Heart Support Groups
East of England
Heart Support Groups

What are they?

We raise money to research cures and treatments to beat heartbreak from heart and circulatory diseases like heart disease, stroke, vascular dementia and their risk factors like diabetes. These diseases can happen to anyone and everyone. By funding the research that will find cures and end the heartbreak they cause, we hope to realise our vision of a world without heart and circulatory diseases.

Set up by patients and carers, our affiliated Heart Support Groups provide support and friendship to anyone who has been affected by the emotional and physical strain of having a heart and circulatory diseases. Having been through it themselves they know what it takes to get that fighting spirit back.

Based on the recommendations of Heart Support Groups, the BHF has developed this directory. It’s been created to help you find and connect with your nearest group and ensure more and more people are getting the support they need.

With over 200 affiliated groups it can be difficult to find one that’s right for you. That’s why we’ve separated the groups based on their locations and provided as much information about them as we can. This includes their contact details, the activities they do, when and where they meet as well as their website if they have one.

If you’d like to find out more general information about Heart Support Groups, visit our website.

Alternatively you can email heartsupportgroups@bhf.org.uk or call our Heart Helpline on 0300 330 3311 (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers).

Heart Helpline 0300 330 3311

Social activities
Exercise classes
Walking groups
Ward/rehab visits
Befriending schemes
Networking with other groups
Providing a patient perspective
Campaigning for change
Fundraising
Volunteering for BHF
Meetings
Hearts in Beds
Cardiac Support Group

Group contact
Call Ted on 01234 327791
to find out more

Venue address
Priory Methodist Church Hall,
63 Newnham Avenue,
Bedford MK41 9QJ

Group activities

Meeting Times
The group meet on the first
Tuesday of every month at
7:00-9:15pm

Website
heartsinbeds.pbworks.com

Hearthrobs – Beds

Group contact
Call Jacqui on 07952 203191
to find out more

Venue address
Flitwick Leisure Centre,
Steppingley Road MK45 1TH

Group activities

Meeting Times
The group meet at 11am
on Mondays, Tuesdays,
Thursdays and Fridays
<table>
<thead>
<tr>
<th>Group Name</th>
<th>Group Contact</th>
<th>Venue Address</th>
<th>Website Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take Heart (South Beds)</td>
<td>Call Meryln on 01582 674317 to find out more</td>
<td>No set venue</td>
<td>cardiacfriends.co.uk</td>
</tr>
<tr>
<td>North Herts Cardiac Walking Group</td>
<td>Call Maggie on 01462 435375 to find out more</td>
<td>No set venue</td>
<td>hertbeats.org.uk</td>
</tr>
<tr>
<td>The Cardiac Friends</td>
<td>Call Heather on 01462 621264 to find out more</td>
<td>No set venue</td>
<td></td>
</tr>
<tr>
<td>Hertbeats</td>
<td>Call Roger on 01727 766278 to find out more</td>
<td>St Mary’s Church, Sherwood Avenue, Marshalswick, St Albans AL4 9QA</td>
<td></td>
</tr>
<tr>
<td>Watford Heart Support Group</td>
<td>Call David on 01923 773094 to find out more</td>
<td>Post Graduate Medical Centre, Willow House, Watford General Hospital, 60 Vicarage Road, Watford WD18 0HB</td>
<td></td>
</tr>
<tr>
<td>Heart to Herts</td>
<td>Call our Heart Helpline for details</td>
<td>Leverstock Green Village Hall, Leverstock Green Way, Hemel Hempstead HP3 8QG</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER</td>
<td></td>
</tr>
</tbody>
</table>

**Heart Helpline**

0300 330 3311

**Social activities**
- Exercise classes
- Walking groups
- Ward/rehab visits
- Befriending schemes
- Networking with other groups
- Providing a patient perspective
- Campaigning for change
- Fundraising
- Volunteering for BHF

**Meetings**

- Take Heart (South Beds)
- North Herts Cardiac Walking Group
- The Cardiac Friends
- Hertbeats
- Watford Heart Support Group
Tickers Cardiac Exercise Group

Group contact
Call Brian on 0124 542 0128 to find out more
Venue address
Writtle Sports & Social Club, Paradise Road, Writtle CM1 3HP
Group activities
Social activities
Exercise classes
Walking groups
Ward/rehab visits
Befriending schemes
Networking with other groups
Providing a patient perspective
Campaigning for change
Fundraising
Volunteering for BHF
Meetings

Meeting Times
The group meets for Phase 4 classes on:
- Mondays, noon–1.00pm and 1.15–2.15pm.
- Wednesdays, 6.15–7.15pm and 7.30–8.30pm.
- Thursdays, 11.00am–noon and 12.15–1.15pm.
Website
tickersrehab.co.uk

Essex Heartbeat

Group contact
Call Jenny on 01245 477437 to find out more
Venue address
The Essex Cardiothoracic Centre, Basildon University Hospital, Nethermayne, Basildon SS16
Venue address
Great Baddow Millennium Community Centre, Baddow Road, Chelmsford, Essex CM2 9RL
Venue address
Feering Community Centre, Coggleshall Road, Colchester, Essex CO5 9QB
Group activities

Meeting Times
The group meet on the third Friday of the month at 8:00pm

Basildon and District Heart Support Group

Group contact
Call David on 01277 217130 to find out more
Venue address
Laindon Community Centre, Aston Road, High Road, Laindon, Basildon SS15 6NX
Group activities

Meeting Times
The group meets on the third Monday of the month from 7.00pm
Website
basildonheart.org.uk

Take Heart Southend Heart Support Group

Group contact
Call Paul on 017023 09042 to find out more
Venue address
No set venue
Group activities

Website
takeheartsouthend.org
East of England

Heart Helpline 0300 330 3311

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- Fundraising
- Volunteering for BHF
- Meetings

14 Upbeat Heart Support

Group contact
Call Hilary on 01359 232678 to find out more

Venue address
Newbury Community Centre, St. Olaves Road, Howard Estate, Bury St. Edmunds, Suffolk IP32 6RW

Venue address
Long Melford Old School, Community Centre, Hall Street, Long Melford, Suffolk CO10 9DX

Venue address
Sexton’s Manor Primary School, Greene Road, Bury Saint Edmunds, IP33 3HG

Meeting Times
The group meets on Mondays, Wednesdays and Fridays from 9:30am-12:30pm

Website
upbeatheartsupport.org.uk

15 Heartbeat (East Suffolk)

Group contact
Call Michael on 01473 714431 to find out more

Venue address
Kesgrave Social Club, Edmonton Road, Kesgrave, Suffolk IP5 1EE

Venue address
Fore Street Swimming Pool, Fore Street, Ipswich, IP4 1JZ

Venue address
For additional venues please see groups website

Group activities

Website
heartbeateastsuffolk.org.uk
East of England

Heart Helpline 0300 330 3311

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16 Great Yarmouth and Waveney Heartcare Cardiac Support Group

Group contact
Call Mary on 01502 512894 to find out more

Venue address
The Hotel Victoria, Kirkley Cliff, Lowestoft, Suffolk NR33 0BZ

Group activities

Meeting Times
The group meet on the second Tuesday of the month at 7:30pm (except in December)

Website
heartcarecsg.org.uk

17 Kings Lynn Heart Support Group

Group contact
Call Charles on 07754 43458 to find out more

Venue address
St.Faith’s Church, Gaywood Church Rooms, Gayton Road, King’s Lynn PE30 4DZ

Group activities

Meeting Times

Heart Support Groups

BHF Affiliated Heart Support Groups

If you’d like to find out more about Heart Support Groups call 0300 330 3311 (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers) or email heartsupportgroups@bhf.org.uk

Resources

If you’re interested in setting up your own Heart Support Group, order our Heart Support Group Manual - “Getting going and keeping going” which is filled with hints and tips for starting and running your group.

The BHF has produced a booklet, “Heart to Heart – Heart disease and your emotional health”, which looks into the emotional strain of dealing with a heart condition or diagnosis and ways to cope with it.

We also have many other resources that provide information about a range of heart and circulatory diseases and their risk factors, as well as advice on living healthier.

To order any of our resources, visit bhf.org.uk/publications or call the BHF orderline on 0870 600 6566. Our resources are free of charge, but we rely on donations to continue our vital work.

BHF Heart Helpline

If you’d like information or support about your heart and circulatory health call 0300 330 3311 to speak to one of our Cardiac Nurses (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers). They can give you information and support about heart and circulatory diseases, and their risk factors. This includes conditions such as heart disease, stroke, vascular dementia and diabetes.

MIND Infoline

If you’d like information or advice around mental health call the MIND Infoline on 0300 123 3393 (open 9am to 6pm Monday to Friday, calls from landlines charged at local rates) or email info@mind.org.uk
Research has given us machines that can restart hearts, the ability to fix arteries in tiny babies, devices to correct heartbeats, the power to give someone a heart they weren’t born with, and so much more.

We’ve helped transform survival rates but heart and circulatory diseases still kill 1 in 4 people in the UK, they cause heartbreak on every street. And our work is urgent and vital as ever.

Our research, is the promise to protect the people we love. Our parents. Our brothers. Our sisters. Our grandparents. Our closest friends.

Research is who we are. The promise of future cures and treatments. The promise to beat heartbreak forever.

Everyone’s donations have got us this far. Every breakthrough we’ve made has been funded by people like you.

The money you donate makes a real difference and together, we can beat heartbreak forever.

Text BEAT to 70123 to donate £3 to help us beat heartbreak forever.