



Branch Meetings



Interesting Speakers



HEARTBEATS WEST BERKSHIRE HEART SUPPORT GROUP



Walking for Health

Photo by Reading Post

HEARTBEATS

West Berkshire Heart Support Group

Associated with the Department of Cardiology,
Royal Berkshire Hospital Trust, Reading, Berkshire.

Support Charity Affiliated to the British Heart Foundation.

Contact address:

June Drew-Clifton (Chair)

2 Tring Road,

Tilehurst,

Reading

RG31 6SE telephone: 0118 9426105 e-mail: pdrewc@pdrewc.co.uk

General Information

The Group was formed in May 1995, and is known locally as 'Heartbeats'.

At the time there was no support or general information available to cardiac patients and partners in the area, other than that which the Cardiac Unit staff could provide.

A meeting was held in April 1995 at Shire Hall, thanks to the efforts of cardiac patient Peter Hargrave, his wife Ann and with the support of Nurse Kathy Dunmore and Dr. John Bell F.R.C.P. Cardiac Consultant at Battle Hospital. The Group was established and has grown ever since.

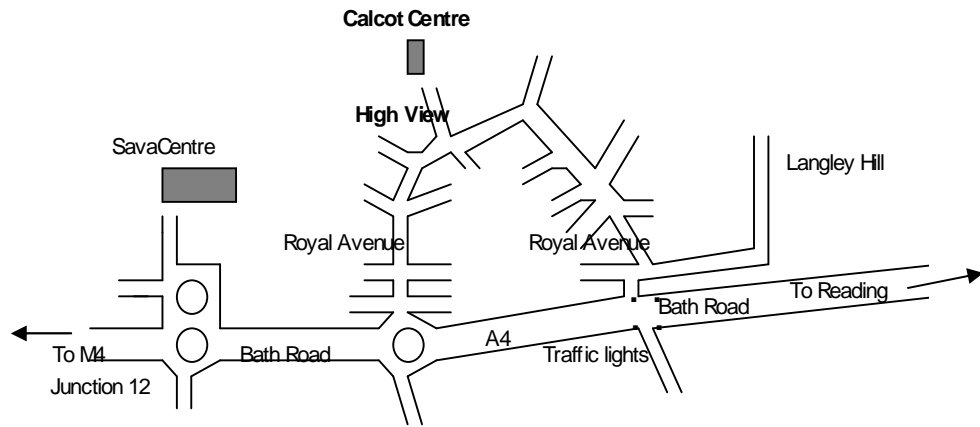
We hold monthly meetings at the Calcot Community Centre, Tilehurst, Reading, at 7.30pm on the first Tuesday of the month, and at St Nicolas Church Hall, Sutcliffe Avenue, Earley on the fourth Wednesday of the month at 7.30 pm. Meetings at Newbury are held in the St John's Church Hall, St John's Road, Newbury, at 7.30pm on the second Wednesday of the month. Please see the maps on the next pages. We usually have a visiting speaker or other entertainment. There is also an opportunity to chat with others, to enjoy refreshments together and to have a good laugh as well.

To support a family atmosphere, we have weekly walks, exercise classes, skittle and quiz evenings. In addition we publish a quarterly newsletter, which contains group news, various other topics and a diary of events. This is sent to all members.

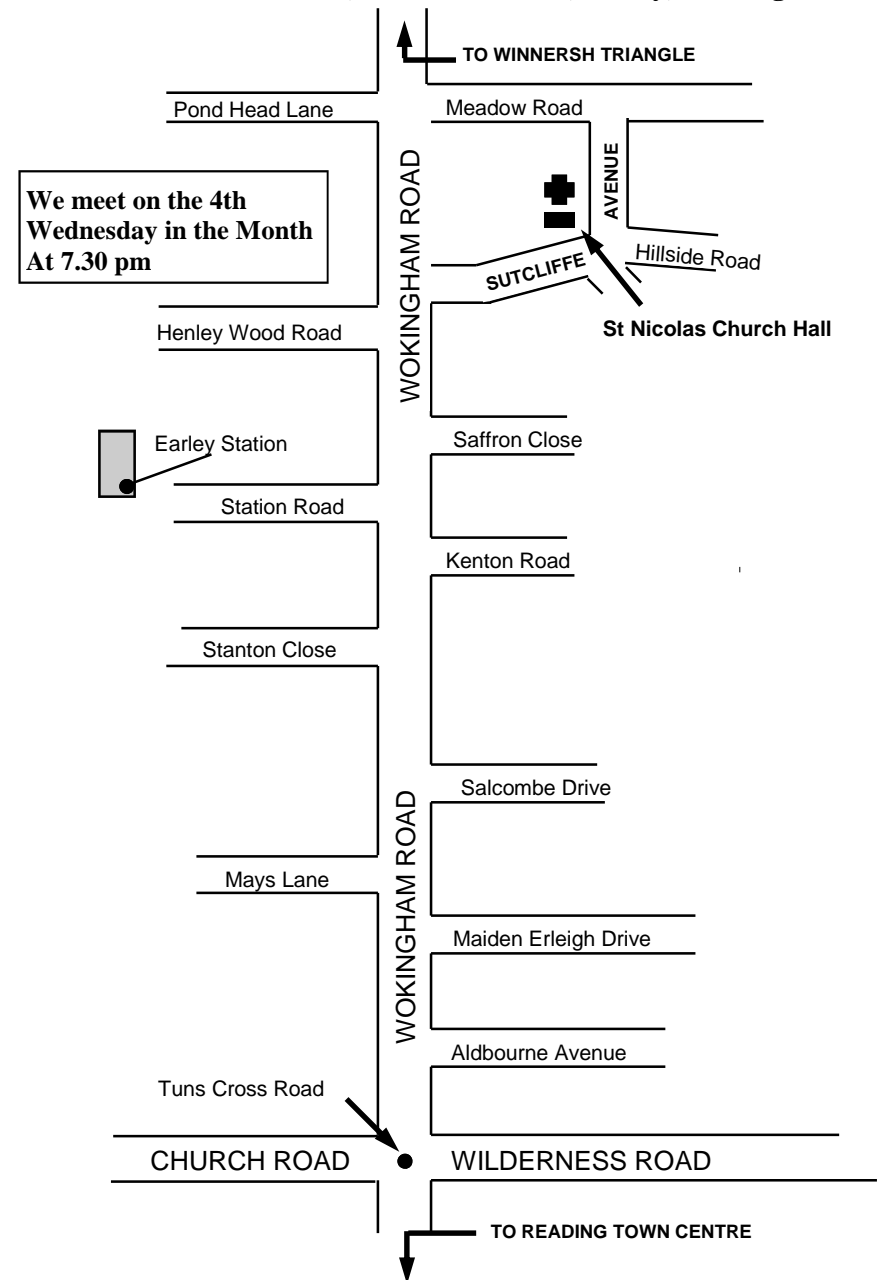
We became a Registered Charity on 1st July 2008 and are always looking for new members to join us; please see the form on the back page of this leaflet.

Remember you are not alone, we are just a phone call away.

Calcot Community Centre, High View, Royal Avenue, Calcot, Reading
 We meet on the first Tuesday of the month at 7.30 pm

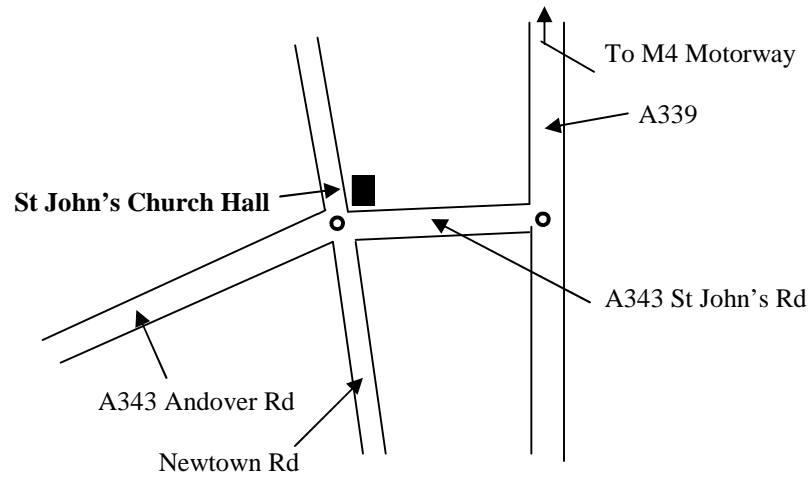


Wokingham, Woodley and Earley Branch
St Nicolas Church Hall, Sutcliffe Avenue, Earley, Reading.



Newbury Meetings are at St John's Hall, St John's Road(A343), Newbury

We meet on the second Wednesday of the month at 7.30 pm



Walking for Health and Enjoyment

On the basis of current research evidence, the British Heart Foundation National Centre for Physical Activity and Health is recommending that, to contribute towards health, people should participate in activity as shown below:

Frequency: Most days of the week (at least 5).

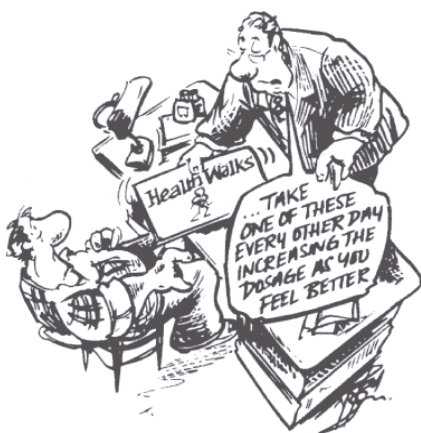
Intensity: At a moderate intensity - the equivalent of 'brisk' walking.

Intensity of activity is relative to an individual's fitness level; what is appropriate for one individual may be too slow or too fast for someone else - it will depend on the level of activity an individual is used to. (Ask your Consultant, Cardiac Support Nurse or G.P. what level of activity is appropriate for you)

Time: For a minimum of 30 minutes - ideally this should be one continuous session of activity but could be divided into 3 periods of 10 minutes or 2 periods of 15 minutes. **This has been equated to a 2 mile brisk walk on at least 5 days a week.**

The main message regarding the intensity of walking is:

Walk at an intensity which makes you: breath a little faster but still be able to talk; feel warmer; have a slightly faster heart beat. Health walks suitable for heart patients are available in many areas:



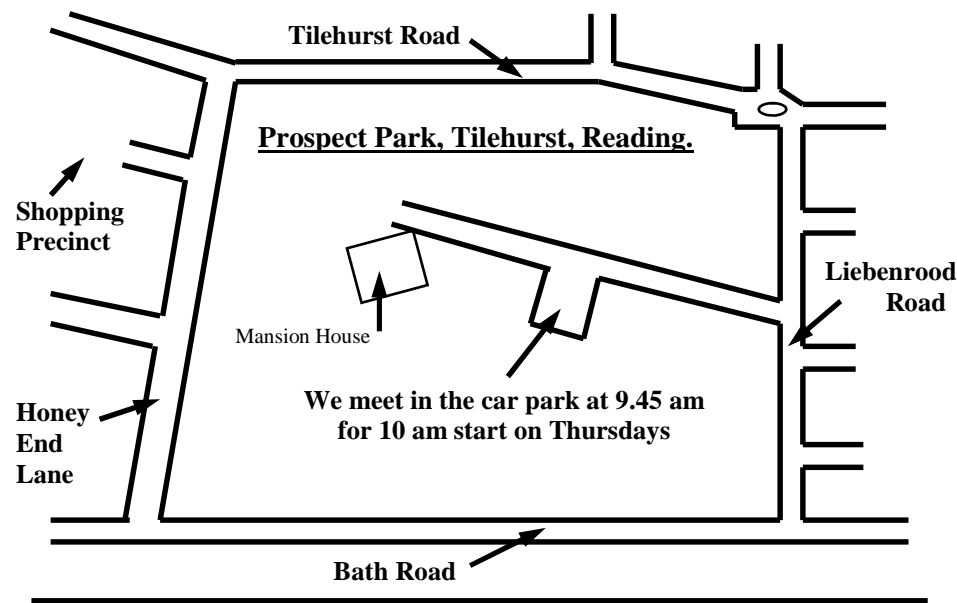
Heartbeats walk in Prospect Park, Reading (see map) Thursdays at 9.45 am. for 10 am start. Meet in car park. Contact Peter or June for details on 0118 9426105

Thatcham Walkers meet at Thatcham Football Club, Thatcham, Berks, Tuesdays at 9.50 for 10 am. Ring Gordon Trent on 01635 827928 or Derick Nobbs on 01635 861317

Sonning Common Health Walks. Ring Chris Brook 0118 9242515

Goring Health Walks. Contact Bernard Novell on 01491 873092

Cartoon reproduced by kind permission of Natural England



Phase 4 Cardio Care Sessions for Heart Patients

At the Meadway Centre, Conwy Close, Tilehurst, session Thursdays 1.45 - 2.45

At Palmer Park Stadium the sessions are run at various times on Mondays, Tuesdays, Wednesdays and Fridays. Cycling for Health is on Mondays at 11.30 -12.30pm

At the Rivermead Complex the sessions are run on Tuesdays, Wednesdays and Fridays. Applications for places at the above centres can be made on Wednesdays and Thursdays to Karen Swain on 0118 9375191

At the Cotswold Leisure Centre in West Reading sessions are run on Mondays, Wednesdays and Thursdays. Phone Binders on 07900906056

The atmosphere at all centres is relaxed and friendly.

The centres will require a referral from the Consultants or Cardio Care Nurses at Battle Block, Royal Berkshire Hospital or your G.P. via the Pathway Scheme.

Patients at Newbury should seek advice from the Newbury Heartbeat Branch Secretary, Jeanne Turvill on 01635 861 546.

APPLICATION FOR MEMBERSHIP PLEASE USE CAPITAL LETTERS

PATIENT'S DETAILS

TITLE: Dr, Mr, Mrs, Miss FAMILY NAME

GIVEN NAME

GIVEN NAME YOU WISH TO BE KNOWN BY.....

ADDRESS

.....

..... POST CODE

TELEPHONE NOE-MAIL.....

SUPPORT PARTNER'S DETAILS

TITLE: Dr, Mr, Mrs, Miss FAMILY NAME

GIVEN NAME

GIVEN NAME YOU WISH TO BE KNOWN BY

ADDRESS

.....

..... POST CODE

TELEPHONE NO

**THOSE WISHING TO BECOME SUPPORTERS OF THE GROUP ONLY
SHOULD TICK THIS BOX AND COMPLETE THE SUPPORT PARTNER
DETAILS**

SUBSCRIPTION IS £8.50 PER PERSON PER YEAR

Data Protection Acts

Please note that the information you have given is kept safely and confidentially on the Charity's computer. The data is used to correspond with members and to send them the Charity's newsletter. If you would prefer us not to keep your information in this way, please advise us.

Membership of the Group

Our support group is open to patients, their partners and anyone interested in the support of those with cardiac conditions.

We invite you to come along to one or two meetings, at Calcot, Earley or Newbury, to learn more about us *before* deciding to join. Please give your local secretary a ring to say you are coming. They are:

Reading for Calcot - Branch Secretary, Peter Drew-Clifton
0118 942 6105
Newbury - Branch Secretary, Jeanne Turvill 01635 861 546
Wokingham Woodley & Earley - Group Secretary, Chris Nash
07775575647

Subscription

The annual subscription is £8.50 per person.

The subscription entitles you, as a member, to participate in our meetings, social events and receive our quarterly newsletter.

If you would like to join, please complete the form on the next page and send it with your cheque or postal order made payable to The West Berkshire Heart Support Group to:

Linda Higgs,
WBHSG Membership Secretary,
13 Bourne Road,
Pangbourne,
Reading RG8 7JT

Please do not send cash

Support Co-ordinator

The Support Co-ordinator is available at 0118 984 4758