Heart Support Groups
North East

Locations:
- Newcastle-upon-Tyne
- Sunderland
- Durham
- Hartlepool
- Bishop Auckland
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.

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

What are they?

- 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 Support Groups North East

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0300 330 3311

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1. Stepping Stones, Cardio Support Group
   - Group contact
     Call Linda on 0191 264 4169 to find out more
   - Venue address
     West Denton Community Fire Station, West Denton Way, Newcastle upon Tyne NE5 2RB
   - Group activities
     🎉
   - Meeting Times
     The group meet on the second Thursday of the month at 7.30pm

2. South Tyneside Heart Support Group
   - Group contact
     Call our Heart Helpline for details
   - Venue address
     South Tyneside District Hospital, Gymnasium, Harton Lane, South Shields, Tyne and Wear NE34 0PL
   - Group activities
     🎉
   - Meeting Times
     The group meet on Mondays, Wednesdays and Thursdays at 10:00am-12:15pm

3. The Sunderland Cardiac Support Group
   - Group contact
     Call Barry on 0191 565 6892 to find out more
   - Venue address
     Bethany City Church Bede Tower, Burdon Road, Sunderland SR2 7EA
   - Group activities
     🎉
   - Meeting Times
     The group meet on Tuesdays and Thursdays 7.00pm - 8.00pm

4. Washington Young at Heart
   - Group contact
     Call Anne on 0191 4403 538 to find out more
   - Venue address
     Wessington Primary School, Lanercost, Washington, Tyne & Wear NE38 7QA
   - Group activities
     🎉
   - Meeting Times
     The group meets on Tuesdays and Thursdays at 7.00pm - 8.00pm

Website
sunderlandcardiac.org.uk
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Durham Coronary Support Group
Group contact
Call John on 0191 386 7083 to find out more
Venue address
County Hall, Durham City, Durham DH1 5UE
Venue address
Framwellgate Community Centre, Front Street, Framwellgate, Durham DH1 5BL
Venue address
St Aidans Church Hall, Front Street, Framwellgate, Durham DH1 5BL
Meeting Times
The group meet on the first Wednesday of the month at 7:00-8:00pm

Bishop Healthy Heart-Beat Support Group
Group contact
Call Audrey on 0138 881 5041 to find out more
Venue address
Henknowle Community Association Community Centre, Cumbria Place, Bishop Auckland, County Durham DL14 6TJ
Meeting Times
The group meet on Tuesdays at 9:30am-12:30pm

Heart Support (North Tees and Hartlepool)
Group contact
Call Heather on 01642 653638 to find out more
Venue address
22 Burniston Road, Billingham, County Durham, TS22 5DD
Group activities
Website
takeheartsupportgroupteeside.co.uk

Hartlepool Hearts Coronary Support Group
Group contact
Call David on 0142 928 1709 to find out more
Venue address
Millhouse Leisure Centre, Raby Road, Hartlepool TS24 8AR
Meeting Times
The group meet on Mondays for exercise sessions 1:30–2:30pm

Take Heart Support Group
Group contact
Call Ron on 01287 772778 to find out more
Venue address
Visit the group’s website for all venue addresses and details
Website
takeheartsupportgroupteeside.co.uk

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BHF Affiliated Heart Support Groups

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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.