

HEARTY VOICES

The Newsletter of HEARTBEAT The Brighthouse Heart Support Group
Registered Charity 1156951 in England & Wales

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CHAIR'S GREETING

Dear Members

We hope we find you well. If you have a problem, please contact us so we can keep in touch with you. Pamela Lunn, our Membership Secretary last year made over 90 phone calls, sent cards and condolence messages to Members.

The Fun Day on 28th August in aid of the MNDA and Rob Burrow Centre at Leeds Hospitals raised over £11,000. HEARTBEAT raised £219.11 for the funds. Thanks to all our Members who took part or attended.

Roger Bailey, Chair

AEDs

We have 2 AED's available at 50% below their list price. If you know of any organisation who want to install 24/7 Public Access AEDs, please ask them to get in touch.

Our new lightweight CellaED defib for our walks is now in use, saving nearly 1kg in weight for the Walk Leaders to carry. Thanks to one of our Members who donated £250 towards its cost, they wish to remain anonymous.



Mary Mitchell has set up our new Monday afternoon ChitChat Club. The reason for it in her words are:
"Do you ever feel you would like to go out for a coffee or a tea and a chat, but have no one to go with? Well why not join us at our Chit-Chat Group. Regular meetings planned

*In the Sports Bar at the Brighthouse Sports Club
Coffee / Tea and a Biscuits / Cake / Quiz / Games / Fun or just chat with friends. Everyone welcome!"*

The first meeting is on Monday 11th September between 1:00 and 3:30pm. Then the plan is to meet every 2 weeks, if successful.

FRIENDS & NEIGHBOURS

A group of 6 people from Helen Doherty's Self Service Team at Lloyds Bank lead by Keith Batchelor did the 3 Peaks Walk Challenge in early July and raised £395 for our Defib Fund.

Since then, Lloyds Bank Foundation Staff Matched Giving Scheme have donated another £395. Thanks to both for their generosity.

**Don't Count Your Years,
Make Your Years Count**

CHRISTMAS RAFFLE

The Christmas Raffle Tickets, with over £300 in prizes, will go on sale in September. The draw will take place on Thursday 16th November at the Thursday Class.

Tickets will be in books of 10, each ticket costing 50p.

If you have any items that can be used in the draw; drinks, sweets, gift sets etc. please bring them to any class, or contact Roger to collect them from you.

HEARTBEAT CLASSES

Brighthouse Sports Club, Russell Way, HD6 4LX

Tuesday Morning

Tai Chi 09:30 to 10:25

Tai Chi 10:30 to 11:25

Exercise 11:30 to 12:30

Wednesday Evening:

Exercise: 18:30 to 19:30

Thursday Morning:

Exercise: 09:30 to 10:25

Exercise: 10:30 to 11:25

Exercise Normal / Chair Based: 11:30 to 12:30

NOTES:

- The Members Bar is being used on Tuesdays during school terms. So, we will set up a limited number of chairs in Reception. Ideally arrive just before classes
- There are no Thursday Classes on 21st September as the whole club is being used for a company event.

COACH TRIP

We are planning a coach trip to the Beverley Festival of Christmas on Sunday 10th December, if there are sufficient numbers.

The price would be £15 per head. Leaving Brighthouse Sports Club at 9:00am, Returning from Beverley at 4:00pm back in Brighthouse before 6:00pm.

Friends and family welcome.



LOTTERY NUMBERS



The Lottery Game is one of our key fundraisers. Not all our classes cover their actual costs. To meet the shortfall, we have run the Lottery Game, raising typically £25 a month. We currently have 5 numbers available 1,3, 20, 33 and 53, in monetary terms a £25 shortfall for our funds each month.

If you would like any of these numbers please contact a Trustee at any class or send an email.

£5 a month, win £15 on Wednesday or £20 on Saturday if your number matches the bonus ball.

WHAT'S ON AT HEARTBEAT



Note, a £5 deposit is required for all bookings

14 September, Thursday – Autumn Supper 19:30 to 23:00. Male Singer Bev, 2 course supper Price **£13:50** Members, family and friends welcome.

11 September, Monday – ChitChat Club first meeting free. Then planned dates are:

Mondays 11th & 29th September

Mondays 2nd, 16th & 30th October

Wednesday Lunch Clubs 12:30pm The dates are below, contact Mary for details of each lunch.

27 September, 25 October, 29 November

7 December Thursday – Christmas Supper 19:30 to 23:00. Clifton & Lightcliffe Band, 2 course supper Price probably **£15:00** Members, family and friends welcome.

10 December, Sunday – Beverley Festival of Christmas. Leaving BSC at 9:00am, returning before 6:00pm. Price will be **£15** a person if we have sufficient numbers.

You can book lunches by contacting Mary Mitchell at marygmitchell41@gmail.com.

You can book trips and suppers at any class or by email info@heartbeat.uk.com or text 07860 479567.



HEARTBEAT WALKS



Please make sure you have the correct footwear & clothing for the weather conditions. Walks are subject to change due to weather and strikes. Only use pub car parks if eating there after the walk.

Tuesday Walks, for further details call 01484 712037

DATE	TIME	WALK	MILES	GRADE	MEET AT
26 SEPT	10:00	NORLAND ANCIENT BYEWAYS 'In stile'	4 miles 22 stiles	2**	SPRING ROCK INN B6113 HX4 8PT New walk
10 OCT	10:00	HONLEY WOODS	4.5 miles 5 stiles	2	HONLEY Thurstin Road HD9 6HF
24 OCT	10:00	SCAMMONDEN & GOAT HILL	4.5 miles 6 stiles	2*	Reservoir car park Low Platt Lane off A640. Near HD3 3FR. What3words drove.trades.bulky
7 NOV	10:00	DRIGHTLINGTO N and hidden BIRKENSHAW	5.0 miles 5 stiles	2	THE RAILWAY INN, Birstall Lane BD11 1JJ
21 NOV	10:00	RASTRICK, REINS WOOD & CANAL	4.0 miles 0 stiles	2	RASTRICK LILLANDS LANE HD6 3BR
5 DEC	10:00	FARNLEY TYAS, BROCKHOLES & THURSTONLAND	5.0 miles 14 stiles	2	GOLDEN COCK INN HD4 6UD
9 JAN	10:00	NORWOOD GREEN	4.0 miles 6 stiles	2	OLD WHITE BEARE Norwood Green HX3 8QG

Saturday Long Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
23 SEPT	10:15	MYTHOLMROYD TO LUDDENDENFOOT & BACK	4-5 MILES	2	09:52 Train from Brighouse or 10:15 Mytholmroyd Station, HX7 5DZ
7 OCT	10:30	HEBDEN BRIDGE TO HARDCASTLE CRAGGS	4-5 MILES	2+	09:50 Train from Brighouse or 10:20 near Hebden Bridge Picture House HX7 8AD
21 OCT	10:00	TONG - PUDSEY & TONG BECKS - CIRCULAR NEW WALK	3.5-4 MILES	2+	09:50 Greyhound Inn, 23 Tong Lane, Tong, Bradford, BD4 0RR
4 NOV	10:00	SCAMMONDEN RESERVOIR (Google Plus code: J3VM+84 Huddersfield)	4-5 MILES	2	Reservoir car park, Low Platt Lane off A640. Near HD3 3FR. What3words drove.trades.bulky
18 NOV	10:00	BAILIFF BRIDGE & NORWOOD GREEN	4-5 MILES	2	09:50 Towards end of Victoria Road, Bailiff Bridge, HD6 4DX
2 DEC	10:00	BRADLEY WOODS -FIXBY- TOOTHILL- BRIGHOUSE	4-5 MILES	2	09:50 X63 bus from Tesco or 10:00 Huddersfield Road end of Shepherds Thorn Lane HD6 3TT
16 DEC	10:00	ELLAND CANAL & CROMWELL BOTTOM NATURE RESERVE	4-5 MILES	2	09:50 Elland Bridge HX5 9HH
30 DEC	10:00	SPEN VALLEY GREENWAY Joint Walk	0 to 3.0	2	09:50 Greenway, next to Tesco car park, Cleckheaton BD19 3HS

Saturday Short Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
30 SEPT	11:00	SPEN VALLEY GREENWAY (TWO WAY)	0 to 3.0	1	10:50 Greenway next to Tesco Car Park, BD19 3HS
14 OCT	11:00	SOUTHWRAM TO SHIBDEN PARK (One way)	2.0 to 3.0	1	10:45 Brighouse Bus #571 or 11:05 Cock & Bottle, Southwram, HX3 9PA
28 OCT	11:20	HEBDEN BRIDGE CANAL TOWARDS TODMORDEN & BACK	2.0 to 3.0	1	10:52 Train from Brighouse or 11:20 Outside Hebden Bridge Railway Station
11 NOV	11:00	SCHOLES CIRCULAR	2.0 to 3.0 12 stiles	1	10:40 GMB car park or 10:50 Town Gate 'triangle', Scholes BD19 6ET
25 NOV	11:00	MIRFIELD CANAL WALK	0 to 3.0	1	10:30 train from Brighouse or 10:50 Co-op car park, Mirfield WF14 8AN
9 DEC	11:00	CLIFTON CIRCULAR	0 to 3.0	1	10:50 Towngate, Clifton, HD6 4HP
23 DEC	11:00	SALTERHEBBLE TRAIL & BACK	0 to 3.0	1	10:50 Water Mill, Salterhebble Hill, Huddersfield Rd HX3 0QT
30 DEC	11:00	SPEN VALLEY GREENWAY Joint Walk	0 to 3.0	2	10:50 Greenway, next to Tesco car park, Cleckheaton BD19 3HS