

# HEARTY VOICES

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

Issue 45, January - March 2022

e-mail [info@heartbeat.uk.com](mailto:info@heartbeat.uk.com)

website [www.heartbeat.uk.com](http://www.heartbeat.uk.com)

facebook.com/HeartbeatBrighthouseUK

phone 07475 943686

## CHAIR'S GREETING

Dear Members

May I take this opportunity on behalf of the Trustees to wish you and your family a Merry Christmas and a Happy, Healthy New Year.

We lost Tony Topham in September, our thoughts are with his wife Elaine, all her family and friends.

Covid-19 is still with us and so when attending any HEARTBEAT event please adhere to the Guidance we have issued. Take the necessary precautions to protect yourself and fellow Members, follow the current Government Guidance on vaccines and protection.

Please stay safe

**Roger Bailey, Chair**

## AGM

Our 12<sup>th</sup> Annual General Meeting will take place on Tuesday 1<sup>st</sup> March at 2:00pm in the Main Hall at the BSC.

The agenda will be:

- Minutes of 2020 AGM
- Review of 2021
- Accounts for 2021
- Election of Trustees
- Election of Officers
- 2022 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 Government Guidance in place at that time.

## AED CAMPAIGN

We have installed the latest of our 11 AEDs, at the Water's Edge Nursery, Park Road, Elland. 12 of their staff have been trained in CPR / AED use by HEARTBEAT.



Tony Topham and Lesley Slater are remembered on the plaque attached, thanks to donations received. Thanks to Carl and Kelly for their donation of £100 from Water's Edge Nursery.

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

## MEMORIAL BENCHES

We have added 2 new plaques to the benches. One remembers all the Members who have passed since our opening in October 2006.

The other is in Memory of Members, initially Tony Topham, but at least 9 more names can be added in the future at a small cost.

## CHRISTMAS

This year's Christmas Raffle was the biggest we have ever held, with 60 prizes worth £750 and over 3,600 tickets sold. £1,537.66 profit went to our funds. Thank you so much to those who donated prizes and sold tickets.

We also held a Christmas Lunch Club at the Red Lion which was attended by 30 people.

We close our classes for Christmas on Thursday 16<sup>th</sup> December and reopen on Tuesday 4<sup>th</sup> January.

## HEARTBEAT CLASSES

**Brighthouse 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:

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



**3 December, Friday** each week – **Quiz Night** at the BSC Members Bar. 8:00pm members and friends are welcome.

**16 December, Thursday** – **Christmas Lunch Club** at the **The Red Lion**, 66 Rastrick Common, Rastrick, Brighouse HD6 3EL. 1:00pm, booking essential.

**2022, Thursday** – **Lunch Clubs to be announced** 1:00pm members, family and friends are welcome.

You can book lunches at any class or contact Mary Mitchell at [marygmitchell41@gmail.com](mailto:marygmitchell41@gmail.com).

Dependant on how the virus levels is in the New Year we will hope to have:

- **An Annual Dinner**
- **Regular Lunch Clubs**
- **Quiz / Social Nights at the BSC**
- **Coach trips starting in Spring**



## HEARTBEAT WALKS



**Tuesday Walks**, for further details call **01484 712037**

DATE	TIME	WALK	MILES	GRADE	MEET AT
11 JAN	10:00	HECKMONDWIKE GREENWAY	4.2 miles 13 stiles	2	Bottom of MORRISONS car park, WF16 0HD
25 JAN	10:00	BLACKLEY & BEYOND	4 miles 5 stiles	2+	GOLDEN FLEECE INN, Blackley HX5 0TE
8 FEB	10:00	STEEP LANE, above Sowerby	4 miles 3 stiles	2+	STEEP LANE BAPTIST CHAPEL car park, HX6 1PE
22 FEB	10:00	LOWER SALTONSTALL & LUDDENDEN DENE	5 miles No stiles	2+	CROSSROADS INN, Mount Tabor HX2 7TB
8 MAR	10:00	CLIFTON cum HARTSHEAD	5 miles 5 stiles	2	ARMYTAGE ARMS, Highmoor Lane HD6 4HX
22 MAR	10:00	ROBERTOWN via LUDDITE TRAIL	4.5 miles 2 stiles	2	THE STAR INN, Robertown, WF15 7LQ

**Saturday Long Walks** For further details call **01422 204928**

DATE	TIME	WALK	MILES	GRADE	MEET AT
8 JAN	10:00	ELLAND CANAL & CROMWELL BOTTOM NATURE RESERVE	4-5 MILES	2	09:50 Elland Bridge, HX5 9HH
22 JAN	10:00	SPEN VALLEY GREENWAY	4-5 MILES	2	09:50 Greenway, next to Tesco Car Park, BD19 3HS
5 FEB	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
19 FEB	10:30	SOWERBY BRIDGE TO LUDDENFOOT AND BACK	4-5 MILES	2	09:52 from Brighouse Train or 10:20 The Moorings, Sowerby Bridge HX6 2AG
5 MAR	10:00	CROMWELL/ BINNS/ FREEMANS WOODS, CANAL CIRCULAR	4-5 MILES	2	09:50 Cromwell Bottom Nature Reserve car park, off Elland Road HD6 2AG

**Saturday Long Walks, continued:**

19 MAR	10:00	SALTERHEBBLE – ELLAND BRIDGE- EXLEY CIRCULAR	4-5 MILES	2	09:50 Water Mill car park, Salterhebble, Halifax HX3 0QT
--------	-------	--	-----------	---	--

**Saturday Short Walks** For further details call **01422204928**

DATE	TIME	WALK	MILES	GRADE	MEET AT
1 JAN		NO WALK	0 to 3.0	1	NO WALK
15 JAN	11:00	WELLHOLME PARK	0 to 3.0	1	10:50 GMB car park HD6 1 SL
29 JAN	11:00	MANOR HEATH & ALBERT PROMENADE	0 to 3.0	1	10:50 Manor Heath Park entrance, Manor Heath Road, HX3 0EB
12 FEB	11:00	LIGHTCLIFFE / HIPPERHOLME	0 to 3.0	1+	10:50 near Crow Nest Golf Club entrance and Coach Road, HD6 2LN
26 FEB	11:00	OAKWELL HALL, BIRSTALL	0 to 3.0	1	10:50 Oakwell Hall, lower car park, WF17 9LG
12 MAR	11:00	SPEN VALLEY GREENWAY	0 to 3.0	1	10:50 Greenway, next to Tesco Car Park, BD19 3HS
26 MAR	11:00	BRIGHOUSE CANAL TOWARDS ELLAND	0 to 3.0	1	10:50 GMB car park HD6 1 SL

## FRIENDS & NEIGHBOURS

Since the last Newsletter we have received several donations of money plus goods to sell at classes. Thanks to those people who made them.

**If you want to make Mike Banks our Treasurer have a Happy New Year, then please, please when using bank transfers, PayPal or cheques make sure he has your name and what it is for; e.g., MEMBERSHIP, DONATION, ETC.**

We are donating our Christmas decorations to the BSC to make the Cub more seasonal. They in turn will make a donation to HEARTBEAT.

If you would like a copy of any of Brian Birkby's Tuesday walks, they are available in print for a donation. Contact [info@heartbeat.uk.com](mailto:info@heartbeat.uk.com).



AND A

