

MAGAZINE

Autumn 2019

Poole Heart Support Group



New Walking Group Listings

Spring Dinner Dance Pictures

Healthy Tea with the Oddfellows

Parkstone Exercise Class Session

www.poolehsg.org.uk
www.facebook.com/poolehsg



POOLE HEART SUPPORT GROUP MAGAZINE

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All PHSG emails are @poolehsg.org.uk

**If you know a member who is ill, please tell us by contacting almoner
Sandra Llewellyn on 01202 605455**

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COVER PICTURE: Table Setting by Jean Allcroft at the PHSG Dinner Dance. © KJM 2019

Chairman's Letter



Lovely summer weather makes it very hard to stay glued to the keyboard to put this Magazine together, but hi ho, here we go again! Fortunately I do seem to have lots of photos and activities stacked up in my in-box so it's mostly a matter of pulling it all together.

Firstly, I must offer a huge vote of thanks to Eric for organising the Dinner Dance. A terrific job and quite seamless, although I expect like the proverbial duck, he was paddling furiously out of sight. Everybody seemed to enjoy "Kaboodle" and I noted the dance floor was kept pretty busy as you can see in the photos on the centre pages. Also, I must thank Jean Allcroft for making the floral table decorations which were beautiful as you can see from our cover picture this issue.

The occasion gave me the ideal opportunity to make the award of the PHSG Cup to Pam Bailey. This is a lovely little solid silver cup and is awarded each year to a member who has offered exceptional service to PHSG. There are so many that this could apply to of course, but this year was an easy decision. Pam was a founder member and has worked for the club for all those years, and she still does.

I like to get around sometimes when time allows, and so I had opportunity to drop in on Paula's Class at the East Dorset Tennis Club in Parkstone back in June on a lovely warm day. As I always find, the group of regulars had their own camaraderie and this comes through in the group picture I took which you can see on page 22.

Also getting around, our friends at the *Oddfellows* organised their free "Healthy Tea" again this year and asked me for an idea for doing something different. I suggested that as people were getting a free tea, we make them do some exercise beforehand! This resulted in our lead trainer Lesley agreeing to accompany me, and she ran a very nice little demonstration of our warm up exercises to the assembly just to show them what we do. A number actually did join in! Lesley was helped out by Sam, a trainer from the Bournemouth Heart Group who had also been invited along. While Lesley did the stand up routine, Sam followed the action with a Hearts on Seats type demonstration which he did alongside her so that everybody could be involved. A good afternoon with a nice donation to PHSG funds as a result. Thank you *Oddfellows*.

Keith



"People seem to be disappointed that the ethnic minority/BAME politicians that Boris Johnson has selected for his cabinet are Tories." Shappi Khorsandi

Geoffrey's News From Poole

Dear Friends,

Well here we are in the holiday season and the weather has been hot and trying at times. It has also been a very busy time in the Hospital still requiring escalation beds in many areas. Staff are working hard to ensure standards of care and quality remain of paramount importance, but this remains a challenge to us all.

The new main entrance is now complete and open. It looks great and such an improvement, professional and very 21st century. Shops and café in a large open area gives a feeling of space and air. We do however need to improve seating there and this is on order.



On a slightly negative note the signing that points you around the hospital has been a tad trying and the new zone areas sometimes difficult to find. This is combined with the blocking off of some areas such as part of the dome, for new toilets. This has made matters worse, but we are getting there.

The student nurses are our future and I ran a study day for them on the 17th June and over 55 attended together with the university lead for the Trust. It was a good day with many of our wonderful staff contributing. We had a key note lecture from Patricia Reid Director of Nursing, a welcome from Mark Mould the deputy chief executive and talks from many of our staff. At morning break they also had demonstrations from our many and varied specialist teams. In the

afternoon break there was opportunity to speak one-to-one with a senior nurse about their career. The feedback was really good and we will certainly do it again.

With 40,000 vacancies for nurses in NHS England reported it is so important that we attract new people to the profession, and most importantly keep the ones we have got by supporting them.

Our HOPE group of volunteers are visiting wards and departments and interviewing patients to see what we can do to improve their stay and equally importantly what we are getting right.

The merger continues apace as does the Clinical Services Review and all staff are engaging in the process as required and looking at the best options for care delivery. Change is never easy and it is so important that the correct process is followed with full engagement of all concerned.

I am also busy with representing the South West on the council of the RCN. The congress in Liverpool was superb and many topics debated. The ones that particularly touched me were child poverty; who could believe in such a wealthy nation children go hungry. Also loneliness; so many people are lonely and never get the chance to meet and talk to people regularly. There were many more and I am getting involved in some of the projects.

Don't forget I am also on Twitter and for those of you who have never joined it is an excellent method of listening to and commenting on a wide variety of subjects, please follow me @gwalkerpoole1

Until next time take care.

Best wishes.

Geoffrey Walker OBE JP MA RGN PgDip DipEd FAETC.

Matron for Specialist Medicine, Cardiology and Ambulatory Care Poole Hospital NHS Foundation Trust.

We love these little notes that often come in with the membership renewals. It helps make our job feel appreciated!

Derek

6/6/2019
Hello Derek,
Thank you for all that you (and the committee) do — to keep the PHSG running like "clockwork". Well done — we really appreciate the friendships & exercise that the group enables. 2 Bob & Julie V.



Ros Says!

The Hope Group

Helping Our Patient Experience
"It's All About the Experience"

with **Geoffrey Walker**

Jim Waine

and **Ros Hayes.**

In June I did a ward round with Tracey to chat to patients in Portland Ward. This ward often looks after people who will require quite a long stay. I spoke to Dom, who is in charge of this ward, before we found the two patients we were allowed to talk to. I have met him before and as usual he was positive and in control of all aspects on the ward. Staffing was not an issue on this visit but obviously can change day to day.

Our first patient was sitting in the garden with his wife and daughter. His wife told us he had been in three different Hospitals since last November. She said, out of the three, Poole was the best. She has been given important information regarding her husband's future after sustaining a life-changing event.

The family is being helped to understand the changes required to allow this gentleman to return home. There were three issues they wished that could be improved, which gives us situations that we need to follow-up.

- 1) There is the need for someone to cut the patients toenails. Luckily a care assistant had been trained to do this job and duly dealt with this. Unfortunately, there are not many staff trained to do this. The family had tried to find someone outside the hospital to come in but no one would attend and the in-house podiatry department has a long waiting list.
- 2) His hair needed to be cut. Once again the hospital could not help, as there is currently no hospital hairdresser available. Could this be addressed?
- 3) His wife suggested a small restaurant would be an idea (maybe a franchise?) but not another Costa! They wanted to take the patient for a nice family meal but not leave the hospital environment. For people who have a long stay this could lift their spirits and boost their confidence that life can continue once they return home.

"Food for thought" for the Board at PGH!?

The second gentleman had fallen at home and was brought into ED (A & E). He was very grateful that the Doctor that saw him did a thorough check on the reasons he had fallen. The doctor had gone the extra mile with tests & checks and he has now been diagnosed with a life changing illness and, in fact, will not be returning home but going into a care home direct from the Hospital. He mentioned his Social Worker who also had gone the extra mile and was soon taking him to view a Care Home that would be able to continue caring for him.

He was very upbeat and resigned to his future and spoke of enjoying being an avid reader. The one thing that frustrated him was he was not really able to lift food to his mouth so he was forced to bend his head to the plate. I will be looking into something that might help with this situation. Come on you Engineers, come up with a raised bowl holder – or some other solution!

Keep well everyone and enjoy your Summer!

Ros



Jim Says!

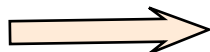
There is soon to be a new initiative to be launched in Poole hospital that Ros and I will be involved in called “Back to the future”. This focuses on the idea of looking back to move forward, and utilises the old values of nursing, including the methods of Florence Nightingale in a 21st century setting.

The scheme is designed to improve patients’ experiences by individualising patient care while not affecting discharge rates. It subscribes to the notion that caring helps and not hinders meeting targets. More about this after launch in September.

The car park security office has moved from the car park and a new office has opened in the main entrance adjacent to the reception desk. The former office located on level “C” of the multi storey car park has now closed, if you require ticket validation to exit the site you need to go to the new office prior to returning to the multi storey car park also the amount of payment options has been boosted as the cash machines located in the walkway and level C of the multi storey car park now accept card transactions.

A member telephoned me about problem she had with the new entrance. Her husband has difficulty in walking and there is nowhere for him to sit while she fetched the car to pick him up. Other people helped by finding a wheelchair for him. I telephoned the hospital and temporary seating was found immediately and placed in the entrance and requested that apologies be passed on as appropriate. I have also spoken to the carers’ support officer who has arranged for additional seating outside of the entrance so drivers do not have to go and find the person they are picking up.

Also I have found there are more patients arriving at the old entrance (northern) than at the new entrance (Southern). At the old entrance at times there is only a volunteer trying to direct patients to their destinations, I have stayed with him for a short time and helped him by taking patients to more distance points, as directions get very confusing if destinations are far away. Most people are very good tempered but some are NOT! If no volunteer at this entrance or he/she needs to have a restroom stop and leaves his/her post or no volunteers available a notice



is placed on the desk telling patients to make their way to the reception at the other entrance!! Not a lot of use if you don't know where the new entrance is.

I said in the last magazine I was attending a meeting at the ED (Emergency Department) at Poole Hospital with consultant Gary Cumberbach and Jenny Williams head of patient experiences.

The meeting was extremely good. Mr. Cumberbach was very interested in the problems that our hard of hearing patients experience, where we also found at their reception desk that patients couldn't hear the reception nurse talking to them from behind the security glass and when they switched on their speaker it screamed due to feedback so therefore not working! Also called in a few weeks later and still not working.

We toured round ED and acted out different scenarios, where we explained to Mr Cumberbach that when lying on the beds the pillow noise on the ears stopped you hearing him when standing beside the bed. Also if he looked the other way or spoke too quickly you could not hear, or if you are in a cubicle noise from the adjacent cubicle and people talking walking by in the passage way also affected your hearing, as a curtain does not stop the sound and a trolley with instruments rattling by would confuse the spoken word. They were unaware of the problems that a hearing aid only amplifies all sound it **does not differentiate between the spoken word and background noise.**

I think this was a brilliant initiative and hope now it will be far better for all of us hard of hearing and normal hearing patients, to be understood and staff will appreciate our problems with communication at a very difficult time.

I am waiting to have a meeting with Mr Cumberbach to see if he has found the exercise of any help and if any changes have been put in place to help patients with hearing problems for an easy transition through E D.

I will continue this article in the next issue of the magazine if I have not seen Mr Cumberbach before printing.

Jim



Any problems or good news please let us know.

Looking forward to hearing from you!

Jim Waine, Vice President And Ross Hayes Poole Heart Support Group

jimwaine2@btinternet.com Jim Waine 01202 871532 Ros Hayes 01202 708098.



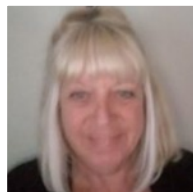
PALS are looking for new volunteers to work with them.

Interested? Please contact them on 01202 448499

or 07758 272495 or Email: pals@poole.nhs.uk

Health Information Centre, next to the multi-storey car park on Longfleet Road

Thank you thank you very much
 For all those who have been in touch.
 To help in the office is your will
 But now I've enough to fit the bill
 Your names and numbers are on file
 As no doubt I'll need you in a while
 If you think you can help with any other task
 Keith is the man you need to ask.
 But directions to the pub for the Walking Group
 Is not a proper job, unless the weather's pea soup!



*But if you need to know
 anything at all about PHSG
 please call our friendly office.
 The number and opening times
 are on the inside front cover.*



Happy Birthday Ted!

*A bit belated**

For several years Ted Payne and his late wife Joy were a great help in our PHSG office. (as are all our Helpers of course)!

Ted is still attending Canford School each week for an exercise session, even after the 20th February this year when he reached the age of 94!

So, a Happy Birthday Ted, although a little belated. This picture was taken the day after at Canford.

Do we have any of our Exercisers who can beat that age I wonder?

Jan



** Sorry, I mislaid the picture
 for the last issue*

Editor



Geoff & Nasir

Naser Sharifi gave a talk to a well-attended meeting detailing his experiences as a 10year old escaping the Islamic Revolution in Iran in 1978, to come to London with his family to start a new life. He left all family and friends behind. Very much a story of riches to rags and back to riches by making the most of the opportunities that his new life had to offer.

A very interesting talk which raised lots of discussion afterwards.

May - AGM & Quiz Time



The Committee Assemble for the AGM



Last minute discussions

In May we had our AGM, which we try to get through as smoothly as possible. Reports are given, finances approved, committee members are elected. This AGM gave members opportunity to meet Andrew Monahan, our new Treasurer. The gathering obviously approved his accounts as they ratified his appointment to the committee. Also new committee members: Carol Clements, Linda Ireland, David Jones and Nigel Rowe. Sonja Sparrow was subsequently co-opted.

The light 'hearted' quiz after the AGM resulted in a draw.

TEAM	Total
Cardiac Clowns	36
Dead Loss	28
Oddballs	33
Thickos	34
Dave's Dollies	21
3 Ladies & I Fellow	36



June - Waitrose

We finished up the season to our summer break with an excellent wine and cheese tasting by the staff from Waitrose in Wimborne.

Numbers were limited but Geoff Lawrence managed the situation and we were booked out. Here you see him pretending to help with the big cheese. Quite appropriate really!



Amazon's *Alexa* has been recruited by NHS England. Under a partnership agreement unveiled this week, the digital voice assistant will in future automatically scan NHS websites when asked questions related to health matters, such as, "What are the symptoms of chicken pox?" and, "How can I get rid of dandruff?".

The Government hopes that if *Alexa* can offer reliable advice, it will reduce the number of people who make unnecessary GP appointments. Some 50 million consultations a year are deemed unnecessary, booked to deal with issues such as colds and travel sickness, and these put huge pressure on limited resources.

However, concerns have been raised over people relying too heavily on *Alexa*, which hasn't the capacity to make difficult distinctions between symptoms of minor illnesses and minor symptoms of a more serious condition.

Annual global sales of plastic bottles, glass bottles, cans and cartons are expected to reach 1.9 trillion in 2019

The Samaritans answer more than five million calls a year. One every six seconds.

Of England's 334 high-rise blocks of flats with the same cladding as Grenfell Tower, 69 have so far been removed. *Ministry of Housing*

39% of heterosexual couples who met in the US in 2017 did so online. *Sunday Times*

Supermarket
Fridges account for
1% of all electricity
use in the UK

Even though she has a 128mph serve and has won 23 grand slam singles titles 12% of British men think that if they played a game with Serena Williams, they could take a point off her.
YouGov/Guardian

Yeah,
right!

"I recently received a summons from the Jury Central Summoning Bureau," Judge Keith Cutler told Salisbury Crown Court, "telling me that I had been selected for jury service here, for a trial starting 23rd April. I wrote back, telling them that I would be an inappropriate juror, seeing that I happened to be the judge and knew all the relevant papers. They wrote back to me, telling me that 'your appeal for refusal has been rejected, but you may apply to the resident judge'. So I wrote back saying 'but I am the resident judge'.

"I had to phone them up before they realised they'd made a mistake. It's a pity, because I would have liked to have done jury service, to see what it was like, and whether I would have liked the judge."

A spokesman for the Department of Justice said "the normal expectation is that everyone summoned for jury service will serve at the time they are summoned. However, it is recognised there will be occasions when this is not reasonable."

Slough & South Bucks Observer – 16/4/19

The world's biggest employer is the US Department of Defense, with 3.2 million people on its payroll. The People's Liberation Army of China has 2.3m and Walmart 2.1

Fourth equal are the NHS and McDonald's with 1.7 million each.
The Times

Britons will spend £2.7bn this summer on 50 million new outfits that they expect only to wear once.

11 million throwaway outfits will be bought for summer holidays, and a further ten million for weddings, at an average price of £79.76.

Barnardo's.

		4	3		5	6		
		1	4		9	3		
9	8		2		7		5	4
8	2	6				9	7	5
1	3	7				4	6	8
6	5		9		1		4	3
		2	7		4	8		
		9	8		6	5		

"Guide horses can do everything a guide dog can do," trainer Katy Smith told reporters as she led Digby (a miniature horse) onto a Metro train in Newcastle, "only they live much longer, for 35 or 40 years. When I first saw Digby, I knew he had what it takes to be a guide horse, because he's brilliant at following all of the commands. He has the intelligence, the ability, and the personality to do everything a guide dog can."

When his training in the North-East is completed, Digby will move to London to help 51-year-old Helena Hird, who is partially sighted and regularly uses the Underground. 'This training is about getting Digby used to the sort of things he'll encounter in everyday life with me,' added Helena, 'meeting people, general busyness, and above all being on the Metro. This is his first time and he's done fantastically well, he's been really chill and taken it all in his stride. He's wearing a harness, special pants, and a special set of booties to protect his hooves. He's already learned to push buttons at pelican crossings and wait for the green man and the noise before stepping into the road. He can find postboxes and the disabled button in the first class lounge at railway stations. I love dogs, but you only have a guide dog for 5 to 8 years, whereas Digby should hopefully last the rest of my life.'

The Chronicle, Newcastle, 18/ 4/ 19.



In July 2015 new government guidelines stated our dietary fibre intake should increase to 30g per day. Most adults have never managed around half that (18g per day). The best way to get there, with fibre, is to increase fruit and vegetables consumption.

HOW MUCH IS A PORTION?

**Recent research has suggested we should now increase the amount to 10 portions.*

Aim to eat at least five* portions of fruit or vegetables every day! They contain a variety of vitamins and minerals which our body needs to keep healthy. They are a good source of fibre which makes them filling to eat and will keep your digestive system healthy.

An adult portion is 80g (about 3oz) of fresh, frozen or tinned fruit or vegetables. It's 30g if it is dried or 150ml if you are having juice. A good guide is that a portion is about a handful. The handful measurement works well for children too and means that as they grow, their portion size will grow too. Summer is well advanced and the fruits on our trees and bushes are ripe for the picking. This old traditional pudding has been enjoyed as early as the 18th century and possibly earlier...



SUMMER PUDDING

• 225g (8oz) fresh or frozen mixed fruit such as strawberries, raspberries, blackcurrant, redcurrants, and blackberries • 150ml water • Caster sugar to taste
• 4-6 medium slices of bread (wholemeal to add more fibre) crusts removed.

- Put fruit into a saucepan, add water and cover. Heat gently until fruit is tender. Remove pan from heat and add enough sugar to sweeten for taste.
- Reserve one slice of bread. Cut the remaining bread slices into fingers and use about two thirds of fingers to line a 600ml (1pint) pudding basin.
- Half fill bread-lined bowl with half the fruit and top with layer of remaining bread fingers. Place remaining fruit into basin and top this with lid of bread using reserved slice of bread, shaped to fit.
- Spoon most of the remaining juice over the top. Cover the basin with cling film and place a small plate on top. Place a heavy weight (such as a full tin or jar) on the top of the plate to compress pudding. Chill for several hours or overnight in the refrigerator.
- To serve, remove the weight and the plate. Loosen edges of the pudding with a palette knife. Place a serving dish, upturned on top of the pudding. Quickly turn the pudding over and shake 2-3 times. Remove the basin and coat the pudding with reserved juice.
- Serve with low fat custard or fromage frais.

It's Surprising What You Find

by George Llewellyn

Are you owned by a cat?

We are!

I am sure that if he could talk he wouldn't ask for more food but he would ask to have the land registry entry amended to include his name.

Our owner has some funny habits.

He loves the iPads.

Put one on the arm of a chair or on the bed and he doesn't see it as a window to the world or a great leap of technical progress .

Just a flat chair, and he sits on it like the King of he surveys.

Talking of just sitting there!

I'm sure he positions himself in the front garden to annoy all of the passing dogs.

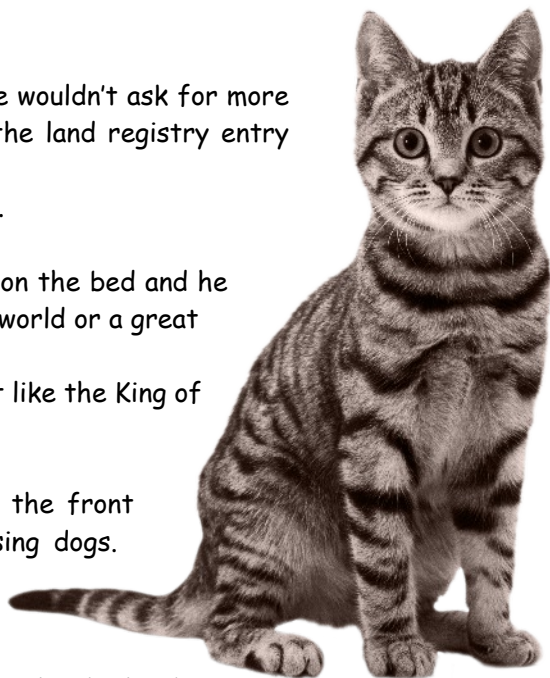
Passively sitting looking at the leashed canines straining to get to him.

The look is as if he is saying "go on slip the leash and see where that gets you! It might get me up the nearest tree but more likely get you a nasty claw on the muzzle."

Cats are fast, always ready for fight or flight, normally flight. But to get to full flight speed in a fraction of a second means he has to keep fit. Have you noticed that a cat will probably stretch six or seven times a day, not like us once or twice a week and only when Sara, Emma or Lesley insists.

All this takes a lot of energy, that's why all cats try to get 23 hrs sleep a day.

I don't believe in reincarnation, which is a shame because there is no doubt I would return as cat. "Champions of the World" or so they think.



George



Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

SUMMER /WINTER WALK SEASON 2019 /2020

If you wish to join the walk, ring the leader the day before to find out the details of the meeting place and any other instructions. The walk contacts are as published but for any general queries please contact **Dianne Eddy on 01202 622016.**

DATE	Time	NAME	TEL. NO
Sat 31st Aug	10:00	Larry	01202 911496
Wed 11th Sept	10:00	John & Barbara	01202 690636
Sat 21st Sept	10:00	Linda & Bob	01258 840720

DATE	Time	NAME	TEL. NO
Wed 2nd Oct	10:30	Chris & Julia	01202 882360
Sat 12th Oct	10:30	Richard & Ingrid	01929 553084
Wed 23rd Oct	10:30	Judy & Dave	01202 692369
Sat 2nd Nov	10:30	Brian & Anne	01929 472175
Wed 13th Nov	10:30	Mary & Heather	01202 842707
Sat 23rd Nov	10:30	Richard - Bovington Visit	01929 553084
Wed 4th Dec	10:30	Norman & Dianne	01202 622016
Sat 14th Dec	10:30	Richard & Ingrid	01929 553084

Sat 4th Jan 2020	10:30	Bob & Linda	01258 840720
Wed 15th Jan 2020	10:30	Graham & Jacky	01202 715928
Sat 25th Jan 2020	10:30	Larry	01202 911496
Wed 5th Feb 2020	10:30	Jean	01202 695030
Sat 15th Feb 2020	10:30	Richard & Ingrid	01929 553084
Wed 26th Feb 2020	10:30	John & Barbara	01202 690636
Sat 7th Mar 2020	10:30	Cyril	01202 733956
Wed 18th Mar 2020	10:30	Margaret & Malcolm	01202 721120
Sat 28th Mar 2020	10:30	Helen & Ray	01202 574433

As Victor Meldrew would say "I don't believe it" – that's how I am feeling. Winter walks already, how is Summer going so quickly! Actually, we still have five more great Summer walks to look forward to before the Summer session finishes and what a Summer it has been. We have enjoyed wonderful weather, some lovely walks and all in good company.

On Monday 29th July we held our Winter walks planning meeting at The Clay Pipe and we had a fantastic turn out. Everyone was very enthusiastic and walk leaders volunteered for all our Winter dates. Bob organised a Pro Show Gold presentation consisting of photos taken during our Summer walks set to music and we all enjoyed reminiscing. As a bonus, Jean had brought along a lot of photos of walks from the past and with a bit of clever engineering Bob managed to display these on the screen, bringing back a lot of happy memories for some of our "more senior" members. Thanks to everyone for an enjoyable evening.

Just to move the year along a little more, our annual Christmas Dinner has been arranged. This will be held at The East Dorset Golf Club on Wednesday 27th November and as soon as we have the menu Dianne will be collecting names and money from all those Walking Club members who would like to attend. If last year was anything to go by this event is one that shouldn't be missed, so make a note of the date in your diaries.

We are always very pleased to welcome new members to the Walking Group, and if you would like some more information and you attend the exercise class at Canford School on a Thursday morning, have a word with Bob Thomas at the 9.00am session or Dianne Eddy at the 10.00am session, either will be happy to have a chat with you.

On behalf of the PHSG Walking Group committee.

Linda Thomas



More Walking Group Pictures on Page 23 ...



This Bench Was Made to Sit On



Pam wins the PHSG Cup



One of the

PHSG Spring Dinner

Photos - George



Lesley & Eric Draw the Raffle





Tables



Kaboodle in full swing

r Dance -May 2019 ge Llewellyn



Emma .. Have the
best prizes already gone?



Meet our Members *David Jones*

I was born in Brighton where I lived for 30 years enjoying the 'swinging' sixties in the several clubs and discos that were around. My special love was soul music and Motown and was fortunate enough to see many of my favourite groups and artists performing at local venues.

New Years Eve 1971 was when I met my future wife, Bobby, and to this day can still remember what she was wearing. We got married in March 1973 and our first child came along in 1976: a son - Christopher, followed by a daughter - Sarah, in 1979. At this point

in time we decided to move to Poole for a better paid job to cover all of the expenses that result from children and the temporary loss of a wife's income.

A happy and active life followed after I settled into a sales job where I was fortunate enough to qualify for a number of overseas holidays including Venice, New Orleans and Mauritius. We have been blessed with five grandchildren (three from my daughter and two from my son).

I remained in good health until one Friday night in 2006 when I was rushed to hospital with all the symptoms of a stroke. I was very lucky to receive excellent treatment from the stroke team in Poole hospital and was discharged after four days having made a good recovery. It was subsequently diagnosed that the cause of the stroke was Cardiomyopathy - Dilated. This has resulted in a weakness of my heart function and led to several overnight stays in hospital and ever- increasing medication.

Over the following years my heart problems continued and I developed Atrial Fibrillation and suffered several more bouts of chest pains. Eventually it was decided that I should be fitted with a replacement Aortic Heart Valve. The operation was carried out in March 2016 in Southampton Hospital and again, I made a good recovery. Following my recuperation it was recommended that I do some gentle exercises to strengthen my heart and I joined the Poole Heart Support Group and commenced a weekly exercise regime at the Queen Elizabeth Centre in Wimborne with the training led by Jane. This proved to be on excellent tonic for me not only improving my fitness but also meeting a great bunch of people also recovering from a wide range of heart conditions, This did wonders for my confidence and I have now increased my fitness training to two or three visits to my local gym every week along with some (fairly) strenuous country walks.

Since my retirement in 2016, I have taken up charity work as a volunteer fund raiser for the Forest Holme Hospice in Poole, along with helping out with a few coffee mornings at Broadstone Methodist Church. Sadly, although I feel much better in myself, my heart still needs a bit of attention. Consequently I was fitted with an Implantable Cardioverter Defibrillator (ICD) in March of this year. Generally this has not slowed me down and I continue to lead a full and rewarding life.



Clive Tregale

I was born and brought up in Bristol and went to Ashton Park secondary school. Most people say their schooldays were the best, but for me all I wanted to do was to be outside. Always looking out of the window wishing I could be out there in the fields, playing, making camps and any kind of activity.

When I left school I started an apprenticeship as a panel beater and sprayer but it was not for me, and I moved to work for British Aerospace in Bristol. There I was involved in the building of Concorde amongst other things. By now I had married and we had our first son John.

I loved the outdoor life, fishing, playing football, cricket, and in fact I enjoyed all sport and never had a problem with my health or my heart.

Moving on, I was approached by a friend of mine who asked if I would like to work with him as a trainee lift engineer. This sounded interesting and now with a second son Jamie, the better wages were very attractive so I took a chance. It was the best move I ever made! I worked for Kone as a lift engineer for over 30 years and enjoyed every day of it.

Then in 2006 I started to have this strange sensation in my chest. It wasn't pain exactly but it was not quite right so I decided to get a check up. Tests showed that I could benefit from a stent, but started on medication instead which did the trick. I started playing golf, walking more and gradually changing my lifestyle to a better controlled diet, more exercise and generally keeping fitter.

My wife and I divorced at around this time and I moved from Bristol to Devon. I had always wanted to live in Devon, although after a few years I moved to Poole where I met and married Diane.

Then out of the blue for no apparent reason I had a bleed on the brain, and if it wasn't for Diane's quick thinking I don't know where I would have been. She took me to Poole hospital who rushed me to Southampton Hospital and they operated to stop the bleed. I can't thank them enough.

As soon as I was well enough I went back to work, but began to realise this had been a warning, so I decided to take early retirement. Strange at first as I missed my job and workmates but gradually I began to ease into retirement. Then my heart problem reared its ugly head with that sensation again! Back then to the doctor and was told after a few tests I needed a couple of stents. Stents in place and a change of medication I decided I would attend the Poole Heart Support Group. Another good move, I was able to talk to people with similar problems, and joining the keep fit sessions with Diane really helped.

I now feel fit and well and enjoy my golf, walking, and attending to my allotment.

So my advice is, eat healthy keep moving and enjoy every day.



Clive



Focus On Paula's Parkstone Class



Paula's Exercise Class
at East Dorset Tennis Club
Parkstone in June



Paula makes
up the records





Travel Tips to Improve *by Natasha Goldstein* your Airport Experience

Whether you are heading on a romantic, exotic trip, a family holiday or a last-minute city break, the team at Able2Travel Travel Insurance present some secret insider tips on how to make your airport experience as pleasant and stress-free as possible.

1) Take a photo of your car parking space

Airport parking can be a bit of a maze to navigate your way around and it can be even harder to relocate your car on your return!

When you arrive, ensure you take a photo that includes signage to identify your location as more often than not, after a week or two of relaxation or a long flight home, you won't remember off the top of your head.

2) Go to the left at Security. Avoid queues with small children.

Most people are biased towards their dominant hand, so, because a majority of people are right-handed this causes them to select the security lane on their right when faced with a choice. To save time, do the opposite and check out the lanes to your left. More often than

not, they will tend to be less busy. Also, where possible, avoid the queues with small children as they can take a little longer to get through security!

3) Re-pack your carry-on toiletries in a zip-lock /see-through bag

Save yourself some time at the airport and have your carry-on toiletries and medication already pre-packed in a see-through bag ready for the security line and pack a spare for your return journey home. By doing this before you reach the airport on both sides you will avoid the crowds and avoid the unnecessary charges to purchase toiletries at the airport.

4) Have two copies of your boarding pass

Although we live in an age where you can check in using your smartphone and email, it is always wise to print a physical copy just in case your phone battery dies or worse, breaks or gets misplaced or stolen abroad. Also, if you are using your phone, rather than relying on an App which will almost certainly need a good WIFI connection at the airport, take a screenshot of your pass and save it to your images on your phone so it is ready and waiting for you when you need it.

(5) Don't queue to get on the plane

If you have pre-booked your flight seats there is no need to rush to get on the plane. Avoid the queues and sit back and relax for a few more moments until almost the last person is boarding and the others have already taken their seats. If you're concerned about space for your carry-on, don't be. If you do find there is limited space, speak to a member of the cabin crew who will help move a few things around.

(6) Clearly label your medication

When travelling with a pre-existing medical condition you will need to take your medication with you on your travels. Ensure you pack this in your hand luggage and that it is clearly identifiable to avoid

continued on page 26 ...

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Call 01483 806 826
www.able2travel.com/phsg

Reference **Poole Heart Support Group** when you call to buy your travel insurance policy

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any suspicion that could result in delays. It is also always a good idea to take a copy of your prescription with you in case authorities want to check or if you lose your medication!

(7) Travel Insurance

And finally, don't forget or overlook your travel insurance needs. Many travel insurers may not be able to offer extensive travel protection if you have a pre-existing medical condition, if you don't declare it. If you don't have cover for your pre-existing medical condition it could end up costing you a pretty penny should the unforeseen happen. But that's where Able2Travel Travel Insurance can step in to help. In addition to providing cover for your pre-existing medical condition in the event of the unforeseen, it can also offer protection for Travel Delay, Personal Baggage and Missed Departure. Able2Travel Travel Insurance can cover a huge range of medical condition and we understand that no matter what your age or medical condition, your passion for travel is still just as present today as it was 20 years ago.

You can get a pre-existing medical condition travel insurance quote by visiting <https://www.able2travel.com/PHSG> or by calling our helpful team on 01483 806 826.



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www.parkstonechiropractic.co.uk

"The years between 50 and 70 are the hardest; you are always being asked to do things, but are not decrepit enough to turn them down." T.S.Eliot

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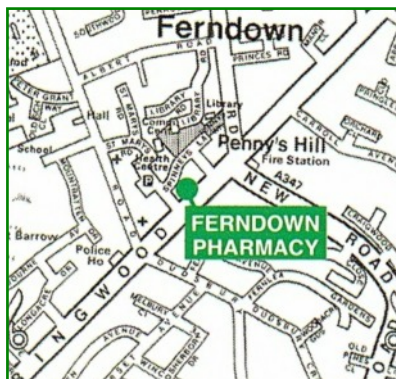
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Lesley and Sam Lead the Group

Healthy Tea with the "Oddfellows"

Once again, the Pride of Bournemouth Lodge of the Oddfellows Friendly Society promoted their free "Healthy Tea". We suggested that we show the assembly the sort of exercises we do. Here Lesley is leading the group in some gentle warm ups before we allow them to have any tea! Sam (seated on Lesley's left) is from the Bournemouth Heart Club and was matching Lesley with chair-bound exercises for the less able.





PHSG CYCLING CLUB

A SECTION OF THE
CTC / CUK

ALL STARTS 10:00am

Phone (01202) 855001 before 09:00 if weather is dodgy.

Sunday 18 Aug. Meet Hill View Road, Verwood Loop.

Sunday 22 Sep. Meet Broadstone Leisure. To Poole Harbour

Sunday 20 Oct. Meet West Parley Crossroads. Christchurch

Sunday 24 Nov. Meet Wimborne Square. All Points North.

Sunday 22 Dec. Meet. Hill View Road. Mince Pie Run.



Not waiting for a train!



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- ☺ I thought I had swine flu so I went to the Doctor. He said "No its gammon flu. Don't worry you're cured."
- ☺ A bloke goes to a fancy dress party giving a piggy back to a girl. "What have you come as?" asks the host. "A snail", says the bloke. "So who is that on your back?" "That's Michelle".
- ☺ It's the AGM of the Constipation Sufferers Support Group tonight, but I can't go.
- ☺ At the AGM of the Diarrhoea Support Group the motions were passed easily.
- ☺ You do realise that Hippos can run faster than humans on land and swim faster than us in the water? A bike's our only chance of beating them in a triathlon.
- ☺ I had a weird dream last night, that Roy Castle had married Beyoncé. When I woke up it looked like someone had been jumping up & down on my bed.
- ☺ It's only repartée if it comes from the repartée region of France; otherwise it's just sparkling wit.
- ☺ I used to be completely obsessed with collecting Beatles records to the point that I needed Help.
- ☺ I went on a course to learn book binding. Very friendly people. As soon as I got there they told me to make myself a tome.
- ☺ If you boil a funny bone, do you get laughing stock? Only if you boil it in aqueous humor. Eye see what you did there. Not a bad joke, it could have been cornea.
- ☺ They asked if I knew any jokes about sodium. "Na" I replied.
- ☺ Dogs can't go into MRI scanners. But Cats can.
- ☺ I remember the day I saw a photographer get crushed by a huge block of cheese. Well, we all tried to warn him.
- ☺ Have you heard about the entire family from Bilbao who got stuck in a revolving door? The moral of the story is, don't put all your Basques in one exit.



But I would walk 500 miles (*actual distance may vary*)
 And I would walk 500 more (*subject to favourable weather*)
 Just to be the man who walks a thousand miles (*actual distance may vary*)
 To fall down at your door (*serving suggestion only, subject to contract*)

Lyrics by "The Disclaimers"

A CORONARY EVENT 1963

They carried me down late one night
To an ambulance outside the door
And jolted me to the M R I *
To a room on the second floor.
A female doctor sounded my chest
And asked me questions galore;
What was my age and where was the pain
And had I had it before.

So I tried to sleep in the open ward
With coughs and snores all around
I reckoned we farrowed two litters of pigs
But next morning they couldn't be found.



It depends on what you're accustomed to
As to how much sleep you can get
Midst the crash of cups and nurses feet
And a pain you cannot forget.
So on request they wheeled me out
To the Private Patients' Home
Where you pay the earth for peace and quiet
And a room which is all your own.

*M R I actually stands for Manchester Royal Infirmary and not what we think of so often today! This was written by my father on one of his stays in hospital all those years ago. *DAVID BUXTON January 2019*

This is STOP in Turkish!
Just so you know!



The Pope met with his Cardinals to discuss a proposal from Benjamin Netanyahu, the leader of Israel
"Your Holiness", said one of his Cardinals, "Mr Netanyahu wants to challenge you to a game of golf to show the friendship and ecumenical spirit shared by the Jewish and Catholic faiths."

The Pope thought this was a good idea but he had never held a golf club in his hands.

"Don't we have a Cardinal to represent me?" he asked

"None who plays very well," a Cardinal replied. "But, there's a man named Jack Nicklaus, an American golfer who is a devout Catholic. We can offer to make him a Cardinal. Then ask him to play Mr. Netanyahu as your personal representative. In addition, to showing our spirit of co-operation, we'll also win the match.

"Everyone agreed it was a good idea. Of course, Nicklaus was honoured and agreed to play.

The day after the match, Nicklaus reported to the Vatican to inform the Pope of the result. "I have some good news and some bad news, your Holiness," said Nicklaus.

"Tell me the good news first, Cardinal Nicklaus," said the Pope.

"Well, your Holiness, I don't like to brag, but even though I've played some pretty terrific rounds of golf in my life, this was the best I have ever played, by far. I must have been inspired from above. My drives were long and true, my irons were accurate and purposeful, and my putting was perfect. With all due respect, my play was truly miraculous."

"There's bad news?" asked the Pope.

Yes, I lost by three strokes to Rabbi Tiger Woods."

PHSG Exercise Venues

These times can change! We are sometimes at the mercy of the Centres!

All Sessions last 1 hour

Broadstone: "Hearts on Seats"	Thursday	13:30		
Canford Heath: Magna Academy Sports (Formerly Ashdown School)	Monday	12:00		
	Tuesday	09:30	10:30	
	Wednesday	09:30		
	Friday	09:30	10:30	
Canford: School Sports Centre	Monday	09:00	10:00	
	Tuesday	09:00	10:00	
	Thursday	09:00	10:00	11:00
	Friday	09:00	10:00	
Ferndown: Sports Centre	Monday	10:30		
	Wednesday	11:30		
United Church Hall	Friday	10:00		
Hamworthy: Fire Station	Monday	10:00		
Lower Parkstone: St Joseph's Church	Wednesday	11:00		
East Dorset Tennis Club	Tuesday	11:00		
	Friday	11:00		
Lytchett Minster: Sports Centre	Tuesday	18:00	19:00	
	Thursday	18:30		
Swanage: Burlington Sports Club	Tuesday	14:30	15:30	
Wareham: Purbeck Sports Club	Monday	14:30		
	Thursday	11:00		
Wimborne: "Step Down" QE Academy	Tuesday	14:30		

Our "Hearts on Seats" is designed for the less physically able.

The "Step Down" class is designed for members with more complicated heart problems and is conducted by the Poole NHS rehabilitation team in collaboration with Poole Heart Support Group.

If you are not exercising with us and would like to start
please call Robin Pringle or Roger Ridout.
Contact details are on the inside front cover

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"Never lose a chance of saying a kind word." *William Makepeace Thackeray*

"People for whom politics is absolutely everything have very little to bring to it."

Douglas Murray

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Jeff on 01202 855949 or Mobile 07736 275190

BIG MOONS - WORD SEARCH

These are all moons of planets in our solar system and all are over 50km in diameter

AMALTHEA	EPIMETHEUS	MIMAS	PROTEUS
ARIEL	EUROPA	MIRANDA	PUCK
BELINDA	GALATEA	MOON	RHEA
BIANCA	GANYMEDE	NAIAD	ROSALIND
CALIBAN	HALIMEDE	NEREID	SYCORAX
CALLISTO	HIMALIA	NESO	TETHYS
CRESSIDA	HYPERION	OBERON	THALASSA
DESDEMONA	IAPETUS	PANDORA	THEBE
DESPINA	IO	PASIPHAE	TITAN
DIONE	JANUS	PHOEBE	TITANIA
ELARA	JULIET	PORTIA	TRITON
ENCELADUS	LARISSA	PROMETHEUS	UMBRIEL

E H Y A D I S S E R C G X A R O C Y S
R N O I R E P Y H U S A M I M A B G F
V I L K F P T U R L U N P N D L A D L
O S E N G H A L I M E D E N E L N A R
B T A G D A I A N N H B I I A I S A Q
E A S S I R A L O H T L R T L A U N E
R A S I E B E H T T E B E A D P E I A
O I A G L H D D I B M A S P L P H P H
N T L T P L Y T R U O O E R H S T S P
M R A H Q N A X T T R A D O J U E E I
I O H X E N C C E N P E E T Z D M D S
R P T R I A B T R O S B M E A A I W A
A P E A L I H H R D E S Y U M L P A P
N I M I A Y E U E P J U N S A E E R N
D L B N S A E M D R T T A F L C V A O
A A C I H R O D I O N E G L T N F L O
N A T I T N S U N A J P U C H E D E M
L E I R A I L A M I H A T T E I L U J
A R O D N A P Y W C Q I J T A K C U P

Our Word Searches are compiled by Derek Pope

PHSG talks and Chat Stops are free.

AFC Bournemouth with Jeff Mostyn

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WHAT TO DO IF YOU BECOME UNWELL

Medical help and advice is available if you become unwell when your GP surgery is closed. You should:

Dial **999** or go to A & E as soon as possible if you are worried about the sudden onset of new symptoms or have suffered a serious Injury or illness.

A & E departments are open 24 hours a day, 365 days a year. They are for a critical or life threatening situation, for example chest pain, suspected heart attack, severe breathing difficulties, severe loss of blood, loss of consciousness, deep wounds and suspected broken bones. They are not for minor injuries or health problems, nor an alternative to seeing your GP or for a 'second opinion' if you have already seen your GP.

You can also call **Non Emergency Care** on **111** if you are feeling unwell but not facing a life-threatening emergency and you are unsure what to do. Use **111** if you need information about finding a pharmacist, dentist or other service and cannot wait until your GP surgery opens. This service replaces the old Dorset Out of Hours Medical Service.

Go to an **NHS Walk-In Centre or Minor Injuries Unit** with a minor injury or illness. Find the nearest one by calling **111**

**REMEMBER IF YOU HAVE CHEST PAIN
DIAL 999 WITHOUT DELAY**

PHSG WALKING GROUP RULES

1. The club shall be called Poole Pacemakers '97
2. The club shall come under the Committee of Poole Heart Support Group.
3. The object of the club is to arrange walks suitable for members of P.H.S.G. Who have had heart problems and of course their partners. Membership may be withdrawn at the discretion of the Committee
4. Dogs are not permitted on walks, (a) because we walk through farmland, where there can be animals, and (b) not all members are dog lovers.
5. Disclaimer warning. PHSG nor the Poole Pacemakers '97 Walking Club shall be held liable for the death or injury, accident, or damage to the person or property of any guest or any other person occurring, during or arising from participation in any of the activities of P.P.97 Walking Club
6. The Committee are always pleased to receive ideas for walks suitable for our members.

Poole Heart Support Group, Poole Community Health Centre Shaftesbury Road, Poole BH15 2NT

Telephone: 01202 683363 manned Mondays and Thursdays: 2:00-4:00pm

www.poolehsg.org.uk

Affiliated to the British Heart Foundation and
Arrhythmia Alliance - The Heart Rhythm Charity

