

HEARTY VOICES

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

Issue 50, April - June 2023
e-mail info@heartbeat.uk.com
website www.heartbeat.uk.com
[facebook.com/HeartbeatBrighouseUK](https://www.facebook.com/HeartbeatBrighouseUK)
phone 07475 943686

CHAIR'S GREETING

Dear Members

Since our last newsletter we have lost Members and ex-Members: Les Pickles, Stephen Armitage, Mary Smith, Jackie Sykes, Trevor Roebuck and Peter Mitchell. Our thoughts are with their families and friends at this sad time.

Last year was our strongest financial year ever, with a record profit. This was due to:

- Increased attendance at classes
- 2 successful Raffles
- Grants for equipment and training
- Members donations
- The return of social events

We will use some of our surplus to upgrade equipment as necessary starting with the rowing machines

The Brighouse Sports Club Annual General Meeting will be held on Thursday 23rd March at 7:30pm in the Main Hall. All HEARTBEAT Members are automatically made Social Members of the BSC and are entitled to attend this meeting. The main items will be the 2022 Accounts and the Secretary's report.

Roger Bailey, Chair

HEARTBEAT AGM

Our 13th Annual General Meeting took place on Tuesday 28th February 2023 at 2:00pm in the Main Hall at the BSC.

29 Members attended as well as Howard Noble, Secretary to Brighouse Sports Club.

The results of the votes were:

- Minutes of 2021 AGM, approved
- Review of 2022
- Accounts for 2022, approved
 - Election of Trustees, re-elected
- Election of Officers, re-elected
 - Roger Bailey Chair
 - Mike Banks Treasurer
 - Julie Jessop, Secretary
- 2023 Budget, approved
- Members' Resolutions:

The result of the Resolutions was:

Resolution 1- Trainer Pay Rate increase, was approved

Resolution 2 – BSC Class Fees no increase but Trustees can change it if needed, was approved

Resolution 3 - To seek a better investment for our reserve funds and a better current account, was approved

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

SPRING RAFFLE

We will hold a Spring Raffle to raise funds, with the draw taking place at classes on Thursday 1 June.

Between now and then you can donate prizes. Please no knives or electrical items. We need unwanted gifts, alcohol, food in life, sweets and chocolates, new household items etc., all very welcome.

Tickets are 50p each in books of 10. There will be 30+ prizes worth £300+; including a Luxury Hamper, whiskey, wine and chocolates and lots more.

Prizes can be collected from any class after that date or on Saturday 3 June, we will be outside in the car park at the BSC between 10:00 and 12:00 noon. We will email the result of the draw on Thursday 1 June to all Members who are on our mailing lists.

MEMBERSHIP FEES

Your Annual Membership Fee of £5.00 is due by 30th June 2023. If you joined HEARTBEAT after 31st December 2022, then your fees are already paid. If you no longer wish to be a Member of HEARTBEAT then please advise us before 30th June.

Payment can be made at class or via our website using DONATE or by bank transfer to NatWest A/C Name; HEARTBEAT the Brighouse Heart Support Group. Sort code - 53 61 07 Account no – 61409138. Use the reference "MEMBERSHIP"

FRIENDS & NEIGHBOURS

Thanks to Brighouse and District Lions who donated £100 to our general funds and £100 to our Defib funds. They have been regular supporters of HEARTBEAT over many years and we are very grateful.

HEARTBEAT CLASSES

Brighouse 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

Current Covid guidance: *We are continuing with hand sanitising & wiping down equipment. If you wish to wear a face covering that is fine by us.*

WHAT'S ON AT HEARTBEAT



Note, a £5 deposit is required for Lunch Club Bookings
We have changed the day of our Lunch Clubs from Thursday to Wednesday and meeting at 12:30pm.

17 March, Thursday – Pensioners Fair at the **Central Methodist Church, Brighouse**, all welcome, HEARTBEAT have a stall. Open 10:00am to 2:00pm.

24 April, Monday – Coach Trip to the **RHS Gardens Bridgewater**, Worsley, Manchester. Coach and entry £22.50, for RHS Members £14.00, members, family and friend's welcome. Leaving BSC at 9:30am and back around 5:30pm. Light refreshments, raffle and toilet on coach. **SOLD OUT.**

26 April, Wednesday – Lunch Club at the **Brown Horse**, Coley, HX3 7SD. 1:00pm, members, family and friend's welcome.

31 May, Wednesday – Lunch Club at the **High Park, Bradley** Road, Huddersfield 1PZ. 12:30pm, members, family and friend's welcome.

24 June, Saturday – Brighouse Charity Gala Parade 12:00 to 1:00 As many Members please, walking from Garden Road, HD6 2ES to Wellholme Park. Promoting HEARTBEAT and raising funds for local charities.

28 June, Wednesday – Lunch Club To be advised
You can book lunches at any class or contact 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 subject to change due to weather and strikes

Tuesday Walks, for further details call 01484 712037

DATE	TIME	WALK	MILES	GRADE	MEET AT
11 APR	10:00	FARNLEY TYAS & CASTLE	5.25 miles 10 stiles	2+	FARNLEY TYAS VILLAGE, Woodsome Road, near Golden Cock Inn HD4 6UD
25 APR	10:00	GREETLAND & NORLAND MOOR	4.3 miles No stiles	2	SPORTSMAN'S INN Rochdale Road HX4 8PL
9 MAY	10:00	WAINSTALLS & SALTONSTALL	4.2 miles 6 stiles	2	CROSSROADS INN, Wainstalls HX2 7TB
23 MAY	10:00	HOVE EDGE & LIGHTCLIFFE part new walk	4.5 miles 1 stile	2	DUSTY MILLER PUB Halifax Road HD6 2PB
6 JUNE	10:00	SCAMMONDEN NORTH & BLACK BROOK VALLEY new walk	4.8 miles 9 stiles	2+	SCAMMONDEN RESERVOIR CAR PARK Off A640, New Hey Road, near HD3 3FR
20 JUNE	10:00	EMLEY	4.5 miles 5 stiles	2	EMLEY CROSS (village centre) HD8 9RN parking behind the post office

Saturday Long Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
1 APR	10:00	NORWOOD GREEN TOWARDS SHELF CIRCULAR	4-5 MILES	2	9:50 Near The Old White Beare, Village Street, Norwood Green HX3 8QG
15 APR	10:00	OGDEN WATER	4 MILES	2	09:50 Ogden Water Car Park HX2 8XZ
29 APR	10:00	TONG-PUDSEY & TONG BECKS	3.5-4 MILES	2	9:50 Greyhound Inn, 23 Tong Lane, Bradford BD4 0RR
13 MAY	10:00	BRIGHOUSE – BAILIFF BRIDGE – THORNHILLS CIRCULAR	4-5 MILES	2	9:50 GMB car park, Brighouse HD6 1SL
27 MAY	10:00	JUDY WOODS – ROYDS HALL CIRCULAR	4-5 MILES	2	09:50 Judy Woods main entrance, Station Road, Wyke BD12 8LA
10 JUNE	10:00	BRIGHOUSE – BIRDS ROYD – WOODHOUSE – BRADLEY WOODS CIRCULAR	4-5 MILES	2	09:50 Brighouse Railway Station car park HD6 1LE

Saturday Short Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
8 APR	11:00	CROW NEST – HIPERHOLME STRAY CIRCULAR	0 to 3.0	1+	10:50 Near Crow Nest Golf Club entrance & Coach Road, Brighouse HD6 2LN
22 APR	11:00	SALTERHEBBLE HEBBLE TRAIL	0 to 3.0	1	10:50 Water Mill, Huddersfield Road Salterhebble HX3 0QT
6 MAY	11:00	BRIGHOUSE CANAL TOWARDS ELLAND & BACK	0 to 3.0	1	10:50 GMB car park, Brighouse HD6 1SL
20 MAY	11:00	NORLAND MOOR	0 to 3.0	1	10:50 Road next to Spring Rock Inn, Norland HX4 8PT
3 JUNE	11:00	OAKWELL HALL	0 to 3.0	1	10:50 Oakwell Hall, Lower Car Park WF17 9LG
17 JUNE	11:00	OGDEN WATER	0 to 3.0	1	10:50 Ogden Water Car Park HX2 8XZ
24 JUNE	10:00	BRIGHOUSE CANAL TOWARDS ELLAND	0 to 3.0	1	09:50 GMB Car Park, Brighouse, HD6 1SL
24 JUNE	11:45	BRIGHOUSE GALA PARADE	1.0	1	11:30 Garden Road, Brighouse HD6 2ES



LOTTERY



We have 2 numbers available in our Lottery Game:

Number 12 available now

Number 24 available now

The entry fee is £5 for 5 weeks paid in advance. If your number matches the Bonus Ball number in the National Lottery: Wednesday you win £15:00, Saturday £20:00. There is a 60% Pay Out!!

Contact any Trustee at classes or email: info@heartbeat.uk.com to join.