



Heartbeat, Sir Tom Finney Way, Preston, PR1 6PA. Registered Charity Number: 1168850

News 2023

July, 2023

Morecambe Bay Walk this month

Our iconic Morecambe Bay Walk is always a great day out and will happen again (weather permitting) on Saturday 29th July.

This guided 7 to 8 mile walk across the moving sands and tides of Morecambe Bay is led by Michael Wilson, the King's Guide to the Sands. The walk leaves Arnside and crosses the beautiful bay, along a safe route navigated between the tidal flow. The route varies from year to year as it is dependant on the tides, but usually takes between 3 to 4 hours to complete.

Tickets are still available, £16 per adult, £11 per child and £3 per dog.

Please note however there is a train strike on the day of the walk and our replacement coaches are fully booked, so you will have to make your own arrangements from the start to the finish point. If you would like to book you can do so at @ <https://www.trybooking.co.uk/CCGC> or scan the QR code.



SCAN ME! >>>



Thank you for the music!

The Heartbeat choir has been together since October 2022, and have been meeting twice a month ever since; they even performed four times over the festive period bringing in around £500. None of this would have been possible without our amazing leader, Annie.



Sadly, Annie is having to finish her role as leader due to many other commitments, but her work will not be forgotten by the group. She was able to turn non singers into born performers, and bring out confidence in them all.

So, from all of us... Thank You! To ensure the group can keep performing together, we have a new leader joining from July; Chrissie.

Everyone has already made Chrissie feel welcome and is looking forward to a new chapter for the choir.

If you want to join the group, ask for details at Heartbeat Reception, or contact Carl@heartbeat-nwcc.org.uk. Whether you sing in public already, or just hold concerts in your car and shower, we would love for you to join.

Sessions are £4 for the 2 hours, and you get a brew and a biscuit at halftime.



01772 717 147



info@heartbeat-nwcc.org.uk



www.heartbeat-nwcc.org.uk

A word from our CEO

Summer is here and we are all enjoying the warmer weather and the chance to be outside more with early morning sunshine and evening walks.

As CEO of Heartbeat I am here to remind you of the benefits to your health from attending your classes twice a week; alongside heart health, improving your mental health, strengthening your muscles and bones, supporting your nutritional needs and improving your balance we also hope that you are healthy enough to enjoy your time with your family and loved ones when you need it.

As you are all aware our instructors and clinical team are wonderful in giving you advice and support during your time with us, but your other class members are just as important to you all for camaraderie.

I would like to thank all the class members who very kindly increased their donations this year. This does not add money into a pot of increasing reserves, it only helps towards our increasing costs. One example of the type of increase we have seen is our utility costs. Pre pandemic these bills were averaging £33,000 per year, in 2023 from the 1st January to the end of May our utility bills have cost £47,000 averaging over £9,000 per month. This is why we have requested increasing your donations if you are able to. Unlike some national charities we are not supported by the NHS or the government. We have to find this money wherever we can, and the fundraising team are waging a monstrous battle against increasing inflation and the need to raise over £375,000 this year.

So, I ask if you are able to donate to Heartbeat either financially or by giving us your time by volunteering you will be helping to build this charity to continue providing services for yourselves and the thousands of people in the future who will benefit from our help and support just like you have.



Chief Executive Louise Bache

Louise

Sad news to report

This month we learned of the sad passing of Rosemary Redman, one of Heartbeat's original founders. We send our condolences to the Redman family and relatives.

In 1977 Rosemary and her husband Keith lost their 16 year old daughter Gillian to an undiagnosed heart illness. This was the impetus to start Heartbeat in 1978 to provide help to others with similar conditions. Rosemary and Keith worked tirelessly to raise funds and create a truly wonderful Preston charity that has indeed helped thousands and thousands of people affected with cardiovascular disease over the years.

Today, 45 years later, Heartbeat supports nearly 1,000 local people every single week, improving their heart health and fitness so that they can live longer and healthier lives with their families and loved ones.

None of this would be possible had it not been for Rosemary. We are so thankful for all the Redman's have done and for the charity they have created, thank you Rosemary, RIP



Rosemary and Keith Redman created Heartbeat so that people with heart conditions had somewhere to go to help them rebuild their lives. Nowhere else existed back then and today Heartbeat is the North West's leading cardiac rehabilitation charity.

29TH SEPTEMBER IS WORLD HEART DAY



Every year on 29th September, the World Heart Federation campaigns to raise awareness to stop the world's biggest killer.

Cardiovascular disease (CVD) is the world's number one killer. Conditions affecting the heart or blood vessels – such as heart attack, stroke and heart failure – kill more than **20.5 million** every year.

The World Heart Foundation wants to bring this number down – way down. And there's hope: 80% of premature deaths from CVD are preventable. By making small changes to our lifestyle – what we eat and drink, how much we exercise, and how we manage stress – we can better manage our heart health and beat CVD.



Heartbeat will be marking World Heart Day by organising a heart shaped walk in Moor Park on **Thursday 28th September** which we'd love everybody to join us on. We will announce more details nearer the time, but for now, pencil Thursday 28th September into your diary!

SPOTLIGHT ON...CHOLESTEROL

What is it?

Cholesterol is a natural, fat-like substance found in your blood. It is made in the liver and also in some of the foods we eat.

Cholesterol is really important to the healthy functioning of our bodies, we need it to build healthy cells and make vitamins and other hormones. Having high cholesterol can lead to serious problems, including heart disease and stroke.

High blood cholesterol is one of the major controllable risk factors for heart disease, heart attack and stroke.

Types of cholesterol

Cholesterol is carried through your blood attached to proteins. This combination of proteins and cholesterol is called a lipoprotein. There are different types of cholesterol, based on what the lipoprotein carries, one is good for our health and the other is bad:

High-density lipoprotein (**HDL**) is the good cholesterol. It's job is to take bad cholesterol from our arteries back to our liver where they are removed from our bodies

Non high density lipoprotein (**LDL and non HDL**) is the bad cholesterol which can build up inside the walls of the blood vessels, limiting blood flow and increasing the risk of heart attack or stroke.

Triglycerides are the most common type of fat in our bodies, they store excess energy, or fat, from our diet. Eating fatty and sugary foods, or drinking too much alcohol may lead to raised levels and put you at risk of heart disease, liver disease and diabetes.

HIGH cholesterol?

Anyone can have high cholesterol, even if you are young, slim, eat well and exercise. High cholesterol can be caused by different things, including genetics, and can lead to heart attack and stroke. It can happen without us knowing, and that's why it is so important to get your levels checked.

There are medications available for high cholesterol, such as statins, but it's also possible to **lower cholesterol** naturally with healthy lifestyle changes. Eating a **healthy diet**, **cutting down on alcohol** consumption, **stopping smoking** and **staying active** can all help to lower your cholesterol.

Look out for the Heartbeat Nutrition workshops which will give you some great advice on healthy eating.

SMALL CHANGE ADDS UP

This summer we will be relaunching our home money box campaign!

We will be distributing lots of boxes around Heartbeat HQ and other class gyms for people to take home, fill with their loose change and return to us.

Last year, we raised over £1,000 with this campaign, so it's a fantastic way to give. All that small change in your pocket, when added together with everyone else's, really does add up!

If you'd like a home money box posted on request, please call fundraising on **01772 717147** or email Sam,

 sam@heartbeat-nwcc.org.uk



CAN YOU PLACE A BOX IN YOUR LOCAL SHOP?

Collection boxes are an important line of income for us here at Heartbeat. We have lots of our red collection boxes in various shops and locations around Preston and further afield.

If you have some local shops near you, a newsagents, hairdresser, butchers etc why not call in and ask if they will take a collection box for their counter? All the pennies collected can really make a difference.

And if you're looking for a volunteering opportunity, we always need people to help us distribute and collect the boxes.

If this sounds like something for you please contact Sam in our fundraising team.

THANK YOU TO ALL THE SHOPS THAT HAVE OUR COLLECTION BOXES

So far this year we have had a lot of collection boxes emptied and counted and three shops are in the lead for the amount raised so far.

A big thank you to **ALL** the shops and businesses that have collection boxes, but a special mention to these three:



WE COULDN'T DO IT WITHOUT OUR AMAZING VOLUNTEERS!

We'd like to thank the tremendous work of our volunteers once again for their help across the past months for all of our different needs.

From store collections to collection box runs to stewarding events, and weeding our allotment, you have been crucial in keeping our charity raising the funds it needs.

This help has especially been critical as this year we need to raise more money than ever to keep our services running.

We wouldn't be able to do it without you. **Thank you** so much!



If you would like to get involved with any Fundraising at Heartbeat, please contact the team.

 michelle.hunt@heartbeat-nwcc.org.uk lisa@heartbeat-nwcc.org.uk sam@heartbeat-nwcc.org.uk

DID YOU KNOW?

We take a look at some of the local statistics around cardiovascular disease. In this edition we will start with the Preston area.

Here at Heartbeat we support more than 900 individuals with some form of cardiovascular disease (CVD).

Exercise is a great way to help reduce many of the risk factors associated with CVD and it helps to reduce further development and progression of the disease.



CARDIOVASCULAR DISEASE IN PRESTON

Around
4,500
people
are living with
coronary heart disease
(clogged arteries)

Around
1,800
people
have been
diagnosed with
heart failure by
their GP

Around
2,600
people
are stroke
survivors in
Preston

PEOPLE WITH RISK FACTORS IN PRESTON

Around
8,600
adults
have been diagnosed
with diabetes

Around
18,000
people
have been diagnosed
with high blood
pressure

Around
12%
of adults
in
Preston smoke

37%
of adults
do not meet physical
activity recommendations

25%
of adults
are obese

Some heartfelt thank yous

Lots of people, businesses and community based groups have been supporting us this year. Thank you to everyone who has contributed, your support is needed now more than ever and we appreciate everything you do to help us raise the £1 million we need to provide our services. Here is just some of the amazing support we have received in the first half of this year. Thank you and please keep up the good work!



ST GERARD'S TAKE TO THE STREETS OF NEW YORK FOR HEARTBEAT!

A huge thank you goes to all the members of **St Gerard's Club** for an amazing **£7,500!!**

Heartbeat was the club's nominated charity for the past 12 months. They raised funds by arranging various fundraising events throughout the year, including one of the members, Steve Pettman, running the New York marathon for Heartbeat!

Thank you so much for an amazing amount raised!



"Let them eat cake!"



There was a lot of flag waving!

A ROYAL EVENT IN MAY

We celebrated the coronation of our new King, Charles III, in May and Heartbeat held a Coronation Day Tea Party. **Thank you** to everyone who attended, and volunteered to help us serve tea and cake and to Roger's Codgers for entertaining us with a sing song.

The afternoon raised nearly **£500** towards the running of our classes.

CONCERT IN AID OF HEARTBEAT

The **Roger's Codgers'** Charity Concert was held in February at Longton Bowling Club! The band and their side kick band '**Bandicoot**' played classic songs from the 1960's through to 2000's to a sold out audience!

An awesome **£838** was raised! **Thank you** so much to both bands 'Roger's Codgers' and 'Bandicoot' for a thoroughly entertaining evening and giving up their time to support your local heart charity!



CHICKEN BINGO

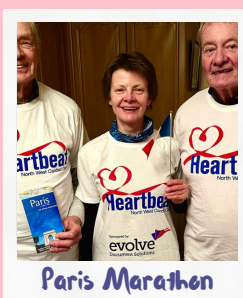
Thank you to everyone who donated prizes and attended our first chicken bingo night!

We raised nearly **£1,000** for Heartbeat and lots of people went home with some eggscellent prizes!

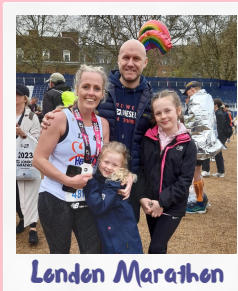
Watch out for the next event coming soon!



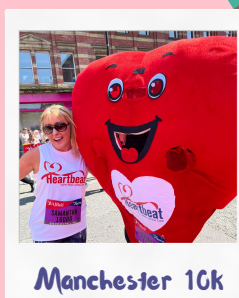
THANK YOU FOR TAKING ON CHALLENGES...



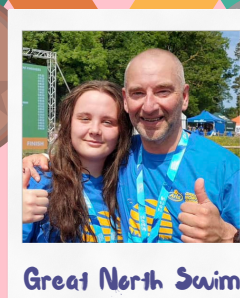
Paris Marathon



London Marathon



Manchester 10k



Great North Swim



Manchester 10k



Manchester 10k



Virtual Walk

Already this year we have had people take on some great challenges for us and raise money in sponsorship. From the Manchester 10k to the Paris Marathon our Team Heartbeat runners, walkers and swimmers have been out there doing us proud.

Thank you ALL. We even had a mention on the BBC and Heart Radio when they spotted Cardiac Carl running the Manchester 10k on one of the hottest days of the year!! Thank you Noel Westby for taking on the mascot challenge for us!

DANCING FOR HEARTS

We'd like to give a special shout out to the **Sequence Steppers Charity Dance Group** who raised a fantastic £1,000 for Heartbeat through their fundraiser event!

BOOTHS

Thank you to Booths Penwortham for supporting us.

A donation of **£1,000** back in March has helped us continue run our cardiac rehabilitation classes!

CHARITY GOLF DAY

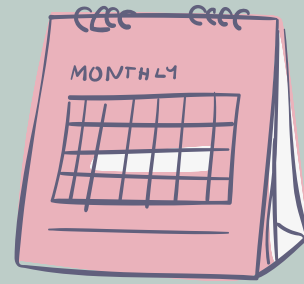
Evolve Document Solutions, Stone Create and a whole host of local businesses joined together to raise money for Heartbeat!

Together they raised an amazing **£4,786.50** which will be split between us and the Philip Maher Foundation, enough to fund one class for 6 months.

Thank you!



Events Calendar



For more information or to talk about any of the events below please contact the fundraising team ✉ events@heartbeat-nwcc.org.uk

29 JULY

MORECAMBE BAY WALK

Tickets are still available for this scenic walk across the bay. Heartbeat T shirt included as well as doggy bandana for our four legged walkers!



07 AUG

HAWAIIAN SHIRT WEEK

Dig out your flowery summer shirts and wear them to class or work and raise funds for Heartbeat. The louder the better!

17 AUG

FIBRE AND HEART HEALTH

Join our information talk on the importance of a high fibre diet to help reduce coronary heart disease and other health conditions.



03 SEPT

HEARTBEAT SKYDIVE

Rescheduled because of stormy weather our team of ten leap out of a plane for Heartbeat! The jump includes three brave staff members, Debbie, Julia and Charlotte. Good luck!!



08 SEPT

BACK TO SCHOOL QUIZ NIGHT

Are you cleverer than a ten year old? Plans are afoot for a Heartbeat Quiz Night. Pencil it in your diary and watch out for notices going up soon once everything is confirmed!



10 SEPT

GREAT NORTH RUN

We have five runners taking part in this years Great North Run! Keep an eye out for the Heartbeat vests on the tv coverage. Good luck to all our runners.



29 SEPT

RUN PRESTON

We have places in this year's Run Preston event, 5km or 10km, please contact us if you fancy running in this or know someone who would like to run for Heartbeat.



WHERE THERE'S A WILL, THERE'S A WAY



Have you ever considered leaving a gift to charity in your Will?

After providing for our loved ones many of us decide to leave a gift in our wills to a charity we care about.

Heartbeat, like many other local charities, rely on donations and gifts in wills to carry out our work and provide life changing services to people with cardiovascular and pulmonary conditions.

Over the last 7 years Heartbeat has received donations of nearly £350,000 from people leaving generous donations in their wills.

These gifts have been large and small, and regardless of value, they all support our work long into the future. We are so thankful to everyone who thinks of us and donates to us in this way. It is an honour for us to fulfil their wishes with the work we do here at Heartbeat. It is a fitting tribute to their lives that they will be helping hundreds of local people improve their heart health and quality of life long in to the future.

If you are thinking leaving a gift in your will to Heartbeat please contact your solicitor. Heartbeat has also partnered with **Bequeathed** to offer our supporters a **free Will For Good** which means you can update or write a will with them free of charge. It's a simple process, just go online any time that suits you and follow the simple steps to create a draft will. Just visit, www.bequeathed.org.uk

THE HEARTBEAT LOTTERY



**YOU COULD BE IN WITH A CHANCE TO WIN
£1,000 EVERY WEEK!**

Heartbeat runs a weekly Lottery, giving players a chance to win a top prize of £1,000 EVERY week!

The draw happens every Friday and as well as this very generous top prize, we also have 50 more cash prizes up for grabs.

To join the Lottery costs just £1.00 a week and by playing you are helping us to run our services and be there for people with heart and lung problems.

Sign up online today www.heartbeat-nwcc.org.uk/get-involved/lottery

For fundraising or volunteering:

✉ events@heartbeat-nwcc.org.uk

For lottery enquiries:

✉ lottery@heartbeat-nwcc.org.uk

For general enquiries:

✉ info@heartbeat-nwcc.org.uk

KEEP IN TOUCH

If you'd like to speak to us about volunteering opportunities, fundraising or our programme, or you just want more information, we'd love to hear from you!



HEARTBEAT SUPPORTS PEOPLE LIKE TONY EVERY DAY



TONY'S STORY

On April 13th 2020, just as the country went into lockdown Tony, 51, who had always kept himself fit, woke up at 5:30am feeling very unwell. In a state of panic and delirium he phoned himself an ambulance from his bed.

Tony's son Mason who was in the bedroom next door found his Dad unconscious! He picked up the phone where the emergency services were still on the line and started to perform CPR.

The ambulance crew arrived and had to use a defibrillator to restart Tony's heart. In total, Tony was shocked 5 times. Twice to restart the heart and three more times to regulate his heartbeat. He had been unconscious for 40 minutes!

He was taken to Blackpool Victoria hospital and had three stents fitted. He had also been diagnosed with peripheral arterial disease, which is a blockage in the left leg.

After Tony's cardiac arrest and operation he felt anxious and nervous to do anything, even something as simple as having a bath would frighten him. The country was in lockdown and he felt very alone. Thankfully his partner Kirsty and son Mason took good care of him during those very dark months.

After lockdown in 2022, when Heartbeat re-opened, Tony joined our programme.

I am so grateful to Heartbeat, I truly believe it is down to them that I am still alive. I started my classes when Heartbeat re-opened after the pandemic in April 2022 and I haven't looked back. Not only have I regained some of my fitness, I have also got my confidence back. The instructors are fantastic, they help push me to exercise at a safe level and I am really starting to feel like me again!

GIVING YOU BACK THE LIFE YOU LOVE



W

hatever it is you love to do, Heartbeat can help you get back to doing it!

Our exercise, nutrition and mental health support programme helps you to live a healthier and fuller life, so that you can spend more time with the people you love and doing the things you enjoy.

That could mean having more energy to play with the grandkids, getting out for a walk with the dog, playing golf, swimming, hiking, or a

jog around the park.

Heartbeat's programme will improve your heart health and your overall fitness and get you feeling confident again about exercise.

Since 1978, we have supported thousands of local people on their journey with cardiovascular disease. We are here to help, rehabilitate and we are also here to prevent future heart events.

Anyone at high risk of developing cardiovascular disease can access our programme, via their GP or by self referral.

If you know anyone who would benefit from the services we provide, please let them know about what we do and how we can help.



**WE ARE THE
NORTH WEST'S
LEADING CARDIAC
PREVENTION AND
REHABILITATION
CHARITY**

