HEART SUPPORT GROUPS
What are they?

We are the UK’s number one heart charity and through 50 years of funding cutting edge research we have already made a big difference to people’s lives.

But the landscape of heart disease is changing. More people survive a heart attack than ever before, and that combined with an ageing population means more people are now living with heart disease and need our help.

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 condition. 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 British Heart Foundation 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 nearly 300 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 Support Groups
North East

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

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 Fridays 5.00pm–6.00 pm

3 The Sunderland Cardiac Support Group

Group contact
Call Barry on 0191 565 6892
to find out more

Venue address
Sunderland Royal Hospital,
Kayll Road, Sunderland,
Tyne & Wear, SR4 7TP

Venue address
Bethany City Church,
Bede Tower, Burdon Road,
Sunderland, SR2 7EA

Group activities

Website
sunderlandcardiac.org.uk

4 Washington Young at Heart

Group contact
Call Anne on 0191 417 8378
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 7.00pm - 8.00pm with an informal group meeting after the Thursday evening class.
Heart Support Groups
North 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

HEART HELPLINE
0300 330 3311

Durham Coronary Support Group
Group contact
Call John on 0191 3867083 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
Group activities
Meeting times
The group meet on the first Wednesday of the month. Tuesday evening exercise classes are held at the Community Centre. Monday and Thursday classes are held at the church hall

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
Group activities
Meeting times
The group meet on Tuesday mornings

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
Group activities
Meeting times
The group meet on Mondays for exercise sessions 1:30–2:30pm

Durham Coronary Support Group
Group contact
Call Gordon on 0132 538 1109 to find out more
Venue address
St Cuthberts Church hall, Market Place, Darlington, Durham, DL3 6QB
Group activities

Take Heart Support Group
Group contact
Call Ron on 0128 765 3331 to find out more
Venue address:
Visit the group’s website for all venue addresses and details
Group activities
Website
takeheartsupportgroupteesside.co.uk
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 toolkit 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 conditions 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 health call our Heart Helpline on 0300 330 3311 (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers).

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.
For over 50 years we’ve pioneered research that’s transformed the lives of millions of people living with cardiovascular disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But cardiovascular disease still kills around one in four people in the UK, stealing them away from their families and loved ones.

From babies born with life threatening heart problems, to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people’s lives.

Text FIGHT to 70080 to donate £3