

HEARTBEAT UPDATE

A MESSAGE FROM THE CEO

THE IMPORTANCE OF FAMILY



Louise Bache, Heartbeat CEO

During this pandemic one thing that remained constant for me was the love of my family. We were brought together with the instinct to survive and protect in the face of adversity.

After many emails and discussions with you all during lockdown, I came to realise that Heartbeat is one family, there for each other; guiding, supporting and wishing each other well through this desperate time with one goal, to return to our classes.

I wanted to take this opportunity to thank you all, my Heartbeat family, not only the class members that emailed, phoned and participated in our mad schemes but each and every one of you who continued to donate, raise money and contact us with your much appreciated support during what were extremely trying times for Heartbeat. We are truly grateful.

During the pandemic many of us had our hearts broken by loss and pain, but there was always someone there to support us. This helped us through those difficult times and also helped us celebrate some of the triumphs.

The Heartbeat staff have become a closer team; although many were furloughed during this time as was vital to ensure 'our return', we kept in touch. What a team we have, I can honestly say that I have not worked with better people who are totally dedicated to this charity and your health and well-being through thick and thin.

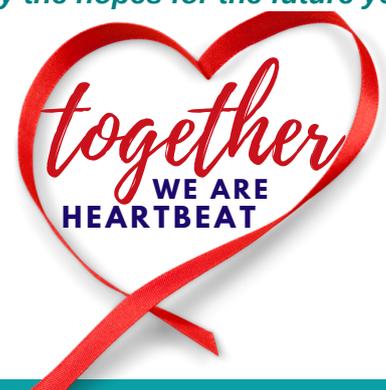
With this in mind, I found this quote by the author Marge Kennedy,

'In truth a family is what you make it. It is made strong, not by number of heads counted at the dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring and love you show to one another, and by the hopes for the future you have as individuals and as a unit'.

I would like to thank each and every one of my Heartbeat family;

Together we are Heartbeat

Louise Bache, CEO



In Memory of Roger



On the anniversary of the passing of our wonderful instructor, Roger, I thought I would share some of your very kind thoughts and words.

Many of you have had the privilege to know, be taught and guided by Roger with his famous 'AAAAannnnndddd change' being your cue to move on to the next piece of equipment. His knowledge of cardiac rehabilitation and exercise was superb and if you ever had the chance to pick his brains you would have received a plethora of information.

The team at Heartbeat fell in love with Roger, he won every single one over. There was never a bad word about him only respect and love. What you saw, was what you got, never bravado. His exercise tips to film suggestions to thoughts on life he never disappointed.

The Heartbeat staff team still very much miss his intellect, wit and passion for exercise. He will be forever in our hearts.

In your words....

"He was a popular, if enigmatic, individual and clearly very bright. I liked him a lot."

"I knew Roger for a long time, he was a true Gentleman. Roger was always so very much "there" with a wonderful sense of humour and a great encourager. He made life better for so many"

"His positive, supportive manner will be remembered for many years to come"

"He was my first instructor when I joined Heartbeat and he immediately made me feel at home when I was apprehensive and he was so lovely to talk to, a lovely man"

"We enjoyed his sense of humour, his intelligent knowledge of healthy exercise, medical conditions and support connected with exercise. I enjoyed many such conversations with him while pedalling away on an exercise bike"



"He was such a nice guy and he always enjoyed our mickey-taking with his "and change". Everyone was so fond of him and treated him with respect"

"He was a real character and a true gentleman with a wicked sense of humour. I know how much the team will miss him, as will the hundreds of people he will have helped over the years"

THANK
YOU

Heartbeat Heroes

Heartbeat fundraiser Lisa was pleased to meet Phyllis and Brenda from The Lancashire Lady Farmers group. They visited Heartbeat recently to present us with a wonderful cheque for £1800.

The ladies had chosen Heartbeat as their charity of the year for 2019 - 2020 and raised funds through various charity raffles, stalls, dominoes evenings, bowling matches and a charity evening all before the pandemic hit.

Thank you so much for your support. It is very much appreciated ♥

Heartbeat desperately needs support from our local community with fundraising.



Thank
You

We hope all our members and visitors enjoyed our fabulous display of **Welcome Back Hearts** that we have had on display outside our main gym since we reopened in May.

This special 'Welcome Back' was provided by Deepdale Community Primary School and Ashbridge Independent School in Preston and Wellfield Church Primary School in Burnley.

We were overwhelmed by the talent of the children as we received well over 150 beautifully designed Heartbeat Hearts.

The schools supported Heartbeat in the Captain Tom 100 Weekend by decorating a heart in memory of Captain Sir Tom Moore and in aid of Heartbeat raising a wonderful £360.00.

Welcome Back Hearts



Thank you to all the children that took part ♥

If you are a member of a local community group or local business that can support Heartbeat, please get in touch with Lisa in fundraising today. Email lisa@heartbeat-nwcc.org.uk or call 01772 717147

FUNDRAISING NEWS

The sun shone on us at Morecambe Bay

In July, Heartbeat enjoyed its first major fundraiser since lockdown in March 2020.

The Morecambe Bay Walk is an iconic walk led by the Queen's Guide, Michael Wilson, across the tides and sands of Morecambe Bay from Arnside to Grange over Sands.

This year we welcomed the event back and couldn't wait to roll up our trousers and wade through the waters. We were joined by an amazing 150 people all supporting Heartbeat. It was fantastic to see so many people wearing Heartbeat T shirts and the dogs with their Heartbeat bandanas, hand crafted by our very own Caroline Dransfield.

The event followed the necessary COVID guidelines, and it meant everyone enjoyed the day safely. The sun shone on us all the way across the Bay and the views and atmosphere were great.



Keith Millard and his wife Carol raised £675.00



In memory of Kirsty's (right) Dad and Uncle who passed away in 2019; Kirsty and Linda raised £300



A big thank you to everyone who took part and those who raised sponsorship too.

We don't have a final amount as yet, but we know it will be over £2,000 which is a fantastic amount for Heartbeat!

London Landmarks Half Marathon



Heartbeat had a small team competing in this year's London Landmarks Half Marathon, including our very own Lisa Riding.

Thank you to our runners, Lisa, Craig and Adam for getting our name out in London and raising valuable sponsorship funds to help Heartbeat run.

The event took our runners through some of the most iconic streets in London, passing The Bank of England, St Paul's Cathedral, Big Ben and the Tower of London to name a few.

We are so proud of you all!



If you have a sponsorship opportunity and you would like to help raise vital funds for Heartbeat, please contact Lisa on 01772 717147 or email events@heartbeat-nwcc.org.uk

Easy Fundraising

You can help Heartbeat by raising free donations when you shop online.

Every day Heartbeat supporters help us raise money when they shop online. It's so simple to do and over 5,200 shops and sites will give Heartbeat a free donation when you shop with them - at no extra cost to you.

Big name retailers like Sainsburys, Waitrose, TUI, Amazon, USwitch and Booking.com just to name a few!

Please visit www.easyfundraising.org.uk

We still need you!

Every time you shop online you can raise **FREE donations** for us!

Register on [easyfundraising](http://easyfundraising.org.uk)



- You **shop**
- 5,200+ Retailers **Donate**
- For **Free**

Last month one of our supporters booked a weekend's accommodation on Booking.com and Heartbeat received a £4.65 donation. Not bad for a few clicks. These donations really mount up and make a **BIG** difference to us, so please, now we are all doing more online shopping, we'd really appreciate it if you could take a moment to sign up and support us.

At the moment we have 143 supporters on **EasyFundraising** and they have raised us nearly £1,200 so far. Please sign up and help us raise even more "free" money for Heartbeat.

50 CASH PRIZES
EVERY WEEK

1ST PRIZE

£1,000

.....

2ND PRIZE

£100 X 2

.....

3RD PRIZE

£50 X 2

PLUS
RUNNER UP
PRIZES OF
£25, £20,
£15, £10, £5

Win BIG in the Heartbeat Lottery!



Just £1
to play

Heartbeat Lottery

Play the Heartbeat Lottery for £1 a week and as well as supporting our work you could be in with a chance to win a great prize every week!

It's simple to join and play, just contact the Lottery Team on 01772 717147 or email us at lottery@heartbeat-nwcc.org.uk and we will get you set up and playing.

What will you spend your winnings on?

Legacies - Leaving a gift in your will

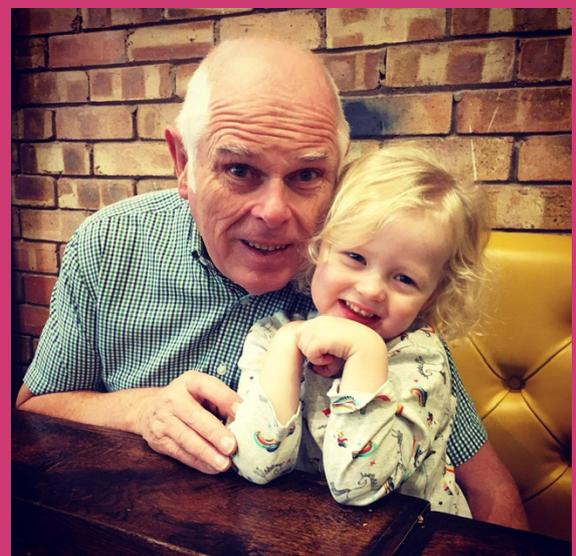
Remembering Heartbeat in your will is a great way to support our work long into the future.

Donations like this will make sure that our cardiac rehabilitation programmes continue and are there for people affected by cardiovascular disease in the years to come.

Heartbeat was founded in 1978, and over the years legacy donations, large and small, have all helped to fund the vital services we provide to local people affected by heart disease.

A legacy pledge made today can help look after future generations in the years to come.

If you are considering leaving a gift to Heartbeat in your will please talk to your solicitor about how to do this.





Keeping you safe

We are committed to keeping our staff, class members and visitors as safe as possible.

Although restrictions have been eased we will be keeping our procedures in place; including the use of face coverings, keeping distance and the endless amounts of cleaning.

Restrictions being lifted are great for the general population but as you all know our classes provide support for people who are at high risk.

Many of you have been isolating for almost a year and we feel that to keep you all safe we will continue with our current procedures for a further 3 months and we will review them again at the end of September 2021.

I know that some of you may feel that this is a long time to continue with our social distancing, cleaning and facemasks throughout centres but please understand that many class members have still not returned due to feeling unsafe in these difficult times, so keeping these measures in place for a little longer is our way of showing you all how much your safety means to us.

Our hope is that you will all stay safe and well and we can work with you to improve your health and confidence.

HEARTBEAT TRAINING COURSES



Emergency First Aid at Work Level 3
September 28

Emergency First Aid at Work Level 3

Tuesday 28th September 2021, 8.30am – 4.00pm
£59.99

This comprehensive course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way.



First Aid for Mental Health Level 2
October 26

First Aid for Mental Health Level 2

Tuesday 26th October 2021, 8.30am – 4.00pm
£59.99

This qualification provides you with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help.

To book your place on a training course please call 01772 717147
or email Sian@heartbeat-nwcc.org.uk