



The St Albans and District
Cardiac Support Group

Dear Hertbeats Member,

HERTBEATS JANUARY 2025 NEWSLETTER

First a belated Happy New Year to you all on behalf of myself and the committee with this our first newsletter in 2025. I would like to thank all members who responded to our questionnaire on outing preferences; it is a great help for us in mapping out our future programme.

I am excited to announce we are going from strength to strength with over 200 members, increased numbers attending the exercise classes, the restart of meetings - two took place in late 2024 which were well attended, with four scheduled for afternoons this year.

One of the biggest changes taking place is with the Hertbeats website - take a look at it. It has now gone live and has changed dramatically. Thanks to Graham Imber's work, it is more modern and user friendly and will integrate with membership communications later this year.

Ron Jesson, Chairman

EXERCISE CLASSES

Participation in the Exercise Classes continues to grow. The Jersey Farm Tuesday evening class is currently full as is the Monday Harpenden Trust Gibbons Hall 12.30 class. There are one or two spaces available at both the Thursday Frogmore 6.15pm and 7.30pm classes.

In view of two classes being full we are now adding an additional class at the Harpenden Trust Gibbons Hall at 1.45 on a Monday, immediately after the earlier class, again run by Antonella McMillin. This new class will start on the 10th of February.

Regular exercise becomes even more important as we get older so why not come and try one of our classes. Remember that in order to encourage you to try it out we offer two free taster sessions to Hertbeats members.

Please contact **Mike Wiseman** on mjwiseman2@outlook.com or call on 07711 781261.

WALKING GROUP

Having had December off, followed by the festivities over Christmas and New Year, it was time to get back to walking in January.

Our first walk of the New Year was 3 miles around the Childwickbury estate. Although it had been raining for a few days over the Christmas period we hoped it was not too muddy. As it turns out it was only muddy through Batch Wood so it was lovely to go cross country and see the views.

Our 5 mile walk, on 22nd January, was in part on paths and part gravel tracks starting from Harpenden Leisure centre and walking along much of the Nickey Line.

As we go into February hopefully we can continue with cross country walks.

The aim of the Hertbeats Walking Group is to get you out there and benefiting from the exercise, so I'm pleased to welcome our new walkers who have joined us.

Walking regularly at any speed will keep you mobile and help with fitness.

Our future dates for your diary are:

3 mile

5th Feb 5th March 2nd April 7th May 4th June

5 mile

19th Feb 19th March 16th April 21st May 18th June

If you require more information or wish to be included, please email **Ed Jones**, at etnajones@gmail.com or text to 07745 295691.

TALKS

We are currently formulating the schedule for this year. We are hoping to have four meetings in March, July, October and December ideally with two at Harpenden and two at Marshalswick, subject to availability.

As soon as everything is confirmed we will let everyone know and we look forward to seeing as many of you as possible at the talks.

Richard Belt richardbelt53@yahoo.co.uk or 07969 558590

BOOK GROUP

We have read an interesting selection of books during the last quarter. Mainly newish fiction, although *The Quiet American* by Graham Greene was one of our most enjoyed books. We had a new feature where each member chose a book and we then discussed as a group how we made our choices – we will be trying this again.

We meet on the 2nd Thursday of each month, at 10.30 am in the Green Man pub in Sandridge – there is parking behind the pub.

At each session, we choose a new book we will all read during the next month and then discuss this at our meeting, over coffee – we usually finish 11.45 am/12.00 pm.

Anyone who would like to come along will be very welcome – please contact me by email or telephone.

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

GOLF SOCIETY

Our Spring meeting of the Golf Society will be on **Wednesday 21st May. Please save the date.**

We will be playing at Stockwood Park Golf Club and following our usual format of coffee, team golf and a meal. Full details of the day to follow.

If you haven't played with our informal golf group and would like to know more, please contact **Vernon Clough** at vclough42@gmail.com.

Ladies & gents golfers of all standards welcome!

OUTINGS

For our first outing this year, we are organizing a visit to see **War Horse** at the Milton Keynes Theatre on **Wednesday 30th April** – the performance starts at 2.30pm, and the coach for this will probably leave Marshalswick at about 11.00am and from Chiswell Green at 11.15am.

The **National Theatre's** acclaimed production is now on a major UK & Ireland Tour. **War Horse** is an unforgettable theatrical experience which takes audiences on an extraordinary journey from the fields of rural Devon to the trenches of First World War France. Based on the beloved novel by **Michael Morpurgo**, this powerfully moving and imaginative drama, filled with stirring music and songs, is a show of phenomenal inventiveness.

The total cost will be in the range £63 to £70 per person, depending on the number of members who express an interest in going.

If you might be interested in joining us for this production, please contact **Cyril Dennemont** cyrildennemont@aol.com or 07740 360676 by **Saturday 15th February**.

No payment necessary yet – we just need expressions of interest to know the likely numbers.

FROM THE SECRETARY

Can you help your committee please?

Everyone receiving this newsletter is a member of Hertbeats, and we now have over 200 members - which is good news.

But there are only six or seven of us on the committee and we really need one or two more members to volunteer to help with our activities. The more help we get, the less time-consuming will be the involvement for each job.

One vacancy at present is for someone to join a small team of members who, once or perhaps twice a year, would organise an outing to a theatre, a stately home, a garden, etc. You wouldn't be alone in doing this – it's a team activity.

The other gap we have in our team is for someone to collate the names of those members who want to attend a CPR training course – not run a course, just pull together a few names once a year.

Come on – Volunteers please!

If you would like to think about it and talk over the possibility, contact **Keith Eaton** on 07785 340406 or keith@theeatons.org.uk

FROM THE MEMBERSHIP SECRETARY

This is to inform you that we have migrated our membership data to a new dedicated membership system (**membermojo**). This will enable us to better manage your data, keep in contact with you and administer and improve our membership related processes.

All members will have the ability to manage their personal data themselves and we encourage you to keep that information up to date. As we're approaching the 2025 membership renewal in April, this is an ideal opportunity to ensure that data we hold is correct and up to date.

You can review and manage your data simply by providing your email address and following the instructions. To do this and access the system please click the following link or copy and paste it into a browser.

<https://membermojo.co.uk/hertbeats/signin>

You will notice that you will have been assigned one of two membership types : '1 year' or 'Joint 1 year'. The latter is assigned only to couples and where we've usually received a joint (or combined) membership payment.

You will be able to renew your membership online from 1st March and we will send out a reminder nearer the time with further instructions.

If you have any problems or queries or feedback please contact Graham Imber at graham.imber@hertbeats.org.uk

Vernon Clough, Membership Secretary