



# The Pulse BULLETIN

January 2018

Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

## No Christmas Lunch this year

The **NEW YEAR LUNCH** is on  
Monday 22 January 12 for 12.30  
at the IMPERIAL CROWN HOTEL,  
Horton Street.

The Festive Menu is 3 courses for  
£15.95

We do need a £5 deposit and your  
menu choices asap.

Menu is on the web site under social events.

## VOLUNTEERS SOCIAL

We had a pleasant pre-Christmas get-together for our  
volunteers who lead all our walks.

There was time to have a chat as well as sandwiches,  
mince pies etc. We also had a quiz about Districts of  
Halifax which tested their local knowledge.

## FIRST AID COURSE

The first aid course was really excellent. John Pickett,  
the instructor, delivered the course with humour.

As well as excellent advice there was a brief CPR  
practical session and a defibrillator demonstration.

All those who attended felt they had learnt a lot.

## We have a very special offer running now.

**BRING A FRIEND** to any exercise class at  
St Andrews or Forest Cottage and they can try the  
class for **THREE weeks for FREE.**



Only 16 on  
the first walk  
of the year.  
People are  
easily put off  
by lots of rain,  
lots of mud  
and very  
steep hills.

## CREW LOTTO

We run a CREW LOTTO: it costs £1 per week and is  
based on the Saturday Lotto bonus ball number.  
There is a £20 per week prize, or more if it rolls over.

At Christmas there is a £100 prize.

The following numbers are available,

**9, 13, 20, 26, 29.**

**MIKE ASTIN**

Won the £100 prize this Christmas.

This is what he looks like if you want to try for a loan.



If you want to join contact Sophie or one of the  
committee - **it all helps to keep CREW running.**

If you want to keep up with the latest news about  
research, treatments, explanatory articles, human  
stories and good recipes the you should have a look at  
**HEART MATTERS**, the free BHF magazine.

You can sign up on-line at

**<https://www.bhf.org.uk/heartmatters>**

and have it delivered to your home free.

It really is a good magazine.

Sophie is your main point of  
contact.

Phone her on 07982 728548

Or email

sophieleigh-

