Heart Support Groups Wales
Heart Support Groups

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.

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

Heart Helpline 0300 330 3311

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).
Wales

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1 Phoenix Heart Support Group
Group contact
Call Paula on 014377 74262 to find out more
Venue address
Haverfordwest Leisure Centre, Winch Lane, Haverfordwest, Pembrokeshire SA61 1QX
Group activities
Website
phoenixicd.org.uk

2 Hale and Hearty
Group contact
Call Michael on 01267 220874 to find out more
Venue address
The Quins Club, Morfa Lane, Carmarthen SA31 3AX
Group activities

Meeting times
The group meet on the second Wednesday of the month 6:30pm to 8:30pm

3 Calon Dda
Group contact
Call Robert on 01558 650380 to find out more
Venue address
Community Hall, Lanwrda Carmarthenshire SA19 8HD

4 Ammanford Heart to Heart
Group contact
Call Linda on 01269 595801 to find out more
Venue address
Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN
Group activities

Meeting times
The group meet on Mondays at 1:30pm-2:30pm

5 The ICD Support Group
Group contact
Call Arlene on 01792 814518 to find out more
Venue address
Morriston Hospital, Morriston, Swansea SA6 6NL
Group activities

Meeting times
The group meet on Saturdays at 11:30am

6 West Glamorgan Cardiac Support Group
Group contact
Call our Heart Helpline for details
Venue address
Western Residences, Singleton Hospital, Swansea SA2 8QA
Group activities

Meeting times
The group meet on the first Thursday of each month (except Jan and Aug) at 7:30pm

7 Swansea Valley Cardiac Support Group
Group contact
Call Elizabeth on 07961 976310 to find out more
Venue address
37 Herbert Street, Pontardawe, Swansea SA8 4EB
Group activities


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Heartbeat ‘95

Group contact
Call our Heart Helpline for details
Venue address
Dowlais Community Centre
Station Road
Dowlais
Merthyr Tydfil CF48 3LP
Group activities

Meeting times
The group meet every Thursday at 2.00pm

Heartwise, Argoed

Group contact
Call Margaret on 0144 381 4676 to find out more
Venue address
Argoed Community Hall,
New Road
Argoed NP12 0HQ
Group activities

Meeting times
The group meet every Thursday at 2.00pm
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10 Bridgend and District Cardiac Support Group
Group contact
Call our Heart Helpline for details
Venue address
Dowlais Community Centre, Station Road, Dowlais, Merthyr Tydfil CF48 3LP
Group activities
Meeting times
The group meet on the first Monday of the month

11 Llanishen Healthy Hearts Group
Group contact
Call Alan on 0292 061 1569 to find out more
Venue address
Llanishen Leisure Centre, Ty Glas Road, Llanishen, Cardiff CF14 5EB
Group activities
Meeting times
The group meet every Friday at 1:00pm - 3:00pm

10 Bridgend and District Cardiac Support Group
Group contact
Call our Heart Helpline for details
Venue address
Dowlais Community Centre, Station Road, Dowlais, Merthyr Tydfil CF48 3LP
Group activities
Meeting times
The group meet on the first Monday of the month

11 Llanishen Healthy Hearts Group
Group contact
Call Alan on 0292 061 1569 to find out more
Venue address
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Group activities
Meeting times
The group meet every Friday at 1:00pm - 3:00pm
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Wales

Crumlin Bravehearts
Group contact
Call Ann on 0149 522 3337 to find out more
Venue address
Crumlin Institute, Crumlin Road, Crumlin, Newport NP11 4QD
Group activities
- Social activities
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Meeting Times
The group meet every
Tuesday afternoon at 1:45pm

Pontypool Pacers
Heart Support Club
Group contact
Call Gethin on 0149 577 3681 to find out more
Venue address
The Settlement, Trosnant St, Pontypool NP4 8AT
Group activities
- Social activities
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- Walking groups
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Meeting Times
The group meet on
Monday at 11am-12noon
and 12:15PM - 1:15pm

North Gwent Cardiac Rehabilitation and Aftercare Group
Group contact
Call Margaret on 0144 383 4323 to find out more
Venue address
No set venue
Group activities
- Social activities
- Exercise classes
- Walking groups
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Website
www.facebook.com/northgwentcardiacrehab

Fairwater Talking Hearts
Group contact
Call Jim on 0163 386 2901 to find out more
Venue address
Fairwater Leisure Centre, Tyewyn Way, Fairwater, Cwmbrai NP44 4YZ
Group activities
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Abergavenny
Pontypool

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Call Ann on 0149 522 3337 to find out more
Venue address
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Website
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Fairwater Talking Hearts
Group contact
Call Jim on 0163 386 2901 to find out more
Venue address
Fairwater Leisure Centre, Tyewyn Way, Fairwater, Cwmbrai NP44 4YZ
Group activities
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16 Risca Friends of the Heart
Group contact
Call Christopher on 0163 389 4404 to find out more
Venue address
Risca Leisure Centre,
Pontymason Lane, Risca,
South Wales NP11 6YY
Group activities
Meeting Times
The group meet on
Mondays at 10:30am and
on Tuesdays at 12:15pm

17 Gwentdefibbers
Group contact
Call our Heart Helpline for details
Venue address
St John Ambulance,
Hall, Abergavenny,
Monmouthshire NP7 5SG
Venue address
Old Church Rooms,
Park Road, Radyr CF15 8DF
Group activities
Meeting Times
The group meet on
Wednesdays at 11:00am to
12:30pm
Website
gwentdefibbers.wordpress.com

18 Happy Hearts
Group contact
Call Adrian on 0163 327 7021 to find out more
Venue address
The Beaufort Centre,
Beaufort Road, Newport,
NP19 7UB
Group activities
Meeting Times
The group meet on
Wednesdays at 11:00am to
12:30pm

19 Lliswerry Heart Link
Group contact
Call Alan on 0163 328 1035 to find out more
Venue address
Ringland Community Centre,
282 Ringland Circle,
Newport, NP19 9PS
Group activities
Meeting Times
The group’s aerobic classes are on Mondays
at 11:45am; Wednesday at 10am and 11:30am;
and Fridays at 11am

20 Alway Heart Support Group
Group contact
Call Ruth on 0163 340 0728
Venue address
Alway Centre, Aberthaw
Road, Newport NP19 9NS
Group activities
Meeting Times
The group meet on Mondays
10.00am to 11.00am

21 Heart – 2 – Heart (Caldicot)
Group contact
Call Dorothy on 01291 423523
Venue address
Caldicot Leisure Centre,
Mill Lane, Caldicot NP26 4BN
Group activities
Meeting Times
The group’s meeting dates are
Mondays at 10:30am
and Fridays at 11am

22 The Heartbeat Club
Group contact
Call Mrs Daykin on 0129 142
7286 to find out more
Venue address
Caldicot Leisure Centre,
Mill Lane, Caldicot NP26 4BN
Group activities
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.

This is a charity donation service for the BHF. Texts cost £3 + 1 standard rate msg. The BHF will receive 100% of your donation to fund our life saving research. To opt out of calls and SMS text NOCOMMS BHF to 70060, or if you have any questions about your gift call 02032827862.

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