

Membership form

Name:

Address:

Telephone:

Email:

Date:

Please hand your completed membership form to a member of the cardiovascular rehabilitation team, or return it to:

Group Secretary

Guy's and St Thomas' cardiac support group

520 Rayners Lane, Pinner

Middlesex HA5 5DJ

t: 07539 775052

e: ruthiran@hotmail.co.uk

As we are a self-supporting group, there is a small entrance donation agreed by members (currently at a minimum of £1 per meeting).

We look forward to hearing from you.

Further information

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS.

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch on

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Leaflet number: 597/VER3

Date published: January 2015

Review date: January 2018

© 2015 Guy's and St Thomas' NHS Foundation Trust

Cardiac support group

Affiliated to the British Heart Foundation

This leaflet explains more about the Guy's and St Thomas' cardiac support group, which provides continued support following the completion of the rehabilitation programme.

Why should I join the cardiac support group?

Many people who have a heart problem need further help and support following their recovery. Joining our support group will enable you to feel less alone when dealing with these issues.

Why not join us at our next meeting?

Partners, a friend or a family member are most welcome.

We are dedicated to health education and offer support, companionship, social events and the expertise of a number of specialist speakers.

Our group was formed in 1992 and is run by former patients – people who had or have similar problems to you.

Cardiovascular rehabilitation team

A member of the cardiovascular rehabilitation team attends the beginning of each meeting. Their contact number is:

t: 020 7188 0946

Support group team

Honorary President and founder:

Dr Graham Jackson

President:

Dr James Coutts, consultant cardiologist, St Thomas' Hospital

**Joint Chair: Maureen Simpson
Paul Murphy**

Vice Chair: Miss Pauline Lean

Secretary: Mr Ruthiran KT

Treasurer: Mrs Carole Barrett

Meetings

Where?

Cardiac outpatients
1st floor, Southwark Wing
Main block
Guy's Hospital
Great Maze Pond
London SE1 9RT

When?

Meetings are normally held during the second Monday of each month at 7pm.

You will receive a full programme with your welcoming letter.

Programme

There is a varied programme of speakers throughout the year.

For information on the programme, please contact Pauline Lean, our support group vice chair:

t: 020 8699 6247