

# Cramlington women's charity welcomes Northumbria Blood Bikes

Healthwise looking for new members to welcome to their group

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Healthwise Group welcoming the Northumbria Blood Bikes to its weekly meeting

Healthwise Group, a Cramlington-based women's charity, recently welcomed the Northumbria Blood Bikes to its weekly meeting held at Concordia Leisure Centre in Cramlington. Over 30 women from Healthwise enjoyed an informative talk on why a blood service is needed out of hours and what the charity does. A lucky few also had the opportunity to sit on the rapid response motorbikes.

Blood Bikes is a charitable organisation run entirely by volunteers, who transport blood and other medical supplies to hospitals and medical centres, out of hours from

7pm to 7am every day of the year. This vital service aims to save the NHS money, save lives and promote a positive image of motorcyclists to the public.

Healthwise was formed in January 2000 by a group of women who had all experienced life changing events - such as serious illness, bereavement, divorce or retirement. Their aims were to lead a healthier, happier lifestyle, becoming wiser about their health and well being, hence the name 'Healthwise'.

Over the years 150 members from Cramlington and surrounding areas, the group offers friendship and support; enjoying social outings, interesting speakers, live music and entertainers, workshops and training sessions on various topics including holistic therapies, computing, crafts, light exercise, plus much more.

Healthwise meets weekly at 10:00am to 12 noon every Thursday morning at Concordia Leisure Centre, Cramlington. The craft group meets weekly on Tuesday mornings from 10.00am to 12noon at Twyford meeting room, Cramlington.

Healthwise would love to welcome new members to the group. Any women who are interested in joining are welcome to come along to a meeting or contact us on 07845 526785 or email [healthwise2000@outlook.com](mailto:healthwise2000@outlook.com) for further information.

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