

Dear Hertbeats Member,



The St Albans and District
Cardiac Support Group

HERTBEATS MARCH 2026 NEWSLETTER circulated to all Hertbeats members.

CHAIRMAN'S INTRODUCTION

This is our first Newsletter of 2026, and I would like to start out by apologising for the atrocious wet weather we have experienced since the start of the year, as the song goes "**it can only get better**" - let's hope so!

Firstly, I would like to welcome our new members to the Hertbeats family. Our Newsletter is issued to keep you updated and informed of all the events that are taking place this year.

The website **www.hertbeats.org.uk** is extremely useful giving up to date changes for all our activities so please use it. If you have any problems please contact our guru Graham (graham@theimbers.co.uk)

I am pleased to report that membership is increasing, the exercise classes are almost at full capacity at some venues, so we may need to consider an additional class.

The 2025 Christmas Lunch at Harpenden Golf Club was an outstanding success and with the restaurant floor space fully open many of you commented that this felt more homely and would allow for more attendees. As usual all tickets were sold out quickly. We have dates for both Summer and Christmas events already booked for this year.

Our calendar of Talks and Outings has built strongly as you can see in the Group sections of the Newsletter.

Golf, Walks and Book Group are all flourishing, but naturally we always welcome the attendance of more members so go to the website to make contact

Ron Jesson, Chairman

WAITROSE HARPENDEN COMMUNITY MATTERS SCHEME

Hertbeats has been selected by Waitrose Harpenden to participate in their Community Matter Scheme commencing on 1st April 2026 and ending on 30th June 2026. The Scheme is a charitable initiative where each store divides £3,000 every quarter among three local causes, chosen by customer votes via green tokens. Customers receive a token at checkout to vote for their preferred choice, determining the share of the £3,000 donation.

Would you please remember to collect your green token when shopping in Waitrose Harpenden and put it in the Hertbeats box. Please would you also ask your family and friends to support Hertbeats with their green tokens. Hertbeats will be advised of the donation in August 2026.

EXERCISE CLASSES

The six exercise classes continue to run smoothly with some 85 members taking regular exercise. However, we still have capacity at all but the Harpenden Trust Tuesday classes. Details of the classes are on the website here [Exercise Groups – Hertbeats](#)

I would encourage any members who haven't tried one of the classes to give it a go. We offer two free 'taster' classes to see if they suit you.

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

Since my last report we had a break in December and resumed our walks in the New Year.

The weather has not been kind to us so far with plenty of rain and very muddy fields!

Whilst we try and walk in most weathers, two walks had to be cancelled because of the torrential rain.

To avoid the muddy routes, so far, in 2026, we have chosen routes which take us along paths and sometimes roads. This has taken us on some interesting areas of St Albans and Harpenden that some walkers had never seen before!

As always we continue to walk on the first and third Wednesdays of the month. Our future dates are on Wednesdays as follows

- 18th March 5 mile: 1st April 3 mile: 15th April 5 mile: 6th May 3 mile: 20th May 5 mile:
3rd June 3 mile: 17th June 5 mile

Since the new year we have had a number of Heartbeats members trying out the walks for the first time. If you feel you would like to give it a go then please contact me and I will include you on our mailing list. You can join as often as you wish; you are not compelled to do every walk!

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

To remind members that our first talk of 2026 takes place on **Thursday, 19th March** at 3pm at St Mary's Church Hall, Marshalswick, St Albans. The talk will be given by David Keen entitled Schloss Colditz and will be a fascinating insight. I look forward to seeing many of you there and the talk will, of course, be followed by tea, coffee and biscuits.

Other dates for your diary are:

- Thursday, July 2nd - Alistair Hodgson - The De Havilland Company
- Thursday, October 1st - Tony Tutton - My life in music
- Thursday, December 3rd - Welhateukes - A Christmas Singalong

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

OUTINGS

The first visit will be to **Bletchley Park** on **Thursday 23rd April**. All Hertbeats members will already have had a flyer about this visit, requesting a response by those who are interested by **9th April** at the latest.

The next outing will be on **Thursday 4th June – an Historic St Albans walk** in the afternoon. This will take about 90 minutes. A separate flyer and information about this will be circulated to all Hertbeats members during April – but make a note of the date now.

Then on **Friday 10th July** we are planning a coach trip to **Hughenden Manor**, the National Trust property near High Wycombe. Again, please make a note in your diary; a separate flyer and information about this will be circulated to all Hertbeats members nearer the time.

If you have any queries about the visits, please contact the organizing team - Cyril Dennemont (07740 360676), Shelagh Glenister (07968 171710) or Simon Wills (07775 997809).

BOOK GROUP

The Book Group has continued to meet on the second Thursday of each month at The Green Man Sandridge. We have enjoyed a wide range of books, good discussions, and our mid-January Christmas meal at the pub.

Recently, two gripping international tales - 'My Father's House', by Joseph O'Connor – a drama of the Vatican escape route during WW11, and 'A Winter in Madrid' by CJ Sansom set in Madrid during the civil war.

Currently we are back to crime with Peter May's 'A Winter Grave'

If you enjoy reading do feel free to come along – there is parking behind the pub.

Kevin Jennings. 07788 108481 kevin.jennings3@btinternet.com

GOLF SOCIETY

Our golf season swings into action on **Wednesday 13th May** when we will be returning to Stockwood Park Golf Centre.

The informal golf day will take our usual format of coffee, bacon roll, round of golf in teams of 3 or 4, followed by a two-course meal.

Anybody wishing to learn more of our golf society is asked to contact Vernon Clough at vclough42@gmail.com

MEMBERSHIP

Our membership continues to grow, largely on the back of our extensive exercise programme, and is currently 224.

The renewal process for those members whose membership expires on 31st March 2026 has commenced. Anybody encountering difficulty renewing their membership are requested to contact Vernon Clough, Membership Secretary, at membership.secretary@hertbeats.org.uk

ANNUAL GENERAL MEETING

Advance notice from the Secretary; the 2026 AGM will be held on **Thursday 18th June** at 3.00pm at St Mary's Marshalswick.

Keith Eaton. 07785 340406 secretary@hertbeats.org.uk