

Dear Hertbeats Member,

HERTBEATS APRIL 2025 NEWSLETTER



The St Albans and District
Cardiac Support Group

CHAIRMAN'S INTRODUCTION

Welcome to all our members, including some new ones to this our latest newsletter.

It seems, as the song states "that the only way is up" for Hertbeats.

Our membership has started to grow again, our exercise classes are on the increase both in numbers and an additional class added in Harpenden. We have very successfully started the Talks as Richard explains below.

One major change has been our website, which has been undergoing modernisation allowing us to review each section more clearly and those of you without internet we will continue to keep you updated postally, free of charge, thanks to Graham and Vernon. Any member who has any photos we can use to enhance the section pages please let us know. Have a look at www.hertbeats.org.uk

On the financial side we are in an excellent position, with Rowena, working hard to secure extra funding from grants including the latest of funded travel for members to come to the AGM, scheduled for 3rd June at St. Mary's and meetings. I would like to give a special mention to Miriam Armoogum and Angela Madden for their generous donations to Hertbeats, thank you.

Walks, Book Club, and Golf are all thriving but we are still trying to restart Outings, and we need members to volunteer (jointly?) to assist in organising these events, so please do come forward.

Ron Jesson
Chairman

Annual Summer Lunch - a date for your diary is **Wednesday 16th July** for our annual Summer Lunch at Harpenden Golf Club – further details will be circulated.

EXERCISE CLASSES

The exercise classes at Frogmore and Jersey Farm are all running well as is the early 12.30pm class at Harpenden. The second 1.45pm class at the Harpenden Trust is building well but has capacity for more members who want to do some regular exercise. As with all our classes we offer two free taster sessions.

All are welcome to come and join us – please just contact me, **Mike Wiseman** at mjwiseman2@outlook.com or call on 07711 781261.

WALKING GROUP

We've had a limited number of walks since the last the newsletter because I was away for six weeks and unfortunately no one was able to lead the walks.

However, this month we are now back in action with walks in the Wheathampstead area and more recently, the bluebell walk in Heartwood.

I am pleased to welcome five new walkers to the group - if anyone else feels they could try it out please get in touch.

Our future dates are:

3-mile walks

7th May

4th June

2nd July

6th August

3rd Sept

5-mile walks

21st May

18th June

16th July

20th August

17th Sept

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

TALKS

Two of our four meetings for this year have now taken place with the last one on 20th March seeing Tony Tutton talking and performing about the life and times of Buddy Holly. A good crowd of 38 had a thoroughly enjoyable time with requests for him to return on another occasion with another of his themed talks.

The next talk is on Thursday, 3rd July, 3pm once again at St Mary's Church Hall Marshalswick when Gary Fisher, again well recommended, will give a talk about Hatfield House, more details to follow.

Hopefully we will once again have a good turnout. An early reminder of our final talk of the year for your diaries, Thursday, 4th December, which sees the return by popular demand of Anne Lawrence to give a further talk on her time in Counter Terrorism - not to be missed!

Thank you for your support and look forward to seeing you in July.

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

BOOK GROUP

We have read quite a range of books over the last quarter. From 'Three Men in a Boat' to our first William Boyd book ('Any Human Heart' which we rated highly). We have one

futuristic book ('Dominion' by CJ Sansom) and a very relevant Nigerian/US novel (Americanah, by CN Adiche) upcoming, and hope to keep a good mix of styles and settings

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, and outside (covered and uncovered) space we hope to use in the warmer weather.

We usually finish around 11.45 am/12.00 pm.

Anyone who would wishes to join us will be very welcome – please contact me by email or telephone.

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

GOLF SOCIETY

The Hertbeats Golf Society Spring meeting 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 and bacon rolls, team golf and a two-course meal.

Full details of the day to follow very shortly. Guests are most welcome.

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

Thank you for your support and look forward to seeing you in June.

FROM THE TREASURER

Payments by Cheque

From 13th May 2025 Lloyds bank will start charging Hertbeats 50 pence handling fee for each cheque we pay into the bank. Additionally, there is the cost of postage, envelope, the delay in the money credited to the Hertbeats bank account, possibility of errors in writing the cheque and the potential for cheques getting lost in the post.

Therefore, Hertbeats would ask that, wherever possible, payments are made by electronic transfer using eBanking. The majority of our members use this payment method as it is safe, convenient, fast, free and reliable. If members have difficulty paying by bank transfer, Hertbeats are happy for a family member or friend to make payment on their behalf, ensuring that the member name is included as the reference.

Hertbeats appreciates that some members may be uncomfortable with electronic payments, therefore, we will continue to accept cheques for the foreseeable future. If you have any questions or need any help in moving to online payments please contact our Treasurer rowena430@btinternet.com. Thank you.

FROM THE SECRETARY

This has been a busy period for the members of your committee, with several important documents being prepared prior to the **AGM**. This will take place on **Wednesday 4th June at 3.00pm at St Mary's Church, Marshalswick**. A separate calling notice and attached information will be circulated to all members in the next couple of days.

As it says on our website, Hertbeats helps those with heart problems to lead a fuller life by arranging exercise groups, walks and social activities and outings. Hertbeats is affiliated to the British Heart Foundation (BHF) www.bhf.org.uk and I receive regular information from the BHF about their activities. This month they have a new initiative titled "**Spring into Action**" and you might find the information interesting and useful – see [9 top tips for enjoying the outdoors this spring - BHF](#)

One other piece of sad information to share with you. We have had the following message from one of our members, Betty Roberts, who says:

"I am writing to let Hertbeats members who knew him, that my husband Eddie passed away on 29th March 2025. There will be a Thanksgiving Service for him in St Leonard's Church, Sandridge on Saturday 10th May at 11am, followed by the burial of his ashes in the Garden of Rest."

I know that Betty will appreciate seeing some of Eddie's friends at the Thanksgiving Service.

Keith Eaton, 07785 340406, or at keith@theeatons.org.uk

FROM THE MEMBERSHIP SECRETARY

Our membership now stands at approximately 180. Inevitably we lost a few members at year end who have not renewed for a variety of reasons.

The new renewal process using membership mojo, master minded by Graham Imber, has gone very well.

The two-year membership for £10.00 has proved popular. This has helped to boost our bank balance and will provide less work for our membership in the future.

Overall, our membership numbers are increasing with non-renewals down on last year and the likelihood of new members joining on the back of our expanding range of exercise classes looking most encouraging.

Vernon Clough

Membership Secretary vclough42@gmail.com