



Keeping Calderdale Active and Healthy

CREW

Cardiac Rehabilitation, Exercise, Walking

Charity Registration Number: 1163338

CREW is a local registered charity which provides support for people with heart/circulatory problems and any other conditions which can affect the heart and circulation.

This support follows on from the NHS/BETTER LIVING TEAM REHAB programmes and comprises:

- Special Exercise classes
- Weekly walks programme
- Social events, with excursions, entertainment, quizzes etc
- Information/education on the conditions via talks, literature and regular publications.

All of these activities are also **open to anyone** who wants to improve their own health and so reduce the risk of heart/circulatory diseases.

MEMBERSHIP IS FREE..

..and is open to **ANY** person who wants to maintain and improve their health & fitness levels, including:

- ☐ Anyone recovering from a heart– related event or a stroke
- ☐ Anyone with Cardiovascular Disease ‘CVD’ or has a condition that may affect the heart/circulatory system
- ☐ Anyone with risk factors for CVD such as Diabetes, Overweight, High Blood Pressure, High Cholesterol, family history of heart disease.
- ☐ Anyone who is a friend, family member, carer or supporter of anyone in the above categories
- ☐ Anyone who is physically inactive or has low levels of physical activity and wants to do more.

contact CREW on Tel: 07599080666



CREW WALKS

We have 7 walks every week for you to join.

Walks are led by our Walk leaders, who are all hard-working and dedicated volunteers.

Our walks are all free of charge.

There is something for everyone, from short 30 minute flat walks for beginners, to longer 4 to 5 mile countryside walks.

CREW Longer Walks

Every Tuesday we have a 4 to 5 mile circular walk.

The walks are different every week.

They usually start and finish at a pub so those who wish to can have lunch together.

Even if you do not walk you are very welcome to come to the lunch with us.

Walk It with CREW

We also run a programme of shorter walks in different areas including: Hebden Bridge, Todmorden, Illingworth, Ovenden, Mytholmroyd and Sowerby Bridge.

The current walk list is always on our web site, Facebook and Twitter pages or you can email or phone for a copy. .

Our weekly walking programme and other information about CREW is on our website..

www.crewheartsupport.co.uk

You can email: crewpartners.hsg@gmail.com
or phone: 07599080666