



The Pulse

DECEMBER 2019 BULLETIN

Affiliated to the British Heart Foundation as a Heart Support Group

Registered Charity Number 1163338

GREAT WALL OF CHINA TREK CHALLENGE

Diane Atkinson writes " Just back from my Great Wall of China Trek Challenge which I did with a small group of friends on behalf of Overgate Hospice. It was an incredibly challenging experience, tough at times with lots and lots of steps up and down, rough terrain and sheer drops at either side but we had lots of laughs and the camaraderie was fantastic. CREW members have been incredibly supportive and your amazing generosity has helped our little group of trekkers to a combined total amount to donate to the hospice of just over £5200. Thanks again to everyone who sponsored me. "



Diane, with Sheila Wright, another member of the trek team, also a CREW member.

It's coming up to Christmas - We are looking for prizes for our BIG RAFFLE, so search your drawers and dig out the nick-knacks you don't want. Also items to make up prize food hampers

NEW SURGERY WALK IN NORTHOWRAM

Every Wednesday from Northowram
Surgery at 10.00am

1.5 mile circular stroll with café stop
for a brew and a natter..

EVERYONE welcome, just turn up.

Contact Ella on 07966 273037 if you
have any questions.

There is still some interest in a **FIRST AID COURSE**.
We have 4 names at present but could do with a few
more. Please let us know a.s.a.p.

**Dear santa,
This year all I ask is a
Big Fat Bank Account
and a Slim Body.
PLEASE, don't mix up
the two like you
did last year.**

Don't forget
your balance
for the
January Lunch
is due by 3rd
January.



BONUS FOR MEMBERS With a CREW membership
card you get a 20% discount at **MILLETTS** in Halifax.
BAC OUTDOOR LEISURE in Elland will give you a 10%
discount.

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



**KEEP UP TO DATE WITH OUR
FACEBOOK PAGE at CREW HSG**

Website: www.crewheartsupport.co.uk