



The Pulse

BULLETIN

February 2018

Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

The New Year Celebration lunch at the IMPERIAL CROWN hotel was a great success. An excellent meal was enjoyed by 55 members and everyone had a great time.

The photographs are on the CREW Facebook page or you can access them at <https://photos.app.goo.gl/tcq68MkJdZUebdHA2>
This is just one of them



Don't forget there is a lunch on a Tuesday every week at a local pub. Although the walking group use it, it is not only for walkers.

So if you don't feel like walking, never ever want to walk or whatever you will be very welcome at the lunch. Just come for a chat and a bit of company. Some of the pubs can be easily reached by public transport. For example on 13th March it's at The Dusty Miller, Hove Edge and on 20th March at The Stump Cross Inn.

The pubs are on the walk list on the web site.

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.

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.

The following numbers are available, **9, 13, 20, 26, 29.**

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

WARREN is starting some shorter walks from Queens Road Neighbourhood Centre.
Every Monday at 1.00pm.
Everyone is welcome.

Did you know that you can see THE ANGEL OF THE NORTH in Norland. It's in a garden on Dog House Lane,



and was spotted on one of the walks. Of course it's not full size! Why not come on the next walk and see who B***** abducts this week.

Don't miss out . We have already sold 45 of the new CREW POLO SHIRTS. We can't hold the low price of £7 for long.

Sophie is your main point of contact.
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KEEP UP TO DATE WITH OUR FACEBOOK PAGE at CREW HSG

