



www.hertbeats.org.uk

St Albans and District Cardiac Support Group

Affiliated to the British Heart Foundation and Arrhythmia Alliance

Life President Brian Gibson

Life Vice Presidents

Dr John Bayliss MA MB BChir (Cantab) FRCP

Dr John Versey

Vice Presidents

Dr David Hackett MD, FRCP, FESC

Dr Masood Khan MB, BChir, MA, MRCP

Dr Philip Moore PhD MRCP

Dr Niall Keenan MA (Oxon) BM BCh MRCP MD(Res)

Chairman Brian York

Heart disease has a tremendous impact on the whole family and **Hertbeats** includes carers, relatives and friends. Most members have experienced a range of heart problems and have a mutual understanding of the healing and psychological processes.

They are in a unique position to help patients and carers worried about surgery or anxious about living with the various effects of heart disease.

Hertbeats covers St Albans, Harpenden, Redbourn, Wheathampstead, Hatfield and Welwyn Garden City.

HERTBEATS AIMS TO

- increase public awareness of heart disease, its causes, treatments, implications and help available
- promote the welfare and care of cardiac patients
- provide support when resuming home and social life
- make contact with others who share and understand your needs and problems
- provide facility to continue the exercise started in hospital rehabilitation
- make life as active as possible and definitely fun!

Our meetings are social occasions with speakers on a variety of subjects and anyone with a cardiac condition, carer, relative or friend will be welcome. The meetings are held at St. Mary's Church Hall, 1 Sherwood Avenue, Marshalswick, St. Albans, AL4 9QA starting at 8 pm on the third Tuesday of each month.

HERTBEATS IS A SELF-HELP GROUP OF PEOPLE WITH HEART PROBLEMS

HERTBEATS

- Does not give medical advice
- Is an informal group of **friends**
- Supports patients and carers
- Assists patients towards a life of **quality**, activity and **fun**
- Helps patients to exercise (and **laugh** at the same time)
- Has many booklets to help understand the illness and terms used

MEMBERS

- Meet once a month for talks and entertainment (including a **Strawberry Evening** in the summer and a **Christmas Party**)
- Play **Golf** and attend **Exercise Classes**
- Go to **Concerts** & other entertainment
- Visit places of interest such as the **Eden Project** and the **London Eye**
- Take day trips to **National Trust and historic sites**
- **Travel Abroad** for long weekends (for example to Monet's Garden in France, the Bulb fields in Holland, Bruges and Chateaux of the Loire Valley)
- **Enjoy Life wherever we go** accompanied by angioplasty, stents, valves, bypass grafts, various bits of metal and a medley of medicines

DONT JUST SIT THERE - PHONE US AND JOIN IN

Take a look at www.hertbeats.org.uk
Pick up the phone and have a word with
Roger Miller on **01727 766278**

CARPE DIEM

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HERTBEATS MEMBER APPLICATION

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You do not need to have had a "cardiac event" to become a member (The Annual Subscription is £7.50 per person).

Please Circle:- I am the patient/carer/relative/friend Occupation -current/past (optional)_____

How did you hear about Hertbeats? _____

I/We would like to join Hertbeats and am/are interested in the following groups:-

- Day Trip Group] and receive information by email] or by SAE]
- Golf Society] and receive information by email] or by SAE] or by 'Phone]
- Exercise Group(s)] and receive information by email] or by SAE]
- Walking Group] and receive information by email]

I enclose membership subscription(s) at £7.50 per person.

Name: _____ Tel: _____

Address: _____ Mobile: _____

_____ Email: _____

Please make cheques payable to:- "Hertbeats" and return to:- Roger Miller, 116 Langley Grove, Sandridge, St. Albans AL4 9DY

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