

# MAGAZINE

Summer 2019



Poole Heart Support Group

[www.poolehsg.org.uk](http://www.poolehsg.org.uk)  
[www.facebook.com/poolehsg](https://www.facebook.com/poolehsg)



Membership Renewal Time!  
Renewal Form Inside.

Come to Tea with the Oddfellows  
Gemma's Kitchen Recipe  
Walking Group Pictures

# POOLE HEART SUPPORT GROUP MAGAZINE

Poole Community Health Centre Shaftesbury Road, BH15 2NT

Telephone: 01202 683363 Ext 158

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

**www.poolehsg.org.uk**

---

**PRESIDENT: Dr CHRISTOPHER BOOS MBBS, Dip IMC, RCS (Ed), MD, FRCP**

PRESIDENT EMERITUS: Dr. ANDREW MCLEOD

Vice Presidents: GEOFFREY WALKER OBE, JP, MA, RGN, PgDip, DipEd, FAETC.

Dr. DIANE BRUCE MB, Bsc (Hons), FRCP

MAGGIE RICHARDSON

JIM WAINE

## PHSG CONTACTS

|                  |                       |         |              |
|------------------|-----------------------|---------|--------------|
| KEITH MATTHEWS   | Chairman & Magazine   | keith@  | 01202 855001 |
| DAVID ANDERSON   | Secretary & Website   | david@  | 01202 697376 |
| ANDREW MONAHAN   | Treasurer             |         | 07921 195555 |
| JAN MESHER       | Office Manager        | jan@    | 01202 250108 |
| DEREK POPE       | Membership Database   | derek@  | 01202 889070 |
| NIGEL ROWE       | Membership Database   |         | 01202 383092 |
| ROBIN PRINGLE    | Exercise Co-ordinator | robin@  | 01202 884250 |
| LESLEY RICHARDS  | Lead Trainer          | lesley@ | 01202 067268 |
| ROGER RIDOUT     | Purbeck Liaison       | roger@  | 01929 423079 |
| GEOFF LAWRENCE   | Talks & Social Events | geoff@  | 01202 888438 |
| GEORGE LLEWELLYN | Talks & Social Events | geoll@  | 01202 605455 |
| LINDA IRELAND    | Clothing Sales        |         | 07757 056095 |
| CAROL CLEMENTS   | Committee Member      |         |              |
| DAVID JONES      | Committee Member      |         | 01202 687099 |
| SONJA SPARROW    | Co-opted Member       |         | 01202 801285 |
| PAM BAILEY       | BHF Representative    |         | 01202 574944 |
| JIM WAINE        | Founder and VP        | jim@    | 01202 871532 |

*All PHSG emails are @poolehsg.org.uk*

---

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

---

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

*Magazines are published 1<sup>st</sup> March, 1<sup>st</sup> June, 1<sup>st</sup> September and 1<sup>st</sup> December.*

*Print Deadlines are 10<sup>th</sup> February, 10<sup>th</sup> May, 10<sup>th</sup> August, 10<sup>th</sup> November*

*Magazine Mailing Dates for 2018 are Tuesdays:*

*February 26<sup>th</sup>, May 28<sup>th</sup> (Renewal Slips), August 27<sup>th</sup>, November 26<sup>th</sup>*

*Committee Meetings are first Wednesdays in, February, April, June, August, October, December.*

**COVER PICTURE: Veraison at English Oak Vineyard Lytchett Matravers © KJM 2018**

*Veraison : In viticulture, the onset of ripening and change of colour of the grapes.*

# Chairman's Annual Report



The PHSG has had a stable and fairly uneventful year. But let me say as regards PHSG, I like "uneventful". Eventful usually implies some crisis! Membership would seem to be stable and the attendance at Exercise sessions, Chatstop and the other things we do are as high as ever.

The Chatstop programme of speakers regularly reaches attendances of 50 or more and although we have to pay the hiring fee we find we are covering costs thanks to teas, raffles and book sales.

The walking group is still being co-ordinated by a team of people; Norman and Diane Eddy, Bob and Linda Thomas, Jean Robinson and Larry Cooper.

After an approach by one of our members offering the band he manages for a function, it was agreed that we would promote our Annual Spring Dinner dance again and Eric Paddock has agreed to take on the organisation. We will be going to Hamworthy Social club which is a venue we used many years ago. The ticket sales are going extremely well and we are already up to 110. Book now if you haven't already and look forward to a great evening with music by Kaboodle.

Dave Evans has done a great job marketing out PHSG clothing, but personal circumstances have meant that he is leaving us and moving to Essex. We thank him for his work and wish him well.

Unfortunately early this year, our Treasurer Rita Holmes had to have extensive medical treatment which took its toll. Sadly, Rita passed away peacefully on the 8<sup>th</sup> May. She had already reached the decision to step down as Treasurer and we have been gradually extracting the threads of the accounts to our new Treasurer, Andrew Monahan. This has proven difficult because of software incompatibilities and slow reactions from Lloyds Bank. Andrew has done a good job in providing us with a financial report which represents our true situation and can be built on. Andrew is a qualified accountant and has been co-opted on to the committee to do this. He is willing to do this voluntarily and we have formally elected him to the committee at the AGM.

We lost one of our founder members, Don Bailey, this year and unfortunately Pam Bailey had to go into hospital for a number of weeks. She is out of hospital now, Let's wish her well and hurry her back.

We appealed for new committee members and we have been delighted with the response. Jan Mesher has recruited many more helpers for the office. She was down to just herself at one point, but now has a 'waiting list'.

Several members have offered to serve on the committee and have already attended one meeting to see how it works. We have Carol Clements, Linda Ireland, David Jones, and Nigel Rowe willing to stand. None of the existing members are standing down at this time but may well take a lesser role as time moves on. Since the AGM, Sonja Sparrow has volunteered to come on the committee too.

I always say, and I'll say it again: We are blessed with a truly excellent committee who all know their own responsibilities and get on with their jobs. Your committee are terrific, the office helpers and the other helpers at the hospital education sessions are too, and I thank them all.







## From the President

I am writing this article on my cell phone in Innsbruck as I was unable to complete this while at work last week. So please forgive me any typos. Well, I know Keith will pick them up anyway!

In this issue of the PHSG magazine I would like to raise the important issue of aspirin use for the prevention of heart disease. The benefits of aspirin in the prevention of future cardiovascular events in patients with known cardiovascular disease such as previous stroke, ischemic heart disease or peripheral vascular disease is well established. However, what is much less clear is whether aspirin would be beneficial in the prevention of cardiovascular events in patients without known

cardiovascular disease (primary prevention). Historical data from trials conducted decades ago suggested its potential benefits. This data has been challenged in the last year by the results of three large randomized controlled trials (RCTs) comparing aspirin at 100 mg to placebo for the prevention of cardiac events in people without heart disease.

The 7-year ASCEND trial enrolled more than 15,000 patients with diabetes and found that aspirin reduced cardiac events by 1.1% but increased major bleeding by 0.9%. The 5-year ARRIVE trial enrolled more than 12,500 patients with moderate cardiac risk and observed no significant difference in cardiac events but a twofold greater risk for gastrointestinal bleeding in the aspirin arm. In the greater than 19,000 elderly people, who were followed up for nearly 5 years in the ASPREE trial, aspirin did not prolong disability-free survival and was associated with a higher rate of bleeding and a statistically significant 1.5% higher rate of death.

In conclusion it is not advised to use aspirin in patients without heart disease or in those at low to moderate risk. The reasons why this data challenges previously positive aspirin studies may relate to the combination of better baseline therapies (eg statins) plus the secular decline in cardiac event rates makes it much harder for any therapy to show benefits. However please do not confuse these negative studies with the proven efficacy for aspirin in high risk patients with known stroke, ischemic heart disease and peripheral vascular disease.

*Dr Christopher Boos*

*Consultant Cardiologist, President Poole Heart Support Group.*

*Poole Hospital NHS Trust*

*Visiting Professor, Carnegie Research Institute, Leeds Beckett University*

# Healthy Tea ! - June 13<sup>th</sup> - You are Invited

We are collaborating with the "Oddfellows" again this year and are invited to book on to the free tea. As you can see, one of our PHSG trainers will be leading some very gentle exercising before tea just to demonstrate what we do in our classes. This event was very popular last year, so don't miss it but give Margaret a call or an email to book please.



## Your Invitation

to meet friends who  
are just your cup of tea!

## Healthy Afternoon Tea

Thursday 13 June, 2.30pm

Tuckton Social Club, Tuckton Road, Bournemouth BH6 3AA

Join us for our **FREE** healthy afternoon tea in great company!

Poole Heart Support Group will be demonstrating some light exercises that we can join in too and discuss the importance of keeping ourselves active.


Plus, enter our **\*FREE** prize draw to win a healthy food hamper.

Bring this  
invitation with  
you to enter  
the **FREE** prize  
draw

To book please contact Margaret on **01202 775122**  
or email **margaret.white@oddfellows.co.uk**



[www.oddfellows.co.uk](http://www.oddfellows.co.uk)

 **OddfellowsDorsetYeovil**

# Geoffrey's News From Poole

Dear Friends,

I hope my article finds you all well and in good spirits and ready for the spring and summer ahead. Hopefully by the time you read this the new front entrance of the Hospital will be complete and the several months of disruption will be over. It will be a wonderful show case for the Trust and a welcoming and modern entrance together with shops and new toilets. It has been a busy winter but not as bad as we all expected and although we have had additional beds open it has gone very smoothly.

The re-design of my services is now complete and the new matrons are in place and I am enjoying the new challenges this brings. I have Specialist Medicine, Cardiology and Ambulatory care and the Specialist Nursing Services. I am really focusing on the patient experience as well as the journey. So often we get the journey right but fail the experience and that's what everyone remembers. So together with my team we are looking at some new initiatives that support a more individualised care delivery by talking to and listening to patients whilst in the hospital. My voluntary HOPE group will be pivotal to this and we are meeting to look at how we best can achieve this, and I will keep you updated as we progress.

The merger continues together with the clinical services review but there is nothing really to update at the moment. Any changes will always be reported in the media. For me it's about maintaining excellent standards and care to our patients whatever happens.

The new Treatment and Investigations Unit (T.I.U.) is going from strength to strength and has never cancelled or reduced services due to having escalation, since it moved to its new purpose built area last December, which is excellent news.

Cardiology remains a very busy service and together with the Royal Bournemouth Hospital we are constantly looking at better ways of integrated working, which will be to the benefit of our patients.

Our Acute Medical Unit (Ansty) has completed a recruitment video as we expand our services and compete in the ever tough market for nurses; we have managed to offer jobs to 10 newly qualified nurses who will come out of university in October. I managed to get a part in the video and will let you know when it's on line!

I am now a fully-fledged member of the RCN National Council and attend the meetings in central London. In May it's also the National Congress in Liverpool. Here delegates meet to debate issues across a broad spectrum of nursing, representing the 460,000 members of the RCN. As you know I represent South West England and am trying to visit as many Branches as I can; I was at the Cornwall meeting in March.



I am also on Twitter and for those of you who have never joined it is an excellent method of listening to and commenting , please follow me @gwalkerpoole1

So that's all for now and until next time please look after yourselves and take care.

Best wishes.

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

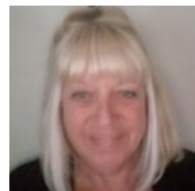
*Matron for Specialist Medicine, Cardiology and Ambulatory Care Poole Hospital NHS Foundation Trust.*



Our Treasurer, Rita Holmes, passed away peacefully in her sleep on the 8th May. She had received radiotherapy throughout January. Rita was PHSG Treasurer for more years than most of us can remember and dealt with everything with calm efficiency. She was a pleasure to work with. In addition she organised the PHSG Annual Dinners and plenty of other things too. Janet & I counted her a friend, as did many others in PHSG. and often met up with her to join our team in whatever quiz we were taking part in or visited for coffee. I hope to include a fuller appreciation of Rita's life in the next edition. We will miss her greatly.

*Keith*

## *To those who offered to help in our Office!*



*Jan*



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

*Thanks so much  
to you all*

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

# The Hope Group

By Jim Waine & Ros Hayes

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



**With Matron Geoffrey Walker, Jim Waine and Ros Hayes**

**This may help you with information about the changes to outpatients.**

Due to the improvements to the Main Hospital Entrance (South), new wayfinding signs will be implemented across the hospital. It will now be split into coloured zones. As a result of this some of the Outpatient clinics have been renamed.

During this cross over period it is important for you to know that the actual clinic location has not moved only been renamed. *After the 30th May and just prior to the new entrance opening*, the outpatient clinics will be signposted to different coloured zones depending where they are situated in the hospital.

Please see grid below for clinic name changes and corresponding coloured zone. All zones may be accessed via the New Main Hospital Entrance (South). Should your appointment be before all the physical changes are in place then please use previous names and locations to find your clinic.

Yellow Clinic - Clinic Area 1 Pink Zone previously entrance 8/10

Green Clinic - Clinic Area 2 Pink Zone previously entrance 8/10

Blue Clinic - Clinic Area 3 Pink Zone previously entrance 8/10

Ladybird Unit - no name changes Pink Zone previously entrance 8/10

Children's Outpatients - no name changes Pink Zone previously entrance 8/10

Harbourside - no name changes Blue Zone previously Entrance 7/10

Cardio Respiratory Dept - no name changes Purple Zone previously entrance 8/10

Studland Reception - no name change Yellow Zone previously entrance 6

Oncology Outpatient Dept - no name change Pink Zone previously entrance 8

New outpatient self-check in kiosks will be available in the New Main Entrance (South), for you to access which will enable you to check in for your outpatient appointment in a timely and efficient manner.

On the 15th of March the walking group had a refresher course by Richard Weaver on how to operate a defibrillator machine; as we carry a defibrillator with us on all walks it's good to keep up to date.

During the display a question arose as to a 'defibrillator being used on a person with a pacemaker or an ICD', and I said that I would find out the correct procedures and mention it in our newsletter.



But I think we have opened a can of worms with this question of procedure, but until the professionals have an answer I think it's prudent to follow this procedure.

***“Defibrillation is necessary to save the lives of people in cardiac arrest whether they have a pacemaker or not. While the process of administering an electrical shock to someone with an internal defibrillator may seem daunting, when done with care it can effectively restore a person's heart beat without damaging the device.***

***But avoid placing the electrode pads directly over the internal device. A pacemaker looks like a round disc under the skin, usually beneath the left collarbone.”***

I will be attending a meeting with Jenny Williams and Gary Comeback to look at people who are hard of hearing and their difficulties of understanding or hearing experiences when attending Poole Hospital.

The meeting will be held in the emergency department. As you know we would like to find out more about the experiences of patients with hearing difficulties in the ED department. They will go through a few different scenarios in order to ascertain when patients are experiencing problems with hearing i.e. when their names are called to see the doctor when they are in the waiting area. If any members have any comments on their own experiences re problems of hearing in Poole hospital, please let me know.

#### NOTE

*About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears. More than **90 percent** of deaf children are born to hearing parents. Approximately **15%** of American adults (37.5 million) aged 18 and over report some trouble hearing. 15 Dec 2016*

*Take Care **Hearing loss** can have a big **impact** on a person's quality of **life**, both physically and emotionally. **Hearing loss** has been linked to stress, depression, loneliness, reduced job performance, and reduced physical and mental health. ... Untreated **hearing loss** also has many negative effects on children.*

**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* 

English Councils have shut 700 libraries since 2010. The remaining 3600 have 8 million active borrowers and run with the aid of 80,000 volunteers.

# Chat Stop Report

February - Captain John Myers

After training at RAF Cranwell and prior to flying on the team John spent ten years flying the 'Buccaneer,' low level Strike Attack aircraft. John was the solo display pilot for the Buccaneer fleet for two years prior to joining the Red Arrows. Strangely enough , the RAF has no say in the selection of future Red Arrow team pilots . It is down to the awareness of existing members knowing the capabilities and team work prowess of others who are then invited to join .

The Red Arrows have three different displays depending on cloud base and visibility; the 'Full' display needs a 4,500 ft. cloud base, the 'Rolling' display needs a 2,500 ft. cloud base, the 'Flat' display needs a 1,000 ft. cloud base and all three are completely interchangeable at any stage of the display.

John had a few slides to show and ran a video showing a birds eye view , so to speak .

At the opening of the Humber Bridge by Her Majesty The Queen, the team were in holding formation waiting for instructions . Unfortunately , as one of the ground crew left the coach , his radio was dropped and was useless . The Queen was due to open the bridge at 11 o'clock and unbelievably, her car broke down and she was running 30 minutes late . Without radio contact , the team had to assume everything was on schedule and did their flypast. The Queen was said to have enjoyed it from the comfort of her car!

The aircraft did not have a large tank, provision for just about 30 minutes. On one occasion when they were in France , they approached an airport advising air traffic control that they needed to land urgently for fuel . The controller put them on a hold pattern as a 747 was inbound . Even when he was told it was vital that they land, the controller insisted on the 747 landing first. Following the 747 in, three of the jets had a flame-out on touch down . They had run out of fuel. A very close thing.

The tightness of the formation , which can result in craft being no closer than six feet , is by eyeball , line of sight , ie , keeping the wing tip light , in line with the "o" in Royal .On one display , the team were criticised for not keeping the close diamond pattern , the pilots could not understand why . It was discovered that as a result of a repaint job , the word "Royal" was slightly offset . It was decided that when any new plane arrived a check was to be made on the positioning of this word .

People always wonder what the squiggly lines on the cockpit canopy is. It is known as Miniature Detonating Cord, explosives used to break up the canopy during seat ejection. They are not used in any way for formation keeping!

John then answered a few questions . He gives any proceeds from his talks to "Waggy Tails" , one of his favourite charities.

Thank you Captain John Myers .



## March - Quiz Time



In March we held a quiz. Five teams took part. Seen here are winning team "Last Resort" waving their glittering prizes in triumph.



| TEAM               | Connections | G.K. | Words | Sport | True/False | Total |
|--------------------|-------------|------|-------|-------|------------|-------|
| Last But Not Least | 7           | 3    | 6     | 8     | 4          | 28    |
| K.S.A.             | 7           | 7    | 5     | 6     | 6          | 31    |
| Oddballs           | 7           | 7    | 8     | 8     | 6          | 36    |
| Last Resort        | 7           | 9    | 10    | 7     | 9          | 42    |
| No Namers          | 8           | 6    | 9     | 7     | 8          | 38    |



## PARKSTONE CHIROPRACTIC

160 Ashley Road, Poole, Dorset BH14 9BY

☎ 01202 989079 ☎ 07958 616496



### Exceeding Expectations One Patient at a Time

Our Chiropractic Clinic is made up of highly skilled professionals who deeply value your health and wellbeing. We take great pride in providing our community with high quality, patient-centric care and health education.

Proactive and preventative measures help keep our community healthier, and we work with that idea in mind. Parkstone Chiropractic has the wellness services you'd like when you're feeling fine, and the emergency services you need when illness or injury strikes. Come in for a check-up.

[www.parkstonechiropractic.co.uk](http://www.parkstonechiropractic.co.uk)

## Happy Birthday Roger!



On Thursday 28<sup>th</sup> March some of the Purbeck Plodders are seen here helping Roger Ridout celebrate his 80th birthday. They enjoyed a large chocolate cake after the morning exercise session at Purbeck Sports Club!



## Oddfellows Award Afternoon



On behalf of PHSG, I was invited to attend the Oddfellows afternoon on 11th of April to receive one of the donations they make to local charities. Here you can see us all, and I felt quite honoured to be part of the gathering which included worthy causes *Julia's House* and the *Somerset & Dorset Air Ambulance*. Thank you *Oddfellows* for the £100 donation. See you again at your "Healthy Tea".

*Keith*





# It's Surprising What You Find

by George Llewellyn

I suppose it's not that surprising what you see in a book shop living in a tourists area. One of my fellow exercisers at Lytchett, knowing that I am always on the lookout for "rubbish" to write about for the PHSG magazine, saw a book and passed it on to me, "you should find something in there to write about".

And so I did in "*Dorset Dialect*" (by Gill Newton)

That might be interesting I thought as I come from *Noff Londen* and of course do not have an accent. But the book is also about words, apparently used in Dorset and nowhere else. Try these for size ...

Backside ... the back yard of a house

*I am sure that means something else where I come from.*

Bottom ... steadfastness

Clinker ... Icicle

Homhle ... a duck

Lamploos ... an out door game that boys used to play

*Hope it didn't involve lamp-standards or poo!*

I looked through the whole list to find one I knew, but alas Dorset never got to North London.

However I did find Dorset Knobs, and apparently in some villages there were Dorset Knob throwing competitions. Funny that, it's just what I used to do if I was ever given any as a present.

I think I did discover an interesting thing ...

The Department of Transport did ask if Dorset wanted Motorways but didn't understand the answer so we didn't get any.

I leave you with this thought..

The book sheds no light onto the fact as to why most cars sold in Dorset have no indicators. Well that seems to be true in Broadstone anyway!

*Credit to Bill Plannells as he bought the book.*



George





"Tagging is an important part of the conservation of migratory birds," Ireneusz Kaluga of the Polish environmental group *EcoLogic* told reporters in Siedlce. "The data from micro-GPS trackers is useful in helping scientists to assess birds' habits, social behaviour, and threats. Last summer, we placed a mobile phone tracker on several birds, including a white stork (*Ciconia ciconia*) named Katjek, so we could study its migration habits. During the winter, we tracked it as it flew more than 3,700 miles from eastern Poland to the Blue Nile Valley in Sudan, where it stopped in February to feed."

"Unusually, Katjek's signal remained in Sudan until April, when it suddenly disappeared. Then, a month later, we received a phone bill for more than 10,000 Polish zloty, about US\$2,700. This surprised us, until we realised that someone in the Sudan must have found the stork, removed the SIM card from its tracker, then put it into their own phone and used it to make phone calls. The phone bill shows that they made more than 20 hours of calls, and although we are appealing against the charge, our charity will probably have to pay." (*Radio Poland, 26/6/18*)

*Spaghetti Bolognese doesn't actually exist, mayor Virginio Merola told social media users in Bologna, "yet paradoxically it is famous all over the world. It's strange to be known worldwide for a dish that isn't actually ours. Bologna as a city has a very strong food culture. We invented Tagliatelle, Tortellini, and Lasagne, and we're proud of our Mortadella ham. But the traditional pasta sauces in this city feature milk and white wine, not the tomato-based sauce that tourists associate with spaghetti Bolognese, and expect to be served when they come here."*

*Speaking ahead of the opening of FICO Eataly World (the world's largest food theme park), Italian gastronome Helena Kyriakides added "A lot of tourists who come here do seek out 'spag bol', although I hate that term. They get tut-tutted at in restaurants because spaghetti just isn't a type of pasta that we make in this region. It's just not part of our culinary tradition, even though everyone else seems convinced that it is." (Euroenews, 11/3/19)*



"I saw the mechanical hand in a pawn shop on East Charleston Boulevard," Reggie Wing told reporters in Las Vegas. "and asked the storekeeper about it. He said that a man with a hook for a right hand had pawned it, but had never returned to redeem it, so the store had put it up for sale. It was obviously a very complex piece of engineering, so I decided to be Good Samaritan so I bought it, to reunite it with its owner."

After months of searching, the hand was finally reunited with Charles Norris, whose sister Sami explained what had happened. "Charles lost his real hand in an industrial mishap in February 2000. He volunteered to be a guinea pig for a prosthetics company, and was fitted with a specialised Touch Bionics i-Limb hand. They usually cost tens of thousands of dollars, so he was blessed to have gotten one. But several years later, he experienced health problems and alcohol abuse, and wound up pawning his prosthetic hand in the summer of 2018. He's currently in prison, but when he comes out, the hand will be properly refitted, and hopefully he will see that as a blessing, because it truly is a blessing. I just hate that my brother had to go through all this by himself." (*KTNV Las Vegas, 26/2/19*)

# SUDOKU

by Derek

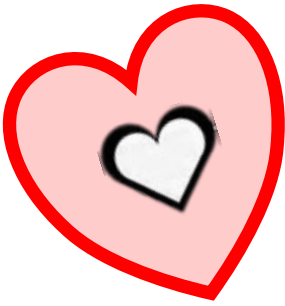
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 6 | 1 |   |
|   | 1 | 3 | 7 |   |   | 5 |   |   |
|   | 6 | 8 |   | 1 |   |   |   |   |
|   |   |   | 4 | 3 |   |   |   |   |
|   |   |   |   |   | 9 |   | 7 | 5 |
|   |   | 4 | 5 |   |   |   |   | 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



*"We are an open-minded authority" Friedhelm Fischer of the State Road Construction Authority told a press conference in Hanover, "and we want to do justice to all our citizens. The section of the A2 autobahn between Lehrte and Brunswick has become very dangerous in recent years, with more than 3,500 accidents in 2017, including 10 fatalities and 68 serious injuries. As a scientific-sceptical type, I would not try to contact elves myself, but if this woman believes she can do something with her powers, I support that."*

*He then introduced Melanie Rüter, who explained. "I have been employed by the local authority as an elf commissioner, to make contact with nature spirits, elementals, and earth beings. Human beings could live in harmony with elves, dwarfs, and trolls if we only allowed them enough space. When I visited the highway, I felt very sad energies along the entire section, emanating from angry elves and trolls who want to reclaim their piece of nature, and are rebelling against humans by causing traffic accidents. I can talk to the animals, and they confirmed it to me. Animals are honest. They never lie."*

*A spokesman for the Lower Saxony transport ministry expressed displeasure at Ms Rüter's appointment, telling NDR radio that "We do not consider spirituality an appropriate method for improving traffic safety." However, the Hanover authorities insisted that no additional costs had been incurred by her appointment. ([Hannoverische Allgemeine 4/8/18](#))*



## Watercress!

The Watercress Season in Dorset & Hampshire is about to start! These two counties are blessed with ideal conditions for growing Watercress. Mineral rich spring water enables us to grow watercress between May and November. The rest of the year it is grown in Spain & Florida.

### Some Nutrition Facts

*Watercress is a particularly good source of Vitamin A, C, calcium, and iodine  
A 1oz (28grms) serving provides more than half the adult recommended daily amount of  
Vitamin C. For weight watchers the same serving contains just 4calories.*



### HOT or COLD WATERCRESS SOUP

500g (1lb) each of potato and leek  
50g (2oz) butter  
500ml (1pt) chicken stock  
250ml (1/2pt) single cream  
2x85g (3oz) pkts watercress  
(leave some sprigs for garnish)  
salt and pepper.

- Peel and cut the vegetables and boil with butter and chicken stock until well softened.
- Liquidize (chill, for cold soup)
- Liquidize the watercress into the soup with cream and add seasoning before serving

Watercress Beds in Dorset  
Can you guess where?





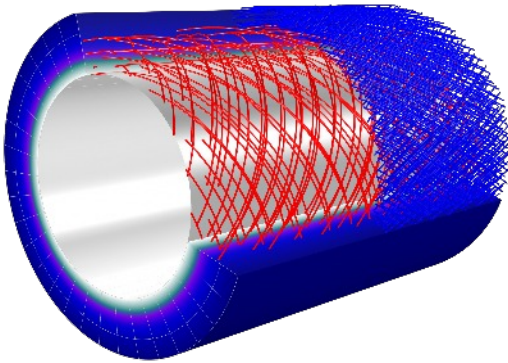
# THE CUTTING EDGE

By Keith Matthews

Advances in cardiology are not restricted to medicine and surgery. Backing all that is the basic understanding of what is going on in your body and the intense work of the theoreticians and the mathematics people. As a practical laboratory sort of physicist, I have nothing but admiration for the rarified atmosphere of the theorists and the modelling and algorithms they create, so I was intrigued to see this picture in one of my journals recently. It is from an advertisement by a company with offices in Cambridge called COMSOL® who offer a software

package which amongst other things can model the structure of arterial walls.

You probably will not understand the text of the advertisement, I'm not sure I do either, but try this for size!



Visualisation of collagen fibres in the media (red) and adventitia (blue) layers of an artery wall. Radial stress distribution is shown. Image credit: COMSOL.

<https://uk.comsol.com/>

## ***Going beyond the HGO material model to study arterial walls.***

*The Holzapfel-Gasser-Ogden (HGO) constitutive model is effective at describing the anisotropic mechanical response of artery walls. But, to reliably model the behaviour of arterial walls after sudden changes in axial stress, you need to go beyond the HGO material model and use one that is hyperviscoelastic. The COMSOL Multiphysics® software is used for simulating designs, devices, and processes in all fields of engineering, manufacturing, and scientific research.*

We laymen don't need to understand all of this but can take heart (pun intended) in knowing of the breadth of the work going on in cardiac research. A quick look around the COMSOL® website shows that the same package has also been used for modelling medically implanted devices to improve safety and efficiency.

<https://uk.comsol.com/story/enhancing-performance-and-safety-of-medical-implantable-devices-with-multiphysic-47901>



# 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. The walk contacts are as published but for any general queries please contact **Dianne Eddy on 01202 622016**.

| SUMMER WALKS START TIME 10:00am | DATE          | LEADERS NAMES      | TEL. NO      |
|---------------------------------|---------------|--------------------|--------------|
|                                 | 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 |

Our Summer 2019 walking season started traditionally with the walk from Studland to Old Harry Rock. A firm favourite with our walkers, which this year took the gentle walk up to Old Harry and the steeper route back down. Good weather and outstanding scenery, no wonder we always start the season with this fantastic walk.

This walk was followed by another traditional one, this time inland in the wonderful Dorset country side; the Bluebell walk. This beautiful seasonal walk is another favourite not to be missed.

Our third walk took an historic turn when we set out from the Drovers Inn at Gussage All Saints to follow some of the old Dorset Drovers and part of the ancient Roman road, the Ackling Dyke. Cowslips were evident in huge numbers on this walk and the views from the high ground opened out onto fields of gold. After a short detour to visit the delightful village church, back to the Dovers Inn – for lunch of course!

Two Defibrillators are always carried on our walks and John Bagnall kindly organised a training session for us to familiarise ourselves with the use of these. This took place in a training room at Canford School Sports Centre on Monday the 15<sup>th</sup> April and was ably presented by another of our members, a former First Responder, Richard Weaver. Picture on Page 28. This session was well

attended by 15 of our walkers and everyone agreed that it was a very worth while training. We all gained an enormous amount from it and although we hope we never have to use the Defibrillators, if we do, we should certainly be able to do so with confidence. We were very pleased to have Jim Wayne join us at this training session.



Fields of Gold



Just Checking the Map



Old Harry. We Made It

Linda Thomas







**ALL STARTS 10:00am**

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

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

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

**Sunday 18 Aug.** Meet: Hill View Road - Verwood Loop.

**Sunday 22 Sep.** Meet : Broadstone Leisure - Poole Harbour

The Cafe at Hengistbury.

On the Spur Road  
Pedestrian Bridge





**Bournemouth University researchers are developing an App to improve monitoring of heart failure and volunteers are needed.**

Researchers at Bournemouth University (BU) are developing an App to help patients with heart failure to monitor and manage their condition more effectively.

The project aims to create an 'early-warning' system to allow medical intervention to prevent worsening of patients' symptoms.

Although heart failure is a long-term health condition, some people with heart failure can experience short-term worsening of their symptoms. This can lead to unplanned hospitalisation, or a visit to the emergency department. Research has shown that some biological markers, that is to say measurable characteristics of processes that occur in the body, can change before patients are fully aware that their symptoms have worsened.

The team at BU is investigating if a new App-based system can measure a number of these biological markers via a small finger cuff. The finger cuff contains a sensor paired with an App to give easy, frequent monitoring at home using a smartphone or a tablet.

For the first phase of the project, the BU team is investigating which biological markers can be measured accurately by people with heart failure using the App. In particular, the team wishes to understand how these characteristics are affected by changes in breathing rate. This information will contribute to the design of the App.

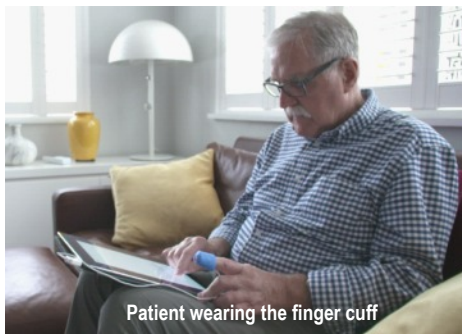
**The team is currently seeking volunteers who have had a medical diagnosis of chronic heart failure to take part in the research.**

Participating in the study would involve a single 60-90 minute visit to Bournemouth University's Lansdowne Campus. During the session researchers would take some non-invasive cardiovascular and breathing measurements, and teach participants how to control their breathing at a specific rhythm using a visual pacer. Participants would also be asked to complete a questionnaire about their heart failure, any breathlessness they may experience, and the medications they are taking, as well as completing a lung function test, which involves inhaling and exhaling quickly and forcefully.

The team is seeking volunteers who:

- ♥ Have had a medical diagnosis of heart failure.
- ♥ Have had a stable condition for at least 2 weeks.
- ♥ Are over 18 years of age.
- ♥ Do not have chronic lung disease (e.g., emphysema/bronchitis), epilepsy, or a pacemaker.
- ♥ Do not have an allergy/reaction to the gel used in ECG electrodes

If you, or anyone you know, may be interested in taking part please contact the Project Manager, Claire Forbes for more information on [cforbes@bournemouth.ac.uk](mailto:cforbes@bournemouth.ac.uk) or call 01202 962008.



Patient wearing the finger cuff



## Meet our Members *Paula Sandford*

I was born in Poole Hospital in 1962, my family all from the local area. My father (and his father) having been born in The Bakers Arms at Lytchett Minster and my mother was the youngest of 4 children of an AA Inspector living in Wimborne.

I attended St Aldhems Primary School then Ashley Cross Secondary School, both of which are now housing estates. At 16 I left school and went to Bournemouth and Poole College in North Road, Poole and studied the London Chamber of Commerce Private

Secretary's Certificate. A week after my last exam I started work for Lloyds Bank in Bournemouth as a Secretary.

Having spent 7 years in Yeovil where I was Sub Manager's Secretary, I returned to the Poole area and shortly after met my husband, Roger, who also worked for Lloyds Bank as a Business Banking Manager – this year is our 30th Wedding Anniversary.

After several different positions in the Bank I started cashiering (secretaries were no longer required) which I really enjoyed – loved meeting all the regular customers and "balancing the books" and was working at Ashley Road, Parkstone for over 20 years.

We have two children; Emma is now a Secondary School PE Teacher at The Bishop of Winchester Academy in Bournemouth having attained a B.Ed. degree in Plymouth. She has since achieved a Masters Degree from the University of Southampton in the evenings whilst working full time.

Mark left school at 16 and studied an Apprenticeship, then HNC and Foundation Degree in Engineering. However after 8 years he decided Engineering wasn't for him and has just started a Degree course in Environmental Science with Exeter University at Penryn, Cornwall.

In 2010 we had a fantastic holiday to Australia to celebrate both the children finishing school and have enjoyed many wonderful trips since, including Spain,



Italy, Gran Canaria, Tenerife, Madeira, Rhodes and, most recently, South Africa.

In November 2011 I was getting ready for a night out with the girls when I had a pain in my chest. The pain got worse – reminded me of the torture chamber at the Tower of London with a metal bar tightening around my chest – my husband called an Ambulance who arrived promptly and I asked if I was having a stroke. “No”, they said. “Oh that’s OK then” I thought. I walked to the ambulance and was told to slow my breathing and everything went black and the pain disappeared. When I woke up it transpired that I had had CPR and been shocked twice! I had suffered a heart attack – at age 49. We went to Poole Hospital and I remember my husband buying the nurse a hot chocolate! While we were waiting for a bed upstairs, the pain started again and I was transferred with blue lights to Bournemouth Cardiac Unit. The next day I had a stent fitted and was discharged two days later. So far, so good and no further problems – long may it continue!

I began attending the Heart Club sessions soon after and following the 8 week course I decided I wanted to continue so rearranged my work hours so I could attend 10am on Tuesdays. I have made some really good friends there and we all have such a laugh – as well as keeping fit of course, and I would like to think Emma, our Trainer, is more of a friend than a coach. Brilliant.

Last year, after 38 years at the Bank, I was offered Voluntary Redundancy which I decided to accept. It means I can now go twice a week to Heart Club and we have recently adopted a 4 month old German Shepherd puppy from Waggy Tails to help us keep active in our ‘retirement’; although holidaying will be a bit more tricky!

*Paula*



## **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**

## Meet our Members *Linda Ireland*

I was born and brought up in Bedfordshire and, over the past 30 years, most of my family have moved to Dorset. When I decided to take early retirement a couple of years ago, the pull of the seaside won and I followed in their footsteps.

I suppose my 'heart' story started when at the age of 18 I was diagnosed with Hodgkin's Lymphoma. This was in the seventies when treatments for cancer were still relatively new and in development. My condition responded well and I have been in remission for 45 years but the down-side is that the long term effects of my treatment have left me with heart problems. Back then, though, we had no idea about this and I enjoyed many years of good health.



In my teens I was very keen on horse riding and was lucky enough to spend one summer working on a farm on the edge of Exmoor – riding, helping to look after the horses, feeding chickens and pigs, even milking a cow. Over the years I've had a go at various activities including rafting, abseiling (didn't like that!), a gorge-walk (fantastic!), as well as a bit of cycling and roller skating with the kids. Nowadays my hobbies mainly involve crafts and my family have been blessed with the fruits of my labours (whether they like it or not!).

After college I went to work as a secretary/PA in Barclays Bank. This was a great job and I left there after 11 years to start my family (I have a son and a daughter now in their thirties). I returned to work some years later when I got a job in a local building society. It wasn't long before I decided that I needed a change of direction and I went to work in a school for children with special needs. Here I felt as though I had found my vocation. The children and their families were so inspiring, every day was a challenge for them and I subsequently moved over to Social Services in a team working with adults with learning disabilities.

So there was I, leading a busy life, enjoying home, family, friends, work. Then one day about 14 years ago I went to visit my daughter at Leicester University. We had planned a day shopping but just as I was driving away from some traffic lights I fainted at the wheel of my car. Fortunately I wasn't moving very fast and my daughter brought the car safely to a halt. It took some months (and many more fainting episodes) to find out what exactly caused this but I was diagnosed with heart block and fitted with a pacemaker. Tests revealed radiation-induced damage to my heart, including two of my valves which are not working too well, so beta blockers were prescribed.

I am so grateful for the way that my pacemaker (I'm now on my second one) and my daily medication have enabled me to lead a full life. Lesley, our PHSG Lead



Trainer, is friends with my sister and told her about the PHSG exercise groups so I joined after moving here. I had never had any sort of rehab or support before and I honestly feel this has been life changing for me. Apart from the physical benefits, exercising in a safe, supervised environment has given me confidence and everyone has been so friendly and welcoming, it's a lot of fun. I am now swimming regularly too.

Following the plea for help in the recent newsletter I have volunteered to become a committee member and hope that I can make a useful contribution so that the Group can continue to offer support where needed. My move to Dorset really has given me a new lease of life!

Linda



# AIRWAVES

(South Coast) Ltd.

159 Fernside Road, Poole BH15 2EW

***Aerial & Satellite Specialists for over 20 years***

*Covering all aspects of aerial and satellite work*

Domestic or Commercial

Freeview, Freesat, Sky problems & links

Extra TV points, FM & DAB

Fully insured, Careful, Considerate, Experienced  
Engineers, Quality Guaranteed Parts



**FREE QUOTATIONS**

Formerly Harris and Nash installers

**Freeview**

**Call 01202 676884 or 07850 179861**

Airwaves are Trading Standards Approved



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



## Tips For Travelling With A Medical Condition

by *Natasha Goldstein*

Holidays are the perfect antidote to help combat the everyday stresses of life and offer some surprising health benefits such as lowering blood pressure, boosting immunity and even improving your memory. (*Hostelworld, 2019*) So, when living with a pre-existing medical condition, a holiday may do more for your health and mental well-being than you realise.

However, when travelling with a pre-existing condition, there are some things to consider to ensure your adventure is enjoyable and runs as smoothly as possible.

**TALK TO YOUR GP:** Even if you feel well and your condition is being managed or regulated by medication it is still worth paying a visit to your GP to inform them of your travel plans and to have a check-up before you leave to ensure you are fit to travel. They can also advise if it is safe for you to embark on any excursions you may want to participate in whilst on your trip and when to take your medication if you're in a different time zone. Similarly, make sure you have enough of your medication for the duration of your trip.

**BE DESTINATION CONSCIOUS:** Although jetting off to an exotic destination may sound like a dream, the reality is that a long-haul flight may not be the best thing for you or your medical condition and neither could the climate. Some weathers could potentially put a strain on your heart such as destinations that are particularly humid or of high altitude. When picking the ideal holiday destination, be mindful of choosing somewhere that is mild and comfortable and remember to try and stay out of direct sunlight during the hours of the day when the sun is at its strongest.

**WHAT TO TAKE WITH YOU:** Naturally the first thing on your packing list won't be your medication but it's important to not to forget to take it with you! It's recommended to pack a few days extra more than you may need and pack it in its original containers in your hand luggage and not your checked -in baggage in case you are delayed or it were to go missing. It is also suggested that you take along a copy of your prescription and any documentation your GP may have provided you with stating that you are fit to fly and don't forget, pack plenty of sunscreen, hats and loose clothing if you're travelling to a hot destination or plenty of warm layers if you're travelling somewhere cold to help regulate and maintain your body temperature.

**DUE DILIGENCE:** When booking your trip ensure that the amenities as well as the destination itself is suitable for you. For example, if you have breathing difficulties you don't want a hotel that is on the top of a hill!

Do your research of the local area before you leave, what facilities your hotel offers, how far away the nearest hospital is etc. This will allow you to properly plan and prepare for any unforeseen or unexpected event whilst you are away.

*continued on page 28 ...*

# Able2Travel Travel Insurance

For Travellers with Medical Conditions

3 Levels of Cover • Cover Available for 1000s of Conditions  
Up to £10 Million Emergency Medical Cover • Up to £7,500 Cancellation Cover  
and much more...

*Where will you go?*



2019 ★★★★★ feefo  
Trusted Service Award

**Able2Travel Travel Insurance is a caring and sensitive travel insurance solution for travellers with pre-existing medical conditions. We will help you find the most appropriate travel cover for your needs, giving you peace of mind so you are able to travel!**



**Call 01483 806 826**  
**[www.able2travel.com/phsg](http://www.able2travel.com/phsg)**

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

Able2Travel is a trading style of Voyager Insurance Services Ltd. Authorised and regulated by the Financial Conduct Authority. (Firm reference no. 305814). Your call may be recorded for quality assurance and training purposes



**TRAVEL INSURANCE:** Finally, don't forget or overlook your travel insurance needs. Many travel insurers may not be able to offer extensive travel protection if you have a pre-existing medical condition which could end up costing you a pretty penny should the unforeseen happen. But that's where Able2Travel Travel Insurance can step in to help.

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 20 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 on 01483 806 826.

*Natasha*



Defibrillator Training at Canford  
See Page 18

## Signs of the Times





# FERNDOWN PHARMACY

487 Ringwood Road Ferndown BH22 9AG

TEL: (01202) 892666 Fax: (01202) 893635



ONLINE ORDERING SERVICE  
NOW AVAILABLE  
[www.ferndownpharmacy.co.uk](http://www.ferndownpharmacy.co.uk)

*Support Your Local Independent Pharmacy*

**SHORT WAITING TIMES**

**LONG OPENING HOURS**

Monday - Saturday 7am - 11pm

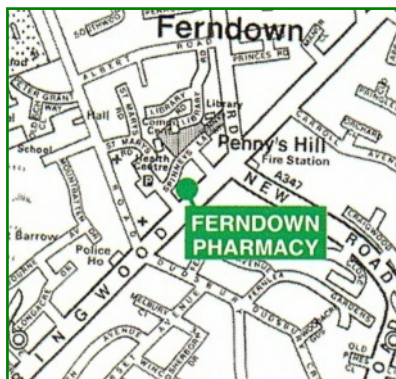
Sunday 10am - 2pm

**FREE**

Repeat Prescription  
Collection Service  
from all Surgeries.

**FREE**

Delivery Service.



- ☺ To help find the cause of my chest pain the doctor suggested an angiogram. I'm puzzled, I don't see how rearranging the letters will help.
- ☺ I went to the dentist to resolve the issue of my flatulence sounding like a motorcycle. Apparently abscess makes the fart go Honda.
- ☺ It was so cold last winter, lawyers were seen with their hands in their own pockets.
- ☺ I came over all emotional at the petrol station, earlier. I don't know what happened, I just started filling up.
- ☺ What's the difference between a kangaroo and a kangaroot? One's a marsupial and the other's a Geordie stuck in a lift.
- ☺ David Hasselhoff walked into a bar and ordered a drink. "it's a pleasure to serve you Mr Hasselhoff," said the bartender.. "Just call me Hoff," he replied.. "Sure," said the bartender. "No hassle."
- ☺ Did you hear about the illegitimate rice crispie? Snap Crackle and no Pop
- ☺ If the Russians build an invisible stealth fighter, is it an optical Ilyushin?
- ☺ Man goes to the doctors for a check up "Doc, before you start I must mention I am slightly unusual. I have 5 penises" The Doctor replies, "Good Grief! How on earth do your underpants fit?" "Like a glove", says the man
- ☺ It was hard for me to get over my addiction to the Hokey-Cokey. But I've turned myself around, and that's what it's all about.
- ☺ Mary Poppins went to a restaurant. Super cauliflower cheese but the lobster was atrocious.
- ☺ Did you know there's a plant that will kill you if you just sit under its leaves for ten minutes? It's called a water lily.
- ☺ Both *Cream* and *The Jam* were going to reunite for gigs in Devon and Cornwall this year, but the venues couldn't agree about who should go on first
- ☺ I've got a mate, he's a bit of a pain, every time I'm feeling down he says "Cheer up, you could be at the bottom of a deep hole, full of water". I know he means well.
- ☺ How many squares are there on a chess board? Two plus the spectators.
- ☺ I always get my pizza delivered. I've no idea why they put liver on it in the first place.
- ☺ The Patron Saint of e-mailers? St. Francis of a CC, of course.
- ☺ My wife is furious with me 'cos I bought a "Rolex" for £30 off a bloke down the pub. She hasn't shut up since 46:83 o'clock
- ☺ I remember my Granddad always used to say "the first rule of theatre is to always leave them wanting more." Amazing man, terrible anaesthetist.
- ☺ My mate David had his ID stolen last week. Now we just call him Dav.
- ☺ Katie Price is taller than Alan Price but both are shorter than Vincent Price.  
(Source - price comparison website)

- ☺ I for one, like Roman numerals.
- ☺ Ivy came fourth in the Roman maths test.
- ☺ There are 11 types of people, those that understand Roman numerals, those that don't
- ☺ I forgot how to write 1, 1000, 51, 6 and 500 in Roman numerals. I'M LIVID
- ☺ 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich have horses. The stables have turned
- ☺ \$45 billion was found in a Nigerian's flat. He's spent 10 years trying to get rid of it but nobody answered his emails.
- ☺ My girlfriend reckons she only slept with two people before she met me. I wouldn't mind but I was only half an hour late.
- ☺ I caught a snake, it was 3.14 metres long. A Pi-thon.
- ☺ I yelled "COW!" at a woman on a bike and she gave me the finger. Then she smashed her bike straight into the cow! Well, I tried.



"Why did the chicken cross the road?"

*"I don't know"*

"To get to the idiot's house"

*"Err ... Haha. very good" pauses puzzling.*

"Knock, knock"

*"Who's there?"*

"The chicken."

I felt like my body was totally out of shape, so I took my doctor's advice to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. By the time I got my leotards on, the class was over.

Hollywood must be the only place on earth where you can be fired by a man wearing a Hawaiian shirt and a baseball cap. [Steve Martin](#)

# PHSG Exercise Venues

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

All Sessions last 1 hour

|   |           |       |       |       |
|---|-----------|-------|-------|-------|
| <b>Broadstone:</b> "Hearts on Seats"                              | Thursday  | 13:30 |       |       |
| <b>Ashdown:</b> Magna Academy Sports<br>(Formerly Ashdown School) | Monday    | 11:30 |       |       |
|   | 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 | 11:30 |       |       |
| 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 |       |       |
|   | Thursday  | 11:00 |       |       |
| <b>Wimborne:</b> "Step Down" QE Academy                           | Tuesday   | 14:30 |       |       |

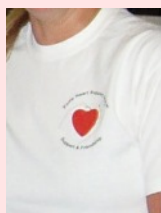
Our "Hearts on Seats" is designed for the less physically able.

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



# Get the Official PHSG Real Gear at Great Prices!



This exclusive range of clothes are available from the PHSG

Sizes Small, Medium, Large & Extra Large.

Round or V-Neck Ts



Contact: Linda Ireland on 07757056095

[lindaireland457@hotmail.com](mailto:lindaireland457@hotmail.com)



## Membership Report AGM 2019

by Derek Poye

|                               |               |
|-------------------------------|---------------|
| Full members                  | 635           |
| Partner members               | 385           |
| Committee members             | 11            |
| Honorary members              | 52            |
| Advertisers                   | 6             |
| <b>Total</b>                  | <b>1089</b>   |
| <i>With email addresses</i>   | <i>556</i>    |
| <i>Complimentary mags</i>     | <i>50</i>     |
| <i>Exercise venue defined</i> | <i>421</i>    |
| <i>Total 2018 donations</i>   | <i>£2,395</i> |



**Thanks:** While I'm here, big thank-you to all of the people who help to put out the exercise equipment at all of our exercise venues, and also to those who help to put it away, of course. There are many unsung heroes in our organisation, folks who just 'get on' with jobs that obviously have to be done. Your efforts are always appreciated! Personally, I always roll out of bed too late to be there to put equipment out and as I attend the first session at Canford, I'm never there to put it away, so I never help. All the more reason for this little note. Thanks again. **Derek**

# HERBS & SPICES - WORD SEARCH

AUTUMN

BASIL

BLACKPEPPER

CAPERS

CHILLI

CHIVES

CURRY

DIJONMUSTARD

DILL

GARLICPOWDER

GENTLEMANSRELISH

GHERKINS

HORSERADISH

HPSAUCE

LEMONJUICE

LEMONZEST

MARJORAM

MELLOWFRUITFULNESS

MINT

MIXEDHERBS

MUSTARD

ORANGEJUICE

PARSLEY

ROSEMARY

SALTANDPEPPER

SALTPETRE

SEASALT

SOYSAUCE

SPRING

SUMMER

TABASCO

TARTARESAUCE

THOUSANDISLAND

THYME

TOMATOKETCHUP

VINEGAR

WINTER

WORCESTERSHIRESAUCE

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

Our Word Searches are compiled by Derek Pope

**PHSG talks and Chat Stops are free.**

# FIRST CHOICE

## Motor Engineers Ltd

# 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