

HEARTY VOICES

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

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CHAIR'S GREETING

Dear Members

I am pleased to say that as well as Walks and Classes we have now started Social Events with the Lunch Club recommencing in August.

Covid-19 is still with us and so when attending any HEARTBEAT event please adhere to the Guidance we have issued and take the necessary precautions to protect yourself and fellow Members.

If you have any symptoms of Covid-19, cold or flu please do not attend an event. Get a negative test before coming to our events again.

Thanks to all who helped make the Memorial Day a success, especially Phil Haggis and Doug Birkhead.

Please stay safe

Roger Bailey, Chair

MEMORIAL DAY

This was a day not only to remember the 13 Members we have lost to date during the pandemic, but all the Members we have lost since HEARTBEAT started.



Over 70 people attended the unveiling of the Memorial Benches. This was followed by light refreshments in the Main Hall at the BSC.

All the families who attended were pleased with what we had achieved and thanked the Members of HEARTBEAT for donating to the memorial.



£163 was donated to HEARTBEAT funds on the day by the families. Our thanks to them all.

We have since added three vases for people to leave flowers. Everyone is welcome to use the benches.

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

HEARTBEAT'S 15th BIRTHDAY

In October 2006 the first Brighthouse Heart Support Group classes took place in the Civic Hall.



BRIGHOUSE ECHO PICTURE

Since then, 690 people have been Members of our organisation from 33 surgeries across West Yorkshire. Current Membership stands at 227.

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. Entry is through the door at the top of the ramp. Exit is through the fire door opposite.
3. Your temperature will be taken on entry.
4. If you have any symptoms of Covid, colds or flu, please do not come to classes. Get a negative test before returning to classes.
5. Extra hand sanitiser stations are in place for when you arrive / use any equipment
6. Anti-Covid wipes are at these stations for you to clean before / after use of any equipment.
7. We have removed all weights, bands and hula hoops. Please, bring your own weights or bottles of water to use as weights.
8. The air-conditioning will be used to ventilate the hall at the Trainers request.

WHAT'S ON AT HEARTBEAT



30 September, Thursday – Lunch Club at the **The Red Lion**, Rastrick Common, Rastrick HD6 3EL. 1:00pm members and friends are welcome.

28 October, Thursday – Lunch Club at the **The Golden Hind**, Bridge Road, Brighouse HD6 1EP. 1:00pm members, family and friends are welcome.

25 November, Thursday – Lunch Club at **The High Park**, Bradley Road, Bradley, HD2 1PZ 1:00pm members, family and friends are welcome.

December – **Christmas Lunch** – date and venue to be announced later this year.

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

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

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

CHRISTMAS 2021

There is no Christmas Fair and Grotto this year but we will hold a Grand Raffle with lots of prizes plus a luxury Christmas hamper.

In **October** if you have any raffle prizes then please bring them to classes.

Currently no other events besides the Lunch Club and Raffle are planned. If it changes, we will let you know.



HEARTBEAT WALKS



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
28 SEPT	10:00	BARKISLAND & BLACKBURN VALLEY	4.3 MILES 9 stiles + 1 ladder	2**	The Griffin, Stainland Road (lower car park) HX4 0AQ
12 OCT	10:00	LOW MOOR & OAKENSHAW	4.0 MILES 1 stile	2	Chapel House, Park House Road, Low Moor, BD12 0HP
26 OCT	10:00	DRIGHLINGTON & OAKWELL HALL	4.3 MILES 5 stiles	2	The Railway Inn, Birstall Lane, Drighlington, Bradford, BD11 1JJ
9 NOV	10:00	HIPPERHOLME & BEACON HILL	4.5 MILES 4 stiles	2*	Halifax Old Road, off A58, behind Pet Centre, below rail bridge, HX3 8HR
23 NOV	10:00	HOLME, BILBERRY & DIGLEY RESERVOIRS	5.0 MILES 5 stiles	2	Holme Village Cobbles, near Fleece Inn. HD9 2QG
7 DEC	10:00	WAINSTALLS & JERUSALEM FARM	5.0 MILES 6 stiles	2	Crossroads Inn, Mount Tabor, HD2 7TB

Saturday Long Walks

For further details call **01422 204928**

DATE	TIME	WALK	MILES	GRADE	MEET AT
25 SEPT	10:00	SPEN VALLEY GREENWAY	4-5 MILES	2	Greenway next to Tesco car park. BD19 3HS
9 OCT	10:00	SHIBDEN VALLEY / BEACON HILL CIRCULAR	4-5 MILES	2+	Staups Lane car park, Stump Cross, HX3 7AB
23 OCT	10:15	MYTHOLMROYD TO LUDDENFOOT & BACK	4-5 MILES	2	9:50 Train from Brighouse or 10:15 Mytholmroyd Station, HX7 5DZ
6 NOV	10:00	WESTVALE & NORLAND	4-5 MILES	2	Car Park in Rochdale Road, Greetland, HX4 8AL
20 NOV	10:00	BAILIFF BRIDGE & NORWOOD GREEN	4-5 MILES	2	Towards the end of Victoria Road, Bailiff Bridge, HD6 4DX
4 DEC	10:00	BIRDS ROYD-WOODHOUSE-BRADLEY WOODS AND BACK	4-5 MILES	2	Brighouse Railway Station car park, HD6 1LE
18 DEC	10:00	BRIGHOUSE-LILLANDS-REINS WOOD - CANAL CIRCULAR	4-5 MILES	2	GMB Car Park, Brighouse, HD6 1SL

Saturday Short Walks

For further details call **01422204928**

DATE	TIME	WALK	MILES	GRADE	MEET AT
18 SEPT	11:00	NORLAND MOOR	0 to 3.0	1	Norland Road, next to the Spring Rock Inn, HX4 8PT
2 OCT	11:20	SOWERBY BRIDGE CANAL WALK	0 to 3.0	1	10:50 Train from Brighouse Station or 11:10 The Moorings, Sowerby Bridge, HX6 2AG
16 OCT	11:00	CLIFTON CIRCULAR	0 to 3.0	1	Towngate, Clifton, HD6 4HP
30 OCT	11:00	OGDEN WATER	0 to 3.0	1	Ogden Water Car Park, HX2 8XG
13 NOV	11:00	OAKWELL HALL, BIRSTALL	0 to 3.0	1	Oakwell Hall Lower Car Park, WF17 9LG
27 NOV	11:15	HEBDEN BRIDGE CANAL WALK	0 to 3.0	1	10:52 Train from Brighouse Station, or 11:15 Hebdens Bridge Station entrance
11 DEC	11:00	SPEN VALLEY GREENWAY	0 to 3.0	1	Greenway next to Tesco car park. BD19 3HS

FRIENDS & NEIGHBOURS

Since the last Newsletter we have received several very generous donations to our general funds and the bench fund.

Members who donated: £500, £350 and £200 want to remain anonymous. Many smaller donations were also received and we thank all concerned. With Gift Aid we will earn at least a further £200.

AED CAMPAIGN

We are in discussions with several local groups on installing more public access AEDs in the local area.

We trained 20 more people on 6 September from BSC Sections, Brighouse Lions and HEARTBEAT.