



www.hertbeats.org.uk

St Albans and District Cardiac Support Group

Affiliated to the British Heart Foundation and Arrhythmia Alliance

Life President Brian Gibson

Life Vice Presidents

Dr John Bayliss MA MB BChir (Cantab) FRCP
Dr John Versey BSc PhD LTCL

Vice Presidents

Dr Masood Khan MB, BChir, MA, FRCP
Dr Philip Moore PhD FRCP CCDS
Dr Joban Sehmi BSc MBBS MRCP PhD

Chairman Brian York

Heart disease has a tremendous impact on the whole family and **Hertbeats** includes carers, relatives and friends. Most members have experienced a range of heart problems and have a mutual understanding of the healing and psychological processes.

They are in a unique position to help patients and carers worried about surgery or anxious about living with the various effects of heart disease.

Hertbeats covers St Albans, Harpenden, Redbourn, Wheathampstead, Hatfield and Welwyn Garden City.

HERTBEATS AIMS TO

- increase public awareness of heart disease, its causes, treatments, implications and help available
- promote the welfare and care of cardiac patients
- provide support when resuming home and social life
- make contact with others who share and understand your needs and problems
- provide facility to continue the exercise started in hospital rehabilitation
- make life as active as possible and definitely fun!

Our meetings are social occasions with speakers on a variety of subjects and anyone with a cardiac condition, carer, relative or friend will be welcome. The meetings are held at St. Mary's Church Hall, 1 Sherwood Avenue, Marshalswick, St. Albans, AL4 9QA starting at 8 pm on the third Tuesday of each month.

HERTBEATS IS A SELF-HELP GROUP OF PEOPLE WITH HEART PROBLEMS

HERTBEATS

- Does not give medical advice
- Is an informal group of **friends**
- Supports patients and carers
- Assists patients towards a life of **quality, activity & fun**
- Helps patients to exercise (and **laugh** at the same time)
- Has many booklets to help understand the illness and terms used

MEMBERS

- Meet once a month for talks and entertainment (including a **Strawberry Evening** in the summer and a **Christmas Party**)
- Play **Golf** and attend **Exercise Classes**
- Go on up to two **Guided Walks** every month
- Go to **Concerts**, visit places of interest such as the **Eden Project**, the **London Eye** together with **National Trust and historic sites**
- **Enjoy Life wherever we go** accompanied by angioplasty, stents, valves, bypass grafts, various bits of metal and a medley of medicines

DONT JUST SIT THERE - PHONE US AND JOIN IN

Take a look at www.hertbeats.org.uk
Pick up the phone and have a word with.
Roger Miller on **01727 766278**

CARPE DIEM

Rev 180502



HERTBEATS MEMBER APPLICATION



You do not have to have had a heart event to join Hertbeats

The Annual Subscription is £7.50 per person – Cheques payable to “HERTBEATS”.

Please return as soon as possible to:- Roger Miller, 116 Langley Grove, Sandridge, St. Albans AL4 9DY

Please Circle:- I am the patient/carer/relative/friend Occupation -current/past (optional) _____

How did you hear about Hertbeats? _____ Date of Birth Requested below but is optional.

I/We would like to join Hertbeats and would be interested in the following groups:-

Day Trip Group [] and receive information by email []
 Walking Group [] and receive information by email [] or by SAE [] or by 'Phone []
 Exercise Group(s) [] and receive information by email [] or by SAE [] or by 'Phone []
 Golf Society [] and receive information by email [] or by SAE [] or by 'Phone []

Name:.....Date of BirthMobile.....

2nd Applicant Name:.....Date of BirthMobile.....

Address:.....

House Tel:..... email:.....