

HEARTY VOICES

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

Issue 43, July - September 2021

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CHAIR'S GREETING

Dear Members

The pandemic continues to affect us all and we have lost a 13th Member, Nina Nicholson in May. Our thoughts are with her family and friends.

Your Annual Membership Fee of £5 is due by 30th June. If you don't wish to renew your Membership, please advise us to avoid unnecessary phone calls.

The Government Roadmap out of the Lockdown means we have been able to reopen classes, walks and in the longer-term social events. Details will be given in the sections below.

Regarding the vaccine for Covid-19, we recommend everybody who can have it, has it. If you are medically exempt, then it is understandable that you don't have the vaccine.

Please stay safe

Roger Bailey, Chair

AGM 2020

Our Annual General Meeting was held on 17th May. 31 Members attended, which means we had a quorum.

We have circulated the presentation and minutes to all members with email.

The AGM Agenda included:

- 2020 Accounts, approved
- 2020 Review of our activities
- Election of Trustees / Officers, all approved
- 2021 Budget including fees, approved
- 2021 Plans, approved
- 3 Resolutions, approved:
 - Trainers hourly fee increase
 - Brighthouse Gala stalls and no more Fayres
 - The setting up of the Memorial Fund

HEARTBEAT TRUSTEES 2021

CHAIR - Roger Bailey VICE - Margaret Howard

SECRETARY - Julie Jessop

TREASURER - Michael Banks

MEMBERSHIP - Pamela Lunn

SOCIAL - Mary Mitchell,

DBS - Trevor Trott

WEBSITE, WALKS, GDPR - Mike Bussey

WALKS – Ken Cooper

CLASSES – Phil Haggis, Steve Mallett, Tony

Trudgill, Margaret Howard, Roger Bailey

NON-MEMBER CONTACT – Barry Castle

TRUSTEE – Douglas Birkhead

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

HEARTBEAT CLASSES

Brighthouse Sports Club, Russell Way, HD6 4LX

We have started Covid secure classes again at the BSC since 18th May. Whilst we are in STEP 3 of the Roadmap our Covid-19 Guidance remains in place until the Government moves to STEP 4. For all Exercise classes booking is essential.

Times are:

Tuesday Morning

Tai Chi 09:30 to 10:15

Tai Chi 10:30 to 11:15

Exercise 11:30 to 12:15

Wednesday Evening:

Exercise: 18:30 to 19:15

Thursday Morning:

Exercise: 09:30 to 10:15

Exercise: 10:30 to 11:15

Exercise Chair Based: 11:30 to 12:15

You can book at any class, by email to

info@heartbeat.uk.com or text 07860 479567, call 01422 204928. You will receive a confirmation.

Under the Roadmap we can return to "normal" classes from possibly Tuesday 22 June. If the Government confirms this date for STEP 4 then we will change to normal classes / times / equipment, but with some conditions:

1. You will not need to book classes in advance
2. The wearing of masks will be your choice
3. Extra hand sanitiser stations will be in place for when you use any equipment
4. Anti-Covid wipes will be at these stations for you to clean before / after use of any equipment, including weights
5. If the Main Entrance is open you can enter and leave via these doors
6. The Members Bar, if open, can be used to wait for classes
7. The air-conditioning can be used on days when the temperature is over 20°C.
8. Social distancing will be according to the current Government Advice / Guidance
9. The times of these classes will be:

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: 11:30 to 12:30

MEMBERSHIP

The Annual Membership fee of £5 is due by 30th June. So far 92 have renewed their Membership. If you do not renew by 30th June, you will automatically have your Membership of HEARTBEAT and the BSC cancelled.

If your Membership is cancelled you will need to complete a Membership Form to join again.

MEMORIAL FUND

The Fund has already raised over £1,200. Each bench will cost approximately £400, so we currently can fund 3 of them.

All 13 names will be on the benches and there is sufficient space to add names in future years.

If you wish to make a donation, you can do it at any class, by bank transfer or Now Donate / PayPal on our website or post a cheque to HEARTBEAT. Please mark payments with the word BENCH.

LOTTERY NUMBERS

There four Lottery numbers available **2, 20, 33** and **49**. Please contact Roger at info@heartbeat.uk.com for further information.

The Lottery is based on the Bonus Ball, if your number matches on Wednesday, you win £15 and on Saturday £20. Payment is £5 for 5 weeks.

Until we can meet face to face, the winnings are used to cover your payments. When Lockdown is eased, we can make winnings available.

PAYMENT FOR MEMORIAL FUND, LOTTERY & CLASSES

Classes can only be paid when attending a class. We cannot accept payment by any other method.

Payment for the Lottery or Memorial Fund can be made by:

- At any class
- Bank Transfer, put your Name and the word **“LOTTERY” OR “BENCH” OR “MEMBER”** in the space provided. Please send an email to info@heartbeat.uk.com that you have made the payment and what you are paying for.
Nat West bank- Huddersfield branch
Account name- HEARTBEAT THE BRIGHOUSE HEART SUPPORT GROUP
OR
- By cheque made to HEARTBEAT and include a note that it is for **“LOTTERY” OR “BENCH” OR “MEMBER”** and send to: HEARTBEAT.

SOCIAL EVENTS

Social events will not start before 31 July 2021. Let us know what type of events, trips etc. you would take part in?



HEARTBEAT WALKS

Under the current Lockdown / Roadmap guidance walks have started from 22nd May with up to 30 Members. Revised Covid-19 Guidance has been issued by Mike.

There is no need to pre-book Walks.

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

DATE	TIME	WALK	MILES	GRADE	MEET AT
8 JUNE	10:00	SHELF & SUN WOOD	3.5 MILES 10 stiles	2*	BOTTOMLEY'S ARMS HX3 7NU If not using pub park in Library opposite
22 JUNE	10:00	OUTLANE, SCAPEGOAT & WHOLESTONE HILLS	4.0 MILES 9 stiles	2*	OUTLANE GOLF CLUB, SLACK LANE, HD3 3FQ If not using bar park on access road
6 JULY	10:00	RIPPONDEN & MILLBANK (Part new walk)	3.5 OR 4.5 MILES 4 stiles	2* Or 2**	MILL FOLD WAY car park, HX6 4HS off B6113
20 JULY	10:00	STAINLAND & HOLLYWELL GREEN	4.0 MILES 6 stiles	2	VILLAGE CENTRE CAR PARK, HX4 9HU (At 1885 pub)
3 AUG	10:00	BARKISLAND & HOLLYWELL GREEN	5.0 MILES 9 stiles	2**	THE GRIFFIN, Stainland Road HX4 0AQ (lower car park)
17 AUG	10:00	HOVE EDGE & LIGHTCLIFFE Ginnels & woods (part new, urban walk)	4.5 MILES 1 stile	2	DUSTY MILLER, Halifax Road, HD6 2PB
31 AUG	10:00	PARIS GATE & SIDDAL	3.5 MILES no stiles	2**	SHEARS INN, Boys Lane HX3 9EZ

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

DATE	TIME	WALK	MILES	GRADE	MEET AT
12 JUNE	10:00	BRIGHOUSE – BAILIFF BRIDGE – THORNHILLS	4-5 MILES	2	GMB Car Park HD6 1SL
26 JUNE	10:00	JUDY WOODS	4-5 MILES	2	JUDY WOODS MAIN ENTRANCE, Station Road, BD12 8LA
17 JULY	10:00	SHIBDEN VALLEY CIRCULAR	4-6 MILES	2+	SHIBDEN MERESIDE CAR PARK, HX3 6XG
31 JULY	10:00	OGDEN WATER & VACINITY	5-6 MILES	2	OGDEN WATER CAR PARK, HX2 8XZ

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

DATE	TIME	WALK	MILES	GRADE	MEET AT
5 JUNE	11:20	SOWERBY BRIDGE CANAL WALK	0 to 3.0	1	10:50 Train from Brighouse or 11:20 THE MOORINGS, Sowerby Bridge HX6 2AG
19 JUNE	11:00	BRIGHOUSE CANAL TOWARDS ELLAND	0 to 3.0	1	GMB Car Park HD6 1SL
3 JULY	11:00	OGDEN WATER	0 to 3.0	1	OGDEN WATER CAR PARK, HX2 8XZ
10 JULY	11:00	WELLHOLME PARK	0 to 3.0	1	GMB Car Park HD6 1SL
24 JULY	11:00	OAKWELL HALL	0 to 3.0	1	Oakwell Hall Car Park, WF17 9LG