Heart Support Groups
Yorkshire and the Humber
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.

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

What are they?

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).

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Northallerton Heart Support Group

Group contact
Call Doreen on 01609 770365 to find out more
Venue address
Brompton Village Hall, Cockpit Hill, Brompton, Northallerton DL6 2RQ
Group activities
Meeting Times
The group meets every Tuesday at 1:45pm, except after a bank holiday

Bedale Heart Support Group

Group contact
Call Karen on 01677 427126 to find out more
Venue address
Chantry Hall, North End, Bedale, North Yorkshire DL8 1AA
Group activities
Meeting Times
The group meets on Mondays 10.00am to 11.00am
Yorkshire and the Humber Heart Helpline 0300 330 3311

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Wharfedale General Hospital Cardiac Club

Group contact
Call David on 07818 024059 to find out more
Venue address
Wharfedale General Hospital, Newall Carr Road, Otley LS21 2LY
Group activities

Meeting Times
The group meet for exercise on Mondays and Thursdays at 6pm and 7.30pm
Website
wharfedalecardiacclub.org.uk

UPBEAT – Bradford North Heart Support Group

Group contact
Call Wendy on 01274 611817 to find out more
Venue address
Ivy Bank Court, Dewhirst Road, Baildon, West Yorkshire BD17 6EW
Group activities

Meeting Times
The group meet at 10:15am every Tuesday
Yorkshire and the Humber
Heart Helpline 0300 330 3311

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Bradford Heart Support Group
Group contact
Call our Heart Helpline for details
Venue address
Abbey Court, Anchor Housing, Stallybrass Street, Bradford BD8 8EF
Venue address
Shipley Swimming Pool, 5 Alexandra Road, Shipley BD18 3ER
Venue address
The New Tyke, Thornton Rd, Thornton, Bradford BD13 3DG
Venue address
25 Heaton Grove, Bradford BD9 4DY
Group activities

CREW Heart Support Group
Group contact
Call John on 0774 975 0874 to find out more
Venue address
Northbridge Leisure Centre, Northbridge, Halifax HX3 6TE
Venue address
St Andrews Church Hall Complex, Huddersfield Road, Halifax HX3 0AT
Venue address
Forest Cottage Community Centre, Cousin Lane, Halifax HX2 8AD
Venue address
Halifax Swimming Pool, Skircoat Road, Halifax HX1 2JN
Venue address
Todmorden Sports Centre, Ewood Lane, Todmorden OL14 7DF
Group activities

Heartbeat The Brighouse Heart Support Group
Group contact
Call Roger on 07475 943686 to find out more
Venue address
Brighouse Sports Club, Russell Way, Brighouse HD6 4LX
Group activities

Meeting Times
Classes are held hourly on Tuesday and Thursday mornings, 9:30am-12:30pm and Wednesday evenings from 6:30pm. Visit the group’s website for additional meeting times.
Website
heartbeat.uk.com

Huddersfield Heartline
Group contact
Call Jean on 01484 542821 to find out more
Venue address
Lindley Liberal Club, 36 Occupation Road, Lindley, Huddersfield HD3 3EQ
Group activities
Website
crewheartsupport.co.uk
**Yorkshire and the Humber**

Heart Support Groups Yorkshire and the Humber

Heart Helpline

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**Harrogate Heart Support Group**

**Group contact**
Call Chris on 01423 873126 to find out more

**Venue address**
Jennyfield Styan Centre, Grantley Drive, Harrogate HG3 2XU

**Venue address**
Harrogate District Hospital Gym, Lancaster Park Road, Harrogate HG2 7SX

**Venue address**
Harrogate Squash and Fitness Centre, Hookstone, Wood Road, Harrogate HG2 8PN

**Group activities**

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**Meeting Times**
The group meet on
Wednesdays at 6pm and
Thursdays at 6.45pm

**Website**

hhsg.org.uk
Yorkshire and the Humber

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Pulsations

Group contact
Call Richard on 0113 260 7380 to find out more

Venue address
Pendas Way Community Centre, Pendas Way, Leeds LS15 8LE

Group activities

Meeting Times
The group meet on Thursday evenings at 5:00pm and Saturday mornings at 9:00am

Website
pulsations.org.uk
Yorkshire and the Humber

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12 Castle Hill Cardiac Support Group

Group contact
Call Sandra on 01482 626773 to find out more

Venue address
Castle Hill Hospital,
Castle Road, Cottingham
HU16 5JQ

Group activities

Group activities

Meeting Times
The group meets on the last Thursday of the month at 10.15am

Website
cardiacsupportgroup-hull.co.uk

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Rotherham
Sheffield
Barnsley
Yorkshire and the Humber

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13 Barnsley Long Term Exercise Heart Support Group

Group contact
Call Steve on 07790 009954 to find out more

Venue address
The Old Bakery,
Rear of 116-118 Midland Road
Royston, Barnsley,
South Yorkshire S71 4QT

Group activities
- Meeting Times
The group meet on:
Mondays, Wednesdays and Fridays, between 8am-12noon; Tuesday’s and Thursday’s between 12 noon-3.00 pm; and also between 6.30-8.00pm.

Website
barnsleyhealthyhearts.org.uk

14 Barnsley Coronary Club

Group contact
Call our Heart Helpline for details

Venue address
Y.M.C.A., Blucher Street,
Barnsley S70 1AP

Group activities
- Meeting Times
The group meet every Monday evening at 7pm

Group contact
Call Steve on 07790 009954 to find out more

Venue address
The Old Bakery,
Rear of 116-118 Midland Road
Royston, Barnsley,
South Yorkshire S71 4QT

Group activities
- Meeting Times
The group meet on:
Mondays, Wednesdays and Fridays, between 8am-12noon; Tuesday’s and Thursday’s between 12 noon-3.00 pm; and also between 6.30-8.00pm.

Website
barnsleyhealthyhearts.org.uk
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15 Badsley Bathers
Group contact
Call Eddie on 01909 550765 to find out more
Venue address
Park Rehabilitation, Badsley Moor Lane, Herringthorpe, Rotherham S65 2QL
Meeting Times
The group meet on the third Wednesday of the month from 12:30pm-3:00pm

16 Restart Rotherham
Group contact
Call Robert on 07860 203345 to find out more
Venue address
Rotherham Leisure Complex, Effingham Street, Rotherham S65 1BL
Meeting Times
The group meet every Wednesday at 6:30 -7:30pm

17 Rotherham Heart Support Group
Group contact
Call Ken on 01709 895 1534 to find out more
Venue address
Talbot Lane Methodist Church, Moorgate Street, Rotherham S60 2EY
Meeting Times
The group meet on Mondays and Thursday at 11:15am-12:15pm and 12:15pm-1:15pm

18 Sheffield Open Heart Club (SHOC)
Group contact
Call Sally on 0114 268 6852 to find out more
Venue address
No set venue
Meeting Times
The group meet every Monday morning at 10:30am
Website
shocweb.org.uk

19 Hallamshire Hearties
Group contact
Call Fred on 0114 281 6614 to find out more
Venue address
St Marks Church, Broomfield Road, Broomhill, Sheffield S10 2SE
Website
The group meets every Monday morning at 10:30am

20 Hallamshire Hearties
Group contact
Call Fred on 0114 281 6614 to find out more
Venue address
St Marks Church, Broomfield Road, Broomhill, Sheffield S10 2SE
Group activities
Website
The group meets every Monday morning at 10:30am

21 Sheffield Coronary Society
Group contact
Call Ken on 07800 836350 to find out more
Venue address
Graves Tennis and Leisure Centre, Bochum Parkway, Sheffield S8 8JR
Group activities
Website
Sheffieldcoronarysociety.org.uk

Hallamshire Hearties
Group contact
Call Fred on 0114 281 6614 to find out more
Venue address
St Marks Church, Broomfield Road, Broomhill, Sheffield S10 2SE
Group activities
Website
The group meets every Monday morning at 10:30am

Sheffield Coronary Society
Group contact
Call Ken on 07800 836350 to find out more
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Graves Tennis and Leisure Centre, Bochum Parkway, Sheffield S8 8JR
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Scunthorpe Heart 2 Heart
Group contact
Call Michael on 01724 842957 to find out more
Venue address
Scunthorpe Community WellBeing Hub, Alvingham Road, Scunthorpe, North Lincolnshire DN16 2DP
Group activities
Meeting Times
The group meets on the second Tuesday of the month at 7.00pm

Scunthorpe
Heart 2 Heart

Meeting Times
The group meets on the second Tuesday of the month at 7.00pm
Heart Helpline 0300 330 3311

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.