



# The Pulse

## BULLETIN

OCTOBER 2018



Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

### NEW YEAR LUNCH

Monday 21st January 12.00 for 12.30

At ROMEO & JULIET, Horton Street, Halifax.

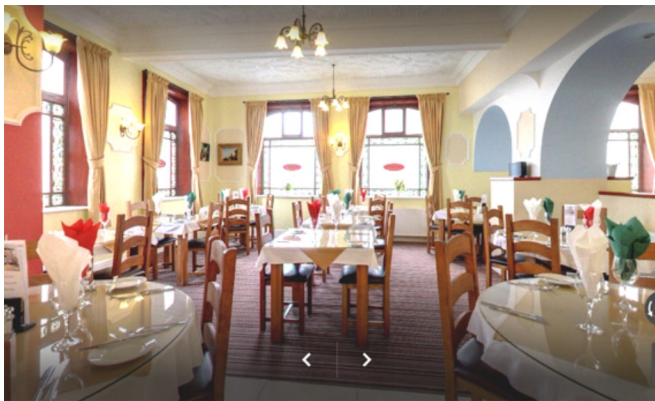
**THREE COURSES FOR £16.95**

A £5 deposit when you book and balance by 4th January.

Family & friends are welcome to join us.

#### MENU

Soup	Prawn Cocktail	Melon
Roast Pork	Turkey	Salmon
Trifle	Tiramisu	Fruit Salad
Cheese & Biscuits		



### WALK LEADERS

Recently three of our regular walkers successfully completed their walk leaders course.

Congratulations to Andrea, Linda and David



We will of course be having a big raffle at the New Year Lunch. Please donate your unwanted Christmas gifts for raffle prizes, or anything else you can spare.

But before then we would like donations so we can make a **giant food hamper** as first prize.

**We have a 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.**

### BONUS FOR MEMBERS

With a CREW membership card you can get a 10% discount at MILLETTS in Halifax.

£1 per week for the LOTTO for a weekly prize of £20. But with rollovers the last 2 payouts have both been **£60**. Is your lucky number here

- **2, 3, 4, 18, 23, 26, 31, 35**

If so get in touch with one of the committee to snap it up. Now is a good time to join as it will soon be the **Christmas Bonus** week with **£100** prize.

Sophie is your main point of contact.

email: [sophieleighchevolleau@hotmail.co.uk](mailto:sophieleighchevolleau@hotmail.co.uk)

Phone her on 07982 728548

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**FACEBOOK PAGE** at **CREW HSG**

Website: [www.crewheartsupport.co.uk](http://www.crewheartsupport.co.uk)

