



Covering All Calderdale

The Pulse

Issue 5. CREW heart Support group inc. Todmorden Stroke Association Jan / Mar 2012
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Cardiac Rehabilitation through Exercise and Walking

Chairmans Comments.

Happy New Year to all our readers.

Overall 2011 was a successful year for CREW, who fared pretty well, despite financial constraints imposed from above. This was due to the hard work and dedication by helpers within our overall membership and committee. As a result of their commitment all the events and functions were successful, we also managed to hold prices down and still managed to make a small profit from each event.

I must commend Ovenden Park RU club, for putting on a superb Xmas Lunch on the 15th December. The service and the food was exemplary. Those members who couldn't join us certainly missed a treat.

Before I finish I must mention our Fund Raising appeal, which is ongoing for 2012. CREW have joined forces with Upbeat in helping to get community based programs in Calderdale up and running for Cardiac Rehab. patients. For this Upbeat will fund the instruction and the class cost but do not have a budget for equipment.

This is where CREW can help by purchasing necessary equipment for these classes, which are open to CREW members and their carers.

2012 promises to be a momentous year, we have the Olympics and the Queens Diamond Jubilee. Your committee and helpers are meeting to put together a programme of events, we welcome any suggestions from others, don't be shy it is your heart support group.

The new classes at Todmorden and Blackwall in Halifax start in earnest this month. We **do need** to furnish these classes with training equipment, to this end we are making a special effort on fund-raising. (see further details in this N/letter.)

Once again Happy New Year.

Bernard Mc Donald

Advice from the British Heart Foundation:

Wise up to winter! But do you actually know how the cold could affect your heart health?

As the winter draws in, it is important to be aware of the health risks presented by the cold weather and what you can do to **stay safe and keep your heart healthy**. Extreme cold weather can affect the heart by increasing heart rate and [blood pressure](#). Chilly temperatures may also cause changes to your blood which could increase the risk of developing blood clots. It is important to note that **elderly people are particularly vulnerable** to hypothermia in the winter months. As the temperatures drop, bear in mind the impact that this could have on your health and take steps to protect yourself against this by wrapping up warm or even staying indoors.

Take steps to protect yourself by wrapping up warm !

At this time of year, the chance of **catching seasonal influenza** also increases. As well as experiencing the same symptoms as a common cold, flu sufferers can experience muscle aches and pain, a fever, a headache and a cough. The flu can be more serious for people with heart conditions, so you are recommended to get the flu vaccine in order to guard against taking ill over the winter. As well as protecting your own health, always remember to **keep an eye on elderly and vulnerable** friends, family and neighbours during those very cold snaps. It is vital that more people recognise the [symptoms and signs of a heart attack](#) and know to phone 999 for an ambulance immediately !



With Thanks to our Sponsors in the copy production of **The Pulse** Newsletter.

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As always our thanks go to those people in business that are prepared to help CREW. So to all those at HBOS and LLOYDS, Copley.

May we wish you all,
"Happy New Year"!



2012 CREW Appeal for Donations!

CREW, along with our professional instruction team from the 'Council Run-Health and Fitness Development Team', are concentrating their joint efforts into Community based programmes which will provide 'Cardiac related sufferers' NEW local venues and instruction from qualified personnel

C.R.E.Ws Fund raising appeal

By donating NOW you will be helping us purchase necessary exercise equipment for cardiac patients, and those at risk of future Heart disease, who have been referred with their health professionals advice to join and enjoy structured health improving exercise programmes in Calderdale.

To donate to CREW Click 'Local Giving'

Or the Donations prompt on the LINKS Button, www.crewheartsupport.co.uk

Or simply go onto the internet, (on line) by using www.localgiving.com/crew on the search engine. Then follow the instructions to donate any sum you feel is appropriate. For example £20 will buy 5 sets of 1kg weights for aerobic training.



Cardiac Rehabilitation is it worth it?

What is cardiac rehabilitation?

Cardiac rehabilitation (CR) is a multidisciplinary intervention for people with heart disease. Its main aims are to help the patient to recover as quickly and completely as possible and then to reduce to a minimum the chance of recurrence of the cardiac illness.

It has a fifty year history and an extensive evidence base that shows it to be one of the most beneficial and cost-effective treatments available to patients with coronary disease. !

"So say most eminent cardiologists and research professors into the causes and prevention of Heart disease."

As for yours truly all I can say is that I had my last heart attack in 1998. And because of quick intervention, my life was saved, and then due to the after care and quality Cardiac Rehabilitation I was given, coupled with exercise and walking. I have had the opportunity to see the growing up of our grandchildren and also travelled to a few exotic places, in those 14 years of extra life.

So basically if I am ever asked that question, as a layman, I can honestly say my answer is ??

"Hell yes!!"

"So if you can give a little of your time and dedication to the concept of C.R? Just remember what a force for good you can be to your community!"

Jon T (Editor)

Quotes-Quips-Tips and Trivia.

Sylvia and the Table layout! At the Crew Xmas Lunch.



Hamper Winner Saville, tests the weight of this enormous Box of Goodies, Whilst Bernard nurses his Hernia.



But Maureen is there as Winner number 2 With the second enormous Goodie Box. Bern. Looks less strained but Maureen is finding it difficult to restrain herself.



With Thanks to Margaret H for packing them all and buying the groceries.

About Age and Maturity!

If you need a Stanna Stairlift? Remember the main benefits are that you can get up the Stairs quicker!

This means you've less chance of forgetting what you went up for, in the first place ??

Eradicate Rogue Traders!

Says our intrepid Walk leader and Voluntary Worker for the Princes Trust, Brian Birkby! Brian actually mentors a young joiner who is now a full member of the below organisation. In Brian's own words: "You may be interested in a service which provides a registered, reliable and trustworthy list of trades people. This is through an organisation called CASAC. Originally, it was established to deal with the aftermath of burglaries. An off-shoot is a tradesman registration scheme called 'Checkpoint'. It is possibly worth a mention in a Newsletter.

At this point I should declare an 'interest' in that I also perform voluntary work with The Prince's Trust. A business that I mentor has recently registered with the scheme.

Oliver Guest is a brilliant joiner - so any kitchen fitting, wood floor laying etc, you can obtain direct - just Google 'OG Joinery' to see the quality and range. As his mentor, I felt a little promotion of his business was in order!"

CASAC Check Point

Working in partnership with West Yorkshire Trading Standards, Leeds City Council, West Yorkshire Police & local voluntary organisations.

Web site: www.casac.org.uk

0845 519 2122 0113 239 2821

If your spouse says to you that when you were younger you used to be So-So 'FASTIDIOUS.'

Do not, under any circumstance, retort!

" Maybe I'm not as fast. But you are still ???????"

(Work that one out, yourself!)

This morning we found a new bike left outside our back gate. Rather than Santa being a bit late we quickly realised that it was probably nicked by some worthless/mindless/selfish idiot, and left because both tyres were punctured. We duly reported the possible theft after taking it inside the house for safekeeping. Fortunately the make and the vendor details were visible so the police would have no problem we were informed in re-uniting it with it's owner. Apparently at this moment the theft of NEWChristmas present bikes, is rife.

So if you've bought your Grandkids a Bike for Xmas. Tell them to make sure it's chained up to an immovable object (no not Grandad). But better still don't expose it to the danger of being stolen, so say the West Yorkshire Police

What's On.

This year at our AGM on April 12th C REW are going to suggest events for the year:

But you will vote for Your Choice from the lists!

Date	Meeting Point	Walk Details	Grade and Miles	Walk Leader
17 th Jan	Winterburn	Warley A different Walk	4.5 Miles Grade 2	Bernard
24 th Jan	Maypole Inn Warley HX2 7RZ	Warley	4.0 Miles Grade 2+	Brian
31 st Jan	Malt House Rishworth	Ripponden Area	4.5 Miles Grade 2	Tony Barker
7 th Feb	Stump Cross Inn (A58) HX3 6XG	Shibden Valley	4.4 Miles Grade 2	Brian
14 th Feb	TBA	Shelf Area	4.0 Miles Grade 2	Tony Barker
21 st Feb	Brown horse Inn on A644 HX3 7SD	Coley and Jum Hole Beck	4.3 Miles Grade 2	Brian
28 th Feb	Dusty Miller Mytholmroyd	Luddenden Foot Canal Tow Path	4.5 Miles Grade 2	Bernard
6 th Mar	Round Hill (A6107) Near Clough horse Inn	Fixby and Bradley	4.0 Miles Grade 2	TBA
13 th Mar	"Sportsman" Ploughcroft	Ploughcroft	4.0 Miles Grade 2	Tony Gregson
20 th Mar	Village Car park A646 HX2 6PE	Luddenden Dene	4.5 Miles Grade 2+	Brian
27 th Mar	"Westfield" Wyke	Low Moor	4.5 Miles grade 2	Bernard
3 rd Apr	Sportsman Inn (B6113) HX4 8PL	Greetland and Norland Moor	4.0 Miles Grade 2	Brian
10 th Apr	"Toby" Ainley Top	Lindley	4.0 Miles Grade 2	Sylvia
17 th Apr	Emley Village Centre HD8 9RN	Emley	4.0 Miles Grade 2	Brian
24 th Apr	"Moorlands" Ogden	Bradshaw	4,5 Miles Grade 2	Sylvia
1 st May	Adjacent Fire Staton on A6024 HD9 3AS	Holmfirth	4.5 Miles Grade 2	Brian

All above Walks are on Tuesdays, Meeting at 10am (unless advised)

for more details phone

John Tudor 07599080666 or Brian Birkby 01484 712037

Todmorden Walks in association with Todmorden Walkabout

For details contact: Karen Andrews, Walk Leader on 01706 819118.

Sunday Walks meet Morrisons Car park at 11 am.

Detail Reference [Halifax Health Walks](#) can be obtained by phoning JT or see CREW Website

• STARTING 14th January !

News & Views, Comments: Contact e-mail. See top of page, or write to

The Editor c/o 4 Lillands Terr. Rastrick HD6 3BS.

Cardiac Rehabilitation through Exercise and Walking