



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-

