

HEARTBEAT UPDATE

The joys of Spring - from Louise, CEO

I exercise outside a lot and have recently enjoyed seeing the crocus and daffodils peeking from gardens and parks, and it always gives me a sense that something better is coming.

Our evenings are getting lighter and the air somehow feels a little fresher. Maybe now is the time to supplement your Heartbeat workout with an extra walk or dust off your bike and get cycling.

Outdoor exercise doesn't always mean putting on your running shoes, enjoy it, and breathe in that fresh air.

This is one of my favourite views, I will never tire of seeing this and will do this walk time and time again.



Heartbeat CEO, Louise Bache

In this issue

Find out about
our nutrition
education
programme

Learn about
setting goals for
your wellbeing

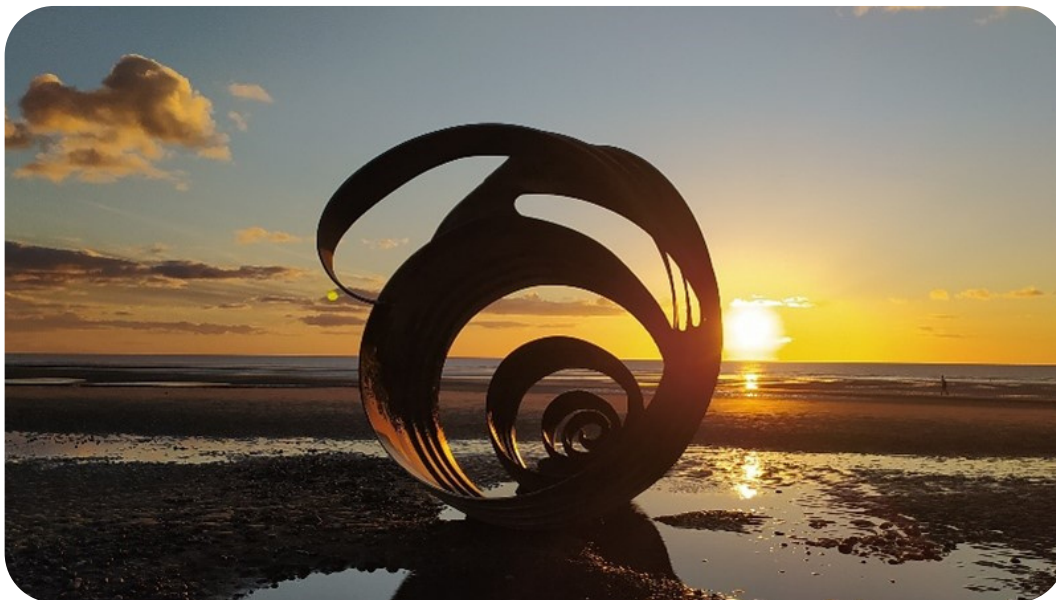
Your target heart
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and updates

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We would love to see your photos of local places you love to visit while exercising. Whether it's the beach, the Lakes, the canal, the park....anywhere! Why not email them to us at events@heartbeat-nwcc.org.uk

Improve your health, well being and social life



We are thinking of putting together a •
Heartbeat Choir and wanted to ask if this is
something you would be interested in?

2.8 million Brits are already part of choir groups and the benefits of singing in a group are both physical and psychological. It can improve breathing, posture and muscle tension, as well as releasing endorphins to help with pain relief and give us an overall sense of happiness and wellbeing.

Register your interest by emailing carl@heartbeat-nwcc.org.uk

We are sick of the DON'TS we want some DO's!

with Dr April Melia of UCLan

Welcome to *Healthy Heart Happy You*, a
nutrition education programme that has been
designed particularly for Heartbeat members.

Over several years of research, questionnaires and focus groups. It was apparent that Heartbeat members were tired of being told what they should NOT eat with little emphasis on what they should eat.

One of the best comments from a focus group was that "***we are sick of the DON'T'S we want some DO's!!!***" so this education programme aims to focus on the do's, what you should include in your diet and why it is good for your heart health as well as general health and vitality.

It is **not a weight loss programme**, so you won't be popping in each week for your weigh-in, **nor is it a diet**. It is **education around heart healthy foods**, how to plan ahead to make the most of your time, and reduce the temptation to just make do with what ever is in the fridge or cupboard.

We aim to reduce salt, sugar, processed foods, and change the way you view oils and spreads to make healthier choices.

On your first visit we take a host of measurements so that we can monitor your progress, and these include



BMI, waist hip ratio and Mediterranean diet score. You will be given tasks each week to help you build good habits into your meal planning and if you need any weight loss/gain help this is also provided.

Measurements taken are age, blood pressure and resting heart rate, height, weight, and hip and waist measurements.

This service is provided in partnership with Heartbeat and the University of Central Lancashire and our Year 2 and final year students complete work placement modules and/or volunteer to run the clinic under my supervision.

Clinic times are currently Monday and Wednesday (student term time) between 10am and 2pm. **If you would like to book in for an initial assessment or a follow up please email healthyheart@uclan.ac.uk** and we can get you booked in, or if you have any questions just email and we will do our best to answer.

Setting Goals...



When it comes to our health, it's easy to say that we want to make a change for the better.

Phrases like: *"I want to lose weight," "I don't want to sit around all day" and "I need to cut biscuits out"* are common. But success is **not** as common, because our brains find it difficult to change.

Changing a lot very quickly can overwhelm our brains, so we lose motivation and go back to our old behaviours. To avoid this, there are several things to bear in mind when working towards improving your health

Set a **POSITIVE** goal - It's easy to say you want to *"lose weight"* but the phrasing here is quite negative. No one wants to lose and this negative focus can demotivate our brains. So instead, frame your goals positively such as saying *"I want to achieve a healthier body weight"*. This way our brains will feel as if they're **working towards success**, not loss, and so it will be easier to stay motivated.

Get **SPECIFIC** - Making a positive change isn't always as simple as going from A to B. Our brains need to go through lots of steps to 'catch up' to the new way of doing things.

Planning is important, so take some time to think about exactly what you want and how to achieve it. Don't just plan to *"get fitter."* Decide what exercise you will do and what days and times you will do it. If you're outside, **plan** your route. If you're in a gym, **plan** the order of the equipment you will use, how long you'll use each piece and what settings you will put them on. **Plan** what you will wear and who you will do it with. **Plan** how you will measure your progress.

Taking the time to get specific about your goals gives your brain time to get used to the idea of change, which makes it less daunting and uncertain, and more likely that you will succeed.

ALTERNATIVES - We know from research that it is easier to create new habits than break old ones. As with above, our brains respond more positively to adopting new and healthier behaviours than suddenly being banned from what we've become used to. So rather than *"cutting out biscuits"* try finding alternatives such as *"eating more veg."*

Don't forget to be specific with the goal and decide on exactly what your alternatives will be and how you will build them into your lifestyle step by step, rather than making a drastic change.

GOING FORWARD - **For more support with making positive changes to your health, increasing your motivation and overcoming challenges, please feel free to reach out to me.**

We can meet on a one to one basis at no cost!
Just email: Rebecca@heartbeat-nwcc.org.uk

Why we give you a target heart rate and why is it important?



Your Target Heart Rate Explained

Everybody has a maximum heart rate which is roughly $220 - \text{your age}$.

When you have your assessment on the treadmill at Heartbeat we record your resting heart rate and the heart rate you achieve at the peak of exercise. These 2 heart rates are then put into an equation enabling us to establish a cardiovascular heart rate zone. To ensure you gain cardiovascular benefits we need to give you a target within this zone.

We then take into account other factors that we have monitored such as your perceived rate of exertion, blood pressure, any irregular heart rhythms on your ECG and any signs of stress on your heart. Taking all of this into account we can then give you a specific target heart rate that is tailored to you.

Key Points to Remember...

- After the warm up you should aim to stay at your target heart rate for the duration of the class.
- Don't push yourself beyond your target, it's important to exercise your heart but not overload it.
- You should always feel "comfortably out of breath" at your target heart rate.
- You should never experience chest tightness/pain. If you do – stop!
- If you struggle to get up to your target on certain pieces of equipment speak to your instructor.
- Don't compare your target heart rate to other people, your heart rate is very specific to you. It is not a measure of how fit you are compared to others & it doesn't mean people are working harder than you if their target is higher than yours.

Q. What is the best way to monitor my heart rate?

Not all of our machines display your heart rate so we always advise the you invest in a heart rate monitor so you always know what your heart rate is

Q. Does everybody get a target heart rate?

No. In some instances we can't give you a target heart rate. Commonly this is because, your heart rate is irregular, you had lots of extra beats during the exercise test, you have a pacemaker or you are limited by another condition. If we can't give you a target we will advise you to exercise so that you feel "*comfortably out of breath*".

Q. Does medication affect my target heart rate?

Yes. Beta blockers such as bisoprolol and atenolol are the main group of medications that will affect your target heart rate. You should always let us know if you stop or start any medication so we can advise you accordingly

Q. Will my target heart rate change as I get fitter?

No. As you get fitter your heart becomes stronger so you then have to work harder to reach your target. Exercise should never become easy

Heartbeat Training Courses

We offer training courses in first aid, basic life support and first aid for mental health as well as clinical training for clinical practitioners. If you want to find out more about the courses we offer just contact us by email: sian@heartbeat-nwcc.org.uk

Emergency First Aid at Work Level 3

Where a workplace first aid risk assessment identifies a need for an Emergency First Aider in the workplace, this one day qualification meets the necessary requirements. The learner will attain knowledge and the practical competence required to deal with a range of workplace first aid situations.



£59.99



First Aid for Mental Health Level 2

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. Learners will gain the knowledge to identify when a person may have a condition and know where they can go to get help.



£59.99

Basic Life Support

This qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical life saving assistance until support arrives. The learner will gain first aid knowledge and the practical competence required to be able to help someone and potentially save a life.



£19.99

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

We said farewell to a great Heartbeat volunteer



Last month we said farewell to one of our wonderful fundraising volunteers! John Gibson has been supporting Heartbeat for many years and has put on numerous community fundraisers, helping us to raise thousands of pounds! John has decided to retire from volunteering to spend more time with his lovely wife Sheila.

John, like all our volunteers, has been an absolutely instrumental part of the fundraising team. With a passion for squash, he organised his own squash events, bucket collections at Bamber Bridge Football club and local supermarkets, and he secured us sponsorship for events and Heartbeat T-shirts! He has been an absolute legend and we are truly grateful to him.

Would you like to be a volunteer fundraiser or set up a fundraising group for Heartbeat?

We are always looking for volunteers, but it would be great to have some volunteer fundraising groups in the local community.

If you think you might like to organise your own fundraiser for Heartbeat, from coffee mornings to quizzes or cake sales, we'd love to hear from you.

Team your passion for Heartbeat with your organisational skills and help us raise more money for your favourite, local heart charity.

Email us at events@heartbeat-nwcc.org.uk or call us on 01772 717147 for a chat



Rosemary and Peter Whiteside, Heartbeat Volunteer Fundraisers

Are you coming to our Easter Coffee Morning?

A morning of Easter refreshments and chat, hosted by our wonderful volunteers, Rosemary and Peter Whiteside. Come along and join us!

When: Wednesday 23rd March

Where: Heartbeat reception area, Sir Tom Finney Way
Preston, PR1 6PA

Time: 9.30am to 1pm

See you there!



A fun-filled summer ahead!

We have places available in some great events this summer! If you want to get involved, just let us know, we'd love to join **Team Heartbeat**. Spread the word in case family or friends might be interested too.



The Great North Swim, takes places on **10th June** this year in the beautiful Lake Windermere in the Lake District. Places are limited, so contact us soon to avoid disappointment.



The Manchester 10k, takes place on **Sunday 22nd May**. The event is always very popular as the cheering crowds create a welcome and memorable atmosphere.

The Great North Run on 11th September is the most popular half marathon in the world and we have places for Heartbeat runners!

Our local **Run Preston** happens on **25th September** and we would love a big Heartbeat presence, is this the run for you?



The ever-popular **Morecambe Bay Walk** returns on **6th August**. Join us this guided 7 to 8 mile walk across the moving sands and tides of Morecambe Bay.

Led by Michael Wilson, the Queen's Guide to the Sands, we leave Arnside and cross the beautiful bay, along a safe route navigated between the tidal flow.

£15 per adult includes a Heartbeat t-shirt, £3 per dog includes a pooch bandana. **Get your places booked now!** Just visit:

www.trybooking.co.uk/BKUT

Save the date - Toplands Charity Clay Pigeon Shoot back this summer! 18th June, 2022!

Fancy jumping out of a plane?!

A few years ago our very own instructor Jackie hurled herself from 15,000 feet at a speed of 120mph, all to raise money for Heartbeat! In recognition of this amazing feat we are bringing the event back this summer.

Places are still available to any dare devils out there, just contact us if you'd like more information.



We are so grateful for In Memory Donations



Every year **Heartbeat** receives amazingly generous donations from funeral collections in lieu of flowers. We are often chosen by people we know and many who we don't, they just know we are a local heart charity directly helping local people. It is a huge honour for us to receive these donations and for people to think of us at such a difficult time.

Last year these donations amounted to an incredible £7,000 and this will allow us to fund the running of one of our cardiac classes (with two sessions) for close to a year and a half. This means that in a time of sadness people have been able to do something really positive and help local people whilst giving their loved ones a fitting and lasting tribute. We are truly grateful for all these heartfelt donations.

New First Aid Boxes to all our classes

Our corporate partners at Zebra Technologies have funded 8 brand new first aid boxes to be used at our external classes! Boxes are on their way out to Blackpool, Burscough, Clayton Green, Garstang, Leyland, Penwortham, Ribby Hall and UCLan. **Thank you Zebra!**



Some thank yous!

We want to thank ALL our supporters who give us regular and one off donations to keep us running, and everyone who plays our weekly lottery. Every year we need to raise £1 million to keep our services running and it is your support that is amazing and helps us do so much!

Also, we receive support from different organisations and we have already had some amazing donations so far this year, and we would like to shout out and thank the following:

Unite the Union Preston and Ribble branch for £500 and Fylde branch for donating £300 to help us run our services!

Leyland Trucks for £1,000 at Christmas!

Preston Golf Club for all their fundraising just before the start of COVID. Under Club Captain Greg Watson, the club raised £2,563.60 for Heartbeat and were able to donate this amount before Christmas!

The **Duchy of Lancaster** Benevolent Fund for donating £1,000 to help us undertake our cardiac testing!

Westinghouse Springfields Medical Trust for granting Heartbeat £1,489 to help us buy some new gym equipment

The employees who nominated us for a **TK Maxx and Homesense** Foundation Grant for £500!

Anthony's Story

" I am very grateful to Heartbeat for the support they gave me on my rehabilitation journey, not only physically, but mentally too. The classes helped me regain my confidence in exercise again and for that I am truly grateful. "

Ex Heartbeat member Anthony Foster, 55, from Penwortham has decided to give something back to Heartbeat this spring as he takes part in The Great Manchester 10k on Sunday 22nd May 2022.

Anthony attended Phase 3 classes at Heartbeat after his 'out of the blue' cardiac arrest in April 2019. Anthony had always kept himself fit and well and worked within the fitness industry as a commercial sales director. He had taken part in many 10k runs and Tough Mudder events in the past, so when he started to feel unwell after a steady Sunday run he knew something was amiss.

Anthony told us, *" I had arranged to meet friend and walk to the Fleece pub in Penwortham that Sunday afternoon after my run to watch the Manchester United v Chelsea football match. During the walk I started feeling a bit uncomfortable with a pain in my middle, but it wore off when I was in the pub, although I wasn't feeling just right, I stayed to watch the game. Having a heart attack was the last thing on my mind.*

As I stood at the bar the pain was getting worse. I went to the toilet and I looked as white as a ghost! I just put it down to indigestion and decided to go home for a glass of water and a Rennie, but my friend was concerned as I had started to get a pain in my arm too. My friend Mick drove me home and called 111, but couldn't get through, so called 999 for an ambulance."



Moments after the ambulance arrived Anthony's heart suddenly stopped and he fell unconscious. The paramedics tried to revive Anthony using CPR, but he didn't respond after two minutes so they used a defib to shock him and thankfully he came back round.

This picture shows Anthony along with the two paramedics that saved his life Lisa Carne-Ross and Andy Utting.

Anthony was then taken to Blackpool Royal Victoria hospital where he was taken straight to theatre to have two stents fitted into an artery. Two of his arteries were totally blocked and a third was 75% blocked. A month later he returned to have a further 2 more stents fitted. His illness was caused by a hereditary condition that makes him predisposed to blocked arteries.

Anthony attended his rehabilitation classes here with us at Heartbeat and was back out running in no time and is now taking part in this years' Great Manchester run to raise money on our behalf.

What a Heartbeat Hero! Good luck Anthony and have a great run!

Leaving a gift in your will

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

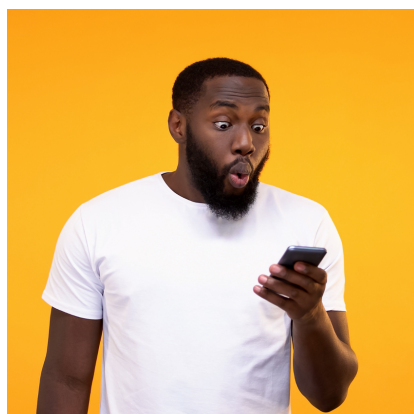
Donations like this will make sure that our Heartbeat classes and support continues and are there for people affected by cardiovascular and pulmonary disease in the years to come.

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. Speak to your solicitor if this is something you are considering.



What would you spend your lottery winnings on?



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.



Don't forget to raise 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, and Booking.com



Raise FREE funds
for us every time you
Shop online

U switch

Currys **PCWorld**

Boden **sky**

JOHN LEWIS
& PARTNERS

ebay

M&S
EST. 1884

Argos

JUST EAT

GROUPON **ASOS** **Viking** **Booking.com**