



The St Albans and District
Cardiac Support Group

Dear Hertbeats Member,

HERTBEATS NEWSLETTER NOVEMBER 2024

This is to update you on Hertbeats' progress over the last couple of months.

There has been an abundance of activity behind the scenes to improve our method of communications to our members, including an ongoing programme to improve and simplify the web site.

Attempts to get more members to become active participants to help the committee in the various activities to date is proving to be difficult so please come forward and assist our teams. In particular, on Outings, we are still looking for volunteers to form part of a Group to help plan the visits and excursions from 2025 taking over from Michael Utteridge who has done such a fantastic job over many years. We are looking for individuals to be part of a Group helping to organize but not to take on all the arrangements - just to help spread the load. I would particularly like to thank Michael for his dedicated work over the last 10 years organising and co-ordinating the outings and lunches and we all wish him the best for the future.

The reintroduction of speakers, by Richard Belt, has been a great success with two presentations well supported and more in the pipeline for next year.

Our exercise classes go from strength to strength with maybe the need next year for another one to be added. Also the Golf Society, Book Club and Walking Group are all showing signs of growth; great news!

Concluding, I would like to wish you all a healthy and happy end to this year, 2024 and looking forward to seeing many of you at the Christmas Lunch at Harpenden Golf Club on Wednesday, 18th December.

RON JESSON, CHAIRMAN

EXERCISE CLASSES

The exercise classes continue to go from strength to strength. The Thursday Frogmore classes have some 24 members over the two classes; the Jersey Farm Tuesday class has 24 active members and Harpenden Trust on Mondays has 22 members.

In the case of both Jersey Farm and Harpenden Trust classes, we are now at maximum safe numbers. In order to meet demand we are considering adding a further class on Mondays in Harpenden and will review this at the start of next year. I would encourage any

existing members, who don't take regular exercise, to consider joining one of Frogmore's evening classes or, should it start, the Harpenden Trust's new daytime class.

If you are interested to learn more please contact me. Mike Wiseman on mjwiseman2@outlook.com or my via my mobile 07711 781261.

WALKING GROUP

We have continued to maintain a perfect record of two walks a month covering various parts of Hertfordshire including Ellenbrook Fields, Knebworth Estate, Shenley Park, Rebourbury Mill and Rothamsted.

As usual we now have a month off in December as, generally, everyone is pretty busy preparing for Christmas!

I am pleased to see a few new members joining the walking group. It is a good way of exercising and keeping you mobile.

The walks will resume in the New Year. As the first Wednesday in January is January 1st we have delayed this 3 mile walk by a week to the 8th January. The 5 mile walk will be on 22nd January.

After this normal service will be resumed on the first and third Wednesdays.

For your diary the dates will be:

3 mile 5 mile

8th January 22nd January

5th February 19th February

5th March 19th March

2nd April 16th April

7th May 21st May

4th June 18th June

If you are interested in finding out more about the walks or want to join in, please contact via email or phone.

Ed Jones etnajones@gmail.com Mob: 07745 295691

MEETINGS

We have now held our two planned meetings , both at Harpenden Trust Hall locations . The first saw Duncan Lewis , CEO Emmaus Hertfordshire, talk about the charitable works they undertake to a very good-sized group of over 20; and the second by Anne Lawrence, an ex senior officer in counter terrorism giving a fascinating talk about her career to a group of 28 members. Both talks were well received and the numbers attending were very pleasing indeed.

Planning is now underway for four talks during 2025, two to be (hopefully) in St Albans and two in Harpenden .

We will, of course, keep you informed on dates throughout next year and I am already in

possession of a list of some very good potential speakers. Thanks to all who have helped to ensure these meetings were successful.

Richard Belt 07969 558590 Richardbelt53@yahoo.co.uk

OUTINGS

For the annual Christmas Lunch, we have received a wonderful response for this event - which is now fully booked. As we have more than filled the capacity of the room at the Golf Club we are unable to accept any further bookings.

“Murder on the Orient Express” at Milton Keynes On 27th February - you should have received full details of this outing which Cyril Dennemont is running, and the final date for bookings is Friday, 13th December 2024.

Cyril Dennemont 07740 360676 cyrildennemont@aol.com

BOOK GROUP

The book group meets on the 2nd Thursday of each month, at 10.30am 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 at 11.45 a.m./12.00 p.m.

Mainly - but not always - we read fiction, including lately The Word is Murder by Anthony Horowitz, Nutshell by Ian Mckewan, and Still Life by Sarah Winman. This month, something new, we are each reading a book of our choice, and then will discuss our choices when we meet.

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 SOCIETY

We had our Autumn Meeting at Stockwood Park on September 25th. We were lucky to have a pleasant dry day during a week of heavy rain.

Our day started with coffee and a cholesterol-free bacon roll. Sixteen players, including a small contingent from Heart to Herts, the Hemel Hempstead cardiac support group, played on the day.

A team competition, played in teams of four, ended with only five points separating the four teams. Congratulations to Ron Jesson's Hertbeats team who narrowly won by one point.

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

We now have a period of hibernation and emerge in the Spring to renew our golf activities.

Watch this space!

If you are interested in participating, or would like to know more about our golf days, please contact me.

Vernon Clough at vclough42@gmail.com or on 07768 356975.

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