

# MAGAZINE

Spring 2019

Poole Heart Support Group



Jim Looks After  
His Elf

Spring Dinner Dance  
Menu and Booking  
Form Enclosed

[www.poolehsg.org.uk](http://www.poolehsg.org.uk)  
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# POOLE HEART SUPPORT GROUP MAGAZINE

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**www.poolehsg.org.uk**

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

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Please send magazine articles and photos to:

Editor, 10 Hill View Road, Ferndown, Dorset BH22 9QY or by e-mail to: editor@ Tel. 01202 855001

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**COVER PICTURE: Jim and Elf (Trainer Juliet Carey) at the Christmas Party © KJM 2019**

When you don't have any money, the problem is food. When you have money, it's sex.  
When you have both, it's health. **J.P.Donleavy**

# Chairman's Letter

The Christmas Party went well and the attendance was great. Judging from the noise level over the drinks and nibbles everyone was enjoying themselves too, such that with my soft voice I couldn't even make an impression to call for quiet so we could start the quiz! Cue Dave Evans then. His stentorian voice did the trick and relayed Janet's questions.

We are going to miss Dave when he departs our area in March, I have had occasion to call on his sergeant-major tones more than once! He has also done a great job organising and selling our PHSG branded clothing too. We wish him all the best at his future home.

After sixteen years of managing our finances, our Treasurer Rita Holmes has decided that it is time to hand over the job. Rita has been involved in lots of other PHSG activities too. We sincerely thank her from our hearts for all her work for PHSG. A bouquet and a 'Thank You' card were delivered to Rita from the committee on behalf of the whole club. Do we now have a treasurer to take over?

Well, yes we do as this is such an important job some planning was in place. A young accountant Andrew Monahan has offered to take on the task. This represents a little bit of a departure for us. Previously all committee jobs have been taken by members who joined the group as part of their rehabilitation, but Andrew comes to us with a professional background. He has worked for NHS and others and his credentials and references are very sound. I'll be asking him soon to give us a profile in this Magazine, but for now lets just let him get his feet under the table.

That brings me fairly neatly to the subject of committee help. Of course, like all voluntary organisations, we struggle to get people to pitch in and help, but we are fast approaching a time where new people are going to be essential. In the last issue, Derek Pope wrote an impassioned plea along these lines and then I received another from him for this issue. Frankly, when I read it I wondered if it wasn't a little bit heavy handed, then decided it wasn't, and the full committee meeting agreed with me. So, please got to page seven, read what he says, then come back here and follow on with me please.

Most of us on the committee have been doing our job now for over ten years. Fortunately we all seem to be in good heart ... well, that's the benefits of PHSG exercise of course ... but we can't go on for ever. We all followed the usual way into this, by taking on some voluntary post when we reached our sixties and we are now in our seventies. So, what I'm saying is that if you, as a PHSG member are in your sixties, well then, I'd like you to think about standing for the committee in May.

None of the existing committee members are looking to just stand down. It really can be fun. Our committee meetings are (I hope) happy and fun affairs with more laughter than business. When we get together to do the Magazine postings, its more of a coffee morning with friends than work.

All of this does not deny our thanks to those of you that do pitch in. The people who help out with raffles, teas, books, the Office and the Canford Party. We are deeply appreciative of all that help. I'm not going to list names, I'd be bound to leave someone out! Thanks to you all.

We need a Vice Chairman. We need someone to understudy Derek as Membership Secretary which means running an Excel Spreadsheet and knowing how to print labels. We need someone to shadow David and take meeting minutes and book meeting halls. We really need someone to take on the sale of the club clothing too now that Dave Evans is leaving us. I'm not even touching on Jan and the office and Geoff arranging the talks but we are all going to need help. Look into your conscience please!

*Keith*



# Geoffrey's News From Poole

Dear Friends,

Well here we are again in winter and the first snow has fallen. Thankfully not too much disruption here.

So far we are managing winter very well and there have been minimal surges of patients requiring escalation. We have opened additional beds and this is helping the situation.

I am pleased to say that we have opened the new Medical Investigations Unit, now called the Treatment and Investigations Unit (TIU) and did so at the beginning of December. This means that we now do not have to cancel or reduce bookings due to in-patients using the beds. It's proving a great success and the newly built environment lovely and the staff and patients are very pleased with it. The knock on effect of this is that C4 ward is now open fully as a 28 bedded ward for winter, and 16 beds once winter is over. We have a new team lead by a new charge nurse Grant Willats, who is doing a great job in developing this brand new staff. It's not without its issues regarding recruitment but we are getting there. There is, if you have visited recently a lot of disruption due to the building of the new entrance but it will be really worth it in the end.

My role is changing too, as you may be aware from my last article, I have had a huge remit over the last 15 years and now it has been decided that we would have two new Matrons to support me, which to be honest I am pleased about. So, in December I relinquished responsibility for the Emergency Department A&E, and on February 1st, General Medicine. I am now matron for specialist medicine including Portland ward, and the acute medical Unit (Ansty) and all specialist nursing services such as Parkinson's, Diabetes etc., also Cardiology and Ambulatory care. I am really looking forward to having this reduced remit to focus more on the care and delivery side of the work. I will still cover all my other areas when the respective matrons are on leave, so they are not losing me entirely.

As you know I am the Royal College of Nursing (RCN) chair for the County of Dorset. The RCN is run by a council of 17 members representing its 460,000 nurses. All regions have a representative elected. I am delighted so say that on January 1st I was elected to council representing South West England. I represent, Cornwall, Devon, Somerset, Gloucestershire, Wiltshire, Dorset, Bath, Bristol and Plymouth; a large remit but I am really enjoying it so still keeping very busy as you can see.

There is much underway within the hospital and across the urban conurbation; the merger is still underway and the clinical services review. As you will be aware from





the media, Debbie Fleming our CEO has been appointed as the interim CEO for both Poole and the Royal Bournemouth.

So as we move into 2019 I believe this will be a very busy and interesting year and look forward to keeping in touch with you all.

Best wishes.

*Geoffrey Walker OBE JP MA RGN PgDip DipEd FAETC,*

*Matron for Medicine, Specialist Medicine, Emergency and Ambulatory Care,*

*Poole Hospital NHS Foundation Trust,*

## Advice on use of GTN Spray

Patients who experience angina, have had a heart attack or have had stents deployed should be prescribed a spray called GTN which is an abbreviation of a medication called Glyceryl Trinitrate.

Angina is a medical name for chest pain or discomfort caused by lack of blood and oxygen to the heart muscle, usually after exertion but when the problem progresses could also happen at rest. The discomfort can manifest itself in different ways. Some people get the pain between their shoulder blades, some feel it in their jaw. Some people feel the discomfort down both arms or in their chest. It may or may not be associated with shortness of breath. If the patient has any symptoms described it would be advisable to use the spray.

### **How to use the spray:**

The first action should be to sit or lie down prior to administering the spray. The reason you are advised to sit or lie down is because the spray causes the arteries to dilate very quickly. It increases the blood supply to the heart muscle and hopefully relieves the discomfort. When the arteries dilate blood pressure can drop and you can feel very lightheaded, dizzy or even faint. You spray one or two puffs under your tongue and wait 5 minutes to see if the discomfort has resolved. If the chest pain or discomfort is still present after 5 minutes and you do not feel faint, spray another one or two puffs under your tongue and wait another 5 minutes. If the discomfort is not relieved with the GTN spray, dial 999.

Unfortunately the GTN spray cannot be selective and just affect the coronary arteries, therefore all the arteries dilate. This can also give rise to headaches but it is important to relieve the angina first and foremost. If you do develop a headache it should be transient.

We advise to carry the GTN spray with you at all times. Also check the expiry date regularly.

*Kerstin Frampton - Cardiac Rehabilitation Specialist Nurse*

*Poole Hospital NHS Foundation Trust,*



# Silent 999 Calls

By George Llewellyn

I found this little interesting tip recently. I didn't have to use it! I just wanted to pass it on. What is it all about? There is a procedure in place at 999 call centres when calls are made and the caller cannot speak for any number of reasons.

Silent 999 calls are not automatically transferred to the police, as they may have been dialled accidentally. However there is a procedure which the police request the emergency operator to follow for silent 999 calls. This means that if you have made an emergency call but cannot speak (for example because you believe you will be in danger if you are heard), then the nature of the call will be identified if at all possible, and it will be connected to the police and dealt with appropriately.

The Devon and Somerset police website gives a good run down on what happens. Here is the link, read up about it and file it away in the back of your memory.

<https://www.devon-cornwall.police.uk/contact/silent-999-calls/>

*George*



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# Read This - It Is Important

By Derek Pope

Did you read the article in the Winter magazine which talked about committee members planning to retire? Judging by the response we received, a few people did but most obviously did not.

Please read on if you want Poole Heart Support Group to continue. We were very grateful for the small response we received but it was not enough. As a group, PHSG has well in excess of 1000 members and I cannot believe that there are so few interested in keeping the group running. If you want to continue to be able to afford the exercise classes you attend, offer to help! If you want to continue to use exercise classes you can get to, offer to help! If you don't want to have to travel to Bournemouth hospital to exercise, offer to help! If you find the chat-stops worthwhile, offer to help!

At the moment, there is no incentive for the long-standing, weary, committee members to continue to run PHSG and if we don't have a committee then the group will close. It would be a small start if everyone who read this talked to the people they exercise with, or that they share a chat-stop table with, about the crisis in the committee of YOUR group.

Please just be certain that if PHSG closes, it will not be resurrected.

Make sure you all turn up to the AGM this year on May 1st and are prepared to act on behalf of YOUR group. Specifically, we need to have successors to the following posts: Vice Chairman; Secretary; Club Clothing Sales; and of course ... Membership Secretary!

From your membership secretary since 2009.

*Derek Pope*



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### Ward Rounds with Jim: 9<sup>th</sup> January 2019

On the 9<sup>th</sup> of January I carried out ward rounds in Poole hospital with Matron Geoffrey Walker, but Matron was extremely busy with problems arising from the many Patients arriving in ED, and shortages of nurses and qualified nurses due to sickness leave on all wards which was compounded by a shortage of beds.

So, I followed Matron to our first port of call the ED department that was extremely busy, but one patient just arriving was very quickly transferred into a cubicle, no waiting on this occasion. Then onto the Acute Medical Unit (the old name was Anstey ward) this unit had one patient moving out, so one bed coming up! Only one! This ward has 30 Beds also trolleys and chairs to accommodate emergencies if necessary. We then proceeded round the hospital to other wards shuffling beds and arranging nursing staff to the best positions to accommodate the patients. This trip with Matron took over one and a half hours speeding through meeting to meeting and I was shattered when I left.

The Matron's normal day is at quick speed, upstairs down stairs, lifts are always busy, when I left he was off to more meetings covering problems arising, rearranging training classes and amendments to future buildings etc, also he is managing around 300 staff a huge job on its own. He doesn't need to go to the Gym as most of us to keep fit, he is exercising most days as he runs around the hospital.

During the trip round Poole Hospital we also visited the new M.I.U., now called the T.I.U, which stands for "Treatment Investigation Unit" which has moved its location from the 4<sup>th</sup> Floor, B Block to the position of the old discharge unit Entrance 4, Philip Arnold Unit, in the undercover passage way from the car park to the hospital. It has more beds and is much more spacious. (but does not have the fantastic views as the old unit.)

Another point of interest, if you are having problems seeing your GP, there are up to 3 GPs who are located immediately to the left inside the current main entrance door (no.10) which is where the old blood testing area (pathology) was.

This is mainly for patients referred from ED department that can be dealt with quickly by a GP. The GP's are from local surgeries, If the GP is from your surgery you can make an appointment to see him there at the hospital. It may be quicker than booking at your own surgery.



### Ward Rounds with Ros: 7<sup>th</sup> February 2019

MIU moved in December & Matron and I visited the new Unit. It is bright and it has been formed by refurbishment of an area within the hospital and, when the new entrance is opened, people will have easy access to it. It has 12 IV seats where patients can have their treatment and in another area is a large open square area that has a nurses station and several beds for people to receive their treatment plus two closed room for PIC line patients. The staff areas are well designed and stocked with all the medication and equipment required.



We popped to ED to see an area especially designed for children. It's for children that are unwell, not the lovely day play area that opened some time ago. This is called Children Majors area. The new area has been designed to give children & parents/ carers some privacy away from the disturbance within a very busy ED department. We popped into a closed room (with permission) to see how well it was equipped, importantly with a TV, so as today the young occupant was able to watch Cbbees. The room was painted with a mural of a sea scene with a lighthouse and other interesting features, which could be discussed to help the time go by when waiting to be admitted or discharged. The interiors of the doors have been brightly painted one orange and one blue again offering a discussion point, plus a cheery feeling.

Following this we went to see The Portland ward and met Don, who I have met lots of times before. He just quietly does his work of running this very busy ward and Matron supports him in his efforts to improve situations for the patients, who may well have long stays ahead of them, sometimes 6 months or more. The garden area was open so visitors or patients could get some fresh air and just feel the sun on their face. Matron showed me a large screen, which is called the "Health of the Ward" screen, which has details of each patient, the date they arrived on the ward and the date they might leave, and how their transport would need to be arranged i.e.. a wheelchair use or a stretcher requirement. Also their treatment plan, the medicines they have, the Consultant they are under and other important information. The screen can be immediately updated as and when required.

Every Ward now has one, and Matron and the person who keeps tabs on bed availability have all the information at hand using their computer devices.

We then went to the Acute Medical Ward and we looked at the "The Quality and Safety Information" white board which is used in all areas, and shows how the ward is doing with hand hygiene, if there are any infections on the ward and also the feedback they are getting from family / patients and their positive words used. It does also have a space for areas that need improving, so it covers all the requirements.

Well that's the end of my tour today. Unfortunately, because the Hospital is in the middle of upheaval due to the new entrance area being built, some patients are getting stressed or uncertain on which way to go. This has meant Volunteers are around to help people with directions. Unfortunately however the Volunteers still get verbal abuse from a few people who are not coping with the changes.

Please be kind to the Volunteers who are doing their best!!

**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](mailto:jimwaine2@btinternet.com) Jim Waine 01202 871532 Ros Hayes 01202 708098.

*Jim & Ros*



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](mailto:pals@poole.nhs.uk)

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

# Chat Stop Report

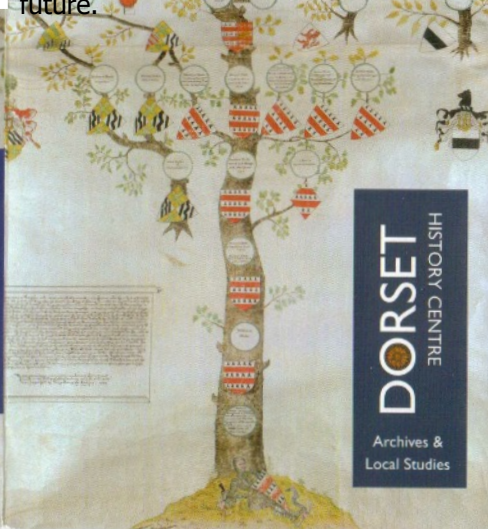
By Keith Matthews

## November



Our talk in November was given by Maria Gayton from The Dorset History Centre at Dorchester. Because of this centenary year, she concentrated on the theme of 'Now that the War is Over' and focused on the 1918/19 period with examples of documents on file from soldiers letters of the time.

The Dorset History Centre is the county archive and can be visited by arrangement. They are also very keen to act as the storage repository for all manner of club documents going back over the years as these can form a valuable resource for historians of the future.



## December

We were a bit let down for our December talk. We were due to have a school choir to come and give us a carols singalong, but unfortunately the arrangement fell through. Never mind, Derek Pope to the rescue! We all sat down to several rounds of "Sticky Thirteen" which everybody seemed to enjoy. No, I'm not going to say more, if you weren't there, you missed out. Tough. Serves you right!

## DON BAILEY - 10th December 2018 aged 81 years.

Don was a founder member of the Poole Heart Support Group and was still playing an active role in the group until about 10 years ago when ill health caused him to step back.

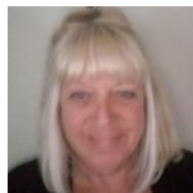
Don was a countryman and gardener with a strong interest in photography. Whilst starting his own gardening business in the 70's he found himself lodging in a hotel run by future wife Pam. They married in 1977.

His funeral held at Bournemouth Crematorium on the 8th January was well attended by family and also friends from the Bournemouth and Dorset Blind groups. Geoff Lawrence and I attended from the PHSG.



## Can you help in our Office?

All I'm asking is two hours of your time  
Just once a month would be sublime  
No computers, not even using a tablet!  
Only pen and paper and a filing cabinet  
Mainly we're there for new members to process  
We answer the odd phone call. I have to confess



The questions people ask  
Don't take us to task  
It's people on the mend  
Wanting to talk to a "friend"  
Asking about Exercise, Chat Stop or Walk  
They usually only want to talk!

Don't worry.  
We give you all the  
training you need!

*So if you feel you can help in our friendly office please ring Jan Mesher 01202 250108*

# PHSG SPRING DINNER DANCE

Eric Paddock



Hello Friends,

Things are going well for the dinner dance. I've toured nearly all the exercise venues with advance information and a satisfactory number of bookings are already coming in!

In this issue you'll find the menu opposite, and the booking form as a loose leaf insert, so please don't lose it!



We ask you to enclose an SAE this year as we are issuing tickets by way of receipt of your reservation. The tickets are numbered, and there will be a lucky ticket draw on the evening, so keep it safe.

FRIDAY 24<sup>th</sup> MAY 2019

HAMWORTHY SOCIAL CLUB

*Don't lose the Booking Form  
insert in this issue!*

Kaboodle is a spelling derivation of the English word "caboodle", meaning a group, bunch, lot, pack, or collection of things or people.  
Wikipedia





# POOLE HEART SUPPORT GROUP



## Dinner & Dance

**FRIDAY 24<sup>TH</sup> MAY 2019**

**Hamworthy Social Club**

**Music and Dancing to**



**6.30pm for 7.00pm**

*Prize Draw  
Lucky Ticket!*

### Menu

**Vegetable Soup (v)**

**Prawn Cocktail**

**Melon/Parma Ham**

\*\*\*\*\*

**Traditional Roast Pork, Beef or Chicken**

**Cranberry, Walnut & Brie Wellington (v)**

**Served with Roast Potatoes and Seasonal Vegetables**

\*\*\*\*\*

**Lemon & Lime Cheesecake**

**Berry Crumble & Custard**

\*\*\*\*\*

**Coffee**



**£24**

## Philanthropy to Foreigners!



Shinjuku Gyoen National Gardens is just a short walk from Shinjuku Station, a Ministry of the Environment spokesperson told reporters in Tokyo, and is considered one of the most beautiful spots within city boundaries. "We charge visitors an entry fee of 200 yen (£1.50), to help pay for the upkeep, but earlier this year auditors found a substantial shortfall in revenue.

They estimated a total shortfall of £25 million yen (£180,000) over the past two years, so we began an internal investigation, initially suspecting fraud.

However, the problem turned out to be not fraud, but timidity. The 70-year-old ticket seller at the entrance was afraid of foreigners, because he only spoke Japanese. He felt scared at the thought of communicating with non-Japanese guests, so he let them all in without paying. He even persuaded a colleague in data processing to adjust the figures, to hide the discrepancy between the recorded income and actual revenue, which is why it took so long to uncover. What is especially strange is that although he wasn't collecting any money, he was still issuing tickets, because guests have to scan the QR code on their ticket to enter the gardens. The ticket seller has now resigned from his position, and we consider the matter closed." *(SoraNews24, 27 /10/18.)*

## Games People Play

"To William Friedman, this was a kind of a game he was playing with the police, Lt. Matthew DeCesari of the Police Department told a press conference in Franklin Township (NJ). "There was no set plan to it, but at least three times each week, he would set out with a bagful of soiled diapers, and look for places to dump them. If he saw an officer sitting in one area, he would drive somewhere else before dumping them onto the road. He thought it was funny, but it wasn't, especially when a motorcyclist slipped on a bag of the soiled diapers, causing minor injuries to the rider and totalling the vehicle.

"This continued for ten months, until one of my colleagues, Officer Garrett Moretti, thought he detected a pattern to the dumping, and began patrolling the area of routes 47 and 40 early Sunday. He saw the driver of a box truck drop a load of soiled diapers in the roadway, and was able to arrest Friedman and bring him to police headquarters, where he admitted his crime. Friedman claims the diapers were his grandson's, and admits to dropping these bags multiple times at multiple different intersections. He was issued several citations, each of which carries a fine of up to \$1,000. And Officer Moretti will get a free dinner, paid for by the other officers. *(Vineland Daily Journal, 25/10/18.)*

The number of pubs in the UK has fallen by nearly a quarter since 2008, from 50,000 to 39,000.

However, the number of people working in the industry has risen by 6% over the same period.

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



## The Magic Mineral?

**It's ZINC:** used by up to 300 enzymes, affecting everything from immune function to wound healing, cell growth and digestion to inflammation and blood sugars. We need to consume small amounts daily as the body cannot store it. It's best to get your daily quota through zinc-rich foods, including red meat, poultry, fish, as well as beans, wheat-germ, legumes, nuts, seeds and wholegrains. Vegetarians may be at higher risk of deficiency.

Pharmacist and nutritional therapist Richa Puri on [ifm.org](http://ifm.org) advises speaking to a GP first. "Zinc acetate or gluconate taken for a few days may reduce the length of colds. I tend to take a zinc supplement at this time of year. Zinc of up to 15mg can be taken daily. Higher doses may be needed for conditions such as diarrhoea, acne and age-related vision loss, though may have side effects. Avoid taking alongside medications such as diuretics and certain antibiotics."



How often do we stand and stare at the cereal boxes in the aisles of a Supermarket wondering which is the best one for our general health?

Sometimes you just want a bowl of crunchy granola goodness with milk and fruit. Granola is the perfect topping for smoothies, fresh fruit and yogurt, yet packaged varieties are shockingly high in calories, added fats, salt and sugar. A serving size for granola is just 125g and most brands pack over 200 calories and added fat into that little serving size.

While most homemade granola recipes take over 2 hours to make, this recipe packed with heart healthy fibre and fats from nuts and flaxseed, can be made in just 10 minutes! You can customise it with your favourite dried fruit, seeds and spices.



## APRICOT GRANOLA WITH FRESH FRUIT

Dairy-Free, Gluten-Free, Vegan, Quick & Easy

PREP TIME: 5 min / COOK TIME 5 min

### INGREDIENTS

125g rolled oats (gluten free also available)

2 tbsp. Chopped almonds

2 tbsp. ground flaxseeds

1 tbsp honey or maple syrup

125g chopped dried apricots

250g fresh strawberries

2 tbsp. Chopped walnuts

¼ tbsp. olive oil

Pinch of cinnamon

1 mango peeled and chopped

250g fresh blueberries

Non-fat dairy milk or plant-based milk for topping

1. Add the oats, almonds, walnuts and flaxseed to a small pan over a medium heat.
2. Stir until oats and nuts are warm and starting to brown 3 to 4 mins
3. Pour the olive oil into the pan and stir until mixed through
4. Pour the honey ( or maple syrup) into the pan and stir until mixed together
5. Add the cinnamon and stir, then add the dried apricots and mix until combined.
6. Take off the heat and leave to cool.
7. Peel and chop the mango, wash and slice strawberries, and wash the blueberries
8. Portion the granola into two serving bowls and top with fresh fruit and milk.
9. Enjoy immediately.

*Toss it Together Tip: Use up remaining oats, almonds, walnuts and ground flax seed by measuring out the portions needed for recipe and store in a re-sealable plastic bag.*

**Home cooking. Where many a man thinks his wife is.**



# Get Down With the Kids

**TLAs 1.01** Recently one of our committee members (OK it was Jan) thought it would be a good idea to make a list of Three Letter Acronyms for us oldies so we could keep up with the times. Some of these are innocent, others are more sinister! The eagle-eyed will see that some are not even TLAs.

**AMA** - *Ask me Anything*

**BFF** - *Best Friends Forever*

**FYI** - *For Your Info*

**GG** - *Good Game*

**ICYMI** - *In Case You Miss It*

**IDC** - *I Don't Care*

**IMHO** - *In My Humble Opinion*

**JK** - *Just Kidding*

**MEGO** - *My Eyes Glazing Over*

**QQ** - *Crying (Humorously)*

**SMH** - *Shaking My Head*

**THX** - *Thanks*

**BTW** - *By the Way*

**BRB** - *Be Right Back*

**FOMO** - *Fear Of Missing Out*

**GTG** - *Got to Go*

**IDK** - *I Don't Know*

**IKR** - *I Know, Right.*

**IRL** - *In Real Life*

**MYT** - *Meet You There*

**PPL** - *People*

**REHI** - *Hi Again*

**SUP** - *What's Up?*

**TBH** - *To Be Honest*

**PIR** - *Parent In Room*

**CD9** - *Parents Around - Code 9*

**53X** - *Sex*

**43** - *I Love You*

**POS** - *Parent over Shoulder*

**KPC** - *Keep Parents Clueless*

**9** - *Parent Watching*

**REMEMBER WHEN PEOPLE HAD DIARIES AND  
GOT MAD WHEN SOMEONE READ THEM?  
NOW THEY PUT EVERYTHING ONLINE AND  
GET MAD WHEN PEOPLE DON'T !**









**ALL STARTS 10:00am**

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

**Sunday 24 Mar.** Meet Parley Cross To Christchurch

**Sunday 21 Apr.** Meet Wimborne Square - Blandford Bash

**Sunday 24 May.** Meet Wareham Quay - Moreton

**Sunday 23 Jun.** Meet Ringwood Underpass - New Forest Tour

**Sunday 21 Jul.** Meet Poole Park - Round the Harbour



A little local difficulty on the way out on the January Run.



But nothing stops a cyclist from getting to coffee and buns!  
*Rockets and Rascals Cycling Cafe Lilliput*

*Every morning on the way to work  
I keep having a collision with the  
same bike. It's a vicious cycle.*



# Meet your Trainers

Karyn Lister



I am a mum of three girls and one lively dog. I was born and have lived in Poole most of my life, apart from a few years in London.

Sport has always played a major part in my life from running at County level at school, to trampolining, and being part of the rookie life guards whilst at school.

Since school I have continued with the fitness. Training five or six times a week; gym workouts, hits training, swimming, running, and all on top of an active family life style.

After having my eldest daughter I decided to turn my love of sport into a career and qualified as a gym instructor 24 years ago working at *Broadstone Sports Centre* for four years. That was where the Poole

Heart Support group held some of their first sessions. From Broadstone I moved to *Images* and worked as a gym instructor. I took my group exercising to music exams and my personal trainer qualifications. After which I started to work as a personal trainer and group instructor at *Images* for a few years.

Shortly after this I started to cover the cardiac rehabilitation classes at Ashdown School and Canford School for a number of years. After having my third daughter I was unable unfortunately to continue, and concentrated instead on the group exercise and personal training working from *Fitness First* in Poole, where I am still working as a Group Instructor teaching a range of classes from Bootcamp to Core and Function classes, and have recently qualified as a spin instructor.

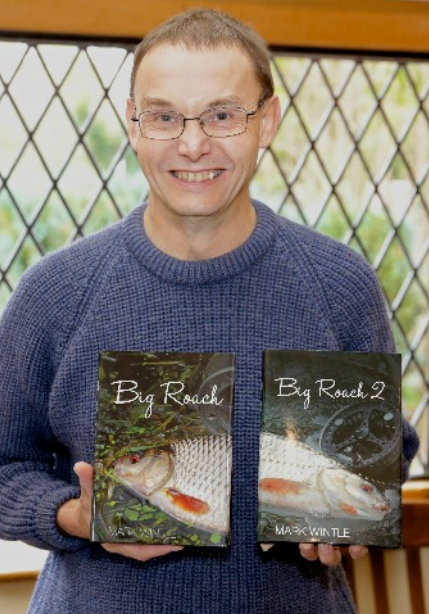
In 2017 I was asked to start covering the Cardiac classes again which I was thrilled to do. In 2018 I was asked by Robin Pringle to complete the BACPR course which I achieved in April and since then have taken over the Lytchett Classes. I am also working at Blandford once a week in the same capacity.

I totally enjoy the experience of working with the Cardio groups, and look forward to continuing to assist the rehabilitation of every one that attends our lively class.



Three ages of man: Youth, Middle Age and, 'My word, you do look well.'

June Whitfield



## Meet our Members *Mark Wintle*

Although the story of my heart condition is a short and simple one so far, I have long wondered whether my father's heart problems over the decades might one day afflict me. But let me start at the beginning.

My family moved to Dorset just before I was three when my father transferred from the Harwell atomic research establishment to the Winfrith one. I grew up near Wareham, went to Sandford junior school, passed the 11+ and went to Swanage Grammar School. After leaving school at seventeen, I started work as a bank clerk at Barclays Bank International in Poole. After three years, I saw the opportunity to train as a computer programmer and worked in IT for over 30 years for Barclays. At the time I was applying for this new job the biggest blizzard in years hit Dorset; this

was February 1978. The next day, after Sunday lunch, my father went out into the cold to shovel snow from the path. When he came in he suffered from chest pains that proved to be angina. It wasn't until ten years later that he had a double bypass by which time he was struggling to walk more than a few yards without resting. This forewarned me that one day I might be susceptible to similar problems. His determination to get fit again after the operation impressed me. Within six months, he was actively walking and cycling as much as possible, and he's still active at the age of ninety. That bypass operation was not the end of his heart troubles; since 1988 he has had stents inserted, a pacemaker to control his heartbeat and his heart is now starting to struggle.

My wife Val, who'd also worked for Barclays, had retired back in 2009, I also retired at the same time as I'm her carer. I realised soon after that I had to become more active and ensured that as well as continuing to go to the gym three times a week I did plenty of walking every day. Part of my exercise came from regular fishing trips as I've been a keen angler since I was twelve. During my retirement I have also written six fishing books.

It was on a fishing trip in January 2017 that my first indication of a heart problem surfaced. Walking across the river meadows a biting east wind cut through me and after ten minutes of walking, I felt unwell. I recovered and fished for a couple of hours in a sunny spot out of the wind. In the following days, I suffered similar chest pains after five minutes of exercise. I got an urgent doctor's appointment, the doctor put me in for some tests and advised me to call 999 if ever pain persisted for more than ten minutes. A week later, I had persistent chest pains one afternoon after some housework and called 999. The ambulance took me to Poole Hospital where it was confirmed I'd had a minor heart attack. I was transferred to RBH two days later where a stent was fitted.

My recovery was initially slow but I was determined to get back to the gym and, after doing the heart rehabilitation course, have continued with the Lytchett Minster heart club exercise class every week where we combine keeping fit with a lot of banter and laughter. I now feel as fit as I was five years ago, walk a great deal, get into the gym three times a week as well as fishing a couple of times a week with the proviso that it isn't below 7°C.

Perhaps the moral of this story is choose your parents well, and if, having failed to make any headway in that direction, take advantage of the opportunities to exercise as much as possible to recover from heart problems.

*Mark*



## Do you have computer problems?

We can resolve your problems for you. Are you unsure what you are doing, do you need assistance, a helping hand or training? We can assist with home PC security, internet connection problems, advice and installation of Broadband, PC networks and supply and/or installation of secure wireless networks in your house. We undertake virus, spyware and ad-ware removal and can supply or install security programs to make your PC safe. Is your old PC slow, is it worth upgrading? We provide impartial advice and can perform upgrades or help with any new PC purchase and accessory quotes. We supply new PCs, install, configure your system and can transfer your existing data. Why not give us a call!

**Contact Efficiency Solutions**  
**Jeff on 01202 855949 or Mobile 07736 275190**

A computer once beat me at chess, but it was no match for me at kickboxing.

*Emo Philips.*

As I hurtled through space, one thought kept crossing my mind - every part of this rocket was supplied by the lowest bidder. [John Glenn](#)

America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked. [David Letterman](#)

I'm not a paranoid, deranged millionaire. Dammit, I'm a billionaire. [Howard Hughes](#)

The only reason they say 'Women and children first' is to test the strength of the life-boats. [Jean Kerr](#)



## Solo Travel for the Over 50's on the Rise

by *Natasha Goldstein*

While many millennials are eager to solo travel and visit their neighbouring countries across Europe and further afield, research has shown that the average age for travelling solo throughout 2018 was in-fact 57!



Furthermore, women travelling solo has outnumbered men by more than two to one. Travel company 101 Singles Holidays found that 63% of all solo holidays in 2018 were taken by women, up from 58% in 2014 with numbers only expected to keep rising.

Research shows that thanks to popular films and television shows such as *The Real Marigold Hotel*, bookings to visit

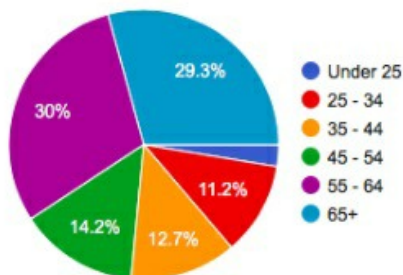
India by those over 50 has soared, followed closely by Italy and Sri Lanka.

So, what is the reason for this surge in over 50's - women in particular - wanting to go travelling solo?

Cathy Winston, editor of 101 Singles Holidays mentions that previous generations may have been reluctant to take that leap of faith in to solo travelling but single, divorced and widowed women are now more confident and financially independent than ever before and they are being more adventurous with the destinations they are choosing to visit, with Sri Lanka, India and Peru among the most popular.

Debbie Marshall of travel review and advice site, Silver Travel Advisor states that "Around 80% of the nation's wealth is held by the over 50's, which gives them incredible spending power and holidays and travel come high up on their wish list."

### BY AGE - SURVEY



She added "So whether they are single, divorced or widowed or simply don't want to wait for a husband, partner or friend to accompany them as they tick destinations off their bucket list, the number is growing every year".

Solo Traveller World also released their annual global solo travel statistics for 2018 – 2019 which presents the popularity of solo travel between different age groups.

*continued on page 26 ...*



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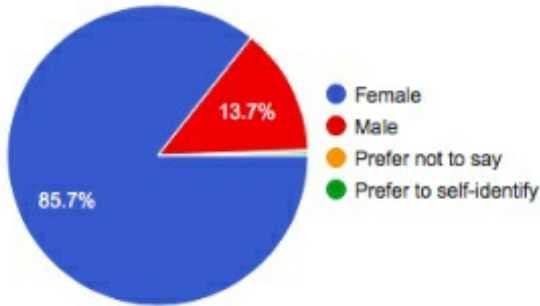


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Reference **Poole Heart Support Group** when you call to buy your travel insurance policy

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# GENDER SPLIT - SURVEY



As you can see, Solo travel for those aged 45 or above makes up for a whopping 73.5% of all solo travellers in 2018 with women paying the way accounting for over 85% of those travelling.

Some of the common reasons why those over 50 are now choosing to travel solo include their children leaving the nest, retirement and those that are recently single, divorced or widowed. While solo travel can be a scary thought, it actually has some fantastic mental health benefits such as:

- Boosting Confidence
- Reducing Stress
- Gaining or Regaining Independence
- Provide time to think about yourself and what YOU want.

Before you book that next trip, whether solo or with your travel companion, don't forget to book that all important travel insurance and declare any pre-existing medical conditions such as a heart condition, high blood pressure, asthma, diabetes or another medical condition you may have.

At Able2Travel Travel Insurance, we understand that getting older or being diagnosed with a medical condition doesn't mean you lose your appetite for travelling. That's why we offer both Single Trip and Annual Multi-Trip travel insurance policies for those over 50 and those with pre-existing medical conditions, enabling you to keep on doing what you love at a price you can afford!

You can get an over 50's travel insurance quote online for Able2Travel Travel Insurance and protect your holiday and travel plans by visiting [www.able2travel.com/](http://www.able2travel.com/) or by calling the helpful team on 01483 806 826.

Sources: [www.solotravelerworld.com/about/solo-travel-statistics-data/](http://www.solotravelerworld.com/about/solo-travel-statistics-data/)  
[www.solotravelerworld.com/solo-travel-over-50/](http://www.solotravelerworld.com/solo-travel-over-50/)



## 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.
4. Membership may be withdrawn at the discretion of the Committee
5. 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.
6. 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
7. The Committee are always pleased to receive ideas for walks suitable for our members.

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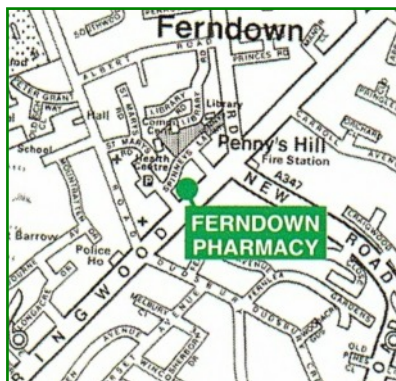
Sunday 10am - 2pm

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# Poole Heart Support Walking Group

**Affiliated to the British Heart Foundation**

## **SUMMER WALK SEASON 2019**

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.

For the remainder of the Winter Walks, the walk contacts remain the same and Cyril should be contacted on 01202 733956 for any general queries.

For the Summer Walks 2019 the walk contacts are as published but for any general queries please contact **Dianne Eddy** on **01202 622016**.

**SUMMER WALKS START TIME 10:00 am**

<b>DATE</b>	<b>NAME</b>	<b>TEL. NO</b>
Sat 6th April	Larry	1202 911496
Wed 17th April	Ray	01202 574433
Sat 27th April	Mary & Heather	01202 842707
Wed 8th May	Margaret & Malcolm	01202 721120
Sat 18th May	Richard & Ingrid	01929 553084
Wed 29th May	David & Judy	01202 692369
Sat 8th June	Linda & Bob	01258 840720
Wed 19th June	Richard & Ingrid	01929 553084
Sat 29th June	Barbara & John	01202 690636
Wed 10th July	Malcolm & Margaret	01202 721120
Sat 20th July	Anne Coleman	01202 683628
Wed 31st July	Dianne & Norman	01202 622016
Sat 10th Aug	Richard & Ingrid	01929 553084
Wed 21st Aug	Brian & Anne	01929 472175
Sat 31st Aug	Vacant	
Wed 11th Sept	John & Barbara	01202 690636
Sat 21st Sept	Linda & Bob	01258 840720



## REMAINING WINTER WALKS

DATE	NAME	TEL. NO
Wed 6th March	Ray & Helen	1202574433
Sat 16th March	Malcolm & Margaret	1202721120
Wed 27th March	Vacant	*Ring Cyril

A small committee of PHSG members has formed to continue with the co-ordination of the Walking Group when Cyril completes the winter season. The committee comprises Norman & Dianne Eddy, Bob & Linda Thomas, Jean Robinson and Larry Cooper.



On Tuesday 29th January a meeting of the Walking Group members was held at *The Clay Pipe* and as a result, the committee are pleased to report that this 2019 Summer Walking Season was arranged. All fully paid up members of the Poole Heart Support Group and their partners are eligible to join the walking group. Suitable walks of approximately four miles are planned and we are looking forward to a Summer

of enjoyable walking, with some new walks and some old traditional walks. If any Poole Heart Support Group members would be interested in joining the Walking Group, Dianne Eddy (Tel. No. above), will be pleased to give you further details.

As I write this, snow is falling outside and Summer seems a long way off, however, our Summer season starts on Saturday 6th April and believe it or not that is only 9 weeks away. Looking forward to a good turn out on that Saturday.

On behalf of the PHSG Walking Group Committee,

*Linda Thomas* 

*The rules of the Walking Group are published on Page 26.*



- ☺ I didn't do Veganuary, but I'm fully signed up for Flabuary, Starch and Cakepril.
- ☺ Rhetorical questions eh! Who needs 'em?
- ☺ Neighbours are complaining about the noise from my bathroom fan - I told 'em it's just a standard ex-tractor fan!
- ☺ When I die I want my remains to be scattered from a hot air balloon. That should really freak people out as I'm not getting cremated.
- ☺ Will glass coffins ever catch on? Remains to be seen.
- ☺ My mum had to go on a speed awareness course. She was doing 90 in the middle lane of the motorway whilst knitting at the wheel. A police car came alongside her, and the officer in the passenger seat pointed at the hard shoulder and said "Pull over". To which my mum said "No it's a scarf."
- ☺ Knock, knock, "Who's there?" It's the undertaker, good job I do a final check.
- ☺ Slug to a snail on high street "Big Issue mate?"
- ☺ Of all the puns the monks told each other the latest was by Father Wurst.
- ☺ Did you hear the one about the arrogant gaucho? He rode majestically across the pompous grass.
- ☺ There are indeed young women who have a thing for older men. They are called 'nurses', and the 'thing' is a bedpan.
- ☺ In the Bahamas, a pork pie costs B\$2, In Barbados, a pork pie costs B\$1.75, In Jamaica, a pork pie costs J\$ 1.25, These are the Pie Rates of the Caribbean.
- ☺ I bought my friend a false leg for Christmas. It's not his main present, just a stocking filler.
- ☺ The cookery site I tried to log into wouldn't let me use "beef stew" as a password. Apparently it's not stroganoff.
- ☺ My therapist told me to write letters to everyone I'm angry with and then burn them. Well I've done that and I feel much better, but I don't know what to do with all these letters.
- ☺ I just spotted an albino Dalmatian. It was the least I could do!
- ☺ I call my wife 'her indoors' because she looks like Jim Morrison.
- ☺ Don't buy your Russian currency in Yorkshire. That would be asking for t'rouble.
- ☺ People are usually shocked when they find out I'm not a very good electrician.
- ☺ Before the invention of the crowbar, crows had to do their drinking at home.
- ☺ Conspiracy theorist dies and goes to heaven. At the pearly gates God says to him "Hello, as a reward for getting here I'll answer any question you have". The conspiracy theorist says "JFK, who really killed him?". God answers "It was Lee Harvey Oswald, he acted alone". "Oh no" the bloke says, "This goes higher than I thought".

# Churchill Quotations



- Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.
- If you're not a liberal at twenty you have no heart, if you're not a conservative at forty, you have no brain.
- Everyone is in favour of free speech. Hardly a day passes without its being extolled, but some people's idea of it is that they are free to say what they like, but if anyone else says anything back, that is an outrage.
- Schools have not necessarily much to do with education ... they are mainly institutions of control where certain basic habits must be inculcated in the young. Education is quite different and has little place in school.
- You'll never reach your destination if you stop to throw stones at every dog that barks.
- Fear is a reaction. Courage is a decision.
- There is nothing government can give you it hasn't taken from you in the first place.
- Never give up on something that you can't go a day without thinking about. If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time - a real whack.
- However beautiful the strategy, you should occasionally look at the results.
- The positive thinker sees the invisible, feels the intangible, achieves the impossible.

I remember the cheese of my childhood and the bread that we cut with a knife.  
When the children helped with the housework, and the men went to work, not the wife.  
The cheese never needed a fridge and the bread was so crusty and hot.  
The children were seldom unhappy and the wife was content with her lot.

I remember the milk from the bottle, with the yummy cream on the top.  
Our dinner came hot from the oven, and not from the fridge in the shop.  
The kids were a lot more contented, they didn't need money for kicks.  
Just a game with their mates in the road and sometimes the Saturday flicks.

I remember the shop on the corner, where a pen'orth of sweets was sold  
Do you think I'm a bit too nostalgic? Or is it ... I'm just getting old?

I remember the 'loo' was the Lavvy and the bogey man came in the night.  
It wasn't the least bit funny going "out back" with no light.  
Hung on a peg in that loo, were interesting items to view, from newspapers cut into squares.  
It took little to keep us amused.  
Dirty clothes were boiled in the copper, with plenty of rich foamy suds.  
But the ironing seemed never ending as Mum pressed everyone's 'duds'.

I remember the slap on my backside and the taste of soap if I swore.  
Anorexia and diets weren't heard of and we hadn't much choice what we wore.  
Do you think that bruised our ego? or our initiative was destroyed?  
We ate what was put on the table and I think life was better enjoyed.  
But a huge fact not hereto mentioned in this tale of nostalgic rejoice, is the reason we all "enjoyed" our lot.  
We had no bloody choice!





# PHSG Exercise Venues

All Sessions last 1 hour

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



# Laughter in Rehab

By Steve

PHSG has a number of members who volunteer to give introductory talks on the benefits of joining PHSG to recovering cardiac event patients. You may remember one of us from your time there.

Recently, in giving one of these talks our volunteer spoke on the concerns that people might have, as to whether you might survive the operation but thankfully, everybody present had done that!

At that point, one of the attendees feigned a collapse in his chair.

Our member was quick to point out that nobody had died on one of his talks but if they did, the most likely cause would be boredom rather than any cardiac issue.

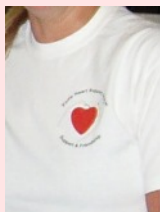
He then said that if that was a genuine collapse then the attendee was in a very fortunate position, as he had, a few days previously, attended a presentation by a vet on First Aid for Dogs. This included sections on artificial respiration and CPR, and the techniques were very similar to that for human beings. Our member would be able to help him providing the attendee could sit, stay, lie down and roll over and didn't mind having his chest rubbed and was happy to be led around on all fours wearing a collar and lead.

As the laughter died down, our member smiled and said to the attendee, "Mind you, there are some men who would pay a lot of money for that "

Cue more laughter and a much lightened mood



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INCLEMENT

JACKFROST

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SHARPWIND

SHIVERING

SNOWING

SNOWY

WINTERY

ZERODEGREES

Y	E	N	D	N	I	W	P	R	A	H	S	L	E	N	J
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M	W	C	U	P	D	L	O	C	I	I	D	Y	K	C	V

Our Word Searches are compiled by Derek Pope

# PHSG Meetings - Diary Dates

Meetings at St John's Church Hall, Broadstone.  
PHSG talks and Chat Stops are free.

**CHAT STOPS** are at 13:30 except April 3

## **March 6 - Chat Stop at 13:30**

Light 'Hearted' Prize Quiz by our Chairman.  
Keith with wife Janet setting the questions.

## **April 3 (2.30 start ) Chat Stop at 14:30 !!**

Naser Sharifi. "Escape from Tehran" The story of a 10 year old escaping the Islamic Revolution in Iran in 1978 to come to London with his family to start a new life, leaving 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.

## **May 1 - Chat Stop at 13:30**

PHSG Annual General Meeting and another Light 'Hearted' Prize Quiz by our Chairman., Questions set by Janet.

And much, much more ... all free to members ... what a fantastic club!

Future chat Stops: June 5<sup>th</sup> - October 2<sup>nd</sup> - November 6<sup>th</sup> - December 4<sup>th</sup>



## ADVERTISEMENT



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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**



**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](http://www.poolehsg.org.uk)**

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