



Our Heart To Yours

Newsletter, January 2024

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

Happy New Year From The Team!

Welcome to 2024. May I wish you all peace, happiness and good health for the coming year. It's the time of year when many people have made resolutions, but I do wonder how many have continued. With any personal changes or promises we need to stop, and think, are we aiming too high and trying to put too much pressure on ourselves? 2024 could be the year to make changes to your life, health, strength or outlook and stick to it

If you are making changes this year, remember to take your time and make sure they are attainable and enjoyable, this will help you keep going and achieve those goals. Don't overstretch yourself and make sure you have planned it all.

Also, if you're feeling nervous don't forget to ask friends and family for support. Having someone to share your struggles and successes makes the work easier and the mission less intimidating. Lets make this year a positive one!



Chief Executive Louise Bache

Louise

Be A Heartbeat Hero! Make Us Your Charity For 2024

Are you a patron of a business, sports club or community group in the local area? At Heartbeat we need more support than ever in 2024 to continue supporting our 1000 members. With our bills rising over £60,000 last year, we now need to raise over £1 million annually to keep our services going. Nationally, we are a one of a kind institution that has helped thousands manage heart disease and we want to help thousands more. We would love to talk to you one on one to hear your thoughts and plan your ideas to help fundraise for our great cause. Please contact the fundraising team on 01772 717147 or events@heartbeat-nwcc.org.uk if this interests you!



FROM YOUR **HEART** TO OURS: GIVE BACK THROUGH BUSINESS IN 2024



NETWORKING THAT'S GOOD FOR THE HEART EVENT

We are delighted to invite you to our upcoming Business Networking Event for your local heart charity. This event promises to be a morning of valuable connections, insightful conversations, and new opportunities to help local people with heart disease live better, longer lives

 **Wednesday 31st January**

 **09:30 - 11:30 AM**

 **Heartbeat, Sir Tom Finney Way**

To Book Your Place:

 **01772 717147**

 **events@heartbeat-nwcc.org.uk**



In 2024, we want to work with more businesses than ever to help battle heart disease. If you know a business that wants to support a small charity that helps local people with heart disease, we want to meet with them at our business networking event. Our Networking event on Wednesday 31st January will be hosting representatives from a variety of businesses and community groups. It promises to be a great place to make valuable connections and find new opportunities to help people with heart disease across Lancashire. The event starts at 9:30am and complimentary breakfast pastries and hot drinks will be provided.

New Cafe Weaver - For All in 2024

Recently we had the pleasure of inviting Phil Weaver along to open our new social meeting room, where we promote members to have a brew and a catch-up following their class. Phil Weaver is the brother of much loved & missed class member Russ Weaver, who passed away last year. Russ was one of the first class members who met up after their class for a catch up and a coffee so we thought it was only right to remember him!

At Heartbeat we love to promote a social community between class members! If your class would like more information about having a tea/coffee in 'Cafe Weaver' following your class then drop our Operations Manager an email on carl@heartbeat-nwcc.org.uk



FEBRUARY IS NATIONAL HEART MONTH



Every year throughout February, thousands come together to promote National Heart Awareness month, working to raise awareness to help stop the world's biggest killer. Cardiovascular disease (CVD) is the world's, England's and Lancashire's number one killer, resulting in more than **20 million deaths** every year. By monitoring your blood pressure and attending your free NHS GP health check, you can also make small lifestyle changes like increasing exercise, managing stress and having a healthier diet. This will help you to lead a long, happy and healthy life.



HEART MONTH

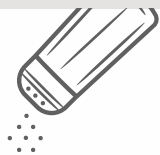
However, data shows up to 80% of CVD related deaths are preventable. This is why during February, we will be having our **Wear It Red** week to increase awareness, as well as other commemorative events to spread the word!

HEALTH SPOTLIGHT ON - BLOOD PRESSURE!

Blood pressure is the measurement of the force that your heart uses to pump blood around your body. It is a very important health indicator, particularly with heart health, that is crucial to regularly check in order to stay healthy. High blood pressure, also known as hypertension, takes a big toll on all bodily organs and is the source of over 50% of heart attacks and strokes. However, you can use simple lifestyle changes to drastically improve your blood pressure and overall health.



Regular Physical Activity - Although blood pressure increases during exercise, this is only temporary. Regular exercise, particularly the class content at Heartbeat, helps reduce blood vessel stiffness, increase blood flow and strengthen the heart.



Reducing Salt Intake - The sodium in salt pulls water back into your bloodstream, increasing pressure. 75% of salt intake is in processed foods, so make sure to check the labels for salt amount. You should aim to have no more than 6g a day.

Cut Down Alcohol - Alcohol is one of the biggest contributors to high blood pressure. Whether beer, wine or spirits, they all do damage. Cutting it out entirely is the best option, but lowering it as much as you can is still influential on your health.



Lowering Stress - We are discovering more and more just how influential mental health is on physical health. Stress releases hormones that make blood pressure rise. Make sure to take time out of your day devoted to relaxing, enjoying your hobbies and even add meditation or yoga to your schedule!





February is Heart Awareness month

Wear it Red 2024

Support Heartbeat
during Heart
awareness month by
simply wearing red

Wear red all week long!

Dig out those red shorts, red t-shirt,
red socks, whatever you can find in
your wardrobe. Help us spread
awareness of good heart health and
donate what you can



Monday 12th - Friday 16th February 2024

For more info contact the fundraising
team today email [events@heartbeat-
nwcc.org.uk](mailto:events@heartbeat-nwcc.org.uk) or call 01772 717147





Wellbeing For Our Community

Painting Workshop

On Wednesday 29th November, we held our very first painting workshop. Led by "Painting Policeman" David Wiles, a local retired policeman who is certified in the Bob Ross painting technique, our class members enjoyed a full day of painting, finished with an expertly completed landscape to take home with them (pictured right). Hopefully David will be leading another day class in Spring so if you are interested, get in touch at sam@heartbeat-nwcc.org.uk



Allotment Launch!

Last year, we acquired a plot at Serpentine Gardens on Blackpool Road to use as a community allotment for our members. It's a great space to exercise, relax outside and make new friends whilst growing vegetables. This dream is finally set to become a fully fledged reality this spring as our renovations will be completed! This has been made possible by our great friends at B&Q who helped massively. If you would like to volunteer at the gardens to enjoy some gardening and help this community fixture take off, please contact Carl Martinez on 01772 717147 or email him carl@heartbeat-nwcc.org.uk.



Choir Update

On the back of the choir's success during December, sessions will now run every week. We are always looking for more members to join, and now feels like a good chance to start recruiting again. Whether you have sung in groups before, or have no experience at all, the Heartbeat choir can accommodate you. It is a great chance to meet new people and form new friendships. The choir meets every Monday at 10am – 12pm. It is £4 per session, and you get a brew and a biscuits included. For more information contact Carl Martinez on 01772 717147 or email him carl@heartbeat-nwcc.org.uk.



Thank You - Our Volunteers

Our volunteers have been crucial to our success in 2023. From collecting with buckets at stores, bringing in and distributing collection boxes, running coffee mornings and cake sales, we couldn't have brought in many thousands of pounds without your crucial help.



Thank yous in particular this year go to David Banks, Tony & Barbara Aldridge, Paula & Kevin Seager, Jill Truby, Anne Starbuck, Sandra Wilson, Chris McCann, Rev. Roger Stubbings, Brian Clooney, Graham Briggs, Mick & Lindsey Parker, Sandra McGowan, Maureen Fogg, Frankie Kennedy, Linda Jackson, Gwen Hibbert, Peter Lonsdale, Nadine Howarth, William Moulding and everyone else for your fantastic generosity, we couldn't do it without you! If you'd like to help Heartbeat keep fighting in 2024, contact us today!

Members Voice - Become a Rep!

2024 is a big year for Heartbeat, and we want our members involved along the way. At the end of 2023 we set up a new members group, which is designed to allow class members to have a voice in decisions we make and build on the services we deliver. We currently have 14 members signed up, from 5 of our 9 sites, so we are hoping to recruit more reps in early 2024.



The role of a rep will be to liaise with your peers and feedback any thoughts to our management/fundraising teams. If you think you could become a class rep or just want some more information, please contact Carl Martinez on 01772 717147 or email him carl@heartbeat-nwcc.org.uk.

Local Heart Stats

Do you know how frequently someone dies from a heart or circulatory disease in Preston? It is a shocking once every 26 hours. Similarly, it is 28 hours in Chorley and just 18 hours in Blackpool. These stats show just how deadly serious heart disease is in Lancashire, the region's biggest killer, and how necessary our support is to nearly 1000 people who we help weekly. Heart disease remains the biggest preventable killer in the world, therefore our mission of educating people about keeping a healthy heart is still a huge priority.

EVERY 26 HOURS



Someone dies of heart or circulatory disease in Preston



OUR CHRISTMAS EVENTS

December was such a busy month for us at Heartbeat. With an event or collection nearly every day, we joined you all in enjoying the season. Have a read below of the great celebrations and thank you all for help in organizing and attending them to bring us lots of year end success!



TURKEY BINGO NIGHT

With fantastic gifts donated by Abbero, Snape's, Zebra, a host of others and a turkey from Whittaker's Butchers in Leyland, a great night full of prizes was had by all!



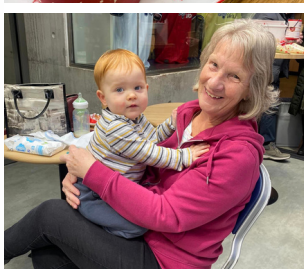
CAROLS BY CANDLELIGHT

We held our first ever Carols by Candlelight evening at Haighton Manor! With performances by Singspiration Choir and the duo Nick & Ted. Thank you also to class member Jim Robinson whose auctioned raffle prize raised us £60!



CHRISTMAS COFFEE MORNING

Our fantastic Heartbeat class member volunteers put on our Christmas coffee morning for all. Frankie, Linda and Gwen ran the event which helped raise over £200, including a performance from the Heartbeat choir



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info@heartbeat-nwcc.org.uk



www.heartbeat-nwcc.org.uk

CHRISTMAS THANK YOUS!

Across the festive period, many of you gave lots of time, money and effort to help raise money for Heartbeat! Thank you to everyone who got involved in some way, your support for Heartbeat has been fantastic. Below is just a small selection of pictures from an amazing month!



THE HEARTBEAT CHOIR

Big thanks go out once again to **our very own choir**, who across December popped up in various places from supermarkets to coffee mornings to help fundraise. They sang their hearts out to lovely Christmas carols which helped us raise a massive **£2,079** across the month! Thanks also go to **choir leader Chrissie** and family, who volunteered lots of time to make sure these great events went ahead!

WINTER RAFFLE ENTRANTS

Thank you to all those who entered the winter raffle over the festive period to help raise money for Heartbeat! You entered in your hundreds to help us raise thousands to keep our vital services going. Big congratulations go to **John Hough** who won our top prize of **£1,200!**

PRESTON POLICE CADETS

Another fantastic group which helped us out were the Preston Police Cadets, who sent 12 of their finest volunteers to collect at Preston North End's final home game before Christmas. This great collection raised **£291** for our services, a fantastic amount! Thank you again cadets for your help.

CHRISTMAS JUMPER WEEK

Thank you to all the **many hundreds of class members** who dressed up in their best Christmas attire for our annual Christmas jumper week at the start of December! It was a fun time for everyone which raised **over £250** through your pound donations! Make sure to look out for Wear It Red week in February to dress up all over again!



RUN

- The Manchester 10k and 1/2 marathon – **26th May**
- The Great North Run – **8th September**
- Tough Mudder, Manchester– **13th & 14th July**



SWIM

- The Great North Swim – **7th – 9th June**



JUMP

- The Heartbeat Skydive – **11th May**



WALK

- The Yorkshire Three Peak – **25th May**
- The annual Heartbeat Morecambe Bay walk – **17th August**



CYCLE

- The Manchester to Blackpool bike ride – **14th July**



For more info and to become part of team Heartbeat in one of these iconic events contact the Fundraising team today!



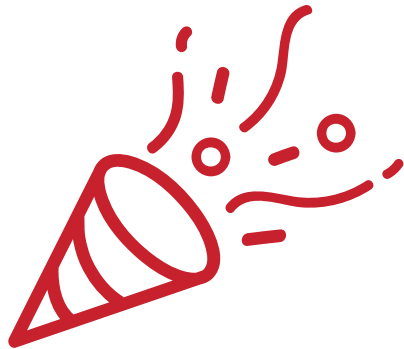
events@heartbeat-nwcc.org.uk



01772 717147

SKYDIVING HEROES RAISE £10,000 !

Massive congratulations go to our fantastic skydiving team who have raised over £10,000 for Heartbeat through their sponsored jump in September. The team which included Heartbeat staff, braved the jump to raise fabulous funds for Heartbeat. Thank you to them for completing this amazing feat and to everyone who supported and sponsored them.



LEAVING A GIFT TO HEARTBEAT IN YOUR WILL



Have you ever considered leaving a gift to charity after you're gone?

After providing for our loved ones, many of us decide to leave a gift in our wills to a charity/charities we care about. Heartbeat, like many other local charities, rely on donations and gifts in wills to allow us to provide life changing services.

Over the last 8 years Heartbeat has received donations of nearly £360,000 from people leaving us generous donations in their wills. These gifts have been large and small, and regardless of the value, they all support our work long into the future.

We are thankful to everyone who thinks of us and donates in this way. 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 into the future. If you would like to leave a gift in your will to Heartbeat please talk to your solicitor who will be happy to help you

THE HEARTBEAT LOTTERY - WIN **£1000** 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 or over the phone at 01772 717147

BE IN OUR NEWSLETTER!

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

If you'd like to speak to us about your story, ideas for a piece, or opportunities you've read in here, we'd love to hear from you! Email sam@heartbeat-nwcc.org.uk to get in touch



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**

