

HEARTY VOICES

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

Issue 51, July - September 2023

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CHAIR'S GREETING

Dear Members

Thanks to all who took part in our Spring Raffle, donated prizes and sold tickets raising over £800.

Welcome to all our many new Members, we hope you enjoy your membership of HEARTBEAT and the Brighthouse Sports Club.

Membership cards for the BSC may have an expiry date on, ignore it, as long as you are a paid-up Member of HEARTBEAT you are a Member of the BSC.

Roger Bailey, Chair

AEDs



PARK TENNIS CLUB



CLIFTON METHODIST

On 15 May we trained 12 members of Park Tennis Club in the use of their new AED and CPR. HEARTBEAT helped fund the cabinet and provided the training for free, normally costs £240. At the same session we trained 6 members of the BSC bar staff who donated £50. A member of Park Tennis works for Lloyds Banking and her team are going to raise, over the next 12 months, around £1,500 for an AED.

The AED cabinet at Clifton Methodist Chapel has been letting in water which can damage the AED beyond economic repair. WelMedical who supply our equipment donated a new cabinet, which was installed on 19 May, see picture above.

WelMedical have also donated a new AED to be used to support future projects in our area. Thanks to them.

SPRING RAFFLE

The Spring Raffle had 49 prizes worth over £625. The draw took place at the first class on Thursday 1 June. All Members with email received a prize winners list on the same day and a list was on the noticeboard at classes the next day.

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

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 Brighthouse Heart Support Group. Sort code - 53 61 07 Account no - 61409138. Use the reference "MEMBERSHIP"

FRIENDS & NEIGHBOURS

Thanks to The Salvation Army Coffee Morning that donated £130 to our Defib Funds. Thanks also to the Central Methodist Ladies Group who donated £65 to our Defib Funds when we gave them a presentation on HEARTBEAT 20 April.

Northowram News donated 2 raffle prizes for the trip to Bridgewater Gardens, again thanks.

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

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.

COACH TRIPS

The success of the recent trip to Bridgewater Gardens and the demand for the July trip to Llandudno leads us to believe you may want us to run some more in 2023.

Suggestions are:

- Late August / early September revisit Bridgewater Gardens
- Or alternatively visit Trentham Gardens
- Or National Trust Tatton Park
- Visit Beverley Festival of Christmas on Sunday 10 December.

Please let us know if you would like to go on any of these and which gardens you prefer?

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.

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.

3 July, Monday – Coach Trip to the **Llandudno**. Cost **£19.50**. family and friend's welcome. Leaving BSC at 9:00am and back around 7:30pm. Light refreshments, raffle and toilet on coach.

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

28 June, 26 July, 30 August, 27 September.

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

Mary is planning a Canal Trip, an evening supper in September and possibly a family event in Wellholme Park. Details to be announced.

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
4 JULY	10:00	RASTRICK & REINS WOOD	3.8 miles no stiles 1 scramble	2	LILLANDS LANE Off A643 At HD6 3BR
18 JULY	10:00	WAINSTALLS & WARLEY MOOR	4.8 miles 6 stiles	2	'WINDMILL' car park Cold Edge Road at approx. Hx2 7UA
1 AUG	10:00	DENHOLME, HEWENDEN VIADUCT & RESERVOIRS	4.5 miles 7 stiles	2*	DENHOLME CRICKET CLUB car park at BD13 4JN (Permission granted) new walk
15 AUG	10:00	MIRFIELD FOUR WOODS	4.3 miles 5 stiles	2	STATION ROAD / HOPTON NEW ROAD River end WF14 8NN
29 AUG	10:00	HARTSHEAD, BEGGERINGTON & POGG MYRES	4.5 miles 17 stiles	2	WILLOW VALLEY GOLF CLUB off A643 Highmoor Lane at HD6 4JB
12 SEPT	10:00	GOMERSAL, HECKMONDWICK & RINGWAY	4.1 miles 10 stiles	2	THE LIVERSEDGE Leeds Road A62 WF15 6HX
26 SEPT	10.00	NORLAND ANCIENT BYEWAYS 'In stile'	4 miles 22 stiles	2**	SPRING ROCK INN B6113 HX4 8PT New walk

Saturday Long Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
1 JULY	10:00	SHIBDEN VALLEY - CLAREMOUNT - BEACON HILL CIRCULAR	4-5 MILES	2+	09:50 Shibden Park Lower Car Park, HX3 6XG
15 JULY	10:00	WEST VALE - GREETLAND - CIRCULAR NEW WALK	4-5 MILES	2	09:50 (TBC) Car Park Rochdale Rd, Greetland, HX4 8AL
29 JULY	10:00	TONG - PUDSEY & TONG BECKS - CIRCULAR NEW WALK	4-5 MILES	2+	09:50 Greyhound Inn, 23 Tong Lane, Tong, Bradford, BD4 0RR
12 AUG	10:00	HOVE EDGE - LIGHTCLIFFE - PRIESTLEY GREEN CIRCULAR	4-5 MILES	2	09:50 Near Old Pond Inn, Spout House Ln, Hove Edge, Brighouse, HD6 2PL
26 AUG	10:00	WEST VALE TOWARDS NORLAND CIRCULAR	4-5 MILES	2	09:50 Car Park Rochdale Rd, Greetland, HX4 8AL
9 SEPT	10:00	SHIBDEN PARK - SUNNY VALE - BEACON HILL CIRCULAR	4-5 MILES	2+	09:50 Shibden Park Lower Car Park, HX3 6XG
23 SEPT	10:15	MYTHOLMROYD TO LUDDENDENFOOT & BACK	4-5 MILES	2	09:52 Train from Brighouse or 10:15 Mytholmroyd Station, HX7 5DZ

Saturday Short Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
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
8 JULY	11:00	CLIFTON - JAYHOUSE - THORNHILLS - BRIGHOUSE (ONE WAY) NEW WALK	0 to 3.0	1	11:00 Brighouse Bus Station #259 (East Bierley) or 11:05 Bus Stop nr Armytage Arms, Clifton, HD6 4HX
22 JULY	11:00	BRIGHOUSE CANAL WALK TOWARDS MIRFIELD & BACK	0 to 3.0	1	End of River St, (off Birds Royd Lane) Brighouse, HD6 1NJ
5 AUG	11:20	HEBDEN BRIDGE CANAL TOWARDS TODMORDEN & BACK	0 to 3.0	1	10:52 Train from Brighouse or 11:20 Outside HEBDEN BRIDGE Railway Station
19 AUG	11:00	MANOR HEATH & ALBERT PROMENADE CIRCULAR	0 to 3.0	1+	10:50 Manor Heath Park Entrance, Manor Heath Rd, Halifax, HX3 0EB
2 SEPT	11:00	SOUTHOWRAM TO SHIBDEN PARK (ONE WAY)	0 to 3.0	1	10:45 Brighouse Bus #571 or 11:05 Cock & Bottle, Southowram, HX3 9PA
16 SEPT	11:00	CLIFTON CIRCULAR NEW WALK	0 to 3.0	1	10:50 Towngate, Clifton, HD6 4HP
30 SEPT	11:00	SPEN VALLEY GREENWAY (TWO WAY)	0 to 3.0	1	10:50 Greenway next to Tesco Car Park, BD19 3HS