

MAGAZINE

Spring 2020

Poole Heart Support Group

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Walking Group
New Summer Programme

Dr Boos
New lipid lowering drugs

Spring Dinner-Dance
Booking Form

Poole Sailability
Saling Opportunity

POOLE HEART SUPPORT GROUP MAGAZINE

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Telephone: 01202 683363 Ext 158

Telephone manned Mondays & Thursdays 2:00-4:00pm

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**

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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25th February, 26th May (Renewal Slips), 25th August, 24th November.

Committee Meetings 2020 first Wednesdays:

5th February, 1st April, 3rd June, 5th August, 7th October, 2nd December.

COVER PICTURE: Spring at Kingston Lacy. © 2019 Keith Matthews

Chairman's Letter

Walking Group, Cycling Group, and now perhaps Sailing Group? Do take a look on Page 17 to see what PHSG member Peter Davies is offering us. What an active lot we are !

That leads me to the main thing that keeps us active which is the Exercise Classes, so I'm going to sign off right here and leave the rest of the page to Robin.



Keith

IMPORTANT NOTICE TO ALL ATTENDING EXERCISE CLASSES AT CANFORD SPORTS CENTRE

You will be aware of the difficulties we have with parking at this venue. The last few weeks have been the worst and it is not going to get better very soon.

The School is having major work carried out on the drainage system and is currently having the Combined Cadet Force building razed to the ground to make room for a new Library. The building work will take the best part of this year.

There is a lot of goodwill between our Group and the management at Canford. We needed to come up with a programme that had the minimum of problems to all concerned. Together with our trainers and the Rehab Dept at Poole Hospital these are the revised times of our classes. Apologies for the short notice but no one had appreciated how quickly the parking problem would become apparent.

- **MONDAYS:** First Class 8.45 to 9.45, Second Class no change 10.00 to 11.00. (Lesley has to be at her work in Poole Hospital by 11.30)
- **TUESDAYS:** First Class 8.45 to 9.45. Second Class no change 10.00 to 11.00, REHAB CLASS 11.15 to 12.45
- **THURSDAYS:** First Class 8.45 to 9.45. Second Class no change 10.00 to 11.00, Third Class 11.15 to 12.15 HEARTS on SEATS 1.30 as usual.
- **FRIDAYS:** First Class No change 9.00 to 10.00, Second Class 10.15 to 11.15

We are sorry that it has become necessary to bring about these changes. We are very much aware that these Exercise Classes are very important and so too is the camaraderie on these occasions. We would ask members not to come in too early and to leave fairly quickly so that there are parking spaces for those following on.

TO TAKE EFFECT FROM MONDAY 3RD FEBRUARY 2020 UNTIL FURTHER NOTICE

Please think if you are can car share or otherwise reduce the pressure on space.

Robin - Exercise Co-ordinator



From the President

Hello and Happy New Year to you all!

I have been asked to write about the promising new class of lipid (fat) lowering drugs that have been the 'talk of the town' recently. These drugs are known as Proprotein Convertase Subtilisin/Kexin Type 9 Inhibitors (PCSK9i) Evolocumab & Alirocumab. PCSK9 inhibitors are highly potent at lowering 'bad and non-HDL' cholesterol levels.

They work by blocking a protein called PCSK9, which has a role in moderating cholesterol levels in the blood. So are they effective you might ask. Well the answer in terms of cholesterol lowering is 'extremely'. Published data have consistently shown

reduction in non-HDL cholesterol of well in excess of 50% in patients already receiving therapeutic doses of statins ! These medications are administered usually as two weekly single injections. Apart from injection site reactions their side effects are minimal.

However, their ability to lower cholesterol levels is insufficient to support their use. There needs to be robust evidence that this medication can reduce cardiovascular risk and adverse outcomes. Currently published data has clearly supported their modest efficacy in reducing a wide range of adverse cardiovascular outcomes, but do not affect the risk of mortality.

The National Institute for Health & Care Excellence (NICE) recommended that the PCSK9 inhibitor drugs – Repatha (evolocumab) and Praluent (alirocumab) – should be considered as a treatment option for lipid lowering use in specific and well defined patient groups. That is, patients with primary hypercholesterolaemia or mixed dyslipidaemia, and only if low-density lipoprotein concentrations are persistently above defined thresholds despite maximal tolerated lipid-lowering therapy. This group includes patients who are considered at 'high risk' of future cardiac events. NICE has defined this 'high-risk' group as a history of any of the following: acute coronary syndrome (such as myocardial infarction or unstable angina needing hospitalisation); coronary or other arterial revascularisation procedures; coronary heart disease; ischaemic stroke; peripheral arterial disease.

'When I can I start this treatment?' you might ask. In line with best evidence based practice there is a rigorous process. The treatments can only be started in secondary care and then their ongoing care continued by your GP. Whilst treatment can be started by a cardiologist, it has been determined following careful specialist consideration, that treatment commencement is best done by one of the two main Lipid Specialists in Dorset, of Dr Waise and Dr Olufadi in the

East and West respectively. Each single two weekly injection costs over £150 with an annual cost typically in excess of £4000. This poses a huge financial cost given the large number of potential patients.

So in summary, statins remain the gold standard and highly effective treatment for lipid lowering. PCSK inhibitors are clearly a useful addition to the lipid lowering portfolio of medications. They are an important treatment option in a selected group of patients and its use continues to rapidly expand.

Dr Christopher Boos - Consultant Cardiologist, President Poole Heart Support Group.



As the banks are making it increasingly difficult for people to use cheques we have decided to start setting up to take membership and renewal payments by bank transfer.

We will detail this in the Summer Magazine in May so this is just a "heads up" to anyone wanting to use that method to make payments. You will need to know your PHSG membership number and if you don't know it, you'll find it on the envelope in which this Magazine arrived. So please note down the number (it is preceded by a hash symbol) from the label.

For example, my number is shown as #828 but recent numbers are approaching #3000. Of course you can still pay by cheque if you want to!

Derek Pope - Membership Secretary

From our Office

Well here we are, it's now 2020

The Office is open with work a'plenty

New Members coming from all sorts of places

And it's nice to see so many new faces

I certainly have a distinct impression

Most of them come to my exercise session !

Poor Lesley has really no time to chill

Sorting extra stations to fit the bill

The Walking group are out walking tall

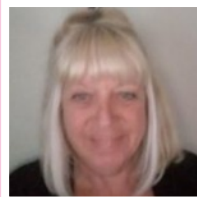
If you'd like to join them, give them a call

The Chat Stop as ever is pretty good fun

Speakers, quizzes, raffles and books by the ton!

If you have any questions about P.H.S.G

Just call the office, you may even get me!



01202 683363

Mondays

and

Thursdays

2:00 to 4:00pm

Jan Mesher

Geoffrey's News From Poole

Dear Friends,

Let us start with something really exciting! This is a very big year for nursing as 2020 is the International Year of the Nurse. It's the 200th anniversary of the birth of Florence Nightingale so lots of planned events and celebrations during the year, locally, nationally and internationally. I have a launch reception at the House of Lords in January; and there will be the Florence Nightingale services at Westminster Abbey in May, and East Wellow by her grave, also in May. All over the Country celebrations of nursing will take place many here in our area, and I hope you get the chance to attend some.



Here is a quote from the woman herself, *"I think one's feelings waste themselves in words; they ought all to be distilled into actions and actions which bring results"*. Very apt indeed I feel.

Here winter is now upon us and we are seeing pressures across the whole NHS especially around the emergency departments. Nationally hospitals are struggling and in our area all three acute trusts are very busy. Here in Poole we are working tirelessly to reduce waiting times but it is difficult. We have opened additional beds to support demand and have reconfigured services to help areas that have the greatest pressures.

Recruitment remains a challenge with some 40,000 nursing vacancies in NHS England but we have had some good successes. We have taken on several newly qualified nurses to our acute medical unit, and with input and support of the existing team they are thriving and enjoying their work. It is never easy when you first qualify and although it's many years ago for me, I remember it well. Today's pressures are even greater so that support in the early days is even more important. We also run a successful preceptorship programme whereby newly qualified nurses receive formal teaching and support in study sessions with the education team and senior nurses teaching, I am sure you'll remember your first days at work and how tough it can be. We are working to retain staff by investing in them.

Our *"Back to the Future"*, program is going well and our HOPE team of volunteers are interviewing patients and looking as to how we can improve care. We hope to be able to produce quality reports based on what the patients themselves feel and ever strive to improve care delivery for all who access our services.

Our caring canine service on Portland ward remains the highlight of many patients' week and the dogs are really helping improve morale and care to patients there. Our treatment and investigations unit goes from strength to strength, but it has been challenging as part of the unit has been used for in-patients to meet demand but we have not had to cancel anyone. The Acute Medical Unit is extremely busy. We have a new Sister and the staff are working hard to maintain flow to and from the trust. I am settling into the role as the RCN representing the Region and combining with my Matron role has its challenges but all is

working out so far. All I can say is roll on spring and let's have brighter, lighter and warmer days. Finally well done Florence - 200 years later we are thriving!

Best wishes.

Geoffrey Walker - Matron for Specialist Medicine, Cardiology and Ambulatory Care Poole Hospital NHS.



We are Looking for a Budding Historian

Poole Heart Support Group was started towards the end of the last century and other than a brief synopsis, we have no written record of its beginning and early years.

Nobody on the committee is able to take on the role of PHSG historian as we are each busy enough as it is, but we would like to find someone willing to research and put together the story.

There are a number of original members who may be willing to provide their memories. We also have some early documents which were retained by the previous secretary and some of these could be useful.

If anyone is interested to take on this task, would you please contact me using the email address or telephone number inside the front cover of this magazine.

A potentially rewarding task which can be undertaken at your own pace.

Derek Pope - Membership Secretary



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The Hope Group

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

with **Geoffrey Walker**
Jim Waine and Ros Hayes.

Food For Thought.

My Ward Round today left me really thinking how I would deal with the situation of a long-term hospital stay, which is something that has affected a couple of people I chatted to. One person had been in a hospital environment for over a year and another for nine months. If you suffer with a traumatic brain injury you could be hospitalised for a very long time.

I wondered how my husband, my family and I would cope. Apart from the shock of something so serious happening, existing family commitments, fitting in visiting as often as possible, and thinking of the implications of what has to be done to accommodate the patient returning home, puts a great strain on the whole family. The home might have to be altered to provide a bedroom downstairs combined with alterations to bathrooms, doorways, the kitchen, and so forth. The list could go on and on.

Obviously, in hospital all your needs are catered for, but we must appreciate the Agencies who need to be involved after the patient returns home.

If you have been in hospital for a very long time and are beginning to feel better, the frustration you can experience when you cannot return home because things are not ready must be particularly frustrating. Apart from any structural changes, a programme has to be thought through and arranged to provide Nurse, Physiotherapist, and Occupational Therapist visits etc.

So these are my thoughts and I am sure that we all hope that we are lucky enough not experience that situation. So persist with keep-fit classes, walk as often as you can, eat well and healthily, get enough leisure and hopefully we will all live a long and happy life.

Any problems or good news please let us know.

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

jimwaine2@btinternet.com Jim Waine 01202 871532

or Ros Hayes 01202 708098.

Ros



I'd like to draw your attention to a leaflet dealing with the problems of deafness in hospital patients. It has been compiled by patients and the public for the benefit of staff. I'd be interested in your feedback and you can see the draft of the first leaflet on the PHSG website, which also includes the contact for your feedback.

Jim



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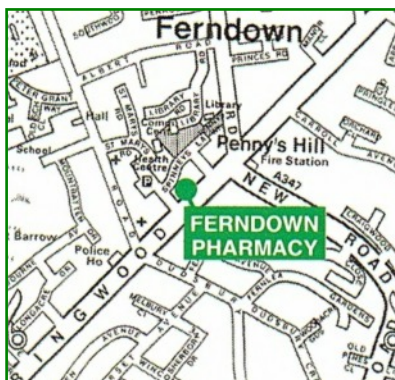
Sunday 10am - 2pm

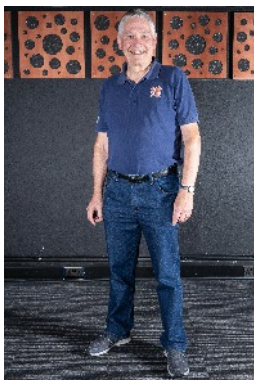
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Hello Friends,

Tickets are selling well for this year's Dinner-Dance so book your place as soon as you can. We had to distribute the booking forms in the Winter issue, which of course made a clash with Christmas, and so we have printed a booking form again with this issue. Cut out the page or download one from our website.

Come along for a good evening. See and hear Kaboodle's new line-up

FRIDAY 17th APRIL 2020
HAMWORTHY SOCIAL CLUB



Chatstop



The closing of the *Stour and Avon* Magazine has been a bit of a blow to community news. In November we had Marilyn Barber talk to us at Chat Stop. She had been the main editor of that magazine. She told us all about her life in journalism and in doing so told us a little about the reasons for the *Stour and Avon's* closure. Some light for the future with 4Dorset Magazine though.

In December, unfortunately Jeff Mostyn from AFC Bournemouth had to cancel. His place was filled at short notice by "Curly the Busker" who entertained and also led some group singing.

The only function of economic forecasting is to make astrology look respectable.

John Kenneth Galbraith

Most humans have an almost infinite capacity for taking things for granted.

Aldous Huxley

To the man in the street, who I'm sorry to say, is a keen observer of life, the word "intellectual" suggest straight away a man who's untrue to his wife.

W.H.Auden

The presence of those seeking the truth is infinitely to be preferred to the presence of those who think they've found it.

Terry Pratchett

Success is often nothing more than moving from one failure to another with undiminished enthusiasm.

Winston Churchill

POOLE HEART SUPPORT GROUP

Dinner & Dance



FRIDAY 17TH APRIL 2020

Hamworthy Social Club

Music and Dancing to Kaboodle

6.30pm for 7.00pm

*Prize Draw
Lucky Ticket!*

Menu

Vegetable Soup (v)

Prawn Cocktail

Ardennes Pate

Traditional Roast Pork, Beef or Chicken

Cranberry, Walnut & Brie Wellington (v)

Served with Roast Potatoes and Seasonal Vegetables

Strawberry, Lemon & Lime Cheesecake

Berry Crumble & Custard

Treacle Sponge & Custard

Tea or Coffee



PHSG Spring Dinner & Dance at Hamworthy Social Club Friday 17th April 2020 6:30 for 7:00pm

Name: _____ Tel: _____

Address: _____

Post Code: _____

I apply for _____ tickets at £24.00 each, total £ _____

Please list the other members of your party on the menu selection below. Please indicate here if you have a preference as to who else you would like to sit with _____

Please indicate choice of menu as follows:

Name to appear on Place Card	Soup (V)	Prawn Cocktail	Ardennes Pate	Roast Pork	Roast Beef	Roast Chicken	Cranberry Brie (v) Wellington	Cheese-cake	Berry Crumble	Treacle Sponge

Please make out your cheque to "Poole Heart Support Group" and send with this form to:

Keith Matthews, 10 Hill View Road, Ferndown, BH22 9QY

PLEASE INCLUDE A STAMPED ADDRESSED ENVELOPE FOR YOUR PRIZE DINNER TICKET

It's Surprising What You Find

by George Llewellyn

One of the most enjoyable aspects of parenthood was school trips. I can't say I enjoyed them as a schoolboy, maybe that's why I enjoyed them so much as a parent.

As a granddad now I don't get a look in, but back then as soon as my children's school announced a planned visit I was there as the first volunteer.

Whipsnade Zoo and a newly hatched penguin; the keeper places it gently in my daughters hand! Handling pieces of Mosaic and Roman roofing tile at Fishbourne. The funniest and most enjoyable was the Natural History Museum.



What's a couple of hours of screaming kids with the reward of a museum visit? I am told which group I will be looking after; four boys from my son's football team.

OK, not bad. I know them anyway. The main reason for the visit? The museum is putting on a special, called "The Hall of Natural History and Reproduction."

Aarggh! ... A morning of sex education with four under-tens. @*!#@@

When we get there it didn't seem too bad. Whilst the children were being briefed I nipped ahead to look at the displays. A small area with about a dozen display boards. All graphic design, in cross-section and soft colours, no actual photos. Phew, that could have been worse!

Displays 1 to 4, just anatomical, no problems. All my group have sisters so no great surprises there. Display 5, this was the one! A couple in the act. Due to the sectioning and the pastel hues it wasn't easy to see what was what and where things were. If I was lucky, with the natural apathy of ten year olds I might get away with it.

As I suspected the first few displays, yawn, boring! Now for No 5. A quick look and they moved on. That was lucky, but I spoke too soon, They backtracked and stood looking intently at the display. I tried to move them on.

"No, look" they chattered. They still couldn't work it out.

But Ben took the floor. "Look, that bit's the lady but that bit belongs to the man"

They stood there looking at each other. Then turn to me wide eyed

"Is that what you did"? Honesty is the best policy, and this is a school trip focusing on sex education. Whatever I say is probably going to get me into an in-depth discussion

"Yes, well, it's the only way".

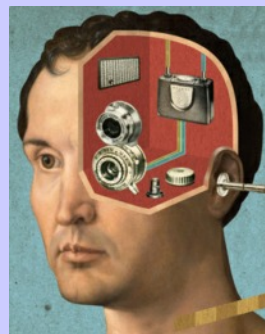
Four voices in unison ... "AGH no, no, no way, we're not doing that, that's disgusting "

They all shuffled off together paying no attention whatsoever to the remaining displays.

George



"This is a most unusual case of fraud," a police spokeswoman told reporters in Tokyo, "because it involves a man with an eidetic (photographic) memory." 34-year-old Yusuke Taniguchi worked in a mall in Kato City, operating the payment till. Whenever a customer gave him their credit card, he would instantly memorise their 16-digit number, name, expiry date, and security code, all in the time it took to process their purchase. He would then use these details to make purchases online. You may be wondering how such a criminal genius could ever be caught, but fortunately having a photographic memory is not necessarily linked to having high intelligence. Apparently, he was too busy using his brain to memorise numbers to realise that providing his home address when making online purchases with stolen credit card details was a bad idea.



"We arrested him after he ordered two shoulder bags valued at 270,000 yen, and asked for them to be delivered to his apartment. After his arrest, he confessed to having stolen credit card information from over 1,300 people, and using it to buy items online, which he then sold through a pawn shop for money, which he used to bolster his income. We also found a notebook containing hundreds of names and numbers which has helped us to link him to hundreds of past crimes."

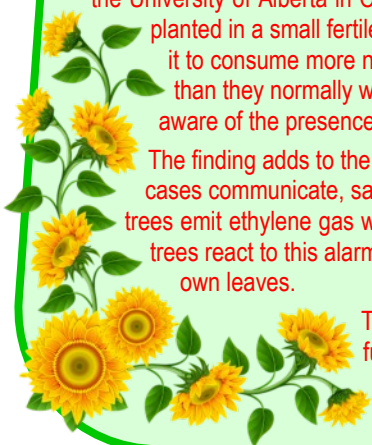
(Sankei News, August 2019)

Scientists discovered that when their fields are crowded, sunflowers grow in a zigzag pattern, to maximise the amount of sunlight each receives. Now, a team has found that the plants also co-operate at a subterranean level to share nutrients.

Each sunflower has a main root, off which smaller ones grow. In a laboratory experiment at the University of Alberta in Canada, researchers found that when a single flower was planted in a small fertile patch of soil, it sent out lots of these smaller roots allowing it to consume more nutrients. But when two were planted, both sent out fewer than they normally would. This, they say, suggests that the plants are not only aware of the presence of others, but also react to it.

The finding adds to the evidence that plants are socially aware and can in some cases communicate, says *The Times*. In the 1990s researchers found that acacia trees emit ethylene gas when giraffes start nibbling their leaves, and that nearby trees react to this alarm signal by transferring astringent tasting tannins to their own leaves.

Trees are also believed to use an underground network of fungi and bacteria to communicate and share resources, in what has been dubbed the "wood wide web"



SUDOKO

by Derek

6		9			5			8
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		3				5	6	
	2	7				4		
5			1		3		7	
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			7		4			
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“Funeral Policies don’t require blood tests or medical examinations,” Donovan Herman of the Association for Savings and Investment South Africa (ASISA) told a press conference in Cape Town, “and are designed to pay out quickly when an insured family member dies.” Unfortunately this makes it tempting for dishonest individuals to take out funeral cover for people who do not exist, with the intention of later submitting claims, using death certificates issued for dead bodies that have been rented or bought.

“It’s a particular problem in KwaZulu-Natal and Eastern Cape, because it’s difficult for life companies to investigate claims in large rural areas. In addition, funeral policy sales are highest in those areas. We estimate that KwaZulu-Natal has a 35% rate of fraudulent claims, and last year when one of our members refused to pay out on a R30,000 life policy, angry relatives dumped the deceased’s body at their branch office. ASISA detected 3,708 fraudulent claims in 2018, but that’s just a fraction of the total.”

Daily Maverick (South Africa) December 2019



Gemma's Kitchen – Food for the Heart

Gnocchi is the Italian for “Lump”

However, in cooking it is a small dumpling made from potatoes and *wheat* flour and is a staple store cupboard food for any larder.

It can be found in nearly all supermarkets either alongside the dried pasta or fresh pasta items. They are quite inexpensive and can be kept unopened for a long period. *Once opened and not being used you can freeze it until the next time!*

Gnocchi is ideal for vegetarians but take care as most Gnocchi does use wheat flour. It is worth looking on the packets before buying as some varieties can use semolina instead of wheat.

Feeding the family throughout the week is easy with delicious meal ideas using fresh, frozen and store-cupboard ingredients. So in this edition I have chosen a dish which I hope you will find easy to assemble and enjoy eating.



Gnocchi with Spring Vegetables

Ready in: 30mins Serves: 4 411 calories per serving.

550g pack of **Gnocchi**

2tbsp **olive oil**.

2 **courgettes** sliced

1 **leek** trimmed and sliced

250g **mushrooms** sliced

180g pack **baby spinach**

100g **Mature Cheddar Cheese** grated

1 **slice of bread** made in to crumbs

Bring a large pan of water to the boil. Add the gnocchi and cook for 2 minutes or until the gnocchi floats to the top of the surface. Drain, and then put into a greased oven dish keeping warm while you prepare the vegetables.

Heat 1tbsp of oil in a frying pan or wok. Cook the courgette, leek, and mushrooms stirring frequently. Add to the gnocchi

Place the spinach into the pan and stir-fry for 2-3 minutes until it wilts. Chop roughly and add to the gnocchi and vegetables. Mix gently together.

Mix the cheese into the breadcrumbs and sprinkle on the top of the gnocchi dish.

Place under a hot grill until the cheese has melted and the top is golden brown.

BUON APPETITO !



Poole Sailability

Offers members of the PHSG free trial sail

PHSG already offers cycling and walking for its members, this year we are going to add sailing. Through one of our members, we are linking up with Poole Sailability, a mixed ability sailing club based in Hamworthy. They enable people with impaired physical health to experience the fun and friendship of sailing with other like-minded people in a supervised environment. Their fleet consists of four stable and comfortable 20 foot Hawk keelboats. Each boat has two experienced volunteers plus space for three guests. Their boats are accompanied by a Safety Boat, which can provide a swift response if needed, and ensures the safety of all.

Every Friday morning, from April to October, they invite local groups of up to 12 to join them for a free two hour sail in Poole Harbour. For those wishing to continue sailing they run club sailing sessions on Sunday mornings and Wednesday evenings.

Our member, Peter Davies who is also a member of Poole Sailability, will be organising our group sails and if you are interested in a trial sail please send him an email at poole.sailability@gmail.com. Peter will let you have a brochure about the it. For more information visit the Poole Sailability website www.poolesailability.org.uk



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Emma and Lesley Receive their Christmas Collection





But I'll have a Blue, Blue, Blue Christmas Steve !

Christmas Party at Canford

19th December
2019

Meet our Members *John Bagnall*

I was born in Essex in 1938, the oldest of five children. My earliest recollections were living in Dagenham where the Ford factory was located, a prime target during the war and we spent many a night in the Anderson shelter. I can only remember seeing my father once during the war as he was in the army and at the end of the war was sent to West Africa.

We moved to Colchester when I was eleven. My father was then posted to Germany and we went with him. I was sent to a boarding school for servicemen's children overseas, at Wilhelmshaven in 1950. The British were still occupying forces. At school we were not allowed to fraternise with the Germans although the soldiers obviously did! An irrelevant memory being that Nescafe was a very tradeable product.

At the age of 14½ my father, who was a very controlling man, told me that at the age of fifteen I would be 'out', and I should think of what I was going to do for a living. Three months later he railroaded me into the army as a boy soldier at Army Apprentice College Chepstow, where I served an engineering apprenticeship. This however committed me to nine years in the army.

On completion of the apprenticeship I served in various places. Maralinga in the central desert in Australia in the mid to late fifties, where the British government were exploding nuclear weapons. I witnessed (guinea pig!) two atom bombs and one hydrogen bomb,

although this last one is still at times being debated with cobalt being mentioned. Whatever it was it was quite a big bang! Many records are still secret, some can't be found and amazingly all personal medical records from Maralinga have been lost; I wonder why! There are not many survivors.

In 1959 I married Barbara and in 1960, with our first son we went to East Africa. We lived in Nairobi where our second son was born, and I was involved in military duty throughout East Africa with the Army Air Corps, a very pleasant posting. We then went to Aden for a year and the temperature never fell below 100°F (38°C). I often went to the Radfan Hills on operations where it was even hotter.



We returned to England in December 1964; the cold weather was quite a shock. Not long after returning from Aden I left the army. I worked on the Severn bridge motorway approach road maintaining transport, plant and equipment. I had a couple of other jobs and in 1967 joined the Civil Service and managed the Dept. of Transport vehicle testing stations at Gloucester and Carlisle. During my time at Carlisle I studied with the Open University and then Warwick University and qualified as a teacher, after which I took a post at Ferndown Upper and stayed till retirement in 1999.

At the age of 54 I had a heart attack. I am sure you will have heard the next bit many times before. "Why me?" I've never smoked, I walked and swam regularly, not overweight and only an occasional alcohol drinker. Moreover, if I had gone to hospital at first pain, they may very well have prevented the damage to my heart that followed the delay. Take a lesson all. After five days in hospital I was sent home, given a set of do's and don'ts and told to take it easy. Four months later I was able to return to teaching until my retirement.

I started voluntary work with Leonard Cheshire Disability. This involved basic care and in my case a lot of driving. I am still involved after eighteen years. However, at 81 it is getting close to retiring.

In November 2003 I was pulled out of the swimming pool semi-conscious and again spent a couple of nights in Poole hospital. In January 2004 I had an angiogram. This resulted in a diagnosis of arrhythmia with occasional ventricular arrhythmia, hence the swimming pool incident. I had a diagnosis at last after complaining for 24 years of something unusual in the chest coupled with a lightheaded feeling. Years of being told to "go away", "clear off and don't come back to my surgery", "find yourself another GP", "Stop wasting my time" and more.

I had an I.C.D. fitted at the Heart Hospital in London in June 2004. I am now on my second I.C.D. and shortly due a third. It has fired twice; the first time I felt a tingle as in a static shock and the second time I didn't feel it at all. The arrhythmia nurses tell me that most men find the six-month driving ban the worst thing following a shock, and some will attempt to avoid the mandatory driving ban.

Following my heart attack, I joined the PHSG. At the time it was quite recently formed and led by Jim Waine. I found it very helpful particularly the informal chat. In 1996 I took the role of treasurer which I did for three years.

Following rehab in Poole I joined the exercise group in the Dolphin Centre. When this folded I changed to swimming twice a week and regularly walking to Poole and back from Broadstone. I still walk to Poole most days but now I come back on the bus. Whilst I enjoy walking on my own or with Barbara, I particularly enjoy walking with the PHSG walking group as they are excellent company. We are getting some new and younger members, a mere 65 to 70 which is welcome as some of us over-80s are getting a bit slower and now look for the short cuts.

John 



Meet our Members *Graham Best*

I was born, together with my twin brother, in Poole Hospital in February 1941. We lived in Hamworthy and later Oakdale. My brother and I attended Hamworthy Primary and then Poole Grammar Schools.

I've always been an enthusiastic sports fan and for my sins I am a lifelong Arsenal supporter. We played football and cricket for several local teams, often in the same team and being identical twins this led to amusing incidents. One sunny Sunday afternoon we were playing a cricket match against a local village team. My brother Brian was batting one place above me in the order and I remember him being dismissed; however when I arrived at the crease the opposition refused to bowl to me! "We've just got you out" they chorused and insisted seeing us together before I could start my innings. I also remember playing in a Dorset League football match - I was right back and Brian right wing. Brian scored and the team gathered around to congratulate him; at this point the referee said to me "I

thought you were a fantastic player, defending one moment and scoring the next, now I see there are two of you!"

After leaving school I joined a local firm of quantity surveyors and two years later moved to a London based quantity surveyors working at Winfrith Heath Atomic Energy Establishment. I had three very happy years there before being transferred to Finchley in North London.

I'd met Jean, my future wife, in 1961 and after getting married in 1964 moved immediately to Kent and worked on the construction of Tilbury 'B' Power Station. Jean became a secretary at a pharmaceutical company. While at Tilbury a colleague and I decided to buy tickets to all the London based games of the 1966 World Cup and we went to most of the games, especially the Final, of course - I'll never forget it. Later, through a colleague of Jean's, I was offered tickets to see two Muhammad Ali fights against Henry Cooper and Brian London. Ironically the Henry Cooper fight was at Highbury Stadium, the home of Arsenal Football Club, so the first time I went to Arsenal's ground was for a boxing match!

The following year our daughter Melanie was born; soon we were on the move again to Didcot in Berkshire and our son Alan was born there in 1971. We loved our time in Berkshire but when the contract finished we said goodbye to our friends and moved back to Kent. There I worked on the Grain and Littlebrook power stations. When these contracts came to an end, I was made redundant and moved into the insurance industry until I took early retirement in 1998.

After over 50 years we eventually came home to Poole and now live close to our daughter, son-in-law and 3 grandchildren in Broadstone.

My first heart problem was in 1998 when I was diagnosed with angina which was successfully treated with medication. In 2017 my heart problems returned during a walk in Poole Park. The doctors decided I needed a couple of stents and suggested that after the rehab provided by the hospital, I should attend exercise classes organised by P.H.S.G.

Then Jean had a heart attack in 2018 so we both owe our NHS a big thank you and together with the support we get from the P.H.S.G. and the exercise classes they provide, we feel we can look forward with confidence.

Graham



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50% of the UK's ten-year olds owned a smartphone in 2019. 24% of three and four year olds had their own tablet. 15% of them take it to bed.



Travelling Post-Brexit

by *Natasha Goldstein*

With the final Brexit date now come and gone and the transition period commencing, Able2Travel Travel Insurance looks at what we know so far on travel post Brexit, and things travellers need to be aware of for their future travel plans.

It is unlikely the travel industry will change overnight with planes expected to fly, trains to keep travelling and ferries continuing to sail. However, at the time of writing, the transition period is yet to be confirmed but is currently expected to be 31st December 2020.

(1) Travel Insurance

Any travel insurance policy already purchased for travel post Brexit will still be valid according to the terms and conditions of the policy. Any Single-Trip or Annual Multi-Trip travel insurance policies will remain in place and cover will continue as per the contract at the time of sale, which is good news for holiday makers that are beating the January blues by booking a trip!

If you currently use an EHIC card, while that is expected to offer some protection during the transition period enabling users access to state provided healthcare, once the transition period ends, EHIC cards issued by the UK will likely no longer be valid.

Remember, the EHIC is not an alternative to travel insurance and does not cover any private medical costs, nor will it cover the repatriation of you or your baggage and is not valid on cruises. If you have a pre-existing medical condition, ensure the travel insurance policy you purchase can offer protection against this as the EHIC scheme covers pre-existing medical conditions, while many travel insurance policies do not without declaring them.

Always read the policy wording to learn what is and is not included.

(2) Free Travel Movement

After the UK leaves the EU, there is still expected to be a transition period where Brits and European citizens can move freely through the UK and EU for leisure and business purposes. However, once this period comes to an end, there may be limits introduced on how long UK citizens can spend in the EU, even just for leisure purposes.

At the time of writing, the current likely suggestion is the 90-day rule in which you can only spend 90 days out of every 180 within the EU without having to obtain a long stay visa. This current rule already applies to a number of other non-EU citizens.

(3) Travel for Pets

After Brexit, you will not be able to use the existing 'Pet Passport' scheme. Depending on the Brexit negotiations, the process of travelling with pets following

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

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the new scheme could take up to 4 months to apply and complete. So, ensure you are prepared with plenty of time before your trip to allow time to complete the necessary documents and fulfil any requirements.

(4) Driving in the EU

With the withdrawal of the UK from the EU, there may be some changes in documentation required when driving abroad and you may need one or more International Driving Permits (IDPs) depending on which country(s) you are driving to or through.

You will also need to place GB stickers on the rear of your vehicle, even if your number plate has a GB Identifier and ensure you have your green card (international driving certificate) in hand for driving within the EU, Norway, Switzerland, Iceland and Liechtenstein. These are usually obtained upon request from your motor insurance provider. However they can take a while to come through, so make sure you leave enough time before you travel for it to arrive.

(5) Post -Brexit holiday bookings

While there has been some speculation on the financial security of pre-booked holidays in terms of hotel and flight cancellations, travel delays and the state of the currency exchange rate, there may not be a reason to worry if reasonable steps are taken to 'Brexit-proof' you and your holiday.

- Book through a travel agent registered with either Association of British Travel Agents (ABTA) or the Association of Independent Tour Operators. This will offer the most comprehensive consumer protection available.
- Consider booking an all-inclusive package – if you're concerned about the Euro falling against the British Pound, an all-inclusive holiday will lock in the cost of your whole holiday before you travel.
- Purchase your Travel Insurance – this should be a high priority on your holiday booking checklist to help offer further protection for your travel plans.

If you are travelling within the EU or further afield this year, it's important not to forget to buy your travel insurance. Able2Travel Travel Insurance can cover almost any 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 twenty years ago. You can get a pre-existing medical condition travel insurance quote by visiting <https://www.able2travel.com/> or by calling our helpful team.

**All information correct at the time of writing this article.*

Natasha would like to share a joke that had them all laughing in the Able2Travel Office.



☺ Did you hear about the explosion at the cheese factory?
There was de-brie everywhere !





Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

WINTER / SUMMER WALK SEASON 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.

For any general queries please contact **Dianne Eddy on 01202 622016**

DATE	LEADERS NAMES	TEL. NO	✓
<i>WINTER 2020 -ALL WINTER WALKS START AT 10:30</i>			
Wed 26th Feb	John & Barbara	01202 690636	
Sat 7th March	Larry	01202 911496	
Wed 18th March	Malcolm & Margaret	01202 721120	
Sat 28th March	Ray & Helen	01202 574433	
<i>SUMMER 2020 -ALL SUMMER WALKS START AT 10:00</i>			
Wed 8th Apr	Richard & Ingrid	01929 553084	
Sat 18th Apr	Ray & Helen	01202 574433	
Wed 29th Apr	Margaret & Malcolm	01202 721120	
Sat 9th May	Cyril	01202 733956	
Wed 20th May	Jean Robinson	01202 695030	
Sat 30th May	Brian Rigler	01929 472175	
Wed 10th Jun	David & Judy	01202 692369	
Sat 20th Jun	John & Barbara	01202 690636	
Wed 1st July	Larry	01202 911496	
Sat 11th July	Richard & Ingrid	01929 553084	
Wed 22nd July	Anne Coleman	07762 316312	
Sat 1st Aug	Dianne & Norman	01202 622016	
Wed 12th Aug	Vacant		
Sat 22nd Aug	Bob & Linda	01258 840720	
Wed 2nd Sep	Graham & Jackie	01202 715928	
Sat 12th Sep	Heather & Mary	01202 842707	
Wed 23rd Sep	Chris & Julia	01202 882360	

Apart from our walks every ten days on Wednesdays and Saturdays, the Winter part of the year included our Christmas Dinner on 27th November and of course our annual meeting to arrange our forthcoming Summer season.

Our Christmas Dinner was very well attended, and we enjoyed an excellent meal at the East Dorset Golf Club. After all our wet and windy walks throughout the Winter, it was a real treat to be celebrating with our fellow walkers in a warm and dry environment.

Apart from a slight hiccup with finding a venue to hold our Summer planning meeting, this was overcome, and we had a full contingent of walkers turn up all ready and willing to add their names to the list for the Summer walks. We have been pleased to welcome some new members to the walking group throughout the season and by all accounts not only have they enjoyed the walks, but they have also found us to be a fun group. It seems appropriate here to say thank you from the Walking Group committee to all our walkers for their support in making the group such a success, not only in giving their time to plan and lead walks, but for also making our walks so enjoyable.

Please remember, our Summer walks begin at 10.00am and if you would like to find out about the meeting place for any of the walks please phone the walk leader on the day before the walk for details – contact telephone number as published.

On behalf of the PHSG Walking Group Committee.

Linda Thomas



Walking off the Festive Celebrations at Uddens Plantation

CHRISTMAS WRAP-UP

- ☺ We had so many Pringles (*no, not you Robin*) spilt and trodden into the carpet during the Christmas partying - it was beginning to look a lot like crisp mush.
- ☺ I went on line to buy Christmas presents for the family, and ordered four Kindles. Two days later they delivered a Two Ronnies DVD.
- ☺ This Christmas a bloke in the pub asked me how long you could keep a turkey in the freezer. I told him it must be months. He said, "Well I only put it in on Thursday, but when I opened the freezer tonight, the turkey was dead".
—oOo—
- ☺ Man walks into an ancient Greek tailors with a pair of ripped trousers. Tailor - "Euripides?" Man says - "Yeah. Eumenides?"
- ☺ The police are investigating a shooting incident, involving a starters' pistol. They suspect it's race related.
- ☺ I walked into the pub last night, the barman says "Are you here for the Neil Diamond karaoke ?" "I am" I said.
- ☺ My argumentative friend has just earned a PhD with a study of palindromes. From now on she'll be known as Dr Awkward.
- ☺ I went on Dragons' Den and showed them my Dad's old shotgun. Peter Jones asked "And so what's your idea?" I replied "It's a simple concept Peter. Just put the money in the damn bag".
- ☺ How do you tell what sex an ant is? Drop it in water. If it sinks, it's a girl ant. If it floats - buoyant.
- ☺ My son told me that he liked Beyonce. I replied "Whatever floats your boat ". He replied "No, Dad, that's buoyancy..."
- ☺ In the icy conditions this winter I was showered by a passing council lorry. "Bastard!" I said, through gritted teeth.
- ☺ I just applied for a job with Citroën. The wanted me to send 2 CVs.
- ☺ I got caught taking a pee in the swimming pool today. The lifeguard shouted at me so loudly, I nearly fell in.
- ☺ "Doctor, doctor, our sex life isn't what it used to be" Doc, bemused, "But you're both over 80, when did you first notice this?" "Twice last night and once this morning."
- ☺ Two junkies snorted curry powder by mistake. They were rushed to hospital, one slipped into a korma, the other has a dodgy tikka.
- ☺ I woke up this morning to the Sun coming through my bedroom window. That new paperboy is useless!
- ☺ I stood next to a Goth at the bus stop when it started raining. Scared myself to death when he opened his umbrella! I thought he was turning into a bat!
- ☺ On Monday it's the start of diarrhoea awareness week. Runs until Friday.

At dawn the telephone rings ...

"Hello, Señor Bob? This is Ernesto, the caretaker at your country house".

"Ah yes, Ernesto. What can I do for you? Is there a problem?"

"Um, I am just calling to advise you, Señor Bob, that your parrot, he is dead".

"My parrot? Dead? The one that won the International competition?"

"Si, Señor, that's the one".

"Damn! That's a pity! I spent a small fortune on that bird. What did he die from?"

"From eating the rotten meat, Señor Bob".

"Rotten meat? Who fed him rotten meat?"

"Nobody, Señor. He ate the meat of the dead horse".

"Dead horse? What dead horse?"

"The thoroughbred, Señor Bob ..."

"My prize thoroughbred is dead?"

"Yes, Señor Bob, he died from all that work pulling the water cart".

"Are you insane? What water cart?"

"The one we used to put out the fire, Señor".

"Good Lord! What fire are you talking about, man?"

"The one at your house, Señor! A candle fell and the curtains caught on fire".

"What the hell? Are you saying that my mansion is destroyed because of a candle?!"

"Yes, Señor Bob".

"But there's electricity at the house! What was the candle for?"

"For the funeral, Señor Bob ..."

"WHAT BLOODY FUNERAL??!!"

"Your wife's, Señor Bob. She showed up very late one night and I thought she was a thief, so I hit her with your new Ping G15 204g titanium head golf club with the TFC 149D graphite shaft".

SILENCE ...

LONG SILENCE ...

VERY LONG SILENCE ...

"Ernesto, if you broke that driver, you're in deep trouble."



Urgent request - Posted on "What's Upp"

Due to someone dropping out ... Is there anybody on here interested in coming on a helicopter trip?



It will be with me and 3 friends ... We'll be leaving at 10.10am on Friday from Manchester Airport and first fly direct to Southport where we will have breakfast. Afterwards we fly to Dublin to enjoy a lunch and a Guinness or two. Later on in the afternoon we will then fly down to London for an evening dining before staying in a 4 star hotel in the centre of the city. Early the next morning we depart London to be back at Manchester around noon.

If you are interested, please PM me - preferably someone with a helicopter.

PHSG Exercise Venues

PLEASE NOTE THE CHANGES
AT CANFORD

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 CHANGES IN RED UNTIL FURTHER NOTICE. Please vacate the car park as quickly as possible after your session	Monday	08:45	10:00	
	Tuesday	08:45	10:00	
	Thursday	08:45	10:00	11:15
	Friday	09:00	10:15	
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	15:45		
	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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Contact: Linda Ireland on 07757056095

lindaireland457@hotmail.com

DID YOU KNOW ... for every teeshirt, poloshirt and sweatshirt bought by one of our members, a small donation is made to PHSG funds.

If you would like one of these items, which bear the PHSG logo, please feel free to ring, text or email me as above.

I would be happy to visit your exercise group if you would like to "try before you buy" with no obligation. Just get in touch and I can arrange to come along and say hello and bring some teeshirts with me.

Other colours are available if white and grey don't appeal – how about **Royal Blue** or **Navy**? Just let me know! Looking forward to hearing from you.

Linda



PHSG CYCLING CLUB

A SECTION OF THE
CTC / CUK

ALL STARTS 10:00am

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

Sunday 22 Mar. Meet Wimborne Square. Blandford Way.

Sunday 19 Apr. Meet Parley Cross. Christchurch.

Sunday 24 May. Meet Wareham Quay. Bovington.

Sunday 21 Jun. Meet Poole Park. Round the Harbour. (Maybe)

PARLIAMENT - WORD SEARCH

With one of Margaret's great nephews having become an MP in December, I decided that Parliament would be a suitable subject for this Word Search!

BACKBENCH
BILL
BISHOPS
BLACKROD
COLLOQUIUM
COMMONS
CURIAREGIS
DEBATE
DEMOCRACY
DIVISION

ELECTORATE
FRONTBENCH
GOVERNMENT
HOLYROODHOUSE
LEADER
LEGISLATURE
LORDS
MONARCH
OPPOSITION
PARLIAMENT

PRIMEMINISTER
PRIVILEGE
PROCEDURE
READINGS
SITTING
SPEAKER
WESTMINSTER
WHITEPAPER
WITENAGEMOT

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

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 STOP times are changing:
To 14:30 this year.

Mar 4 Chat Stop at 14:30

Call my Bluff - Guess the object's true use.

Apr 1 Chat Stop at 14:30

Poole Town Crier - David M. Squire

May 6 Chat Stop at 14:30

Annual General Meeting followed by "Sticky Card" game by Derek Pope.



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

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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

