6620 2529

Outpatient Program

Cardiac Rehabilitation, Facility Based Program
Coordinator: Tess Nation, Fiona Hassey
Tel: (02) 6620 2539
Fax: (02) 6620 2529
Email: tess.nation@ncahs.health.nsw.gov.au, Fiona.hassey@ncahs.health.nsw.gov.au
Comments: 6 - 8 weeks. Multidisciplinary group education / discussion, low intensity exercise program. Patients include those with a cardiac diagnosis and those at high risk. Kylie Everson and Tiphonie Johnson are exercise physiologists.

Maintenance Program

CHEGS (Community Health Education Groups)
Held in various locations in Lismore, Casino, Ballina, Alstonville and Byron Bay
Coordinator: Mary Ward
Tel: (02) 6620 7523
Fax: (02) 6622 2151
Email: mary.ward@ncahs.health.nsw.gov.au
Comments: 'Better Beat' twice weekly ongoing cardiovascular exercise group.

Heart Failure Program

Coordinator: Mary Tolhurst-Stuart
Tel: (02) 6620 2961 or 04 2892 4456
Fax: (02) 6620 2963
Email: mary.tolhurst-stuart@ncahs.health.nsw.gov.au
Comments: Education, symptom monitoring and graded exercise. Program lasts up to 6 months involving home visits and telephone follow up.

Maclean Community Health Service

Servicing towns of the Lower Clarence, Yamba, Iluka, Maclean, Brushgrove, Ashby and Tullymorgan

Union Street
MACLEAN NSW 2463
PO Box 93
MACLEAN NSW 2463
Tel: (02) 6640 0123
Fax: (02) 6645 4842

Outpatient Program

Coordinator: Judith Thomas
Email: judith.thomas@ncahs.health.nsw.gov.au
Comments: Weekly for 6 weeks. Multidisciplinary group education & exercise. Individual and home based. Patients include those at high risk, with cardiac diagnosis and any cardiac surgery.

Maintenance Program

Heartmoves
Yamba & Maclean
Coordinator: Colleen Hage
Tel: (02) 6646 2949
Comments: Ongoing twice weekly. A low to moderate intensity exercise program. Patient who have attended cardiac rehabilitation out patient program are considered low risk or GP referred.

Home Based Program

Comments: 6 weeks with phone follow up as required. Early support & monitoring post discharge from hospital including education and home exercise program. Patients include post surgical, post AMI, high risk or those unable to attend group program.

Heart Failure Program

Comments: At least 6 weeks home visiting with phone follow up. Home based, self management, education and activity program.

Murwillumbah District Hospital

PO Box 821
MURWILLUMBAH NSW 2484
Tel: (02) 6672 1822
Fax: (02) 6672 0293

Outpatient Program

Cardiac Rehabilitation Program
Coordinator: Melinda Southey
Tel: (02) 6672 0102
Email: melinda.southey@ncahs.health.nsw.gov.au
Comments: 8 weeks on Wed, recommended but flexible depending on individual needs. Individual assessment & support plus group exercise training and multidisciplinary education. Suitable for most people with or at high risk of developing cardiac disease.

Heart Failure Program

Cardiopulmonary Rehabilitation Program
Coordinators: Melinda Southey, Karen Powell
Tel: (02) 6672 0102
Fax: (02) 6672 0293
Email: melinda.southey@ncahs.health.nsw.gov.au
Comments: 8 week program recommended but flexible depending on individual needs held on Thu. Individual assessment, group exercise & multidisciplinary education with focus on chronic disease self-management & monitoring. Regular phone contact as required & referral to other support services.

Nimbin Community Health Centre

35 Cullen Street
NIMBIN NSW 2480

Heart Failure Program

Coordinators: Gail Jenkins, Helen Simpson
Tel: (02) 6689 1288
Email: gail.jenkins@ncahs.health.nsw.gov.au, helen.simpson@ncahs.health.nsw.gov.au
Comments: Heart Failure Program plus access to Lismore Base Hospital Cardiac Rehabilitation Facility.

North Coast Area Health Service

31 Uralba Street
LISMORE NSW 2480
PO Box 498
LISMORE NSW 2480
Tel: (02) 6620 7523
Fax: (02) 6622 2151

Maintenance Program

Community Health Education Groups Inc (CHEGS)
Coordinator: Mary Ward
Email: mary.ward@ncahs.health.nsw.gov.au
Comments: Phase III Program. Group exercise and education topics at the request of participants. All cardiac patients referred by GP or outpatient program.

The Tweed Hospital

16 - 18 Powell St
TWEED HEADS NSW 2485
PO Box 904
TWEED HEADS NSW 2485
Tel: (07) 5536 1133
Fax: (07) 5506 7652

Outpatient Program

The Tweed Heart Support Group
Coordinator: Kellie Thompson
Tel: (07) 5506 7211
Email: kellie.thompson@ncahs.health.nsw.gov.au
Comments: 6 weeks including individual assessment, group exercise & education. Suitable for those people with IHD and those at risk of developing cardiac disease.

Maintenance Program

Gentle Exercise for Fun and Fitness
Coordinator: Julia Gill
Tel: (02) 6674 9506
Fax: (02) 6674 9599
Comments: Individualised gentle exercise & light aqua exercises.

Bugalwena Aboriginal Service - Tweed Community Health

Coordinator: Vicky Eastaway/ Michel Quirk
Email: vicky.eastaway@ncahs.health.nsw.gov.au
Comments: Weekly Heart Foundation Walking group, monthly cardiac support group.

Heart Failure Exercise and Education Program

Coordinator: Francesca Leaton
Tel: (07) 5506 7818
Fax: (07) 5506 7844
Email: Francesca.Leaton@ncahs.health.nsw.gov.au
Comments: 30min education & 1.5 - 2hr exercise with physiotherapist. Exercise clearance from GP or Locum and patient consent required.

Heart Failure Exercise and Education Program

Comments: Revolving program, breaks at Xmas/NYE and possibly Easter. Education re. diet, heart failure. What is heart failure, by registered nurse, medications with pharmacist and exercise with heart failure physiotherapist. Exercise clearance by GP and patient consent required.

Urbenville Health Service

45 Beaury Street
URBENVILLE NSW 2475
Tel: (02) 6634 1600
Fax: (02) 6634 1625

Home Based Program

Coordinator: Sandra Reid
Tel: (02) 6634 1319
Fax: (02) 6634 1625
Email: sandra.reid@ncahs.health.nsw.gov.au
Comments: 6 week assessment and home based education pack with weekly contact. Referrals as necessary. Patients include AMI, CHF, post surgery, PTCA and those at high risk.

Heart Failure Program

Coordinator: Leeane Johnson
Tel: (02) 6634 1319
Email: Leeanne.johnson@ncahs.health.nsw.gov.au

Southern NSW Local Health District

Ardlethan Community Health Care Centre

Redmond Street
ARDLETHAN NSW 2665
Tel: (02) 6978 2066
Fax: (02) 6978 2066

No Program Referral Service

Contact: Karen Quade
Email: chc.ardlethan@gsahs.health.nsw.gov.au
Comments: No formal cardiac rehabilitation program but offer support, referral to a cardiac rehabilitation program and exercise program including Tai Chi.

Batemans Bay Community Health Service

Pacific Street
BATEMANS BAY NSW 2536
Tel: 1300 139 887 (central intake)
Fax: 1300 669 370

Outpatient Program

Get Up and Go Lifestyle Program
Comments: 6 week exercise program (fast and slow stream) plus 1 education day. Goal setting and self management. For patients post cardiac event and those with related heart health risk, diabetes, hypertension, obesity etc. Group or individual program.

Home Based Program

Get Up and Go Lifestyle Program
Comments: For people returning to work, unable to attend centre based program or who have heart failure. Exercise and self management plan.

Bega Valley / Pambula Community Health

Sessions held at Pambula but referrals through both Community Health Centres

Pambula Community Health Service
Merimbola Street
PAMBULA NSW 2549
Bega Community Health Service
PO Box 173
BEGA NSW 2550
Tel: (02) 6495 7294
Fax: (02) 6495 7448

Outpatient Program

Contact: Judy Palajda

Email: judy.palajda@gsahs.health.nsw.gov.au

Comments: One session per week for 7 weeks, Thu 9.30am - 12.00 noon. Group education and exercise with physiotherapists. For Medical and surgical patients and those at high risk.

Bombala Health Service

Wellington Street

BOMBALA NSW 2632

PO Box 21

BOMBALA NSW 2632

Tel: (02) 6458 5777

Fax: (02) 6458 5767

Outpatient Program

Wellness Clinic

Coordinator: Community Health Nurses

Comments: Monitoring observations, wound care, patient education, referrals. Eligible patients with cardiac history - no referral necessary.

Maintenance Program

Heart Foundation HeartMoves

Coordinator: Gordon Budd

Mob: 0411 712 264

Comments: Referral from GP or Community Health Nurse.

Home Based Program

Comments: Same as outpatient program with exercise component as a walking program.

Cooma Health Service

PO Box 10

COOMA NSW 2630

Tel: (02) 6455 3216

Fax: (02) 6452 2117

Outpatient Program

Coordinator: Karen Evans

Email: karen.evans@gsahs.health.nsw.gov.au

Comments: Weekly for 6 weeks or longer if required. Multidisciplinary group or individual education sessions, group exercise program, family support, home exercise, walking program, telephone contact. Partner support also available. Patients include those with an AMI, post cardiac surgery, heart failure and people at high risk.

Maintenance Program

Comments: Ongoing group exercise sessions at hospital (Thu at 1.30pm) and Heart Foundation Heartmoves exercise program at Cooma Bowling Club (Wed at 11.15am).

Home Based Program

Comments: 6 week program with follow up at 3 & 6 months. Education on exercise, risk factors, diet and walking provided. Patients include those with a cardiac diagnosis including heart failure.

Crookwell Hospital

Kialla Road
CROOKWELL NSW 2583
PO Box 14
CROOKWELL NSW 2583
Tel: (02) 4832 1300
Fax: (02) 4832 2099

Outpatient Program

Vitality Plus
Coordinators: Serina Lynch,
Cathy Clements
Email: serina.lynch@gsahs.health.nsw.gov.au
Comments: 8 week program. Participation is open to a range of clients with chronic conditions, encompassing patients with cardiac conditions and heart failure.

Delegate Multi Purpose Service

Craigie Street
DELEGATE NSW 2633
PO Box 30
DELEGATE NSW 2633
Tel: (02) 6458 8008
Fax: (02) 6458 8156

Outpatient Program

Contact: Janice Rumph
Email: janice.rumph@gsahs.health.nsw.gov.au
Comments: Individual exercise program. Length of program is variable depending on patient. Patients include all cardiac and chronic disease patients.

Maintenance Program

Comments: Heart Foundation Heartmoves program every Thu at 1pm. Cost \$5. Referral - self, doctor or community nurse. Useful for those who have undertaken the cardiac rehabilitation program and wish to continue exercising in a group and those who would like to regain fitness and flexibility. Clients need doctor's clearance to participate.

Goulburn Base Hospital

130 Goldsmith Street
GOULBURN NSW 2580
Locked Bag 15
GOULBURN NSW 2580

Outpatient Program

Goulburn Cardiac Rehabilitation Program

Coordinator: Chris Cato

Tel: (02) 4827 3256

Email: chris.cato@gsahs.health.nsw.gov.au

Comments: Mon & Thu from 11-12noon, education on Mon 12.00 - 12.30. Group exercise & education, individual assessment LVEF>40%.

Heart Failure Program

Goulburn Health Service GAP Chronic Disease Management Program

Coordinator: Jane Cotter

Mob: 0428 640 783

Fax: (02) 4827 3943

Email: jane.cotter@gsahs.health.nsw.gov.au

Comments: 4 - 6 weeks of weekly home visits or individual attendance at Community Health Centre. Incorporates monash "Better Living with Heart Failure" program. Clients join the pulmonary rehabilitation group for exercise.

Moruya Community Health Service

River Street
MORUYA NSW 2537
Tel: 1300 139 887 (central intake) or (02) 4474 1561
Fax: 1300 669 370

Outpatient Program

Get Up and Go Lifestyle Program

Acting Coordinator: Ruth Snowball

Email: ruth.snowball@gsahs.health.nsw.gov.au

Comments: 6 week exercise program (fast and slow stream) plus 1 education day. Goal setting and self management. For patients post cardiac event and those with related heart health risk, diabetes, hypertension, obesity etc. Group or individual program.

Home Based Program

Get Up and Go Lifestyle Program

Comments: For people returning to work, unable to attend centre based program or who have heart failure. Exercise and self management plan.

Narooma Community Health Service

Field St
NAROOMA NSW 2546
Tel: 1300 139 887 (central intake)
Fax: 1300 669 370

Outpatient Program

Get Up and Go Lifestyle Program
Acting Coordinator: Ruth Snowball
Email: ruth.snowball@gsahs.health.nsw.gov.au
Comments: 6 week exercise program (fast and slow stream) plus 1 education day. Goal setting and self management. For patients post cardiac event and those with related heart health risk, diabetes, hypertension, obesity etc. Group or individual program.

Home Based Program

Get Up and Go Lifestyle Program
Comments: For people returning to work, unable to attend centre based program or who have heart failure. Exercise and self management plan.

Pambula Community Health Centre

Merimbula Street
PAMBULA NSW 2549
Tel: (02) 6495 8350
Fax: (02) 6495 8353

Outpatient Program

Bega Valley Cardiac Rehabilitation Program
Coordinator: Judy Palajda
Email: judy.palajda@gsahs.health.nsw.gov.au
Comments: Thu 9.30am - 12.00 noon for 8 weeks. Group education and exercise for patients with angina, cardiac surgery, heart attack and risk factors.

Queanbeyan Health Service

Queanbeyan Hospital
Erin Street
QUEANBEYAN NSW 2620

Outpatient Program

Queanbeyan Cardiac Rehabilitation Program
Coordinator: Janice Dalton
Tel: (02) 6298 9233
Fax: (02) 6299 6920
Email: janice.dalton@gsahs.health.nsw.gov.au
Comments: 8 week continuous program. Maximum 8 per session. Group circuit gym program plus education. For all patients with a cardiac diagnosis including heart failure and those at high risk.

Maintenance Program

Comments: Heart Foundation community based activities, Walking, Tai Chi, local gyms. 12 weeks extra in physio, gym available for self directed exercising.

Heart Failure Program

Comments: Incorporated into CB Program. Specific heart failure management and education given by nurses.

Yass Health Service

Meehan Street
YASS NSW 2582
Locked Bag 1000
YASS NSW 2582
Tel: (02) 6220 2017
Fax: (02) 6226 2944

Outpatient Program

Coordinator: Lesley Scroope

Email: lesley.scroope@gsahs.health.nsw.gov.au

Comments: Once weekly as long as necessary, group or individual exercise, diet, medication, stress, relaxation available to all patients with a cardiac diagnosis or at high risk.

Maintenance Program

Fast Streamers

Comments: Ongoing weekly sessions of exercise and support at completion of initial rehabilitation.

Home Based Program

Comments: As long as necessary, dependent on individual needs. Exercise program, written information or attending education sessions with CR group. All patients with cardiac diagnosis or high risk of cardiac disease are eligible.

Western NSW Local Health District

Baradine Multipurpose Health Service

Macquarie Street
BARADINE NSW 2396
Tel: (02) 6843 1550
Fax: (02) 6843 1535

Outpatient Program

Coordinator: Cecilia Beveridge
Email: cecilia.beveridge@gwahs.health.nsw.gov.au
Comments: Individualised support for patient and family, education as required, risk factor assessment. Patients include those with a cardiac diagnosis.

Bathurst Health Service

Howick St
BATHURST NSW 2795
Tel: (02) 6330 5311

Outpatient Program

Cardiopulmonary Rehabilitation
Coordinator: Sheena Rigby
Tel: (02) 6330 5669
Fax: (02) 6332 1435
Email: sheena.rigby@gwahs.health.nsw.gov.au
Comments: 6 week program twice a week Mon - Thu for 1h. Group sessions, exercise low to moderate intensity plus once a week 1h multidisciplinary team education. For patients with cardiac diagnosis.

Maintenance Program

External to Health Service
Contact Cardiopulmonary Rehabilitation team at Bathurst Health Service
Coordinator: Cate, Sheena, Diane, Jane.
Tel: (02) 6330 5669
Comments: A variety of community based activities are available for clients to continue with their exercise program when they have finished the prescribed Cardiopulmonary Rehabilitation Program.

Heart Foundation Walking
Coordinator: Cate Horsburgh
Tel: (02) 6330 5677

Comments: Runs in 7 week cycles. 1hr walk each week. Bi-weekly education session addressing healthy lifestyle. Program is suitable for people experiencing chronic problems including cardiovascular disease or risk factors.

Blayney Community Health

1 - 3 Osman Street
BLAYNEY NSW 2799
Tel: (02) 6368 9333
Fax: (02) 6368 9088

Maintenance Program

Coordinator: Alana Benson

Comments: Maintenance exercise group is conducted by Centrepont Sports Centre on Thu mornings.

Home Based Program

Coordinator: Jenny Hancock

Tel: (02) 6368 9317

Email: jenny.hancock@gwahs.health.nsw.gov.au

Comments: Clients can be assessed and given exercises to do at home. Risk factors are identified & strategies to manage risk factors are implemented. Assessment takes approximately 1.5hr and clients are seen at the community Health Centre on a 1:1 basis.

Canowindra Soldiers Memorial Hospital

Ryall Street
CANOWINDRA NSW 2804
Tel: (02) 6340 3017
Fax: (02) 6344 2015

Outpatient Program

Coordinator: Ashley Wright

Email: ashley.wright@gwahs.health.nsw.gov.au

Comments: Weekly for 6 weeks, multidisciplinary, individualised discussion, group exercise, family support, home exercise program, stress management program. Patients include those with a cardiac diagnosis, including heart failure.

Maintenance Program

Comments: Weekly for 6 weeks, multidisciplinary, individualised discussion, group exercise, family support, home exercise program, stress management program. Patients include those with a cardiac diagnosis, including heart failure.

Cobar Community Health

Cobar Hospital
Lerida Road
COBAR NSW 2835
PO Box 29
COBAR NSW 2835

Outpatient Program

Cardiac Rehab

Coordinator: Lynette Schultz

Tel: (02) 6836 2113

Fax: (02) 6836 4025

Email: lynette.schultz@gwahs.health.nsw.gov.au

Comments: 6 weeks 1hr per session 3 times a week Mon, Wed & Fri. Gentle exercise, education, referrals, individual or group. Prefer patients referred by doctor or health service post cardiac intervention.

Maintenance Program

Aqua Therapy, Tai Chi, Strength Training, Walking Group

Condobolin Health Service

Madeline Street

CONDOBOLIN NSW 2877

PO Box 21

CONDOBOLIN NSW 2877

Tel: (02) 6895 2600

Outpatient Program

Cardiac Rehabilitation

Coordinator: Jenny McDonald

Tel: (02) 6890 1500

Fax: (02) 6895 2592 (Attention Physiotherapy)

Email: jennifer.mcdonald@gwahs.health.nsw.gov.au

Comments: 1-2 times weekly for 1h based on individual needs. Individual exercise program, referral post AMI, risk factor modification.

Coonamble Community Health

PO Box 48

COONAMBLE NSW 2829

Tel: (02) 6827 1140

Fax: (02) 6827 1188

Outpatient Program

Coordinator: Carol Horan

Email: carol.horan@gwahs.health.nsw.gov.au

Comments: Individually based referral to Heart Foundation Heartmoves. Participants are post AMI / surgery or needing risk factor modification.

Maintenance Program

Heartmoves

Comments: Exercise and education for patients post AMI / surgery or needing risk factor modification.

Coonabarabran District Hospital

101 - 103 Edwards Street
COONABARABRAN NSW 2357
Tel: (02) 6842 6463
Fax: (02) 6842 1851

Outpatient Program

Coordinator: Jennifer Stokes
Email: jennifer.stokes@gwahs.health.nsw.gov.au
Comments: 6 - 12 weeks, group, individual, home based exercise and education. Patients include those with a cardiac diagnosis and those at high risk.

Cowra District Hospital

PO Box 44
COWRA NSW 2794
Tel: (02) 6340 2352
Fax: (02) 6340 2331 (Attention Physiotherapy)

Outpatient Program

Coordinator: Andrea Carter
Email: andrea.carter@gwahs.health.nsw.gov.au
Comments: 6 week program of exercise and education twice per week after initial assessment. For patients post AMI, cardiac procedure & risk factor modification.

Maintenance Program

Comments: Aqua therapy in summer (Mon, Wed, Fri) and winter exercise program (Tue, Thu), 1hr exercise per session.

Cudal District Hospital & Community Health Centre

Main Street
CUDAL NSW 2864
Tel: (02) 6364 2025
Fax: (02) 6364 2013

Outpatient Program

Coordinator: Annabel MacSmith
Email: annabel.macsmith@gwahs.health.nsw.gov.au
Comments: Supervised gentle exercise program for patients with a range of chronic diseases, including cardiac.

Cumnock Community Health Service

CWA Rooms
Obley Street
CUMNOCK NSW 2867
Tel: (02) 6367 7452
Fax: (02) 6367 7452

Outpatient Program

Coordinator: Jo Davis

Comments: Supervised gentle exercise program for patients with a range of chronic diseases, including cardiac.

Dubbo Base Hospital

Myall Street
DUBBO NSW 2830
Tel: (02) 6885 7989
Fax: (02) 6885 7870

Outpatient Program

Coordinator: Maria Davies

Email: maria.davies@gwahs.health.nsw.gov.au

Tel: (02) 68857830

Fax: (02) 6885 7870

Comments: 6 week program, Tuesday & Thursday 10am -11am. Also 1 hour education following exercise by multidisciplinary team. Eligible patients - Cardiac diagnosis and high risk clients.

Maintenance Program

Comments Exercise and self management strategies. On completion of 6 weeks of the exercise program, a further 6 weeks is offered. Clients who have completed the initial six weeks of exercise and education are eligible.

Home Based Program

Comments: Support as required.

Dunedoo War Memorial Health Service

Digilah Street
DUNEDOO NSW 2844
Tel: (02) 6375 1408
Fax: (02) 6375 1309

Outpatient Program

Coordinator: Ann Humphrey

Email: ann.humphrey@gwahs.health.nsw.gov.au

Comments: As required, individual exercise prescription, education, support and follow up. Patients include those with a cardiac diagnosis. Follow up with community nurse.

Forbes Health Service

Elgin Street
FORBES NSW 2871
Tel: (02) 6850 2000 (Physio dept for assessment & individual exercise program appointments)

Outpatient Program

Healthy Lifestyle
Coordinators: Elizabeth Godden,
Maria Willis
Tel: (02) 6850 2233
Fax: (02) 6852 3101
Email: elizabeth.godden@gwahs.health.nsw.gov.au
Comments: Weekly group information sessions presented by a multidisciplinary team. Exercise session assessment and individual program as required, 2 classes per week on Tue and Thu.

Gilgandra Multi Purpose Health Service

Chelmsford Avenue
GILGANDRA NSW 2827
Tel: (02) 6847 2366
Fax: (02) 6847 2754

Outpatient Program

Coordinator: Sally Loughnan
Email: sally.loughnan@gwahs.health.nsw.gov.au
Comments: 6 week program with ongoing exercise. Group & individual education and exercise classes.

Maintenance Program

Comments: 6 weeks or more if required.

Gulargambone Multi-Purpose Centre

GULARGAMBONE NSW 2828
Tel: (02) 6825 1233
Fax: (02) 6825 1482

Home Based Program

Coordinator: Sharon Ryan
Email: sharon.ryan@gwahs.health.nsw.gov.au
Comments: Weekly for 6 weeks then monthly review. Education and exercise to do at home (and hospital based program). Eligible participants, pre & post cardiac event, pre & post surgery and risk factor modification.

Gulgong Health Service

112 - 114 Mayne Street
GULGONG NSW 2852

Outpatient Program

Healthy Lifestylers

Coordinator: Fiona Nott

Tel: (02) 6374 1387

Fax: (02) 6374 2261

Email: fiona.nott@gwahs.health.nsw.gov.au

Comments: Weekly group exercise for chronic disease including heart disease, diabetes, COPD, overweight.

Manildra Community Health Centre

69 Kiewa Street
MANILDRA NSW 2865

Maintenance Program

Healthy Lifestyle Program

Coordinator: Kate Doyle

Tel: (02) 6364 5345

Fax: (02) 6364 5345

Email: kate.doyle@gwahs.health.nsw.gov.au

Comments: 1.5hrs weekly. Group based moderate intensity exercise for patients with chronic disease.

Molong Community Health Service

34 Bank Street
MOLONG NSW 2866

Tel: (02) 6366 8323

Fax: (02) 6366 8112

Outpatient Program

Coordinator: Annabel MacSmith

Email: annabel.macsmith@gwahs.health.nsw.gov.au

Comments: General healthy lifestyle program for chronic disease, including cardiac rehabilitation. Individual assessment followed by 8 week multidisciplinary group program.

Mudgee Health Service

Church Street
MUDGEE NSW 2850
Tel: (02) 6378 6297
Fax: (02) 6372 7341

Outpatient Program

Cardiac / Pulmonary Rehab
Coordinators: Jodie McAlpine,
Kathryn Wentzel
Tel: (02) 6378 6236
Fax: (02) 6272 3587
Email: jodie.mcalpine@gwahs.health.nsw.gov.au kathryn.wentzel@gwahs.health.nsw.gov.au
Comments: Cardiac patients twice per week for 6 weeks, pulmonary patients twice per week for 12 weeks. Individual exercise (1pm - 3pm Tue and Thu) and group education. Patients include those with chronic COPD, cardiac diagnosis or at risk.

Orange Health Service

Orange Community Health
129 Sale Street
ORANGE NSW 2800
Tel: (02) 6393 3300
Fax: (02) 6393 3326

Outpatient Program

Orange Healthy Lifestyle Program
Forest Road
Coordinator: Gill Hindmarsh
Tel: (02) 6369 3402
Fax: (02) 6360 1773
Email: gill.hindmarsh@gwahs.health.nsw.gov.au
Comments: Twice weekly for 8 weeks 1pm - 3.15pm + 2.15pm - 4pm Tue and Thu. Includes low to moderate intensity exercise program. Information sessions presented by multidisciplinary team. Patients include anyone with a cardiac condition or those with risk factors for CVD.

Maintenance Program

Comments: Tues & Thurs mornings, low to moderate exercise. Patients include any Cardiac clients who need ongoing supervision - not able to attend community programs.

Home Based Program

Heart Failure Program (commencing 2012)
Coordinator: Rebecca Conolly
Fax: (02) 6360 1773
Email: rebecca.conolly@gwahs.health.nsw.gov.au
Comments: Home visits offered to clients who are too unwell to attend Cardiac rehabilitation - monitoring of condition, information & support.

Heart Failure Program (commencing 2012)

Orange Community Health Centre
Forest Rd
ORANGE NSW 2800
ORANGE NSW 2800

Comments: Home visiting of clients who are too unwell to attend Healthy Lifestyle program, assessment, education. Gentle exercise program, support and monitoring. The Heart Failure Program will be a new service provided by a transitional Nurse Practitioner in 2012. The scope of this service is yet to be determined. It will include both a clinical and home based program.

Parkes Health Service

Coleman Road
PARKES NSW 2870
PO Box 103
PARKES NSW 2870
Tel: (02) 6862 1611
Fax: (02) 6862 3921

Outpatient Program

Cardiac / Pulmonary Healthy Lifestyle Program
Coordinators: Chris Kronenberg,
Kay Power

Email: christina.kronenberg@gwahs.health.nsw.gov.au

Comments: Tue, Wed, Thu. Group or individual exercise and education. For people with a cardiac condition or at high risk.

Home Based Program

Comments: Home exercise as per Healthy Lifestyle Program with follow up if required.

Trangie Multi Purpose Health Service

PO Box 65
TRANGIE NSW 2823
Tel: (02) 6888 7546
Fax: (02) 6888 7605

Outpatient Program

Coordinator: Bernadette Astill

Email: nicole.stanfield@gwahs.health.nsw.gov.au

Comments: 6 - 8 weeks or as needed. Individual home based rehabilitation exercise and education prescription. Patients include those with a cardiac diagnosis.

Maintenance Program

Comments: Weekly sessions.

Wellington Community and Allied Health Centre

PO Box 321
WELLINGTON NSW 2820
Tel: (02) 6840 7210
Fax: (02) 6845 4519

Outpatient Program

Coordinator: Karen Lloyd
Email: karen.lloyd@gwahs.health.nsw.gov.au
Comments: 6 - 8 weeks continually run. Multidisciplinary group exercise, education and support. Individual support also provided. Patients include those with a cardiac diagnosis and those at high risk.

Maintenance Program

Comments: Two groups run twice weekly. Group exercise and support. Patients include those with cardiac diagnosis and those at high risk.

Yeoval Community Health Service

Lord Street
YEOVAL NSW 2868
Tel: (02) 6846 4323
Fax: (02) 6367 4323

Outpatient Program

Coordinator: Janet Alexander
Comments: Supervised gentle exercise program for patients with a range of chronic diseases, including cardiac.

Private Programs

Body Dynamics & Sports Physiology Clinic

13 Pampande Crescent
ORANGE NSW 2800
Tel: (02) 6361 7317
Fax: (02) 6361 7317

Outpatient Program

Coordinator: Richard Turnbull
Mob: 0417 413 995
Email: bodydyn@optus.net

Comments: 6 week program. Case management approach based on cardiac risk factor modification and reintroduction of physical activity. Individual and group education. Referral to allied health professionals, dieticians and psychologist where appropriate. After the initial one on one monitoring sessions, ownership of the exercise program is given to the client. Supervision within the gymnasium exercise setting is provided.

Maintenance Program

Comments: Participants exercise using self monitoring techniques to assess levels of activity if exercising away from the clinic and generally runs for another 6 weeks before the client follows a full maintenance program. Exercise program – varies from a structured, monitored program to more independent, less monitored program.

3. AUSTRALIAN CAPITAL TERRITORY

Australian Capital Territory

Calvary Hospital

Jamieson Centre
PO Box 254
CANBERRA ACT 2614
Tel: (02) 6201 6111
Fax: (02) 6201 6249

Outpatient Program

Coordinator: Ineke Bleeker
Email: ineke.bleeker@calvary-act.com.au

Comments: 2 times weekly for 6 weeks on Thu 12.30pm - 3pm. Includes individual assessment, group and individual discussion, family support, individualised group exercise program and stress management. Patients include those with a cardiac diagnosis, including heart failure.

Maintenance Program

Comments: Ongoing walking program 3 times weekly with Heart Support Australia, monthly meeting and monthly newsletter from HSA. Clients include those with heart disease or at high risk and their partners.

Canberra Hospital

PO Box 11
WODEN ACT 2606
Tel: (02) 6244 2222
Fax: (02) 6244 2293

Outpatient Program

Coordinator: Margaret Flaherty
Email: margaret.flaherty@act.gov.au

Comments: 6 weeks, group exercise, group discussion, stress management, individual discussion, individualised exercise program. Patients include those with a cardiac diagnosis, including heart failure.

Maintenance Program

Comments: Ongoing walking program 3 times weekly, with Heart Support Australia. For people with risk factors for CVD and partners.

Private Programs

National Capital Private Hospital

Cnr Gilmore Cres & Hospital Road
GARRAN ACT 2605

Outpatient Program

Cardiac Rehabilitation Day Program

Coordinator: Nicole Freene

Tel: (02) 6222 6609

Fax: (02) 6222 6661

Email: nicole.freene@healthscope.com.au

Comments: 5 week program once a week Mon 4pm - 6pm. Group session - 1hr light to moderate exercise program each week. Warm up, circuit exercise and cool down under the supervision of the CRN & physiotherapist. Exercises modified to suit individuals needs. 1hr education session covers cardiac risk factors, modifications & management of symptoms, angio and PCI procedures - nursing. Dealing with stress, anxiety & depression - occupational therapy. Benefits of exercise - physiotherapy. Nutrition for cardiac clients - nursing. Fast track program targeting those post stent, mild heart attack or with risk factors for heart disease. Also able to cater for other CVD & surgical patients if needed.

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