



# The Pulse BULLETIN

May 2017

COMMUNITY FOUNDATION FOR CALDERDALE

Connecting people who care with local causes that matter

Registered Charity Number 1163338

*Affiliated to the British Heart Foundation as a Heart Support Group*

The Tuesday walking group were at Colden Clough recently. Tony led 20 keen hikers around a 5 mile route and read them some poetry before they dined at the NEW DELIGHT.



Our latest walk was to Southowram from Hove Edge, with 29 sturdy folk enjoying the uphill....and downhill. 20 stayed for lunch at The Dusty Miller and all enjoyed a good, meal for a very reasonable price.

## VOLUNTEERS NEEDED

### UNIVERSITY OF HULL HEART RESEARCH

The aim of this project is to better understand peoples' experiences of heart disease and what it is like to live with heart disease. The study should help nurses understand individuals' experiences of living with heart disease; identify how health care professionals can best meet the needs of people with heart disease; and identify current gaps in our knowledge of heart disease and the services provided.

You will be asked to keep a diary for a week and take some photos. (camera provided).

**If you wish to volunteer ask one of the committee for a consent form**

OUR ANNUAL AWAY DAY is booked for

THURSDAY AUGUST 10th

and this year the venue is **YORK**

Tickets only £10 each. **BOOK NOW**

We are having an INFORMATION / TOMBOLA STALL on 1st July at BEECHWOOD PARK. We would be very grateful for any prizes you can donate.

EXTRA WALK with WARREN. Meet at Mytholmroyd Community Centre 10.45 Thursday 18th MAY with BUS PASS. 4 miles grade 2 Down Cragg Vale

### Health Walks in TOMORDEN

On the 2nd and 4th Monday of every month, 9.45 at Todmorden Health Centre.

Contact Ellie Sherwin for further details.

ellies@talktalk.net

### CREW LOTTO

We run a CREW LOTTO: it costs £1 per week and is based on the Saturday Lotto bonus ball numbers. Only 1-49 are used. If your number comes up you win £20. It can be more, as if numbers between 50-59 are bonus ball in the National Lotto our £20 rolls over to next week and becomes a £40 prize. We also have a £100 prize just before Xmas.

We have numbers 13, 19, 20, 29, 36 38, 41 and 45 available- **your lucky number could be here -why not join now.**

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

Don't forget: once again Sophie is your main point of contact.

Phone her on 07982 728548

Or email

sophieleighchevolleau@hotmail.co.uk

