

# Heart Care Walsall

## News Update



I am delighted to report that we have been successful in obtaining a grant from Transform Foundation to design a brand new website for Heart Care which can be viewed easily on mobiles and tablets. Our current website is more of an information leaflet whereas the new website will be much more interactive. We will keep you informed on the progress of this exciting news!

We were disappointed when Louise moved the singing class from Heart Care due to a fall in numbers. However, the great news is we have found another singing teacher who is happy to organise a free taster session for anyone interested in commencing a class at Heart Care. I know a few of you have stated that you are interested and we are still looking for more people to join! It is both good for breathing techniques, and especially beneficial to our Pulmonary patients and its also a great way to meet new people! Look out for the taster session date.

The General Data Protection regulations (GDPR) are coming into effect from the end of May. We are putting policies and appropriate paperwork in place and want to assure all patients that staff will safeguard the integrity, confidentiality and availability of their personal information.

Suzanne Ursell

### Don't Forget

- Unfortunately we can no longer accept bric- a brac due to lack of storage however please donate any new items for our raffle prizes
- Tai Chi classes at Heart care every Wed 1pm to 2pm & Monday 6pm to 7pm
- Look out for our Skittles night in Autumn
- Our weekly Bonus ball only £1 per go
- Ebay Shop click on link from our website

### Up & Coming Event Dates

Healthy Eating Talk	3rd May
Angina Talk	17th May
Angina Talk	7th June
Aldridge Lions Summer fayre	16th June
Great Wyrley Carnival	30th June
Heart Care Walk	15th July

## British Heart Foundation Benefits of the Outdoors



With milder days and lighter evenings, now is the perfect time to be active outside. The British Heart Foundation offers ideas on how you can be active for 30 minutes on at least five days of the week.

1. Go for a walk in the park or woods, or along canals or urban streets.
2. Enjoy an after-dinner walk.
3. Take grandchildren or children on a treasure hunt.
4. Walk with a healthy picnic to finish.
5. Do some gardening



Walking outside will help boost your energy levels, release feel-good hormones that also reduce stress and anxiety and burn calories that can help in weight management.

**Remember to check with your GP before starting any new forms of exercise**

### Please can you Donate?

Our gym equipment is used on a daily basis and inevitably over time it begins to wear out.

We are in need of Rowers & Exercise Bikes so if you would like to help us raise funds to buy new equipment please kindly donate whatever you can in the Wishing well in the foyer or visit our website [www.heartcare.org.uk](http://www.heartcare.org.uk) and click on the virgin money link. You can also donate by clicking on the donate button on our Facebook page!



12 Portland Street, Walsall, WS2 8AB Tel: 0121 222 22800 [www.heartcare.org.uk](http://www.heartcare.org.uk) Registered Charity no 110621



Like us on Facebook  
[www.facebook.com/heartcarewalsall](http://www.facebook.com/heartcarewalsall)

Alan has been volunteering for Heart Care for over 20 years. Alan looks after the staff making them drinks and generally helping around the unit. He takes care of the tea and coffee machine for us and also carries parcels and deliveries for us.....Alan is a real Star!

When Alan is not volunteering for Heart Care he enjoys photography, going on holidays to Scotland and spending time with his family and grandchildren.

Alan says by volunteering he is giving back to Heart Care for the fantastic care he received from us when he suffered a Heart Attack and Bypass.



## **Heart Care Walk — 15th July** **Walk with us to improve your health & well-being**

Studies have shown that walking outdoors in the countryside can improve everything from blood pressure to mental health to cancer risk. Another study suggests that something as simple as joining an outdoor walking group may not only improve your daily positive emotions but may also contribute to reducing depression.

Our annual Heart Care sponsored walk takes you on a gentle 4 mile walk through a local nature reserve and canal towpaths. The area has stunning scenery so plenty of opportunity to take photos or just enjoy the wonderful surroundings. The walk also takes you through Park Lime Pits which contains 2 beautiful clear pools surrounded by woodland. This is home for an incredible variety of wildlife where over 100 species of birds and over

300 species of plants have been recorded. 200 years ago the area was a thriving limestone quarry.

Heart Care has been running this walk for over 15 years and everyone always has a wonderful time. You can chose your own pace to do the walk and you can also bring along family, friends and even the dog!

So grab yourself a sponsor form from reception and join us on 15th July whilst embracing the outdoors and helping us to raise much needed funds.



Park Lime Pits

### Money Raised Recently!

**£74 coffee afternoon raffle!**

**£360 Streetly Skittles Night**

**£75 Morrisons Book Stall**

**£272 Market Stall**

**Well done to everyone who donated and got involved!!**