

CHAIR'S GREETING

Dear Members

The Trustees have voted to retain the Covid Class Guidance in March / April. This decision is reviewed every Trustees Meeting. We have a duty of care, as does every Member to their fellow Members, so please comply with the current Covid Class Guidance in place for your classes.

We have introduced a new scheme to keep you informed. A copy of the latest Minutes of the Trustees Meeting will be available at all classes for you to read.

Please stay safe

Roger Bailey, Chair

AGM

Our 12th Annual General Meeting took place on Tuesday 1st March at 2:00pm in the Main Hall at the BSC. 42 Members attended.

The results of the votes were:

- Minutes of 2020 AGM; approved
- Accounts for 2021; approved
- Election of Trustees; 4 stood down and were re-elected
- Election of Officers, current Officers were re-elected.
 - Roger Bailey – Chair
 - Julie Jessop – Secretary
 - Mike Banks – Treasurer
- 2022 Budget; approved
- Members' Resolutions:
 1. Trainers Fees increase approved
 2. Class Fees increase to £3 from 1 April, approved
 3. We hold 2 raffles a year in place of the Fayres, approved
 4. Treasurer to source an improved return on our investment, approved

At the end of the Meeting under any questions, a member raised the issue of whether Walkers should pay a £2:00 fee. The direct attributable cost to the Walks is around £250 per year.

Discussions took place on the benefits and issues of collecting fees, level of fee £2 or £1 and the handling of cash.

3 votes were taken on No fee, £1 or £2. No fee was agreed by a majority of 39. 2 were in favour of £1.

A copy of the slides, with the results of the votes, has been emailed to Members.

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

HOLIDAY INSURANCE

Before Brexit you could use your EHIC for free / reduced cost health care in the EU. The card is still valid in the EU until the expiry date.

You can apply for the UK Government's replacement, the GHIC (Global Health Insurance Card) for free at:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

You can apply up to 6 months before travelling.

HEARTBEAT CLASSES

At the AGM Members voted for the Class Fees for Exercise and Tai Chi to increase to £3:00 from 1 April 2022. When we started in October 2006 Class Fees were £2:00!

The increase will ensure, that at the current level of attendance, we will cover our costs in 2022.

Brighouse Sports Club, Russell Way, HD6 4LX

NO BOOKING REQUIRED Times are:

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

Classes are as near normal as we can make them but there are still Covid-19 requirements in place until at least April.:

1. The wearing of masks is compulsory in all classes, at all times, unless you are medically exempt.
2. On Tuesday & Thursday; entry is through the main doors and you can wait in the Members Bar
3. Exit is through the fire door by the ramp.
4. Your temperature will be taken on entry.
5. If you have any symptoms of Covid, colds or flu, please do not come to classes. Get a negative test before returning to classes.
6. Extra hand sanitiser stations are in place for when you arrive / use any equipment
7. Anti-Covid wipes are at these stations for you to clean before / after use of any equipment.
8. Please, bring your own weights or bottles of water to use as weights.
9. The air-conditioning will be used to ventilate the hall at the Trainers request.

WHAT'S ON AT HEARTBEAT



31 March, Thursday Lunch Club at the **Red Lion, Rastrick** 66 Rastrick Common, Rastrick, Brighouse HD6 3EL. 1:00pm members and friends are welcome. Book your choices at any class.

28 April, Thursday – Lunch Club at the **Dusty Miller**, Hove Edge HD6 2PB. 1:00pm members and friends are welcome.

Book your choices at any class.

26 May, Thursday – at the Brown Horse, Coley. A644, Halifax HX3 7SD. 1:00pm, members and friends welcome.

Book your choices at any class.

You can book lunches at any class or contact Mary Mitchell at marygmitchell41@gmail.com.

2 to 5 June Queen's Platinum Jubilee Celebrations

To create the four-day weekend, the late May Bank Holiday Monday will be moved to June 2 and an additional one-off bank holiday on June 3 created to allow for a continuation of the celebrations.

We will plan an event to take part in the celebrations and give more details nearer the time.



HEARTBEAT WALKS



Tuesday Walks, for further details call 01484 712037

DATE	TIME	WALK	MILES	GRADE	MEET AT
5 APR	10:00	NORWOOD GREEN	4.0 miles 4 stiles	2	NORWOOD GREEN road parking, near cenotaph. HX3 8QF
19 APR	10:00	COLNEBRIDGE GREENWAY & CANAL	3.5 miles 0 stiles	2	ROYAL & ANCIENT, Dalton Bank Road HD5 0RE
3 MAY	10:00	CLECKHEATON FIGURE OF 8	4 miles 3 stiles	2	THE MARSH HOTEL Bradford Road, BD19 5BJ
17 MAY	10:00	CROSSLAND MOOR & HUDDERSFIELD AIRPORT	5.5 miles 4 stiles	2	WILLS'o'NATS PUB Blackmoorfoot Road HD9 5PS
31 MAY	10:00	COLEY & HIPPERHOLME	4 miles 12 stiles	2	COLEY CHURCH Coley Road HX3 7SA
14 JUN	10:00	SHELF CIRCULAR	4.3 miles 3 stiles	2	BOTTOMLEY'S ARMS A6036, HX3 7NU
28 JUN	10:00	HADE EDGE & RAMSDEN CLOUGH	4.5 miles 1 stile	2	Spare land near Bolshaw Trout Pub HD9 2JG

Saturday Long Walks For further details call 01422 204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
2 APR	10:00	BRIGHOUSE – BAILIFF BRIDGE-THORNHILLS CIRCULAR	4-5 MILES	2	GMB Car Park HD6 1SL
16 APR	10:00	SHIBDEN VALLEY / BEACON HILL CIRCULAR	4-5 MILES	2	09:50 Shibden Park, Lower Car Park HX3 6XG Note: there is a charge of 50p an hour

Saturday Long Walks, continued:

30 APR	10:30	HEBDEN BRIDGE TO HARDCASTLE CRAGGS	4-5 MILES	2+	09:52 from Brighouse Train or 10:30 Hebden Bridge Visitor Centre HX7 8AD
14 MAY	10:00	OGDEN WATER – OVENDEN CIRCULAR	4-5 MILES	2	Ogden Water Car Park HX2 8XZ
28 MAY	10:00	JUDY WOODS	4-5 MILES	2	Judy Woods main entrance, Station Road, Wyke BD12 8LA
18 JUN	10:00	WEST VALE & NORLAND	4-5 MILES	2	09:50 car park, Rochdale Road, Greetland HX4 8AL

Saturday Short Walks For further details call 01422204928

DATE	TIME	WALK	MILES	GRADE	MEET AT
9 APR	11:00	OGDEN WATER	0 to 3.0	1	Ogden Water Car Park HX2 8XZ
23 APR	11:00	HEBBLE TRAIL New Walk	0 to 3.0	1	10:50 Watermill, Salterhebble Hill, Huddersfield Road, Halifax HX3 0QT
7 MAY	11:00	NORLAND MOOR	0 to 3.0	1	10:50 Norland Road next to Spring Rock Inn, Norland HX4 8PT
21 MAY	11:00	MIRFIELD CANAL WALK	0 to 3.0	1+	10:32 Train from Brighouse or 10:50 Co-op Car Park, Station Road Entrance Mirfield WF14 8AN
4 JUN	11:00	NO WALK QUEENS JUBILEE 4 DAY HOLIDAY	0 to 3.0	1	NO WALK
11 JUN	11:20	SOWERBY BRIDGE CANAL WALK	0 to 3.0	1	10:50 Train from Brighouse Or 11:10 The Moorings, Sowerby Bridge HX6 2AG
25 JUN	11:00	HEBDEN BRIDGE TO MYTHOLMROYD CIRCULAR	2 to 3.0	1	10:52 Train from Brighouse Or 11:15 Hebden Bridge Train Station Entrance HX7 6JE



LOTTERY



We have 2 numbers available in our Lottery Game:

Number 2 available

From 21 May 2022

Number 29 available

From 25 June 2022

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!!

The Lottery Game earns around £1,000 a year for our funds and covers a lot of our administration costs.

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