



**Cardiac Rehab Support West Sussex**

supporting cardiac patients and their carers in the West Sussex area

# Press Release

For immediate release

## **Sussex Charity raises money for heart patients**

This summer, Cardiac Rehab Support West Sussex held their 11th annual sponsored Fun Walk along Worthing seafront and raised £9,000 to help local people recovering from heart conditions.

Already this year, the Charity has awarded grants of over £2,000 to the Cardiac Rehab Department at Western Sussex Hospitals NHS Foundation Trust and will be giving over £5,000 as start-up funding for a number of local cardiac exercise groups. CRS West Sussex likes to support new innovations, so this funding has included support to set up a low intensity/chair based exercise class and paying for new song books for a local 'Sing for Better Health' group'. The Charity also ensures that up-to-date leaflets are freely available for cardiac patients in the area. Through their grants and awards CRS West Sussex hopes to make a real difference to cardiac patients in West Sussex.

Geoff Taylor, the CRS Treasurer said that:

"We are extremely grateful to everyone who supports us and makes it all possible. But our Charity would like to do much more and we welcome new ideas, so, if you have an idea for a project to tackle heart disease in our area, Cardiac Rehab Support West Sussex would love to hear from you".

For example, the Charity is offering to refund the cost of purchasing four defibrillators, each costing around £1,000, to four local community groups. So, if you are in a club and would like to benefit from this offer, get in touch with the Charity on <http://www.cardiacrehabsupport.org.uk/> or write to CRSWS, 4 Highdown Drive, Littlehampton, West Sussex BN17 6HJ.

Cardiac Rehab Support West Sussex is a registered Charity No. 1154903

**Registered address:** 4 Highdown Drive | Littlehampton | West Sussex | BN17 6HJ

**Email:** [info@cardiacrehabsupport.org.uk](mailto:info@cardiacrehabsupport.org.uk) | **Web:** [www.cardiacrehabsupport.org.uk](http://www.cardiacrehabsupport.org.uk)



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## Notes for Editors

1. The aims of Cardiac Rehabilitation Support West Sussex (CRSWS) are:  
To relieve the needs of West Sussex patients who suffer - or are recovering - from a cardiac condition, their families or carers, by providing support, advice and information; and to advance the education of the public in all matters relating to cardiac conditions.
2. We support those who have a cardiac condition, their carers and families. This could be people with angina, those who have had a heart attack, surgery, a coronary artery bypass or heart failure. It includes illness, distress, stress, uncertainty and any kind of disability arising from an underlying cardiac condition. We are also prepared to support those experiencing financial hardship as a result of their cardiac condition.
3. For more information, see: <http://www.cardiacrehabsupport.org.uk/> contact CRSWS by email on [info@cardiacrehabsupport.org.uk](mailto:info@cardiacrehabsupport.org.uk) or phone on 01903 550084.

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