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).
South East

Heart Support Groups

Heart Support Groups South East

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

1. Milton Keynes Community Cardio-pulmonary Group

Group contact
Call Gill on 01908 632999 to find out more
Venue address
Hinton Hall, 296A Whaddon Way, Bletchley, Milton Keynes MK3 7GB
Meeting Times
The group meet Monday to Thursday for exercise sessions
Website
mkcardiacgroup.org

2. Brave Hearts Cardiac Support Group

Group contact
Call Christopher on 01628 525601 to find out more
Venue address
Magnolia Park Social Club, Hughenden Valley, High Wycombe HP14 4LA
Meeting Times
The group meet on the third Tuesday of the month at 2:30pm
Website
heartsandsouls.org.uk

Heart Helpline
0300 330 3311

Venue address
Hinton Hall, 296A Whaddon Way, Bletchley, Milton Keynes MK3 7GB

Venue address
York House Center, London Road, Stony Stratford, Milton Keynes MK11 1J

Website
mkcardiacgroup.org

Website
heartsandsouls.org.uk
South East

Heart Support Groups

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

Andover Heart Support Group

Group contact
Call our Heart Helpline for details
Venue address
Andover War Memorial Hospital, Physio Gym, Charlton Road, Andover SP10 3LB
Group activities
Meeting Times
The group meet on Tuesdays and Thursdays 5:30pm to 7:00pm

Winchester Heart Support Group

Group contact
Call our Heart Helpline for details
Venue address
Royal Winchester County Hospital, Romsey Road, Winchester, Hampshire SO22 5DG
Venue address
Hampshire Fire and Police Headquarters, Leigh Road, Eastleigh, Hampshire SO50 9SJ
Group activities
Meeting Times
The group meet on Tuesdays at 5.15pm, 6.15pm, 7.15pm and Thursdays at 5.30pm, 6.25pm, 7.20pm

Alton Cardiac Social Club

Group contact
Call Sue on 01256 466276 to find out more
Venue address
Basingstoke & Alton Cardiac Rehabilitation Centre, Chawton Park Road, Alton, Hampshire, GU34 1RQ
Group activities
Meeting Times
The group meet on the first Tuesday of the month at 2.30pm
Website
heartbeats-berkshire.co.uk

Heartbeats – West Berkshire Heart Support Group

Group contact
Call Geoffrey on 0118 958 6915 to find out more
Venue address
Calcot Community Centre, High View, Calcot, Reading RG31 4XD
Venue address
St John’s Church Hall, St John’s Road, Newbury RG14 7PR
Venue address
Prospect Park Car Park, Liebenrood Road, Reading RG30 2ND
(For walking group)
Venue address
Toby Carvery Lower Earley, 2 The Square, Chalfont Way, Earley, Reading RG6 5HJ
Group activities
Meeting Times
The group meet on the first Tuesday of the month at 2:30pm
Website
heartbeats-berkshire.co.uk
South East

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

7 Hearts in Slough
Group contact
Call our Heart Helpline for details
Venue address
Langley Health Centre,
Common Road, Langley,
Berkshire SL3 8LE
Group activities
Meeting Times
The group meet 11 times a year
Venue address
Langley Health Centre,
Common Road, Langley,
Berkshire SL3 8LE
Website
throbrehab.org.uk

8 The Heart Rehabilitation Organisation of Berkshire (THROB)
Group contact
Call Keith on 0118 978 5838 to find out more
Venue address
Carnation Hall, Chavey Down, Winkfield Row
RG42 7PA
Group activities
Website
throbrehab.org.uk

9 ICDC Surrey
Group contact
Call Judi on 01932 348729 to find out more
Venue address
Ashford and St Peters Hospital, Guildford Road,
Chertsey, Surrey KT16 0PZ
Group activities
Meeting Times
The group meet 11 times a year
Website
throbrehab.org.uk

10 Heartbeat Support Woking
Group contact
Call Bernie on 07973 418799 to find out more
Venue address
Sea Cadets Centre,
Training Ship Dianthus,
Wishbone Way, Goldsworth Park, Woking GU21 3RT
Group activities
Meeting Times
The group meet on the second Tuesday of the month at 7.30pm
Website
icdc-surrey.org.uk

11 Frimley Park Hospital Heart Support Group
Group contact
Call Andrea on 01276 604604 to find out more
Venue address
St Francis Church,
121 Upper Chobham Road, Camberley, Surrey GU15 1EE
Group activities
Meeting Times
The group meet on the second Tuesday of the month at 7.30pm
Website
throbrehab.org.uk

12 Guildford Cardiac Support Group
Group contact
Call Jennifer on 0148 382 6175 to find out more
Venue address
St. John Ambulance HQ, Stocton Close, Guildford, Surrey GU1 1HA
Group activities
Meeting Times
The group meet on the second Tuesday of the month at 7.30pm
Website
icdc-surrey.org.uk

13 Heartsmart
Group contact
Call Ian on 0125 251 9545 to find out more
Venue address
No set venue
Group activities
Meeting Times
The group meet on the second Tuesday of the month at 7.30pm
Website
 throbrehab.org.uk

14 Bromley Heart Support Group
Group contact
Call Emily on 0203 930 0214 to find out more
Venue address
No set venue
Group activities
South East

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

15 Medway Heartcare Support Group

Group contact
Call Pamela on 07966 483447 to find out more

Venue address
Medway Maritime Hospital, Windmill Road, Gillingham ME7 5NY

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 first Wednesday of the month at 7pm

16 Ashford and District Heart Support Group

Group contact
Call Liz on 01233 732560 to find out more

Venue address
Stour Leisure Centre, Tannery Lane, Ashford TN23 1PL

Meeting Times
The group meet on the first Thursday of the month and walk on the third Thursday of the month

17 Canterbury Heart Support Group

Group contact
Call Bob on 01227 639179 to find out more

Venue address
No set venue

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

18 Hearty Heart Support Group

Group contact
Call Marina on 07413138825 to find out more

Venue address
No set venue

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
Heart Support Groups South East

Social activities
- Exercise classes
- Walking groups
- Ward/rehab visits
- Networking with other groups
- Providing a patient perspective
- Fundraising
- Volunteering for BHF
- Campaigning for change
- Meetings

Heart Helpline
0300 330 3311

South East

Brighton

Crawley

Eastbourne

Crawley and Horsham Heart Support Group
Group contact
Call Kenneth on 01293 885619 to find out more
Venue address
Gossops Green Community Centre, Capel Lane, Crawley, West Sussex RH11 8HJ
Group activities
Website
cardiacrehabsupport.org.uk

Cardiac Rehab Support
West Sussex

Brighton and Sussex Take Heart Group
Group contact
Call David on 07834 595657 to find out more
Venue address
Multiple venues across Newhaven, Peacehaven, Brighton, Hove, and Shoreham. See group’s website for full details
Group activities
Website
takeheartgroup.org

Bounceback Cardiac Rehab Support Group
Group contact
Call Toby on 07793 241417 to find out more
Venue address
The group meet at twelve locations. See their website for full details
Group activities
Website
bbfit.co.uk

Meeting Times
The group meets every Wednesday (2.30pm - 4.30pm) and Friday (7.30pm - 9.30pm)
Heart Support Groups South East

South East

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

21 Fareham Cardiac Support Group

Group contact
Call John on 01329 310187 to find out more

Venue address
Wallington Village Hall, Broadcut, Fareham PO16 8ST

Group activities

Meeting Times
The group meets on the first Thursday of the month at 7:30pm. They also have access to a local gym for rehabilitation exercise on Monday, Wednesday and Friday mornings

Website
farehamcsg.wordpress.com

23 Portsmouth Heart Group

Group contact
Call Arnold on 02392 786443 to find out more

Venue address
Portsmouth Rugby Club, Norway Road, Portsmouth PO3 5EP

Group activities

Meeting Times
The group meet at various time from Monday to Friday. See groups website for full details

Website
islandheartcareclub.org.uk

24 Haslar Heart Support Group

Group contact
Call Chris on 02392 581267 to find out more

Venue address
Gosport War Memorial Hospital, Bury Road, Gosport, PO12 3PW

Group activities

Meeting Times
The group meet on the first Thursday of the month (except January, August and December) at 7:00pm

Website
farehamcsg.wordpress.com

26 Isle of Wight Heart Care Club

Group contact
Call Lyn on 01983 296091 to find out more

Venue address
The Heights Leisure Centre, Broadway, Sandown PO36 9ET
West Wight Leisure Centre, Moa Place, Freshwater PO40 9XH
Garfield Methodist Church, 14 Garfield Road, Ryde PO33 2PT
Fitness Factory, 1a Portland Street, Newport PO30 1QQ

Group activities

Meeting Times
The group meet on the first Wednesday of the month at 10:30am-12 noon

Website
islandheartcareclub.org.uk

27 East Hants Heart Group

Group contact
Call Brandie on 02392 283649 to find out more

Venue address
Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, PO7 7AY

Group activities

Meeting Times
The group meets once a month
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.