

## WHERE & WHEN DO WE MEET

We hold monthly meetings. These are usually held on the last Wednesday of each month, at SIMTR Conference Centre which is situated on the BUPA Parkway Hospital site on Damson Parkway, Solihull. The meetings are from 7.15pm until 9pm; we begin with coffee and a chat followed by a guest speaker talking about their chosen speciality.

We normally alternate each month between medical and non medical subjects and we also organise local walks, quizzes and social events.

### Our Programme has included

- CARDIOLOGISTS
- SURGEONS
- PHYSIOTHERAPISTS
- NURSES
- GENERAL PRACTITIONERS
- PHARMACISTS
- PARAMEDICS
- HYPNOTHERAPISTS
- AROMATHERAPISTS
- CITIZENS ADVICE BUREAU
- LOCAL HISTORIAN
- COOKERY DEMONSTRATIONS
- EXERCISE CLASSES
- LEISURE WALKS
- AFTER DINNER SPEAKERS
- COUNSELLORS
- LEISURE PURSUITS
- TRAVEL & HOLIDAYS

If you are interested in knowing more about us, then please complete the form below and send it to:

Mike Lines, Solihull Heart Support Group  
66 Pear Tree Crescent, Shirley, West Midlands B90 1LD

Please send me further information about the  
**SOLIHULL HEART SUPPORT GROUP:**

NAME: .....

ADDRESS: .....

PHONE No: .....

Website: [www.solihullheartsupport.org.uk](http://www.solihullheartsupport.org.uk)  
Email: [heartline@solihullheartsupport.org.uk](mailto:heartline@solihullheartsupport.org.uk)

# Solihull Heart Support Group



**You are not alone!**

We are here to provide support for  
anyone who has heart problems

Affiliated to the  
**British Heart Foundation**  
The heart research charity

## OUR HISTORY

The Solihull Heart Support Group was established in January 1995 by our Chairman Mike Lines and his wife Tricia.

It became affiliated to the British Heart Foundation in March 1995.

In 2002 we were pleased to welcome Dr R G Murray Head of Cardiology for Birmingham Heartlands and Solihull Hospital Trust who agreed to become our first Honorary President. Dr Murray has supported the Group right from the start and we feel that his acceptance of this post further demonstrates the importance of our work.

## OUR AIMS AND OBJECTIVES

- ♥ To maintain contact with other people with heart problems and their carer's and offer mutual support.
- ♥ To offer appropriate support to patient and carer particularly when people are discharged from hospital.
- ♥ To keep abreast with current thinking and practice in aftercare.
- ♥ To provide information on local exercise and leisure facilities and local rehabilitation programmes.
- ♥ To provide an environment for supervised exercise sessions when circumstances permit.
- ♥ To interact with other heart support groups in the area.
- ♥ To make contact with other local voluntary groups.
- ♥ To support the British Heart Foundation when possible.
- ♥ To maintain a close liaison with cardiac rehabilitation classes at Solihull Hospital.

## WHAT DO WE ACTUALLY DO ?

Well, we are always there to talk about any of your concerns regarding cardiac problems although we obviously cannot answer any medical questions. - only your medical practitioner can do this. We can however talk about our experiences following Angina, Heart Attacks, Angioplasty or Heart surgery as we have many members who have been there. We also provide support to your Partner/Carer.

### Exercise Classes

We run Exercise Classes for members only, and should you want more information about these, then please contact our Secretary or our Chairman Mike Lines on the telephone numbers below.

Dr R G Murray MB ChB. FRCFFRCP(Glas)  
Consultant Cardiologist  
Honorary President

Mike Lines  
Chairman  
Tel: 0121 430 3502

Tricia Lines  
Vice Chairman  
Tel: 0121 430 3502

Roger Willis  
Welfare Officer  
Tel: 01564 774301

Kevin Marshall  
Public Relations  
Tel: 01564 779651

Mike Parsons  
Secretary  
Tel: 0121 704 3539

So please contact any of the people above for assistance and advice or to find out more about us.

### Transport

If you have problems in getting to our regular meetings we may be able to help with transport to and from the meeting.