



MAY 2019

THE PULSE

BULLETIN

Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

Our annual away day this year is
THURSDAY 22 AUGUST
and we are going to **BLACKPOOL**.
Cost £12 per person.

BOOK NOW £5 deposit
(over 25% of seats booked already)

You can travel to St Annes, Cleveleys,
Fleetwood etc free on the bus with your pass.
If you like clunking around on TRAMS it's £5.50
for a day pass.

We are in the middle of an intensive advertising
campaign for CREW, encouraging people to get
healthy.

We have distributed 1000 flyers listing our exercise
classes and walks - they are in all local Libraries/
Surgeries/Pharmacies/Tourist Information etc. If you
have any ideas where else we can site them, please let
us know.

Our classes at St Andrew's on Thursday and Friday
afternoons could do with an attendance boost - spread
the word to family and friends please.

We hope to start more 45 minute SURGERY walks so if
anyone would like to volunteer as a walk leader for one
of these do get in touch.

We are planning to organise a First Aid course in the
near future so look out for details.

BONUS FOR MEMBERS With a CREW membership
card you can get a discount at MILLETTS in Halifax.

Sophie is your main point of contact.
email: sophieleighchevolleau@hotmail.co.uk
Phone her on 07982 728548

KEEP UP TO DATE WITH OUR

FACEBOOK PAGE at CREW HSG

Website: www.crewheartsupport.co.uk



32 of us enjoyed the Scammonden walk on 7th May,
led by Malcolm Roeder. Superb views, including 5
reservoirs, made the walk memorable, as did the
excellent weather.



**USE YOUR
VOTE WISELY**

Ecclesiastical Giving

Please go online before 17th May and nominate
us for a £1000 grant. Our charity
number is 1163338.

The link is

<https://www.ecclesiastical.com/movement-for-good/nominate-a-charity/>



Diane Atkinson, one of our members, is doing
a sponsored walk along the Great Wall of
China in aid of OVERGATE HOSPICE. Diane has
to pay all her own travel/living costs and
guarantee a minimum of £600 sponsorship so
if you can help by sponsoring her it will be very much
appreciated.