



THE PULSE

BULLETIN

MARCH 2019



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.

PUT THE DATE IN YOUR DIARY NOW.

Walk Numbers.

Numbers on all the walks is increasing all the time. Recently the Tuesday walk had 42 strollers and we have had as many as 32 staying for a pub lunch. **Even if you are not walking why not join us for lunch.**

Our latest walking venture is a weekly short walk from Rosegarth Surgery, 12.30 to 1.15 on Thursdays starting 4th April.

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.

BONUS FOR MEMBERS With a CREW membership card you can get a discount at MILLETTS in Halifax. I got **20%** off, on top of all the other discounts. Customer service is superb as well - I recently took a faulty item back with no proof of purchase and it was replaced instantly with no quibble whatsoever.

A Bit Fit

Patients are panicking over misleading exercise trackers

"Doctor, Doctor! There's a terrible problem with my husband's heart!"

"He looks OK to me."

"Of course I do. Ignore her. I'm fine."

"He's not fine, Doctor. He's horribly ill. His pulse has soared all the way up to 219 beats a minute!"

"No it hasn't"

"Yes it has! Look, Doctor. Look at the app from his Fitbit bracelet. See?"

"Gosh, that does seem... remarkable. Have you been jogging?"

"It's worse than that, Doctor. He's been all around the neighbourhood, climbing over houses!

All over roofs!"

"But he's 73."

"Like I said, ignore her, Doctor. She's got the wrong end of the stick."

"Look at the GPS tracker map, Doctor. It doesn't lie. It definitely shows him jumping between number 25 and 27. And they've got conservatories!"

"Hmmm. I think I see what's been going on here. We've been getting quite a lot of this."

"Oh God, I'd better tell her myself. Look dear. The fact is, I strapped it to the cat."

"You what?"

"You were nagging me about not getting

enough exercise. Plus, I wondered where the cat was going. It seemed a good way to kill two birds with one stone."

"The one on the back porch? With its head off? You didn't?"

"Obviously that was the cat, too. I didn't do anything. I went to the pub."

"I might treat some proper patients now? If that's OK with you?"

"But look at the app, Doctor! Now it says his heart has stopped! Thank God we're here!"

"I think that's probably the battery, madam."

"God, I hope so. I love that cat."

TAKE CARE IF YOU GO OUT WITH WARREN. The latest escapade involved a bike ride on the canal towpath; he was leading and his friend was following. Then he heard a shout, turned round and saw that his friend had ridden into the canal. It was deep by the bridge and she took some heaving out. It took two workmen with scaffolding poles to get the bike out. Unbelievably, she went home, showered, changed and then continued the ride.

£1 per week for the LOTTO for a weekly prize of £20.

Is your lucky number here **4, 23,**

If so get in touch with one of the committee to snap it up.

Just to keep you informed, Denise Wheeldon has won twice recently

STOP PRESS: Warren won £60 on our LOTTO this week

Sophie is your main point of contact.

email: sophieleighchevolleau@hotmail.co.uk

Phone her on 07982 728548

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Website: www.crewheartsupport.co.uk

