



The Pulse BULLETIN

October 2017

Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

No Christmas Lunch this year

We have decided to have a **NEW YEAR LUNCH** to avoid the log jam of lunches that occur in the run up to Christmas. We hope to have it at a central location on a Wednesday lunchtime; we are also trying to keep the price down.

COMING SOON We have booked a **FIRST AID COURSE** which will be held on Friday 1st December at North Bridge Leisure Centre. Starting at 11.15am the course will run for 2 hours and take a maximum of 16 participants.

We have a very special offer starting 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**.



Warren took this excellent photo of a Peacock butterfly on one of his walks.

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. **We also have a £100 prize just before Xmas.** We have numbers 9, 13, 19, 20, 29, 31, 41, 44 and 45 available- **your lucky number could be here -why not join now and be in line for the Xmas prize as well.**

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

John and Ann Tudor represented CREW at a British Heart Foundation Seminar in Sheffield recently.

The speaker was Allan Lawrie PHD of Sheffield Hallam University He has just been awarded a Fellowship of £1m by the BHF. He is the foremost research scientist in the field of Pulmonary Arterial Hypertension, which is a rare but devastating disease that often affects young females and there is a life expectancy of 2.8 years without treatment.

Pulmonary Rehabilitation was discussed and other aspects via the need for specialised exercise to supplement better drug and medical treatments being developed in Sheffield, which is rapidly becoming a world leader into research and treatment of Pulmonary Arterial Hypertension specifically; Sheffield Hospital have one complete ward dedicated to PAH. One person in 7 develops some form of lung disease in the UK .

PAH mostly affects women between the ages of 30 and 60...

Pulmonary Rehabilitation is something we have been asked about in the past, and the British Lung Foundation are becoming far more active of late.

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

sophieleighchevolleau@hotmail.co.uk

