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.

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

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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1 Dronfield Cardio Club

Group contact
Call Norma on 01142 890110 to find out more

Venue address
Dronfield Civic Hall, Civic Centre, Dronfield, Derbyshire S18 1PD

Group activities

Meeting Times
The group meet at various times on Mondays, Tuesdays and Wednesdays, contact the group for further details

2 Lighthearted

Group contact
Call Frank on 01246 854223 to find out more

Venue address
The Queens Park Sports Centre, Boythorpe Road, Chesterfield S40 2ND

Group activities

Meeting Times
The group meet on Tuesdays at 10:30am to 11:30am

Website
lightheartedclub.co.uk

3 Peak Heart Throbs

Group contact
Call Brian on 01246 418552 to find out more

Venue address
The Gymnasium, Chesterfield Royal Hospital, Chesterfield Road, Calow, Chesterfield S44 5BL

Group activities

Meeting Times
The group meet every Thursday 5:00pm - 6:00pm

4 Dales Heart Cardiac Support Group

Group contact
Call our Heart Helpline for details

Venue address
Imperial Rooms, Imperial Road, Matlock, Derbyshire DE4 3NL

Group activities

Meeting Times
The group meet on the second Tuesday of the month at 14:15pm

Website
dalesheart.co.uk

5 Dicky Ticklers Heart Support Group

Group contact
Call Peter on 07840 585225 to find out more

Venue address
Sharley Park Leisure Centre, Market Street, Clay Cross, Derbyshire S45 9LX

Group activities

Meeting Times
The group meet on Monday at 6pm-7pm, Wednesday 11:15am- 12:45 pm and Friday 2pm-3pm

Website
dickytickers.org
Heart Support Groups East Midlands

Social activities
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Meetings

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Heart2heart

Group contact
Call Ron on 01909 722033 to find out more

Venue address
The Arc, High Street, Clowne, Derbyshire S43 4DH

Group activities
Coffee, food, chat

Meeting Times
The group meet on Mondays at 2:00 - 3:00pm (except bank holidays)

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Bassetlaw Cardiac Support Group

Group contact
Call our Heart Helpline for details

Venue address
The Crossing Church and Centre, Newcastle Street, Worksop, Nottinghamshire S80 2AT

Group activities
Coffee, food, chat

Meeting Times
The group meet on the first Friday of alternate months from January at 2:00-4:00pm

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Gainsborough Heart Support Group

Group contact
Call our Heart Helpline for details

Venue address
The Ferryhouse, 27 Front Street East, Stockwith, Lincolnshire DN21 3DJ

Group activities
Coffee, food, chat

Meeting Times
The group meet on the last Wednesday of the month at 2:00-4:00pm

Website
bassetlawbighearted.co.uk

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Ace Running Club

Group contact
Call Roland on 07595 654485 to find out more

Venue address
No set venue

Group activities

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Website
acerunners.co.uk
East Midlands

Heart Support Groups East Midlands

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Heart Helpline
0300 330 3311

East Lindsey Heart Support Group

Group contact
Call Carol on 0150 732 7084 to find out more

Venue address
Thoresby Education Suite,
Louth County Hospital,
High Holme Road,
Louth LN11 0EU

Group activities

Meeting Times
The group meet on the first Wednesday of the month (excluding January) at 7.30pm. They also have Phase 4 classes on Thursday mornings, Tai Chi on Tuesday mornings and walks on Sunday mornings at 11.00am

Website
heartsupportgroup.co.uk

Louth

Louth

East Lindsey Heart Support Group

Meeting Times

Website

heartsupportgroup.co.uk
12 Take Heart Leicester

Group contact
Call Elizabeth on 07549 164996 to find out more

Venue address
Glenfield Hospital, Groby Road, Leicester LE3 9QP

Group activities

Meeting Times
The group meet on the first Saturday of the month 10.00am to noon.

Website
takeheartleicester.co.uk

13 Exercise for the Heart

Group contact
Call Jane on 07930 975681 to find out more

Venue address
Ilkeston United Reformed Church, 53 Wharncliffe Road, Ilkeston DE7 5GF

Venue address
Draycott Table Tennis Centre, New Street, Draycott, Derby DE7 3LZ

Group activities

Meeting Times
The group meet on Mondays, Thursdays and Fridays at various times

Website
exercisefortheheart.co.uk

14 Take Heart (Derby)

Group contact
Call Michael on 01332 380219 to find out more

Venue address
Cube Cafe/Bar, 19 Chapel Street, Derby DE1 3GU

Venue address
Friends Meeting House, 56 St Helen’s Street, Derby DE1 3HY

Group activities

Meeting Times
The group meet four times a year at 6:00-8:00pm

Website
takeheartderby.co.uk

15 The Cardiac Support Group Nottingham

Group contact
Call Michael on 01773 717648 to find out more

Venue address
Main Hall, Sherwood Wing, Nottingham City Hospital, Hucknall Road, Nottinghamshire NG5 1PB

Group activities

Meeting Times
The group meet on the last Thursday of the month 7.00–9.00pm

Website
heartsupport.co.uk

16 Beat - It East Midlands

Group contact
Call Virginia on 07539 936464 to find out more

Venue address
Grantham and District Hospital, 101 Manthorpe Road, Grantham, Lincolnshire NG31 8DG

Group activities

Meeting Times
The group meet four times a year at 6:00-8:00pm

Website
beatiteastmidlands.co.uk
East Midlands

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17 Daventry and District HSG
“Young at Heart”

Group contact
Call John on 01327 341526 to find out more
Venue address
Weedon Village Hall, West Street, Weedon, Northamptonshire NN7 4QU
Group activities
Meeting Times
The group meet on the second Wednesday of the month (excluding August) at 7:30pm.

18 Kettering Heart 2
Heart Cardiac Support Group

Group contact
Call David on 01536 791120 to find out more
Venue address
Kettering Hospital Social Club, Kettering, Northampton NN16 8UZ
Group activities
Meeting Times
The group meet on the second Wednesday of the month (excluding August) at 7:30pm.

19 Towcester Heartbeats

Group contact
Call Annie on 07554 150870 to find out more
Venue address
The Forum, Moat Lane, Towcester, Northants NN12 6AD
Group activities
Meeting Times
The group meet on the third Thursday of the month at 7:00-8:30pm

20 Heartwise

Group contact
Call Janet on 075193 06488 to find out more
Venue address
Corby Conservative Club, Cottingham Road, Corby, Northants NN17 1SZ
Group activities
Meeting Times
The group meets every other Friday between 11am-3pm
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.