Heart Support Groups
West Midlands

Wolverhampton
Shrewsbury
Kidderminster
Leominster
Birmingham
Uttoxeter
Coventry
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).

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 Helpline 0300 330 3311

What are they?
West Midlands

1 Copthorne Clickers United
Group contact
Call Jennifer on 0174 336 1953 to find out more
Venue address
Lord Hill Hotel, Abbet Foregate, Shrewsbury SY2 6AX
Group activities
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Website
clickers.com

2 Wolverhampton Coronary Aftercare Support Group
Group contact
Call Kenneth on 01902 755695 to find out more
Venue address
Heart and Lung Center, New Cross Hospital, Wolverhampton Road, Wolverhampton WV10 0QP
Venue address
University Science Park, Glaisher Drive, Wolverhampton WV10 9RU
Group activities
Social activities
Meeting Times
The group meet on alternate Mondays at 6:00pm, excluding bank holidays
Website
have-a-heart.co.uk
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3 Uttoxeter Heart Support Group

Group contact
Call Hermione on 01889 569126 to find out more

Venue address
Uttoxeter Leisure Centre,
Oldfields Road,
Uttoxeter ST14 7QL

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

6 Smarhearts at Burton

Group contact
Call Julie on 01283 593150 to find out more

Venue address
Cardiac Rehab, Queens Hospital, Belvedere Road,
Burton on Trent DE13 0RB

Venue address
Stretton Church Hall,
Main Street,
Burton on Trent DE13 0EA

Group activities

5 Walsall Cardiac Rehabilitation Trust (Heart Care)

Group contact
Call Suzanne on 01922 725050 to find out more

Venue address
Heart Care,
12 Portland Street,
Walsall WS2 8AB

Group activities
Website
heartcare.org.uk

8 The Sandwell Cardiac Club

Group contact
Call John on 0121 358 6135
to find out more

Venue address
Stoney Lane Day Centre,
Stoney Lane B71 4JA

Group activities
Meeting Times
The group meet on the last Wednesday of the month at 7.00pm
Website
cardiacclub.ucoz.com

7 Stafford & Surrounds Heart Support Group

Group contact
Call Claire on 01785 257731 ext 3615 to find out more

Venue address
Postgraduate Medical Centre,
County Hospital, Weston Road, Stafford ST16 3SA

Group activities

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8 Dudley HUGS
(Hearts Undergoing Support)

Group contact
Call Cynthia on 07767 766579
to find out more
Venue address
Holy Trinity Church Hall,
High Street, Wordsley
DY8 5RU
Group activities

Website
dudleyhugs.co.uk

9 Take Heart Wyre
Forest Heart Support Group

Group contact
Call Peter on 07941 025941
to find out more
Venue address
Kidderminster Hospital,
Bewdley Road,
Kidderminster,
Worcestershire DY11 6RJ
Group activities

Website
wyreforesttakeheart.org.uk

10 Leominster Hearts in Action

Group contact
Call Ralph on 0154 434 0090
to find out more
Venue address
Leominster Leisure Centre,
Coningsby Road,
Leominster,
Herefordshire HR6 8LL
Group activities

Meeting Times
The group meet on Thursdays
10.30am – 11.30am

11 Worcester Heart Support Group

Group contact
Call Roger on 01905 616495 to
find out more
Venue address
Stoulton Village Hall,
Church Lane,
Stoulton WR7 4RE
Group activities

Meeting Times
The group meet at 7:30 pm
on the second Wednesday
of the month (except January
and August)
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Heartbeat – Heart Support Group

Group contact
Call John on 07799 412752 to find out more

Venue address
The Kenrick Centre, Mill Farm Road, Harborne, Birmingham B17 0QX

Venue address
Shenley Court Hall, 200 Green Meadow Road, Selly Oak, Birmingham B29 4ED

Meeting Times
The group meet every Monday morning, 10am - 11:15am at Shenley Court Hall and on Thursdays at 10:30am to 11:50am at the Kendrick Centre

Solihull Heart Support Group

Group contact
Call Mike on 0121 430 3502 to find out more

Venue address
Marie Curie Hospice Solihull Marsh Lane, Solihull B91 2PQ

Meeting Times
The group meet on the third Wednesday of the month 7.15pm to 9.00pm (except August and December). See their website for exercise class times and location.

Website
solihullheartsupport.org.uk
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Take Heart

Group contact
Call David on 0178 881 0905 to find out more

Venue address
Bilton Bowling Club, Bawnmore Road, Rugby CV22 7QH

Venue address
Rugby Thornfield Indoor, Bowling Club, Bruce Williams Way, Rugby CV22 5LZ

Group activities

Meeting Times
The group meet at 10am on Saturdays for a coffee morning and at 7pm on the last Tuesday of the month

Website
rugbytakeheart.com

Venue address
Bilton Bowling Club, Bawnmore Road, Rugby CV22 7QH

Venue address
Rugby Thornfield Indoor, Bowling Club, Bruce Williams Way, Rugby CV22 5LZ

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Redditch Hale and Hearties

Group contact
Call our Heart Helpline for details
Venue address Community House, 103 Easemore Road, Redditch B98 8EY
Venue address Oakenshaw Centre, Castleditch Lane, Redditch B98 7YB
Venue address Evergreens Scout Hut, 2 Kidderminster Road, Bromsgrove B61 7JU
Group activities

Meeting Times
The group runs 5 exercise classes and also meet on the second Wednesday of every other month 7:30pm to 9:30pm
Website redditchhaleandhearties.org.uk
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.

More information

BHF Affiliated Heart Support Groups

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.