



Affiliated to the British Heart Foundation

EXERCISE CLASSES

TAI CHI CLASSES

WALKS

HEALTH WALKS

SOCIAL EVENTS

PUBLIC ACCESS AEDs

***Don't Count The Years
Make The Years Count***

Contact Address: HEARTBEAT, c/o Brighouse Sports Club, Russell Way, Brighouse, HD6 4LX

e-mail: info@heartbeat.uk.com

website: www.heartbeat.uk.com

Facebook: [@HeartbeatBrighouseUK](https://www.facebook.com/HeartbeatBrighouseUK)

Phone: 07475 943686

Call in at any class for more details

Registered Charity: 1156951 in England & Wales

♥ What is HEARTBEAT?

- ✦ HEARTBEAT is a Registered Charity run by unpaid volunteers based in Brighouse providing Exercise Classes and Tai Chi Classes, Social Events plus Walks for people who have had or are at risk of having a cardiac event.
- ✦ We try to include members' carers and / or their partners in all our work.
- ✦ HEARTBEAT was opened in 2006 in Brighouse and has over 230 members from across West Yorkshire.
- ✦ We are governed by a constitution which empowers our members, with a Committee of Trustees too carryout the member's decisions.
- ✦ Our aim is to improve the quality of life and the life expectancy of our members by rehabilitation or prevention of cardiac issues or their causes. This to be in an enjoyable, friendly experience.
- ✦ Our Patrons are Khalid Rashid, Consultant Cardiologist at Calderdale Royal Hospital and Craig Whittaker, Member of Parliament for Calder Valley.
- ✦ We have a wide range of exercise equipment: cross trainer, bikes, rowing machines, trampettes, steps & weights.
- ✦ We are affiliated to the British Heart Foundation.
- ✦ We are members of local groups supporting voluntary organisations, VAC and CFFC.
- ✦ HEARTBEAT helps raise funds for installing 24/7 public access AED's (Automated External Defibrillators). To date we have helped raise £27,000+ and 16 AED's have been installed.

♥ HEARTBEAT provides:

- ✦ Exercise Classes for people with heart problems or conditions that could lead to them.
 - ✦ Tai Chi Classes for balance, circulation, fitness and exercise.
 - ✦ Professional instructors with BACR or other appropriate qualifications for all our HEARTBEAT classes.
 - ✦ Regular walks and Short / Health Walks for members, with 10 trained Walk Leaders.
 - ✦ All Trustees and Walk Leaders have been DBS checked and have First Aid qualifications.
 - ✦ Information regarding heart and associated care via the BHF's magazines, leaflets, our in-house newsletter and our website.
 - ✦ A calendar of over 20 social events a year for the benefit of members, their carers, family and friends subject to availability.
 - ✦ An environment where members and carers can interact on a like for like basis with people who have a commonality with heart associated problems and experiences which rebuild their confidence to enjoy life to the full.
- ### ♥ Membership
- ✦ There is an annual membership fee of £5 due each June.
 - ✦ Anyone over 18 living in West Yorkshire is eligible to join after NHS Phase 4 Cardiac Rehabilitation, follow on from **BETTER LIVING** or direct if you meet the criteria with our membership form signed by your GP / Practice Nurse.
 - ✦ People at risk of a cardiac event are those with at least one of the following; Diabetes types 1 or 2, high blood pressure, high cholesterol, overweight (BMI greater than 25), have had a cardiac event or have a cardiac condition. Even if controlled by medication or diet.
 - ✦ Membership of Brighouse Sports Club, Social Section, along with its benefits, is included in the annual HEARTBEAT membership fee.

♥ Where do HEARTBEAT Meet?

— The Brighthouse Sports Club, Russell Way, Brighthouse, HD6 4LX

Classes Tuesday Morning

Tai Chi: 09:30 to 10:25

Tai Chi: 10:30 to 11:25

Exercise: 11:30 to 12:30

Classes Wednesday Evening

Exercise: 18:30 to 19:30

Classes Thursday Morning

Exercise: 09:30 to 10:25

Exercise: 10:30 to 11:25

Chair Based Exercise: 11:30 to 12:30

— The venue is fully air-conditioned with disabled facilities, disabled access and parking. Large, well lit, free car park. EV Charge point.

♥ Walks / Health Walks

— Walks are organised every alternate Tuesday morning and every Saturday.

— Walks are typically 2 to 3 hours in duration and usually end with a lunch if you wish. Walks are free to all our members, carers and partners. Walks are organised through trained Walk Leaders who have an AED and First Aid kit with them on all walks.

— Health / Short Walks, on the level or downhill are up to 1 hour for those who are less mobile, are organised every alternate Saturday.

— People who do not meet our criteria are welcome to join the walks as an Associate Member providing, they pay the annual membership fee of £5. Associate Members cannot take part in Exercise or Tai Chi classes.

♥ Funding

— We charge a fee for Exercise Classes and Tai Chi Classes currently of £3:00.

— We organise various fund-raising events during the year.

— We raise over 98% of our costs ourselves but do seek funds from public and private sources when necessary.

— Professional instructors with BACR or other appropriate qualifications are contracted by **HEARTBEAT**.

— We have our own defibrillators at all our classes, events and on our walks.

— All equipment such as exercise bikes, rowing machines, cross trainers and various equipment for classes plus social events are owned and funded by **HEARTBEAT**. The room hire for classes is paid for by **HEARTBEAT**.

♥ Social Events

— We have a wide selection of social events: monthly lunch club, themed suppers, canal trips, coach trips, annual dinner and lots more.

♥ How Do You Join?

— There are several ways to join our classes if you meet the criteria and become a member of **HEARTBEAT**:

- From Cardiac Rehabilitation courses and / or Calderdale Better Living courses at the end of which you join **HEARTBEAT**.
- Or contact us by phone, email or at classes and we can discuss membership with you.
- Either way you must complete our membership form and have it signed by your Doctor / Practice Nurse to ensure you are able to take part in exercise / walks. Your membership fee is due when you join **HEARTBEAT** and renewal is each June.

— Remember you must meet at least 1 of the 5 criteria: you have a heart condition or have had a cardiac event, you have high blood pressure or high cholesterol, you are overweight (BMI greater than 25), you are diabetic (Diabetes 1 or 2).

— You can become an Associate Member if you meet none of the criteria and can take part in walks, health walks and social events but not the Exercise or Tai Chi classes.

— Membership Forms and this leaflet are available to download from our website on the Contact Us page or collect from any class.

♥ **Visit our website: www.heartbeat.uk.com, email: info@heartbeat.uk.com or call 07475 943686 for more details**