

## **Bromley CCG Patient Advisory Group members tour newly commissioned cardiac rehabilitation and exercise referral service**

In the summer of 2019, Bromley CCG re-procured a new contract with Mytime Active to continue providing cardiac rehabilitation and exercise referral programmes in Bromley. Members of the Bromley Heart Support Group shared their views and some of our Patient Advisory Group members were part of the decision making panel on whom to award the contract to.



The contract commenced in September 2019, so we organised a tour of the facilities at Beckenham Spa so that residents who gave up their time and shared their expertise could see the service in operation.

Upon arrival, five PAG members were welcomed by Mytime Active Lifestyles Programme Manager, Diane Friday, and Mytime Contract Manager Agata Roszczynska. Diane and Agata provided an overview of the Spa, the range of facilities and any initial questions about the services.



The first stop on the tour was to observe an exercise referral 'FreshStart' class. The exercise referral programme is available for inactive patients who have not had a heart condition, but have another associated condition such as stroke, atrial fibrillation or diabetes.

Among the many health benefits to regular exercise, regular physical activity decreases the risk of cardiovascular disease mortality and stroke by between 20-35%, and this service helps to get patients moving in a structured environment. After some light refreshments, and another opportunity to ask questions about the FreshStart service, we made our way through the spa to observe the cardiac rehabilitation 'HeartSmart' service. The cardiac rehabilitation service is aimed at those people who have had a heart attack or bypass surgery. It helps them to get back on their feet and build up their strength through gentle and consistent exercise, so they can live as full a life as possible with their condition and reduce the risk of further problems. It is helping us to ensure that Bromley residents are able to live longer, healthier and happier lives.



**A patient who attended the tour and also sat on the CCG procurement panel said, "From seeing the service described on paper to actually seeing it in action has been very rewarding, especially knowing it is meeting the needs of those with heart conditions".**