



The St Albans and District
Cardiac Support Group

Dear Hertbeats Member,
HERTBEATS NEWSLETTER

Firstly, Happy New Year to you on behalf of myself and the Committee, and welcome to this, our first Newsletter in this format, which we will be sending out each quarter.

Our aim is to make Hertbeats more visible during the course of the next few months so that our activities can be shared by more and more people, and this is one small step in that direction. As a further step, we hope that Hertbeats posters will shortly be placed in a number of GP surgeries in the locality.

We hope it will help to have this regular update of our programme, and in the meantime, please feel free to share this Newsletter with friends or people you know who might enjoy the activities we arrange. Contact details for our Membership Secretary, Vernon Clough are given at the foot of the email to help the contact process.

Best wishes,
RON JESSON, CHAIRMAN

EXERCISE CLASSES

We currently run 3 evening exercise classes but will be starting a daytime class in Harpenden from the 19th February. Important details are in the attached Word doc, and cover classes at

Holy Trinity Church, 37 Frogmore, St Albans AL2 2JT – 2 Thurs evening [sessions \(6.15 pm & 7.30pm\)](#) - run by [Eleanor Hughes who is a cardiac rehab physio \(BACPR Level 4\)](#) - class contact Keith Eaton 07785 340406 email: keith@theeatons.org.uk

Jersey Farm Community Centre, St.Brelades Place, St Albans AL4 9QY – Tuesday evenings 5.30 pm – a movement to music class

Harpenden Trust Halls 130a Southdown Rd, Harpenden AL5 1PU (above the Co-op supermarket) - Monday Lunchtime at 12.30pm at Gibbons Hall, starting 19th February – run by Antonella McMillin who is BACPR Level 4 level trained.

All venues offer two free taster session to new members of the exercise classes.

Mike Wiseman. 077711 781 261 mjwiseman2@outlook.com

WALKING GROUP

The Walking Group meets twice monthly on the 1st & 3rd Wednesdays monthly, leaving at 10 am.

The first Wednesday is a 3 mile walk taking about 1.5 hours. The third Wednesday is a 5 mile walk, usually a little faster, taking about 2 hrs.

We have various meeting points ranging from Gustard Wood in the north to Park Street in the south.

I email the Group about a week before the walk letting them know where to meet and we can each decide if we want to take part that week. There's no commitment to come and walk every time!

If you feel a little exercise might be helpful then we always welcome new members to join us - just email or text me and I will get back to you - our next walks are on 7th & 21st

February you will be very welcome.
Ed Jones. 07745 295691 etnajones@gmail.com

OUTINGS

This year's programme is a mixture of visiting some historic places and gardens, together with our Summer and Christmas Lunches:

24th April - Kensington Palace	22nd May - Blenheim Palace and Gardens
19th June - RHS Garden Hyde Hall	17th July - Hertbeats Summer Lunch
11th Sept - National Memorial Arboretum	27th November - "Come From Away" at Milton Keynes Theatre.
18th December - Hertbeats Christmas Lunch	

For the moment, please just mark the dates in your diary and we will let you have fuller details shortly. Meanwhile, if you wish to be added to the emailing list then please contact me at my email address below.

Michael Utteridge. 07931 342 808 michael.utteridge@btinternet.com.

BOOK GROUP

The book group meets on the 2nd Thursday of each month, at 10.30 am in the Green Man pub in Sandridge – there is parking at the rear of the pub.

We agree the book we will be reading during the month and then discuss this at our meeting, over coffee. We normally break up by 12.00 o'clock

We have read some non fiction, including Empireland, but mainly a wide range of fiction, including 'Foster' by Claire Keegan – the shortest book we read, but which prompted one of the most interesting discussions we had. We score each book and we rated as most enjoyable last year, 'Act of Oblivion' by Robert Harris – an amazing mix of history and gripping drama. Crime writers we have read include Michael Connolly, and Raymond Chandler from the USA, and Australian crime and political dramas. At our next meeting we will read and discuss an individual choice of poems.

We welcome new members, and anyone wishing to come along will be warmly welcomed – please contact me by email or telephone.

Kevin Jennings. 07788 108481 kevin.Jennings3@btinternet.com

GOLF SOCIETY: Save the date, Wednesday 8th May 2024

We will be having our first golf day at Stockwood Park on 8th May so please put this date in your busy diary.

Golfers of all abilities are very welcome. Full details of the day to follow.

Please contact Vernon Clough at vclough42@gmail.com or on 01582 713080 if you would like to join us or find out more about the day.

CYCLING

A select few members have expressed an interest in cycling. We will be planning some short rides starting in April/May time.

Please contact Vernon Clough at vclough42@gmail.com or on 01582 713080 if you would

like to express an interest.

MEMBERSHIP

If you know someone who might wish to join Hertbeats, please ask them to contact me, and please feel free to share this Newsletter with them

Membership Secretary Vernon Clough. 01582 713080 vclough42@gmail.com

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