



The St Albans and District
Cardiac Support Group

To all Hertbeats Members:

Dear

HERTBEATS SEPTEMBER 2025 NEWSLETTER

CHAIRMAN'S INTRODUCTION

This September newsletter is to update you all on our progress over the last few months and to welcome our new members to the Hertbeats family.

I am pleased to report that membership is increasing – we have passed 200 and are still increasing. Our new "mojo" membership arrangements have been working well, and our exercise classes are almost at full capacity at some venues. We may need to consider an additional one.

The July summer luncheon event at Harpenden Golf Club was a great success with all tickets sold; and our talks have been well attended.

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

Finally I am pleased to announce the restart of outings, our first one being a coach trip to Buckingham Palace on 13th September - we hope to announce another outing later in the year.

Remember that, for those members that have difficulty in obtaining transport to and from our events, we have a grant that allows us to provide a free taxi service; contact Rowena on 07885 297584 or rowena430@btinternet.com to obtain the relevant information on .

Ron Jesson, Chairman skyrj1@sky.com or 07785 306308

EXERCISE CLASSES

We continue to attract an increasing number of people to our Exercise Classes. The classes at both Frogmore and Jersey Farm continue as before though the Jersey Farm class is currently full.

Due to our Harpenden Trust instructor needing to free up Mondays we have restructured these classes and due to demand added a further class. The classes at the Harpenden Trust premises above the Co-op now take place on Tuesdays at 13.15 and 14.30; Wednesdays at 11.45. The Tuesday 14.30 class is full but there is capacity at the other two times.

It's good that so many of our members are looking to take up or continue with their exercise classes. Now that the Summer is coming to a close why not look to join and keep healthy over the Winter months when getting outside exercise is more challenging!

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 have continued to have two walks per month, covering the whole of our area from as far south as Shenley and Bricket Wood to Ayot and Brocket Hall.

Last month we had our traditional walk around Ellenbrook Fields, the old de Havilland aerodrome, to pick blackberries.

We continue to have more members trying out the walks to see if it suits them and I am pleased to welcome six additional walkers to the group. Maybe there are still more members thinking of taking more exercise. If so please contact me and I will include you on our mailing list. You can join as many walks as you wish; you are not compelled to every walk!

Our future dates for 2025 are on the following Wednesdays:

17th September 5 miles

1st October 3 miles

15th October 5 miles

5th November 3 miles

19th November 5 miles

We take a break in December and will resume in 2026 on 7th January

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

Ed Jones, Walking Group Organiser

TALKS

We are taking a break at our next planned date, Thursday, October 2nd 3pm at St Mary's, Marshalswick, from our usual talk brief, to present the **WelHatEukes band** (Welwyn & Hatfield Eukele Band) for your entertainment. They come with excellent reviews and I hope we get a good turnout for our musical event .

The final meeting of the year on Thursday, December 4th, once again 3 pm at St Mary's, sees Anne Lawrence, ex Special Branch, return for the member-requested second appearance! Anne is an excellent speaker and certainly gives us an insight, where she is able to, into the world I am pleased we do not frequent! I look forward to another good turnout to greet her return.

These two events bring 2025 to a close and I hope you have and will enjoy these events. If anyone has ideas for 2026, please let me know and I will look into it for next year. In the meantime, thank you for your support during 2025 and I look forward to seeing you in October.

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

OUTINGS

We are going to Buckingham Palace on 13 September 2025 for a visit to the State Rooms as well as a Garden Highlights Tour. There are 28 of us booked for this wonderful living history outing; it should be a memorable experience for those who have not been to such an outing to Buckingham Palace.

We will have some of the best photos taken by members attending printed in another newsletter. We continue to work on other outings for the group and are currently in discussions with Milton Keynes Theatre. Hopefully we can arrange another outing before the end of 2025. Further details will be announced as soon as available.

We wish to thank you for your interests in these outings, and we aim to arrange more outings in 2026.

Cyril Dennemont 07740 360676 cyrildennemont@aol.com

BOOK GROUP

Again, our choices gave us a good spread of literary styles - from the very funny 'Project Rosie' - a recent book from Australian author, Graham Simsion, to the gripping but very sombre 'The Cellist of Sarajevo' set in the conflict there. Currently we are reading 'Precipice' - latest best seller from Robert Harris.

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 which we use at times.

We usually finish around 11.45 am/12.00 pm, and we followed this with our usual Summer Lunch after the August meeting.

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

Our next golf day will be on Wednesday 1st October at Stockwood Park. Details have gone out to those members who have expressed an interest in golf.

If you have not received details of the golf day and are interested or like to know more please contact **Vernon Clough** at vclough42@gmail.com or on 07768 356975.

FROM THE SECRETARY

As Secretary I tend to get involved in most of the activities that we organize within Hertbeats. In addition to that general involvement, I specifically help Mike Wiseman with the exercise groups – keeping an 'organisational hat' on for the two classes at Trinity Church, Frogmore. Along with everyone who attends one of our six exercise classes, or who takes part in our two walks each month, I have to say that it feels good to be exercising in this way – it becomes part of one's regular diary activities. And it gives us all regular opportunities to meet with other Hertbeats members, nearly all of whom have experienced some sort of cardiac episode. That's what Hertbeats is all about.

If you haven't already joined in with all this, please contact me if you'd like to do so. We're all different; we're all different ages; we all have different fitness levels. Don't worry – contact me.

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