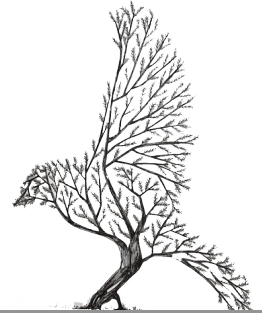


NEWSLETTER 2022



Winter Issue

chesterheartsupportgroup.co.uk

January 2022

Chairs Chat



Happy New Year for 2022.....

Thanks to everyone for your messages regarding the 70's Snowball event at the Queen hotel, it was lovely to see you all and to watch you enjoying yourselves, something to think about next Christmas.

Doesn't time fly we are nearly in 2022 and I wonder what that holds for us. It will be our AGM in May and we all need to think about the future of the group and whether we are able to continue if we can't find people to be trustees of our charity.

However on behalf of the trustees may I wish you all a very Happy and Healthy New Year.

Elizabeth Kevan
Chairman

01244 535788

chair@chesterheartsupportgroup.co.uk

Speakers..

Our **February** speaker is Sue Holleron on 'Objects of Yesterday'.



De-Fib Course

A Resus training session has been organised on **7th February 2022 6.00pm** at St Columba's Church Hall. Please contact Liz Kevan for more details.

hello
2022!

Financials

Income: £1,000
Expenditure: £1,240



treasurer@chesterheartsupportgroup.co.uk

Meeting CANCELLED

Due to the prevalence of the new Omicron virus the trustees feel it would be sensible to **cancel** the next Members meeting on **January 3rd 2022**.



We shall have to wait and see how restrictions develop and inform all members if we need to cancel the February meeting.

Chris Lloyd's exercise classes are due to begin again on **10th January**. Chris will decide if they are to go ahead and will let members know.

Lache Gym

As many of you are aware this has been a headache for a very long time. At this moment in time the Council have still not signed the contract after 2 years. We only have 5 members who still wish to use it and this is not financially viable as the cost of insurance and the service of the equipment is very expensive.

The trustees propose that we donate the equipment, which has now depreciated to zero in our accounts, to the Lache Community Centre.

As yet I have not approached them with this proposition but it will have to be a legally binding agreement. If they agree then those members who still wish to use the gym will be able to but not under Chester Heart Support Group.

If anyone has any comments to make about this please get in touch with me Liz Kevan on 01244 535788.

Welfare Report

Given the nature of the pandemic we are very happy to say that there are no new welfare issues to report this month.

Cartoons this Month

A little humour goes a long way!

editor@chesterheartsupportgroup.co.uk



Absolutely nothing going on here !



Chris

Chris Lloyd receiving a gift from the members of her exercise class at the Shell Sports & Social Club. Wel done Chris and thank you for all the classes this year. Best wishes for 2022!

Hot Pot Quiz 25th Mar

This will be held at the Mollington Banastre hotel at 7.30pm. It will include hotpot and desert, tickets £20.00. Thanks to Lorna Andrews for putting the quiz together. Teams of no more than 10 people. If interested let Liz Kevan know. **It will be a lot of fun !**



Editorial

For Newsletter enquiries, please contact

Editor: editor@chesterheartsupportgroup.co.uk

Walkers Programme

Jan 5th to Feb 2nd 2022 Inclusive

Walks start at 10.00 am unless otherwise stated. Leaders are responsible for making the lunch arrangements. Please remember that there is an element of risk on all walks. Reflective waistcoats and non-slip waterproof footwear should always be worn.

Contact details: Irene (Home): 0151 356 1485
John (Mobile): 07887 688871



Jan-Feb 2022

5th January 2022 – Countess Country Park. An easy walk to break us into the new year but will also include a walk along the canal towpath. Park at The Little Owl, East Countess Way, CH1 4DA (On A5480 off A540). Lunch is also at The Little Owl. **Leaders: Irene Roxburgh & John Bowyer. Mob: 07887 688871**

12th January - New Scene, Walk along Greenway. Use car park adjacent to the New Scene building on Lime Wood Close, which is off Newton Lane. CH2 2HH. Walk is along the Greenway path, but we will do it in the opposite direction towards Blacon. Beware of cyclists! Lunch at The Hungry Horse (Oaklands) on Hoole Road, CH2 3NB. **Leaders: John Bowyer & Irene Roxburgh. John's mobile: 07887 688871**

19th January – Chester Riverside Promenade. Meet at Chester Bus Interchange at 10.30am. Walk will be the opposite way round to normal so we will lunch either at The Moorings in the Groves, or The Boathouse pub. CH1 1SD. **Leaders: Irene Roxburgh & John Bowyer. Mob: 07887 688871**

26th January – Birkenhead Park. Meet at Hooton Station for 09.52 train to Birkenhead Park (arrives 10.29). Lunch at the Visitor Centre CH41 8AU inside the park. **Leaders Irene Roxburgh & John Bowyer. Mobile: 07887 688871.**

2nd February – Chirk Castle for snowdrops walk. Go to National Trust car park (free) at Home Farm by driving 1.5 miles after crossing the canal at Chirk Station and taking the right hand bend at the gates continuing to the drive entrance on the left signed Castle Car Park. Lunch at Caffi Wylfa in Castle Road, Chirk, LL14 5BS. **Leaders Carol & Harry Raynor. Mobile: 07917 400 401.**

Happy New Year to all!

TRUSTEE MEMBERS

Chair: Liz Kevan
01244 535788
Secretary: Ruth Overington
01244 547713
Treasurer: Barbara Jones
0151 200 2922
Trustee + Minutes Secretary: Chris Lloyd
0151 342 7994
Trustee: Dorothy Curtis
01244 300699
Trustee: Jamie Rowland
07545610963
Trustee: Jane Chesby
01244 637587
Trustee: Alan Miller
0151 339 3227
Membership Secretary: Yvonne Fairclough
Gorran Haven, Long Lane, Spurstow, Cheshire, CW6 9RF
01829 260275
membership@chesterheartssupportgroup.co.uk

Trustee meeting:
Upton Village Hall - 17th Jan 2022

Non Trustee Posts

Speaker's Secretary:

Thelma Reynolds
01829 741646

Walkers' Secretary

Irene Roxburgh
walkers@chesterheartssupportgroup.co.uk
0151 356 1485

Hospital Representative + Welfare Leader

TBA

Cards & letters to:

Dorothy Jones
01244 951138
41 Queens Park House, Queens Park View,
Handbridge, CH4 7DB
If no reply call Maisie Atkinson

Welfare duties also carried out by:

Newton area:
Pat Priest 01244 343758

Upton area:

Lyn Mercer
01244 399767

Saughall area:

Valerie Crawford
01244 880510

South Cheshire:

Tilly Brickland
01244 660770

Farndon area:

Maisie & John Atkinson
01829 270484

Ellesmere Port area:

Vacant



PROGRAM OF ACTIVITIES

MONDAY

Golf - Various venues, mornings.
Paul Holland **01948 770429**
Gym - Lache Community Centre
12.30 - 1.30 pm and 2.30 - 3.30 pm



Exercise Class - Whitby Sport & Social Club
10.15-11.15 am
Chris Lloyd **0151 342 7994**

Low Impact Exercise Class - Whitby Sports & Social Club
11.30 - 12.30 pm
Chris Lloyd **0151 342 7994**



TUESDAY

Exercise Class - Upton Village Hall
10.00 to 11.00 am
Chris Lloyd **0151 342 7994**



WEDNESDAY

Exercise Class - Whitby Sports & Social Club
10.15 - 11.15 am
Chris Lloyd **0151 342 7994**

Walking Group - Up to 4 miles, various venues 10.00 am. Irene Roxburgh
walkers@chesterheartssupportgroup.co.uk
0151 356 1485

Tai Chi - Whitby Sports & Social Club
12.00 - 1.00 pm
Kevin Callaghan **01244 340767**



THURSDAY

Exercise Class - Neston Town Hall
10.00 - 11.00 am
Chris Lloyd **0151 342 7994**

Golf - Various venues, morning
Paul Holland **01948 770429**



FRIDAY

Gym - Lache Community Centre
12.30-1.30 pm

