

# ALTON HEART SUPPORT CLUB



2017

## The CLUB Aims to Provide:

- ♥ A varied **social programme** including outings, skittles evenings, talks on topics from medical issues to gardening
- ♥ **Monthly walks** moderately paced - usually ending at a pub where *non walkers* can join-up for lunch
- ♥ Opportunities to talk informally, share experiences and discuss worries / concerns with people who can provide non-medical advice based on personal involvement, or who can simply listen to your problem. **Applies to partners / carers also**
- ♥ Support for patients, families and carers through continued membership long after treatment has finished

- ♥ A periodic Newsletter ♥

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The Club is affiliated to:

The British Heart Foundation allowing members access to all the Foundation's publications and support.

*CARDIAC REHAB*, the Charity, affording members opportunities to express ongoing gratitude for help received at their time of need

## 2017 CONTACT DETAILS:

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## **Committee Members:**

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