



THE Pulse

BULLETIN



APRIL 2019

Registered Charity Number 1163338

Affiliated to the British Heart Foundation as a Heart Support Group

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

Bookings start now.

WAINHOUSE STROLL

Saturday 14th September Warren is leading a 3 mile walk from Tesco Car Park, Haugh Shaw Road, starting at 11.00 am. This is part of the SOUTH PENNINES WALK & RIDE FESTIVAL.

ROSEGARTH SURGERY WALK

Our latest walking venture is a weekly short walk from Rosegarth Surgery, 12.30 to 1.15 on Thursdays.



Rosegarth Surgery Walking Group
11 April 2019

LOTTO it's great to be able to say that there are no numbers available for the lotto draw. They are all allocated. Ann Tudor won £20 last week.

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

Diane Atkinson, one of our members, is doing a sponsored walk along the Great Wall of China in aid of OVERGATE HOSPICE. She will cover about 35 km in 5 days, which doesn't sound much, but there are thousands of steps on the route.



Living conditions are a little primitive, there will be lots of rice and toilet arrangements involve adventure.

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.

CREW North Bridge Leisure Centre News

Our lovely instructor Heidi is getting married in June. Congratulations from all class members past and present

We have just purchased a new recumbent bike (£500) as the existing one was in bad shape after many years of use.

MAY IS NATIONAL WALKING MONTH

20 TIPS TO ADD 20 MINUTES OF WALKING TO YOUR DAY