Heart Support Groups
London
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).
1. CCTGA UK Heart Support Group
   - **Group contact**
     - Call our Heart Helpline for details
   - **Venue address**
     - No set venue – this is an online based support group
   - **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
   - **Website**
     - facebook.com/ccTGAUK

2. Harrow Heart Support Group
   - **Group contact**
     - Call John on 0208 428 0222 to find out more
   - **Venue address**
     - The Wealdstone Centre, 38-40 High Street, Wealdstone HA3 7AE
   - **Group activities**
     - Social activities
     - Exercise classes
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3. Pulse Finders
   - **Group contact**
     - Call our Heart Helpline for details
   - **Venue address**
     - Northwick Park Hospital Services, Level 4 Reception Area, Watford Road, Harrow, HA1 3UJ
   - **Group activities**
     - Social activities
     - Exercise classes
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4. Brent Heart of Gold Support Group
   - **Group contact**
     - Call Iqbal on 0208 204 8399 to find out more
   - **Venue address**
     - Bridge Park Leisure Centre, Harrow Road, Stonebridge Park, Wembley, Middlesex NW10 0RG
   - **Group activities**
     - Social activities
     - Exercise classes
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5. A.A.Heart Club
   - **Group contact**
     - Call our Heart Helpline for details
   - **Venue address**
     - Bridge Park Leisure Centre, Harrow Road, Stonebridge Park, Wembley, Middlesex NW10 0RG
   - **Group activities**
     - Social activities
     - Exercise classes
     - Walking groups
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**London**

Heart Helpline
0300 330 3311

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4 To Transplant and Beyond

Group contact
Call our Heart Helpline for details
Venue address
No set venue – this is an online based support group
Group activities

7 Heartlink Ealing

Group contact
Call Trevor on 0208 575 6119 to find out more
Venue address
Ealing Hospital, Lecture Theater, 3rd Floor, Uxbridge Road, Southall UB1 3HW
Group activities

6 Upbeat Heart Prevention and Patient Support Group

Group contact
Call Ron on 07903 996623 to find out more
Venue address
West Middlesex University Hospital, Twickenham Road, Isleworth, Middlesex TW7 6AF
Group activities

Social activities
Exercise classes
Walking groups
Ward/rehab visits
Befriending schemes
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Heart Helpline
0300 330 3311
Heart Support Groups London

Social activities
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Heartlinks

Group contact
Call Tim on 0208 440 4151 to find out more

Venue address
Education Centre, Barnet Hospital, Wellhouse Lane, Barnet, London EN5 3DJ

Group activities

Meeting Times
The group meet at 7:00pm-9:00pm on the third Thursday of most months

Heart Throbs
Cardiac Support Group

Group contact
Call Chris on 01992 718155 to find out more

Venue address
St Stephens Church Hall, Park Avenue, Enfield, Middlesex EN1 2BA

Venue address
Holtwhites Sports and Social Club, 1 Kirkland Drive, Enfield, Middlesex EN2 0RJ

Group activities

Meeting Times
The group meet on:
Mondays at 10:00am - 12:00 noon; Tuesdays 14:00 - 16:00pm and Friday 10:00am - 12:00 noon

Website
heart-throbs.org.uk
Heart Support Groups London

Social activities
Exercise classes
Walking groups
Ward/rehab visits
Befriending schemes
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Heart Support Groups

Homerton Hearts
Group contact
Call Maureen on 0208 510 7642 to find out more
Venue address
Matthews Duncan Seminar Room, Homerton Hospital, Homerton Row, London E9 6SR
Group activities
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Meeting Times
The group meet on the third Wednesday of the month (except in August)

Heart to Heart
Royal Free Hospital
Cardiac Support Group
Group contact
Call Carol on 0208 452 2569 to find out more
Venue address
The Armoury, 25 Pond Street, Hampstead, London NW3 2PN
Group activities

Charing Cross Cardiac Club
Group contact
Call Geoffrey on 0208 994 2360 to find out more
Venue address
Room 1, Reynolds Building, Charing Cross Hospital, Fulham Road, London W6 8RF
Group activities

Guy’s and St Thomas’ 15 Cardiac Support Group
Group contact
Call Kizzie on 07957 519620 to find out more
Venue address
Cardiac Outpatients, 1st Floor, Southwark Wing Main Block, Guy’s Hospital, Great Maze Pond, London SE1 9RT
Group activities

Pimlico Healthy Hearts Support and Exercise Group
Group contact
Call Neil on 0208 383 0229 to find out more
Venue address
St Margarets Activity Centre, 1 Carey Place, Westminster, London SW1V 2RT
Group activities

Meeting Times
The group meet on the second Monday of the month at 7:00pm
16 The Cardiac Club @SW19
Group contact
Call Fiona on 0208 641 2724 to find out more
Venue address
South Wimbledon Community Association,
78 Victory Road,
London SW19 1HN
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 meet on Tuesdays at 4:00pm to 7:00pm and Thursdays at 5:00pm to 8:00pm
Website
cxc.org.uk

17 Croydon Cardiac Support Group
Group contact
Call Derek on 0208 657 6982 to find out more
Venue address
Croydon University Hospital,
London Road, Croydon,
Surrey CR7 7YE
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 meet on the second Wednesday of the month at 7.15pm
Website
heartsupportgroup.org.uk

18 Ace of Hearts
Group contact
Call Steve on 07956 906725 to find out more
Venue address
“Sunrise” Frognal House,
Frognal Avenue, Sidcup
DA14 6LF
Group activities
Meeting Times
The group meet on the second Wednesday of the month 1.00 – 3.00pm
Website
aohcsg.webs.com

19 Artful Dodgers - Lewisham Heart Support Group
Group contact
Call Ray on 07763 819156 to find out more
Venue address
Owen Centre, Lewisham Hospital,
Lewisham London SE13 6LH
Group activities
Meeting Times
The group meet on the second Tuesday of the month at 2:00-4:00pm
London

Heart Helpline
0300 330 3311

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King of Hearts

Group contact
Call Mr Holbourns on 0208 554 6779 to find out more
Venue address
Fullwell Cross Library, High Street, Barkingside, Ilford IG6 2EA
Group activities

Meeting Times
The group meet on the second Wednesday of the month at 7:30-9:30pm
Website
kingofheartsuk.org

Havering Hearties

Group contact
Call Jacqueline on 01708 472697 to find out more
Venue address
Royal British Legion, Goodchild House, 54 Western Road, Romford RM1 3LP
Group activities

Meeting Times
The group meet on the second Thursday of the month at 7:30pm
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.