

HEARTY VOICES

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

Issue 53, January - March 2024

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CHAIR'S GREETING

Dear Members

On behalf of the Trustees can I wish you and your family a Merry Christmas and a Happy, Healthy New Year in 2024

In November our 750th Member joined HEARTBEAT. Our Membership currently stands at 239. This is the highest it has been since 2019. Welcome to all our new Members, we hope you enjoy your membership.

Roger Bailey, Chair

AGM

Our 14th Annual General Meeting will take place on Tuesday 27th February 2024 at 2:00pm in the Main Hall at the BSC.

The agenda will be:

- Minutes of 2022 AGM
- Review of 2023
- Accounts for 2023
- Election of Trustees
- Election of Officers
- 2024 Budget
- Members' Resolutions

If you want to be considered to be a Trustee or put forward any Resolution then please ask for the relevant forms at any class or by email or post.

NOTE: The meeting will be held under the applicable Covid Guidance in place at that time.



Mary Mitchell has set up our new Monday afternoon ChitChat Club. We meet in the Sports Bar at the BSC between 1:00 and 3:30pm. Tea, coffee and biscuits are on offer as well as a good chinwag and maybe a game or 2. Please give it a try and enjoy your fellow member's company.

FRIENDS & NEIGHBOURS

The Northowram "Crafty Ladies" have donated £150 to our Defib fund that they raised at a recent coffee morning. Thank you to all of them for their donation.

NHS Retiree's from Bradford meet at the Bradford Tradesman's Homes. Phil and Roger gave them a talk 7 November and they donated £32.50 to our defib funds and supplied homemade scones. Thanks

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

CHRISTMAS EVENTS

We ran 3 events for Christmas; a Supper, Coach Trip and Lunch. All were a success and attendances were up on recent years. 100 for the Supper which included a Christmas Concert by Clifton & Lightcliffe Band, 56 for the trip to Beverley Christmas Spectacular and 33 for the Christmas Lunch at the Four Sons.

CHRISTMAS RAFFLE

The draw took place at the Thursday Class on 16 November. There were 40 prizes worth over £550. Members can collect prizes at any class.

Thanks to everyone who bought tickets and / or donated prizes.



LOTTERY NUMBERS



We currently have one number available **3**. If you would like this number, please contact a Trustee at any class or send an email. Costs £5 a month, win £15 on Wednesday or £20 on Saturday if your number matches the Lotto bonus ball.

HEARTBEAT CLASSES

Brighouse Sports Club, Russell Way, HD6 4LX

PLEASE NOTE:

For Christmas we close on Thursday 14 December and open again on Tuesday 2 January.

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
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Thursday Morning:

Exercise:	09:30 to 10:25
Exercise:	10:30 to 11:25
Exercise Normal / Chair Based:	11:30 to 12:30

AEDs

We have installed a new 24/7 public access AED at the Cock O'The North pub at Hipperholme. Margaret, Phil and Roger trained locals and the bar staff in CPR and using the AED, with support from Mark Farrar of WEL Medical.

We have upgraded the cabinet for the AED at Southowram Social Club and are also upgrading the one in Bethel Street. The old metal cabinets are rusting and leaking which could damage the AEDs.



WHAT'S ON AT HEARTBEAT



A £5 non-refundable deposit is required for all bookings

8 January, Monday ChitChat Club at BSC Sports Bar from 1.00 to 3:30pm. The planned meetings are:

Monday 15 and 29 January,

Monday 12 and 26 February

Monday 11 and 25 March

Free events, donations welcomed.

Wednesday Lunch Clubs 12:30pm contact Mary for details of each lunch.

27 Tuesday – AGM 2:00 to 3:30pm. See first page for full details. All Members welcome. Free event.

Other Events maybe organised in the New Year

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



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. Please only use pub car parks if eating there.

If you want to join our Saturday walks, please email info@heartbeat.com and we will add you to our mail list which is sent out weekly.

Tuesday Walks, for further details call 01484 712037

DATE	TIME	WALK	MILES	GRADE	MEET AT
9 JAN	10:00	NORWOOD GREEN	4.0 miles 6 stiles	2	OLD WHITE BEARE Norwood Green HX3 8QG
23 JAN	10:00	COLEY & JUM HOLE BECK	4.5 miles 14 stiles	2	COLEY ROAD Near St John church HX3 7SA
6 FEB	10:00	HADE EDGE & LONGLEY FARM	4.3 miles 3 stiles	2	HADE EDGE on B6106, on spare land near Algy Arms HD9 2JG
20 FEB	10:00	BEACON HILL MEANDER	4.3 miles 2 stiles	2*	HIPPERHOLME Old Road, below railway bridge near HX3 8HR
5 MAR	10:00	CLIFTON, WELLHOME PARK and MURDER	4.0 miles 11 stiles	2	ARMYTAGE ARMS A643 HD6 4HX
19 MAR	10:00	NORWOOD GREEN & JUDY WOODS Less Travelled	4.3 miles 2 stiles	2*	OLD WHITE BEARE Norwood Green HX3 8QG
2 APR	10:00	WAINSTALLS & MIXENDEN RESERVOIR	4.5 miles 12 stiles	2	CROSSROADS IN Wainstalls HX2 7TB

Saturday Long Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
30 DEC	10:00	SPEN VALLEY GREENWAY Joint Walk	4-5 MILES	2	09:50 Greenway, next to Tesco car park, Cleckheaton BD19 3HS
13 JAN	10:15	MYTHOLMROYD TO LUDDENFOOT CIRCULAR	4 MILES	2	09:50 Train from Brighouse or 10:10 Mytholmroyd station HX7 5DZ

27 JAN	10:00	WEST VALE TOWARDS NORLAND CIRCULAR	4-5 MILES	2	09:50 car park, Rochdale Road, Greetland HX4 8AL
10 FEB	10:00	HOVE EDGE-LIGHTCLFFE - PRIESTLEY GREEN CIRCULAR	4-5 MILES	2	09:50 Near Old Pond Inn, Spout House Lane, Hove Edge, Brighouse HD62PL
24 FEB	10:00	WESSENDEN VALLEY, MARSDEN	4-5 MILES	2	09:15 GMB car park or 09:55 Wessenden Road, Marsden HD7 6HQ
9 MAR	10:00	BRIGHOUSE-LILLANDS-REINS WOODS-CANAL CIRCULAR	4-5 MILES	2	09:50 GMB Car Park, Brighouse HD6 1SL
23 MAR	10:00	CROMWEELL, BINNS & FREEMANS WOODS-CANAL CIRCULAR	4-5 MILES	2+	09:50 Cromwell Bottom (Nature Reserve) car park, off Elland Road HD6 2RG

Saturday Short Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
30 DEC	11:00	SPEN VALLEY GREENWAY Joint Walk	0.0 to 3.0	1	10:50 Greenway, next to Tesco car park, Cleckheaton BD19 3HS
6 JAN	11:00	BRIGHOUSE CANAL TOWARDS ELLAND & BACK	2.0 to 3.0	1	10:50 GMB car park, Brighouse HD6 1SL
20 JAN	11:00	MANOR HEATH & ALBERT PROMENADE	0.0 to 3.0	1	10:50 Manor Heath Park entrance, Manor Heath Road, Halifax HX3 0EB
3 FEB	11:00	SOWERBY BRIDGE CANAL	2.0 to 3.0	1	10:50The Moorings, Sowerby Bridge, HX6 2AG
17 FEB	11:00	OGDEN WATER CIRCULAR	0.0 to 3.0	1	10:50 Ogden Water Car Park HX2 8XZ
2 MAR	11:20	HEBDEN BRIDGE TO MYTHOLMROYD & BACK	2.0 to 3.0	1	10:52 Train from Brighouse or 11:20 outside Hebden Bridge railway station HX7 6JE
16 MAR	11:10	RASTRICK TO BRIGHOUSE	0.0 to 3.0	1	10:55 Brighouse Bus Station #563 or 11:05 Pinfold Lane, Dewsbury Road, Upper Edge HX5 9JU
30 MAR	11:00	NORLAND MOOR CIRCULAR	0.0 to 3.0	1	10:50 Norland Road, next to the Spring Inn, Norland HX4 8PT

