



CREW NEWS

A Warm Welcome, to all our members across the whole of Calderdale. The old saying 'Out with the Old' and 'In with the New' is especially relevant in this year of 2011.

The current economic climate and the financial constraints imposed on local councils from central government will no doubt impact on the training facilities currently available to CREW members at the NBLC. Calderdale pools, parks and leisure centers could soon be privatised, run by trusts or managed in partnership with neighbouring councils. (Halifax Courier report Jan 8th 2011). These and other options are being explored in a bid to cut costs. The idea of handing over leisure centers to private operators is not new. In 2003 similar proposals were proposed but were eventually abolished.

Indeed, the process has already started.

Price increases and the inexplicable and inconvenient changing of location for exercise classes which are unsuitable for cardiac patients are of particular concern.

The price increases have also affected our classes in Todmorden. There are also changes afoot with the overall financing and services currently available with Upbeat.

It is to be hoped that sense will prevail Bernard Mc Donald (Chairman)

CREW Heart Support Group wish to thank our Sponsor for their generosity in producing the copies of this Newsletter:



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MP Visits CREW

On October 29th 2010 CREW was privileged to welcome our New Member of Parliament. Craig Whitaker who called at Northbridge Leisure Centre and was introduced to our exercise group. The importance of our MPs help and that of all our esteemed patrons is appreciated. It means we, on your behalf, can have a voice in both health and community issues, when it matters. We are also grateful for the kind words written by Craig, as below!



Craig Whitaker MP

Dear CREW Members,
Since becoming a Member of Parliament in May 2010, I've had the privilege to visit and meet a whole host of groups, organisations and individual constituents of Calder Valley. However, I can honestly say that one of the highlights has been my visit to the CREW exercise class at Northbridge Leisure Centre.

The warmth and enthusiasm that was so evident amongst members was a real inspiration, and it is reassuring to know that such a wonderful organisation exists locally to support those with Heart issues in moving onwards and upwards, amongst new friends.

So I'm so honoured to be asked to be one of your web site patrons, and look forward to seeing CREW continue to go from strength to strength in it's excellent work in 2011 and beyond.

Kind Regards,

Craig
Craig Whitaker MP
For Calder Valley

Thank You to Members

CREW committee would like to express our thanks to all members who gave gifts and items for our Christmas hamper appeals.

Our Xmas lunches were a huge success. And the hampers were won by:

Margaret Gallagher and Ian Flynn and our very own Gill Harding (CREW Upbeat Instructor) won the special cake made and donated by Maureen one of our committee Members!

Thank you one and all.



SPEEDY RECOVERY!

In November 2010 Julie Stott, the Upbeat development officer had quite a serious accident, which will see her off work for some time. However you will be pleased to hear she is on the mend now, and we hope to see her back at the "grind stone" after her knee and ligament reconstructive surgery, I am sure you will join us in sending best wishes and wishing her a speedy recovery!



WENDY IS BACK!

It gives us great pleasure to welcome Sister Wendy Veevers back from her 9-month secondment onto the CCU and Cardiac Wards. As many of you will know Wendy is the Cardiac Rehabilitation Service Manager for Calderdale and Kirklees. And whilst her team has performed admirably, whilst she was away, it wasn't the same without her!

So welcome back to the maelstrom, Wendy!

Todmorden Celebrate Christmas in style!

Members of CREW and the Upper Valley Stroke Association began the Christmas celebrations in style with a Brass Band concert and refreshments were provided by Barbara and the Incorporated CREW/Association committee!

Whilst attendance was low due to the appalling weather conditions in Calderdale it was nevertheless a worthwhile venture,

Enjoyed by the Mayor of Todmorden plus CREW's President/Chairman as well as Barbara Ellison CREW's acting Chair in Todmorden.

Pictured from Left is the Todmorden Brass Band with Barbara and the Mayor

Also shown in at the right hand are pictures of the CREW Xmas buffet for the members who exercise in the Todmorden Leisure Centre as well as Tai - Chi members who take part in our CREW class at the Fielden Centre, just below the Leisure Centre, on Ewood Lane.

CREW's Xmas Lunch Party!

Pictured in this collage is the excellent luncheon party for CREW members and their Friends and families. Entertainment was provided throughout the 3 course meal by "Smart Sounds" with music from every era, a private bar was available for all to enjoy and Bernard leading the carol singing was a joy to behold, with everyone saying "Stick to the day job"!! Main picture is of Alice and Anne. Alice is our oldest Member still doing chair based exercise at North Bridge Leisure centre, she wouldn't wish me to mention her age, so I won't



CREW WALKABOUT FOR 2011!

January 4th, "2011 New Year Crew walk." To start the year in fine style 18 hardy souls took to the Canal and surroundings in Salterhebble Halifax, followed by a warming lunch at The Watermill. CREW Heart Support Group wish to thank all our Walkers and walk leaders who have made 2010 walking a Healthy and interesting adventure, here's to our continuing success in 2011. Always remembering that walking is one of the best and cheapest forms of exercise for Heart Patients and it's also proven to help to lower Cholesterol and Blood Pressure, so why not join us, every 2 weeks Tuesday's from January 4th 2011, and Brian in the Brighouse area From January 11th, Todmorden every Sunday and Monday? see back page of Newsletter for details.

INDEPENDENCE FOR BRIGHOUSE GROUP!

Early in 2006 Sister Wendy Veevers of the Cardiac Rehabilitation Unit at 'The Calderdale Royal Hospital' expressed her concern with regards to the unavailability of Cardiac Rehabilitation facilities in Brighouse and asked CREW to consider providing facilities. After applying for and obtaining grants from The Community Foundation for Calderdale and the British heart Foundation and then finding suitable premises. CREW and Upbeat and the NHS CR services joined forces and CREW Brighouse was formed. Later the following year and with growing membership a new chairman was elected which resulted in a lot more activity and further increases in membership. At the latter end of 2010, it was considered by the CREW Executive Committee that it was more appropriate and preferable for Brighouse to go independent, this has come about and we wish them success for the future. Bernard Mc Donald and CREW Committee.

AN APPEAL FOR COMMITTEE MEMBERS.

Overall 2010 was a successful year, we're look forward to an exciting 2011. Membership continues to increase across Calderdale. And as with any successful operation it is also important to attract "New Committee Members" to help in the running of "CREW" and also for new ideas. Bernard Mc Donald.



SECRETARY FOR TODMORDEN

We urgently need a voluntary secretary for Todmorden, this important position is essential for the future plans of Todmorden.

Contact 07599080666 or via e-mail at the address shown, on letterhead.

ENDORPHINS WHAT ARE THEY?

The word "endorphin" is a combination of "endo" and "morphine" -- meaning endogenously produced morphine, or internally produced painkiller. Endorphins are the body's natural pain reliever. It may be that the brain interprets exercise as a form of "pain" or it may be that the rise in fatty acids caused by long, gentle exercise acidifies the blood, which triggers the release of endorphins. In any case, you can get a natural high from exercise, similar to a drug high, but with none of the bad side effects. People who do long, continuous, gentle exercise enjoy the most effective stress therapy known to man.

How long and how hard do you have to exercise to get the endorphin high? Most researchers have found that moderate-intensity exercise lasting at least 20 to 30 minutes produces the greatest increase of blood endorphins. In stationary bicycle studies, subjects pedalled for eight minutes at 25 percent of their maximum exercise capacity followed by eight minutes at 50 percent, and then by eight minutes at 75 percent.

NOT A LOTTA PEOPLE KNOW THAT! So keep up the exercising, if you want to stay HIGH!

Halifax Walks from Jan to March 2011...Further details contact John on 07599080666

Date	Meet	Bus	Destination	Leader	Dist.	Grade	Meet at	Lunch
4 th Jan	10.00	No	Elland and Westvale	Bernard	4.5 miles	2	The Watermill	Ditto
18 th Jan			No walk Planned					
1 st Feb	10.00	No	Luddenden foot	Bernard	4miles	2	The Black Lion	Ditto
15 th Feb	10.00	No	Norwood green	Tony	4 miles	2	TBA	TBA
1 st March	10.00	No	Hove Edge	Eric	4 Miles	2	Sun Inn Lightcliffe	Ditto
15 th March	10.00	No	Clifton & Hartshead	John	4 Miles	2	Armitage Arms	Ditto
29 th March	10.00	No	Littleborough Hollingworth Lake	Bernard	5 Miles	2	Moorcock Inn	Ditto

**CREW - Heartbeat Walks in Brighouse. For Details Contact Brian Birkby 01484 712037**

Date	Meet	Bus	Destination	Leader	Dist.	Grade	Meet at
11th Jan	10.00	No	Ogden And Hebble Brook	Brian	4.5 miles	2+	Hare & Hounds On A644
25th Jan	10.00	No	Farmley Tyas and Castle Hill	Brian	4.75 Miles	2	Farnley Tyas near Golden Cock Pub
8th Feb	10.00	No	Hades Edge and Longley Farm	Brian	4miles	2	B6106 above Holmfirth Near Bay Horse
22nd Feb	10.00	No	Beacon Hill and Southowram	Eric	4 miles	2	Halifax Old Road ½ Mile From rear of Outdoor Center
8th March	10.00	No	Tong and Fulneck	Brian	5 Miles	2	Greyhound Pub Tong Village
22nd March	10.00	No	Shibden Valley	Brian	4.5 miles	2	A58 Adj to Stump Cross Pub
5th April	10.00	No	Queensbury Station	Brian	5 Miles	2	Bottom of Station Rd Adj white House (BD13 1 AB)

All Walks in Brighouse and Halifax are on Tuesdays

TODMORDEN WALKS

For details contact: Karen Andrews, Walk Leader on 01706 819118. Sunday Walks leave from Morrison's Car Park at 11.15 am every Sunday: Meet at 11am.

Walks operated in association with Todmorden Walkabout.

CREW welcome comments and Readers views. In 2011 we intend to publish a selection of the most appropriate letters from Readers. Send your letters c/o Editor: The Pulse Newsletter, 4, Lillands Terrace, Rastrick Brighouse HD6 3BS or via e-mail address, on the Headings. Thanks for your Support, Best Wishes and stay Healthy.

Cardiac **R**ehabilitation through **E**xercise and **W**alking