



The St Albans and District Cardiac Support Group

To all Hertbeats Members,

This **JULY NEWSLETTER** is to update you all on that has been happening in Hertbeats since the last newsletter.

I am pleased to report that the May AGM was highly successful, with a good attendance, and excellent feedback from the members attending including a consolidation of the committee plus the addition of Richard Belt who is now our meetings coordinator. He will report in his Meetings section below, but please feel free to let us know what type of speakers you would like to hear from.

With Michael Utteridge standing down at the end of the year as Outings Coordinator one member has agreed to participate in a 3-man sub-committee. If anyone would like to join this team, please come forward and contact the Secretary on keith@theeatons.org.uk

So, in conclusion, we have a good membership base and a lively programme of activities, including increased exercise classes, meetings restarting, with walks, book club and golf set out below and I hope you find something among the groups that appeals to you.

We look forward to seeing you all at the summer lunch at Harpenden Golf Club on 17th July; there are still spaces available.

RON JESSON, CHAIRMAN

EXERCISE CLASSES

The four Hertbeats exercise classes continue to grow in popularity with almost seventy members taking part in the weekly classes. The new Monday class at the Harpenden Trust halls in Southdown Harpenden is now well established. However, all classes have spare capacity so if you would like to have a go, please contact me or Keith Eaton. New participants are entitled to two free taster session so why not give it a try! We cater for all ages.

For any further information, please contact me either by email on mjwiseman2@outlook.com or my mobile 07711 781261.

WALKING GROUP

Although it has not been, so far, the summer we are expecting, it has been good walking weather. At least we have avoided the rain in the past two months and the ground has dried out a bit!

We have had five walks since our last report, covering various parts of our area, ranging from Frogmore, Redbourn, Gustard Wood and towards Shenley.

For our next walks during August, we will go slightly further afield to Knebworth and Gade Valley, so perhaps more of you will be persuaded to join in.

The future dates are as follows:

Three miles:

3rd July 7th August 4th Sept 2nd October 6th November

Five miles:

17th July 21st August 18th Sept 16th October 20th November

As always, we welcome any new walkers to join us.

Please contact Ed Jones on 07745 295691 or email etnajones@gmail.com.

MEETINGS

I am pleased that we now have two confirmed speakers in our upcoming programme.

* **Friday September 27th at 3pm** in the Renwick Room, Harpenden Trust - Duncan Lewis, CEO Emmaus Hertfordshire

* **Wednesday October 30th at 3pm** in the Gibbons Hall, Harpenden Trust - Anne Lawrence, an ex-PC in Counter Terrorism

Both of our speakers come with good references from other organisations, and I hope that members will support our return to Hertbeats Speaker Meetings.

I look forward to seeing many of you there. In 2025 we will be hoping to hold our first meetings at St Mary's Church Hall, Marshalswick, St Albans, which was not available for these two meetings.

If you have ideas for future speakers, please contact Richard Belt at Richardbelt53@yahoo.co.uk or on my mobile 07969 558590.

OUTINGS

I am pleased to report that we have had a tremendous response to the "Invitation to the Summer Lunch" with 60 attendees coming to the Harpenden Golf Club on 17th July.

Full details were sent out recently for the outings to the National Memorial Arboretum on 11th September (cut-off date for bookings is 2nd September 2024) and to see "Chicago" at the Milton Keynes Theatre on 17th October. **Please note that an extended Buy by Date for our tickets has been negotiated and the new cut-off date for making your booking is 3rd September.**

Our final event of the year, and a date for your diary, is the Christmas Lunch on 18th December at Harpenden Golf Club.

If anyone would like another copy of these details please contact Michael Utteridge - email address is 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 behind the pub.

At each meeting, we agree the book we will read during the next month and then discuss this at our meeting, over coffee – usually finishing by 11.45 am/12.00 pm.

We read a wide range of books, spanning non-fiction (e.g., 'Do No Harm' by Henry Marsh) and fiction, recently including The Lewis Man by Peter May, and 'Lessons in Chemistry' by Bonnie Garmus.

New members have joined the group recently, but anyone wishing to come along will be warmly welcome – please contact me by email or telephone.
Kevin Jennings. 07788 108481 kevin.Jennings3@btinternet.com

GOLF

We had our Spring meeting at Stockwood Park on May 8th. We were blessed with a beautiful day.

Sixteen players, including a small contingent from Heart to Herts, the Hemel Hempstead cardiac support group, played on the day.

The golf was played in teams with the final scores all being very close. Only one point separated the first two teams. Congratulations to Hertbeats member David Waller's winning team.

The golf was followed by a meal, convivial banter and prize giving.

We are planning to play our Autumn meeting at Stockwood Park on Wednesday 25th September. Save the date! If you are interested in participating, or would like to know more about our golf days, please contact Vernon Clough on 07768 356975 or at vclough42@gmail.com

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