

Crew, like many Heart support groups believe in the benefits of keeping the emphasis in the minds eye about Cardiac Rehabilitation and Secondary prevention of any Heart related illness that besets their community. This is why wherever possible we back all ventures, which ultimately will help or achieve those objectives. If we didn't our thoughts are. What benefit would we be to our members? Most of our members have had the unpleasant prospects of some form of debilitating heart disease or are at risk of such traumas.

Personally I am frequently awe struck at the dedication witnessed when you have the opportunity to watch the people within the Cardiac movements, whether that be Cardiologists-Surgeons-GPs-Nurses-Cardiac Rehabilitation providers- the BHF and other Heart charities plus of course those people who run Heart Support organisations. Invariably they do it because they want to give something back to those who have suffered as they have, or are the carers of those people. In some cases they wish to help reduce the burden of the hard working and invariably totally dedicated people who sometimes helped to save their lives.

So we at CREW dedicate the below campaigns to all those people who firstly helped us to achieve many of our objectives at a local level, and secondly to the support organisations who are the GLUE that holds us together.

#### Cardiac Rehabilitation for all: Crew campaign to Parliament:



You May recognise some of the MPs (on the left not the right, NB> not a political pun)

## Crew sponsored Walk



**Crew walking programmes were featured in many BHF publications and were used to help the BHF launch the Heart Support Group campaign (CREW used this poster with some added graphics, with consent from the BHF to launch the opening of Todmorden exercise classes in Oct. 2008).**



**UP BEAT**   
EXERCISE REFERRAL SCHEME

**Get  
back  
on  
track  
with  
CREW**

To find out more about cardiac rehabilitation through exercise and walking (CREW) contact:  
The Upbeat Team 01422 284409  
or [www.crewheartsupport.co.uk](http://www.crewheartsupport.co.uk)



CREWs Current Campaign is to help the BHF in their quest for DEFIBRILLATORS to be more widely available in area where many people congregate. I.e. Shopping Centres. Sporting events etc.

Since 1996 the BHF have sited over 9000 defibrillators with 800 going to the St Johns Ambulance Brigade.

Most of the credit is down to Michael and you can read his story and follow the appeal in the below sections:



**Bradford Bulls take up the challenge to help the British Heart Foundation Raise funds for Defibrillators!**

**BHF London To Paris Folding Bike Challenge 9<sup>th</sup> to 13<sup>th</sup> September 09.**

**Pictures Shows Michael Vennard who is hoping to raise in excess of £2000 for the British Heart Foundations Appeal:**

**Michael is a member of C.R.E.W (Cardiac Rehabilitation through Exercise and Walking) Heart Support Group Calderdale.**

**He suffered a Heart Attack in December 2006 at age 42. His Rehabilitation was completed in Halifax and some of his training for the actual event is supervised by one of CREWs Heart Support group trainers Yvonne Richardson using Spin Bike techniques.**

**To get him ready for the 240 plus miles he will cycle on the challenge in September,**

**Michael has already cycled the 185 miles from Halifax to Gloucester.**

**On August 23<sup>rd</sup> when the "BULLS" take on the French team of Catalan Dragons, Michael is doing a lap of honour to generate support for his quest to cycle to France and to raise money for Defibrillators to be made**

**available in all areas where people congregate in large numbers, like shopping centre's and sporting events.**

**“It's rare that such an inexpensive and effective intervention. Like a defibrillator, will in certain circumstances be guaranteed to save a life.”**

*(C.R.E.W. Heart Support Group, Calderdale 7<sup>th</sup> July 2009)*

**When Michael is asked why he is doing it he replies. “ The quiriness of riding such a ridiculous machine a long way was strangely attractive.**

**In December 2006, and not to be out-done by my father (who had a bypass earlier in the same year) I experienced a heart attack.**

**At the age of 42 and a non-smoker who has tried to keep fit all my life, it came as something of a shock. Basically, I'm still in denial.**

**I am told that if (when?) you have a heart attack a defibrillator could save your life if it gets there in the first few minutes. That's why BHF are raising funds to kit out all shopping centres and other areas where large numbers of people gather, with defibrillators. They cost just £1200 each... stand clear!”**

**If you want to make a donation go to [www.justgiving.com/michaelvennard](http://www.justgiving.com/michaelvennard) or make a cheque payable to BHF and post it to: Michael Vennard, 47 Healey Drive, Ossett, West Yorkshire, WF5 8LY**



**Michael on the actual bike he will use! And his training spin bike he uses to get fit for the task, plus Sarah and Yvonne who he says definately gave him the incentive to keep fit! (Sarah was his initial Cardiac Rehabilitation instructor and Yvonne is his spin bike instructor!)**



**And not to forget one of our founder members who is shown here on his Flying Lesson, just to prove you are never too long in the tooth to take up new activities, and when he gets qualified we may mount a campaign for the AIR Ambulance, so Helicopters next KEN?**

Current 2009 campaign Defibrillators for Public places