

Venues for clinics

Fingerpost Park Health Centre,
Atlas Street,
St Helens,
WA9 1LN

Venues for Cardiac Rehabilitation Programme

Fingerpost Park Health Centre,
Atlas Street,
St Helens,
WA9 1LN

Useful information

British Heart Foundation
www.bhf.org.uk
Telephone 0300 303 311

How to contact us

Fingerpost Park Health Centre
First Floor
Atlas Street
St Helens
WA9 1LN

Telephone: 01744 457285

We are available:

Monday to Friday, 9.00am – 5pm
(excluding Bank Holidays)

Whiston Hospital
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600



**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

St Helens Cardiac Rehabilitation Service

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

www.MerseyWestLancs.nhs.uk

Author: Cardiac Services
Department: Cardiac Rehabilitation
Document Number: MWL1968
Version: 001
Review Date: 01 / 09 / 2026

Who are we?

We are a team of Cardiac Nurses and Physiotherapists based in the community.

We have specialised knowledge and experience in caring for people with various heart conditions.

Why have you been referred to us?

You may have been referred to our service from the hospital, your GP, practice nurse, cardiologist or other health care professionals.

This referral may be due to a recent diagnosis of:

- A heart attack
- Heart failure
- Heart surgery/PCI (stent).

You maybe also be waiting for or having investigations or treatment for your heart condition.

Our aims

Provide education and lifestyle advice regarding your heart condition.

Assist you in your recovery to resume a full life as normal.

Help you to reduce your risk of future heart problems and hospital admissions.

How we deliver our service. Following referral, we will:

Telephone you to introduce you to the service, discuss your referral and provide advice regarding your condition.

Offer you an individual assessment in clinic by a cardiac nurse or at home in certain circumstances.

This is followed by assessment with physiotherapist.

We provide comprehensive cardiac rehabilitation programmes.

Referral on to other services, if required.

What is Cardiac Rehabilitation?

Cardiac rehabilitation is a programme of supervised exercise, health education, relaxation and stress management.

The programme will assist you in your recovery following a heart attack or heart surgery to return to as full a life as possible.

Family members are welcome to attend clinic to support you and learn about your condition.

The structured exercise will help with your recovery, confidence and improve your fitness, strength and wellbeing.

The aims of our health education sessions are to help you to make healthy lifestyle choices, which may reduce your risk of further heart problems.