



British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2015-16

President's Report

Over the last twelve months, the activities of BACPR Council and the hard work and dedication of our Members, can be summed up in two key words: **consolidation** and **aspiration**.

At The Palace Hotel in Manchester this time last year, during another wonderfully successful Annual Conference, BACPR Council experienced a huge change in personnel with over a third of the Elected Officers either entirely brand new to Council or taking up new roles. In addition, many of the individuals standing down from Council during 2015 had been instrumental in forming the architecture of BACPR and had initiated a number of pivotal projects.

Ensuring our future stability

These changes have provided both a challenge and an opportunity but above all have really focused our attention on the vital position of Executive Director. Sally Hinton took up this post on secondment (whilst continuing as Education Director) in the Spring of 2015; this has been extended by a further year until March 2017. Sally's work ethic, dedication, expertise and organisational "memory" have been key to The Association's stability and the seamless integration of all the new recruits in to various levels of Council responsibility. Council is absolutely indebted to Sally for all the unwavering support she provides and I wish Sally every success with her continued development of the role.

Education & Training

As reviewed in their *Education Report*, Sally, Penny & Vivienne have continued to work tirelessly in the delivery of first class Education & Training for which BACPR is nationally and internationally renowned. We have made a decision to seek CPD and Royal College of GP Accreditation for our Standards & Core Components

on-line modules and are developing our on-line portfolio. The production of face-face sessions will continue to be important and they remain extremely popular (as well as financially sound). A huge thank you to the Education Team, which includes many of you working in the field.

Inspiring and successful

With our “flag-ship” Conference Events in the last 12 months, we couldn’t have wished for better success. The 2015 Annual Conference in Manchester proved to be our biggest (delegate numbers) and the most attractive for commercial sponsors – see our *Scientific Officer’s Report*. This has certainly been a major contributor to the stability of our accounts - see our *Treasurer’s Report*. Brian Begg (Chair), Sally and EPG/EIN colleagues developed yet another wonderful programme for their annual EPG Study Day in May – see *EPG and EIN Reports*. A packed house was treated to some really inspiring and thought-provoking presentations, delivered by a truly multi-national faculty. Very much looking forward to the 2017 event, which I whole-heartedly commend.

Projects Under Development - Competences, Textbook and Standards

There are a number of ongoing projects, including the diet competency framework which Annie Holden & Alison Atrey are overseeing. I am indebted to Past President, Jenni Jones, who has helped re-energise the Textbook team and who has imposed some tough time-lines to complete this (practical guide on how to deliver the Standards & Core Components). There is also a working group, reviewing and concurrently updating the 2012 Standards & Core Components. We aim to launch both within the next year.

BACPR Promoting Research

There have been two particularly exciting developments over the last 12 months. The first, The BACPR Research Network. This is our Scientific Officer’s creation and a real timely facility through which to demonstrate the huge array of CR research activity whilst also promoting collaboration and co-ordination of research portfolios. Other organisations such as BCIS (British Cardiovascular Intervention Society) are actively pursuing similar web-based schemes. Huge congratulations to Aynsley Cowie for her foresight and efforts to get this done. Please support this venture and register your Department’s research projects as soon as possible at www.bacpr.com.

The second development concerns the BCS (British Cardiovascular Society) and its newly restructured Clinical Study Groups. With a very clear link to funding opportunities, these Study Groups are made up of real academic heavy weights, with representatives of relevant professional groups. They aim to develop, collate and enhance research proposals. Paul Leeson, Professor of Cardiovascular Medicine, Oxford, is chair of the CVD Prevention CSG and is very keen to find out about current or planned CR or prevention based Research Projects. I am attending this CSG on behalf of BACPR and some interesting opportunities are already evolving. Research opportunities will undoubtedly be on the programme for our 2017 Annual Conference in London.

Ensuring a representative Council

Whilst retaining the fundamental principle that all professional disciplines and UK countries are represented, Council has unanimously removed any maximum quota restriction on individual Professional Groups. In addition, we will ensure that both EPG and EIN are present at all council meetings by co-opting their Chair Person (or nominated deputy) and have also agreed to the Co-Opting of a Cardiology Doctor in training (via the British Junior Cardiologist's Association).

Council have voted to support Kath Paterson's continuation beyond the usual Ordinary Officer term, for a further two years. This is in recognition of Kath's Editorial expertise (Connect and e-Bulletins) and her desire to continue with this impressive and invaluable work. Louise Jopling's *Secretary's Report* contains more details and I'd like to express my most sincere gratitude to Louise for all her efficient, thorough and tremendous hard work as Secretary over the last year.

BACPR on the international stage

BACPR is determined to venture beyond our own horizons and have influence across CR worldwide. Thanks to Past President, Professor John Buckley we continue to forge close relations with the International Council of Cardiovascular Prevention & Rehabilitation (ICCPR) and are proud of our new status as "Foundation Member". John has kindly agreed to continue to provide the essential link between BACPR and ICCPR for the coming year. We are also striving for a closer alliance with the European Association for Cardiovascular Prevention & Rehabilitation (EACPR) with its new President, Prof Rick Grobbee, being very much in favour of greater BACPR influence within EACPR (and vice versa). Discussions about a joint session with EACPR this time next year in London are underway.

BACPR/NACR Certification promoting excellence

I will finish with some final thank you's and acknowledgements of important achievements. Professor Patrick Doherty continues to oversee the National Audit of Cardiac Rehabilitation, promoting its value to policy makers and government agencies. The importance of NACR cannot be overstated nor too the programme of Certification that Past President, Professor Gill Furze, has led. More and more CR providers are seeking to engage with Certification (with many already approved) and I would very much like to thank both Gill and Patrick for their collective efforts in promoting audit, quality and accreditation. Without this foundation (and given the expected perilous state of future NHS funding), I think CR & prevention services would be in a far more vulnerable position. I'd like to express both my gratitude and congratulations to those programmes who have either already completed the Certification process or who are in the midst of the process. For those programmes who have yet to do so, please consider a submission to the Certification panel – even if initially unsuccessful invaluable advice, guidance and support will be forthcoming (from the Certification team & BACPR) in order to achieve a successful re-application.

Some final acknowledgements

In terms of BACPR vulnerability, well we should never be complacent, but thanks to the expert stewardship of Annie as Treasurer, our financial probity seems robust and there's every reason to be optimistic. It has been an absolute pleasure and privilege to lead BACPR council for the past 12 months and I'd like to say a huge "thank you" to all Council Members, both Elected & Co-Opted, for their impressive contributions. Fond farewells to Alana Laverty and Jacqui Cliff who are finishing their Terms of Office in 2016 - they have been great ambassadors for Northern Ireland and Wales respectively and will be very much missed. We have also said a temporary goodbye to Val Collins (Affiliates Coordinator) and wish her many months of happiness during Maternity Leave. Thankfully we have a wonderfully able replacement for Val - Lorna MacSween - who started with us in June and has kept everything in perfect order.

I hope, as you read the rest of this Annual Report, you'll agree that we have firmly consolidated our position and are very much looking forward to some exciting challenges and opportunities. The NHS faces unprecedented financial pressures and no doubt many services will be threatened. However, I sense a real shift in national priorities away from the bottomless pit of acute care, towards

a more sustainable approach with greater respect and funding for rehabilitation and prevention programmes. BACPR is enormously fortunate to have such an active, dedicated and passionate membership and for that reason, more than any other, our Association's future is bright and the quality of our patients' care is secured.

Enjoy Cardiff 2016 and I look forward to reporting on all the successes of 2016/17 at our Conference in London next year.

Best wishes

A handwritten signature in black ink that reads "Joe". The letters are cursive and fluid, with a prominent loop on the 'J' and a trailing flourish on the 'e'.

Dr Joe Mills

BACPR President

Secretary's Report

Introduction

BACPR reached a new high point in membership numbers in March 2016, with 963 fully active members. We are delighted that our presence continues to grow across the UK. This year saw a large change in Council Membership with terms coming to an end and a wealth of expertise and experience joining in the shape of four new members. We have worked hard to ensure that Council remains representative of our professions and also the four nations of the UK.

Communications has been dominated by a rise in our Social Media presence and there is continued work to respond to the varying ways in which our members seek to communicate with us. The increased support from BCS IT Department in the form of the Web Developer post (to which we have contributed) has allowed us to make great progress on improving the functions and accessibility of features on our website: www.bacpr.com

Council Activities

During 2015, we said a number of goodbyes to long standing Council Members. We were also delighted to welcome the re-election of Dr Gordon McGregor and four new Ordinary Officers; Alison Atrey, Jo Hayward, Alison Illiff and Dr Hayes Dalal. We were also able to welcome Sarah Quinlan to start her active term (following an initial period of observation while on Maternity Leave).

Farewells included Brian Begg, Exercise Professional and Welsh Representative who has now taken on the Chair of both EIN and EPG and remains on Council as a Co-opted Member. Also completing their terms we said goodbye to Jenni Jones (Past President), Mima Traill (previous Secretary) and Scotland representative and Gail Sheppard (previous Scientific Officer). Alison Hornby also completed her term as an Ordinary Officer.

This year also saw Professor Gill Furze stand down as President and having completed her full six years, she also left Council. Gill has continued to lead the

Certification Project on our behalf and provide informal support to new President Dr Joe Mills.

We were unsuccessful in filling the position of President Elect on two occasions and have chosen to carry the vacancy until the next round of Elections in autumn 2016.

BACPR Council & Staff (as of March 2016)

Position	Name	Profession	Country
Executive Officers			
President	Dr Joe Mills	Cardiologist	England
President-Elect	<i>Vacant</i>		
Treasurer	Annie Holden	Exercise Professional	England
Secretary	Louise Jopling	Nurse	Scotland
Scientific Officer	Aynsley Cowie	Physiotherapist	Scotland
Ordinary Officers			
NACR Liaison	Dr Gordon McGregor	Exercise Physiologist	England
Connect/e-Bulletin	Kath Paterson	Dietitian	England
Nurses Liaison	Alana Laverty	Nurse	N. Ireland
	Sarah Quinlan	Occupational Therapist	England
	Jacqui Cliff	Nurse	Wales
	Alison Atrey	Dietitian	England
	Jo Hayward	Nurse	England
	Alison Illiff	Public Health	England
	Dr Hayes Dalal	GP/Primary Care	England
Co-opted officers			
EIN/EPG Liaison	Brian Begg		
Psychology	Dr Lesley Allan/Dr Morag Osbourne		
BSH	Jenny Welstand		
BANCC	Rhian Evans		
CCP/Patient Rep	Mel Clark		
NACR	Prof. Patrick Doherty		
ICCPR	Prof. John Buckley		
NHS England	Lindsay Hughes		
BHF	Joanne Oliver		

Co-opted officers

Executive Director/Education Director	Sally Hinton
Education Coordinator	Vivienne Stockley
Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Val Collins
IT Support	BCS IT Department

Membership

	March 2016	March 2015
Overall total	963	846
Nurse	389	319
Exercise Instructor	277	259
Physiotherapist	129	123
Exercise Physiologist	42	44
Doctor	24	22
Other Exercise Professional	23	N/A
Research Fellow/Academic	18	11
Occupational Therapist	15	13
Dietitian	15	9
Psychologist	9	6
Other	22	17

As well as a new high point in membership numbers, it was particularly encouraging to see an increase in some of our previously underrepresented professions e.g. Occupational Therapy, Psychology and Dietetics. Fifty-three members benefited from Joint Membership with BCS and 21 members took up the offer of the new Tripartite membership arrangements (BACPR/BCS/BANCC).

Communications

CONNECT/e-Bulletins

Under the fantastic leadership of Kath Paterson, CONNECT and e-Bulletins have maintained their high quality. Our opportunity of advertising jobs and events with BACPR has been taken up by external organisations providing additional income and another way to raise our profile.

Nurses Lead

Alana Laverty has continued to pick up queries and discussions posted by our Nursing members on the Discussion Forum to create an additional level of professional support.

Twitter

We have continued to attract Followers to our Twitter account, with regular postings and re-Tweets of information and updates. Twitter has proven to be a very successful medium for communicating with our members. During Conference 2015, we successfully used the hashtag '#BACPR2015' to encourage discussions of the presentations and event.

Website

We have continued to work on the website development, freshening up successful formats and improving the accessibility and readability of information. The Home Page now highlights our latest News and Events as well as advertising up and coming conferences and study days. The News articles have been a particular success and new areas have included a section on Certification and BACPR Publications.

Discussion Forum/Queries

The Discussion Forum continues to be an active area for peer-to-peer discussions with Council members supporting the interactions with their advice and expertise when able.

Queries continue to steadily come in and as well as offering a service to our members, the queries from non-members have enabled us to form links with a number of organisations e.g. military rehabilitation centres and offer educational and training opportunities.

Travel Award

There were no applications for the 2015 Travel Awards. The Award fund remains at a total of £3000 with grants of £1500 available per applicant. We were approached by a Cardiac Rehabilitation programme in South Africa with an offer to set up a Travel Award trip. We have accepted the offer, worked with a programme to organise a schedule and advertised the opportunity to our membership.

The Award was won by Lindsay Smith, Exercise Professional working in St. Barts, London and will take place in September 2016. We are now considering the option to set up future trips using our international connections.

Unfortunately due to circumstances out with his control, Dr Gordon McGregor has been unable to take his 2014 Travel Award trip to Ontario, Canada.

Louise Jopling

Honorary Secretary / Chair of Membership & Communications

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2016, were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

2015/16 income has increased compared to last year, mainly due to a highly successful Conference and a sustained increase in Membership. Expenditure has also proportionately increased. The improved Direct Debit system has demonstrated improved membership numbers and associated income. It is worth noting that there was reduced amount of sponsorship this year. These are challenging times in which to secure sponsorship and Council continue to seek financial support from Industry and other sponsors.

The Education Account demonstrates consistent business performance, sustaining a slightly increased income to that achieved in 2014/15, with reduced expenditure resulting in improved overall performance, without compromising quality. This reflects the on-going efforts of the staff in the Education Department, who continue to provide efficient management systems and solid supporting infrastructure to ensure the competitive high quality training.

The highly successful 2015 Conference held in Manchester is reflected in the increased income while expenditure costs were controlled. Thanks to our Members for continuing to support this event.

The Accounts structure and processes have been streamlined to enable a clear overview of the charity's business relating to income and expenditure, and are reported to Council on a quarterly basis. This has resulted in more detailed reporting and transparent analysis of the day-to-day running of the Council, the Association and more detail on direct Membership benefits. This has also allowed for clearer reporting against specific dedicated projects, whilst ensuring on-going developments are achieved. Further improvements have been identified moving forward, demonstrating BACPR's ability to align financial resource with its Charitable Objectives.

Overall, this report demonstrates robust financial performance and management. The strong closing balance of £329k ensures that the annual operating costs of the Association are covered, with the ability to be financially responsive and protective should income fall in the future. As the Association continues to grow and develop with an improving infrastructure and increasing membership, financial performance will undoubtedly continue to be strong and resilient.

	2013 - 2014	2014 - 2015	2015 - 16
Opening Balance	247,423	290,486	311,410
Income			
Membership	70,210 *	26,291	38,713
Conference		29,724	54,797
Education	286,441	286,477	287,471
Sponsorship	50,350	37,540	29,058
Total Income	407,001	380,032	410,039
Expenditure			
Membership	48,739	45,349	68,482
Conference	47,523	43,290	65,447
Education	267,677	270,469	258,328
Total Expenditure	363,939	359,107	392,257
Surplus (-Loss)	43,063	20,924	17,782
Closing Balance	290,486	311,410	329,193

Figure 1: Summary of 2015/16 Financial position

*Conference income £44,784 and Membership income £25,426

Sincere thanks go to Val Collins who provided the critical 'back-office' financial function from the BCS offices with support from the Executive Director position.

The full financial report is available within the Members' Area at www.bacpr.com or via the Charities' Commission Website at www.charity-commission.gov.uk.

Annie Holden

Treasurer



Conference Report

BACPR **Annual Conference 2015**

Tomorrow's World in Cardiovascular Prevention and Rehabilitation

The 2015 annual conference was held in The Palace Hotel, Manchester, on 1st and 2nd October. Almost 300 delegates made the journey to this vibrant city – making it our busiest conference to date – and feedback on the venue was very positive, especially regarding its accessibility.

A packed Thursday

Astra Zeneca led a pre-conference symposium on their 'One Heart Programme', alongside a workshop run by NACR. The conference was jointly opened by the BACPR presidents, Prof Gill Furze (outgoing) and Dr Joe Mills (incoming). The first keynote speaker was Prof Robert West (University College, London), who opened the session on *'Smoke and Sugar – Tackling Risk Factors'*, with a comprehensive overview of current hot topics in smoking cessation. A session on *'Improving Heart Function'* thus followed, with a focus on Atrial Fibrillation and TAVI, and in the mid afternoon break, Jacqui Cliff (Wrexham Maelor Hospital) and Bernie Downey (Belfast Health and Social Care Trust) led a workshop on prescribing in cardiac rehabilitation. Prof David Wood (WHF President Elect) opened the final session of the day *'Taking Rehabilitation into Tomorrow'* with an overview of the WHF secondary prevention roadmap, and Prof Mark Haykowsky (University of Texas) explained the need for early rehabilitation in chronic heart failure. Dr Mike Knapton (BHF) closed Thursday with an update from the British Heart Foundation.

Welcoming New Investigators

Almost 50 scientific abstracts were submitted to the conference committee. Once again this year, prizes were given for the best moderated poster presentation (*Claire Taylor – 'Cardiorespiratory Fitness and All-cause Mortality: A 14-year Follow-up of Community-based Exercise Rehabilitation'*) and best oral abstract presentation (*Avril Copeland – 'Development of an Innovative Web and Smartphone Application to Assist Health Professionals to Promote Physical Activity for Prevention of Cardiovascular Diseases'*). For the first time ever, our New Investigator prize was presented. This award recognised innovative research by a novice researcher, and was awarded to Hatoun Alabdulkarim for *'Does a Light-pacing Strip Reduce the Need for a Practice Test of the Incremental Shuttle Walk Test'*. Instead of the usual 'country updates' from all four UK nations being provided in the main session, there were 'country update stands' placed within the exhibitor area, allowing delegates to access country-specific information at their leisure.

Debating the shape of 'Tomorrow's World'

Thursday evening's Gala Dinner saw delegates enjoying a delightful meal, followed by a disco, and Friday's conference session opened with a lively *'Special Highlight'* presentation by Dr Molly Byrne (NUI, Galway) on approaching

discussions with patients about sexual issues. Delegates then had the option to attend the oral abstracts in either the *'Nurses Forum / Psychology'* or *'EPG / Dietetics'* parallel sessions. Dr Linda Ross (University of South Wales) closed the nursing / psychology session with a presentation on spiritual support in end-stage heart failure, whilst Dr Charlotte Edwardson (University of Leicester) closed the EPG / dietetics parallel with a presentation on physical activity monitoring.

After break, in the *'Optimising Outcomes from Cardiac Intervention'* session it was all about the stents(!) with a lively debate on whether bioabsorbable stents are the future of interventional cardiology, and a presentation on self-management of coronary heart disease after percutaneous coronary intervention. MSD sponsored the lunchtime symposium on *'How Important is Lipid Management after a Heart Attack – Should we 'fire and forget?'*, alongside a second NACR workshop.

'National and Global Perspectives' was the focus of early Friday afternoon, opened by Prof Rod Taylor (University of Exeter), who summarised the latest Cochrane Reviews findings with regards rehabilitation. An update on NACR and presentations on 'how it was for them' by NACR certified sites then followed. The conference closed with *'Fats in the Future – Where is Research Taking Us?'*, with presentations on both hyperlipidaemia and dietary fats.

All conference presentations are available to view in the 'members only' area at: www.bacpr.com.



BACPR Annual Conference 2016

“Applying Evidence to Practice”

The 2016 annual conference will be held in the Cardiff Hilton on Thursday 6th and Friday 7th October. We are delighted to be hosting this year’s conference in collaboration with the All Wales Cardiac Rehabilitation and Heart Failure Group.

The programme has been developed to incorporate ideas provided in the 2015 delegate feedback: all presenters have been asked to provide a direct link between their work and clinical practice, and efforts have been made to invite speakers from all four UK nations (whilst ensuring that the programme has a prominent Welsh theme). The All Wales Group will open and close the conference.

Prizes will be awarded to best oral abstract presentation, best moderated poster and new investigator, and the ‘country update stations’ will return in a new, improved format.

Aynsley Cowie
Scientific Officer

Education Report

In 2015-2016 we have continued to deliver the UK's leading Level 4 Cardiac Exercise Instructor Training course and our comprehensive CPD programme of short courses across the UK and the Republic of Ireland. There have been 28 Short Courses with a total of 469 delegates attending and 11 BACPR Exercise Instructor Qualification courses with a total of 184 Instructors attending over the last 12 months. Over the last year we have had 677 Exercise Instructors undergo on-line revalidation.

The BACPR Standards & Core Components on-line course continues to be accessed by a variety of professionals and gives an overview to our speciality. The interactive modules include; learning outcomes, interactive tasks, lecture captures and pre and post assessment to test knowledge.

Hard copies of BACPR Publications are now available to purchase online from the resource section on the website

- BACPR Standards and Core Components for Cardiovascular Disease Prevention and Rehabilitation
- Physical Activity & Exercise in the Management of Cardiovascular Disease Resource Manual
- BACPR Reference tables for assessing, monitoring and guiding physical activity and exercise intensity
- BACPR Core Competences for the Physical Activity and Exercise Component of Cardiovascular Rehabilitation Services
- BACPR Core Competences for the Health Behaviour Change and Education Component of Cardiovascular Rehabilitation Services
- BACPR DVD: Principles of Exercise Prescription for Cardiac Patients

Across the Education programme all course material continues to be regularly re-evaluated and updated to ensure delegates receive comprehensive material

on every course. The BACPR Exercise Instructor Training manual has also been reviewed and updated.

All courses are BCS approved, recognised by Skills Active and hold Register of Exercise Professionals (REPs) CPD points.

The team were involved in the two successful BACPR Conferences this year - the Annual Conference in October 2015 at The Palace, Manchester and the BACPR EPG Spring conference in May 2016 at Aston University, Birmingham, along with being part of the organising committee of the BCS Affiliates Day in June 2016.

Finally, thank you to all the Tutors and Hosts who we have worked with over the last year in delivering quality education and training across all the core components of cardiovascular disease prevention and rehabilitation.

Sally Hinton

BACPR Education Director



Exercise Professionals Group (EPG) Report

EPG Committee

The EPG Committee, currently consists of the following people:

Brian Begg	Chair/BACPR EIN representative
Katie Plant	BACPR EIN representative
Vicky Hatch	BACPR EIN representative
Dr Gordon McGregor	BASES representative
Mark Campbell	BASES representative
Samantha Breen	CPICR representative
Laura Burgess	ACPICR representative
Prof John Buckley	Founder Member

EPG Study Day 2016

In May 2016, 122 people attended the Aston Conference Centre for our annual study day. They were treated to a high quality programme of national and international speakers who delivered enlightening and entertaining presentations. The plan for this year's Study Day was simple... interesting topics (Diabetes, maintaining muscle mass, assessing fitness, High Intensity Interval Training, and sports cardiology) quality speakers and practical take home messages.

Amongst other fantastic speakers we were delighted to welcome our keynote speaker Dr Andre La Gerche, Head of Sports Cardiology at the Baker IDI Heart and Diabetes Institute Melbourne and Cardiologist at the Alfred Hospital and St Vincents Hospital Melbourne. Presentations are available to view on the Member's Area of www.bacpr.com

Council link

The EPG Committee have continued to advise BACPR Council on matters relating to physical activity and exercise. Gordon McGregor currently sits on Council as an elected ordinary Council member and Brian Begg also sits on Council as the EPG/EIN representative (non-voting), providing a seamless link between EPG and Council activities.

Brian Begg

BACPR Exercise Professional Group Chair





Exercise Instructor Network (EIN) Report

EIN Committee

The EIN Committee currently consists of the following people:

Chair	Brian Begg
Vice Chair	Vicky Hatch
Secretary	<i>Vacant</i>
Treasurer	Julie Mason
PR Officer	Katie Plant

BACPR EIN CPD Day

The EIN Committee are currently developing a CPD day that will cover a variety of practical exercise related topics. The programme is currently being developed with a view to delivering the first day in January/February 2017

Communications

The BACPR EIN Facebook page (now featured on the BACPR Homepage) was set up to share information that is of interest to BACPR qualified instructors, BACPR members or members of the public with an interest in all things physical activity and health related, currently has 287 'likes' (an increase of over 100 since last year).

If you would like to keep up to date with what's going on with the Exercise Instructor Network, check out our 'BACPR Exercise Instructor Network' Facebook page. Don't forget to click on the 'like' button.

Brian Begg

BACPR Exercise Professional Group Chair



“Promoting excellence in cardiovascular disease prevention and rehabilitation”

The British Association for Cardiovascular Prevention and Rehabilitation

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