

MAGAZINE

Christmas 2020

Poole Heart Support Group

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Membership Renewal
Form Included

Our Year in Perspective
Exploring the "New Normal"



NEW ! ZOOM CHAT STOP
See Page Six

POOLE HEART SUPPORT GROUP MAGAZINE

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

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Magazines are published in the Summer and at Christmas.

Print Deadlines are 10th May, 10th and 10th November

Committee Meetings 2020 first Wednesdays on Zoom:

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

COVER PICTURE: Moors Valley Country Park. © Keith Matthews 2020

Chairman's Letter



A Happy Christmas to all of you.

There, I've said it, just when most of you are wondering if you will actually be able to have one. I'm writing this in the early days of the country's second lockdown, quietly fuming that poor Lesley and our trainers have had to put everything on hold again after they worked so hard to re-start our programme. By the time this Magazine hits your postbox I am just hoping that the promised December end to the lockdown will be adhered to. I am fairly confident that it will, but who knows what tier levels may then interfere. The good news seems to be that a vaccine is underway.

We decided to have an issue of this Magazine before Christmas and include our Membership renewal request with it. The committee had decided to let everyone's membership run on this summer as we felt we could not justify asking for renewals when we were not offering any activities. Now that our exercise programme is back we will set our membership year to run from January. The exercise programme that you will find in here is as it was set in September when restrictions were lifted. I sincerely hope that it will start again in December. As always you must keep an eye out for our on line eNews which David Anderson puts out so competently.

Our committee meetings have been held using Zoom and frankly they are going to continue that way! We have also delayed our AGM but we will get around to that soon, and I am anticipating it will also be by Zoom. I have observed this with other clubs that I am a member of and it works well enough.

Email has been our only way of communicating with members, but I am acutely aware that we have about 200 members with no computer. In the summer I made a point of phoning as many of these members as I could. It was a good experience and I had many friendly conversations as I brought them up to date with PHSG. At about ten members a day, you can see how long that took!

All of our Advertisers will be continued this year at no extra charge. In particular I want to say that I have spoken to Able2Travel and they are still very much in business ... what is left of it that is!

I hope you enjoy this issue, and I'll wish you again ...

Happy Christmas and hope for a better 2021



Keith

Geoffrey's News From Poole

Dear Friends,

Welcome back to a world that has changed beyond belief since my last article and I hope that you have all kept well and safe in these unprecedented times. COVID 19 has changed all our lives and the world as we know it. Who would have thought it possible a year ago that we would have a National Lockdown, all have to wear masks and not be able to see family and friends. Not to mention the new terminology such as “*Bubble, Shielding and Lockdown*”. But it is what it is and now we must move forward into this new world.



At the hospital it has been a tough and difficult time for all as you can imagine. We have worked throughout and the challenges have been great. Many staff had to shield and a lot of the administrative and managerial staff worked from home. Those on the front line had the challenges of using personal protective equipment (PPE) in sometimes 35°C and also supporting patients and relatives who could not visit at the height of the crisis. Then of course we had the challenges of swabbing and antibody tests as well as the school closures and child care.

All of this takes a toll on the psychological welfare of staff and we have taken great pains to ensure that they are supported at all levels. Thankfully this was one of the hottest summers on record so people were at least able to sit in their gardens, unlike many of our colleagues in the big urban conurbations.

Much of the routine work stopped and now we face the challenges of getting this back up and running and ensuring that our waiting lists are worked on. So here we are and we now need to move forward and meet the new challenges of restoring services.

There have been positives. Using telephone consultations and video conferencing has worked well and allowed people to keep in touch. Our speciality services have continued to keep in touch with their patients and worked hard to do this. I have most of my meetings on “*Teams*” via the computer and although personally I prefer face to face it has worked well, especially for long distance meetings. Take for example a two hour meeting in Exeter; I would have a 100 mile 2 hour journey there, have to park, walk half a mile and then do the same in reverse. Now I dial in at my desk and that’s where I am when it ends. So in many ways less stressful and green!

It is important that we do get services to previously normal levels as apart from COVID 19 there are still all the other conditions to deal with. Please note in my sign off, the title and the change of name as on the 1st October the long awaited merger took place and we are now “*University Hospitals Dorset*”.

In this the International Year of the nurse it has never been more higher profile to be a nurse and be proud of all we do whether in the public, private or care sectors as a whole. Please keep safe and best wishes.

*Geoffrey Walker OBE JP MA RGN PgDip DipEd FAETC.
Matron for Specialist Medicine, Cardiology and Ambulatory Care
University Hospitals Dorset.*

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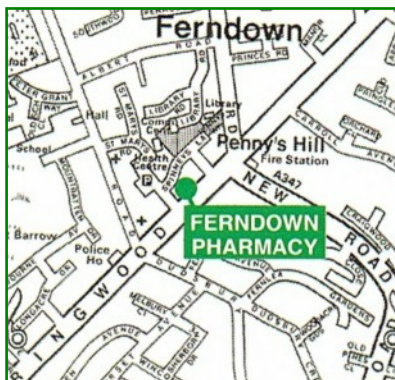
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*Happy Christmas
to you all*

Greetings from our "New Normal" Office



The office has been open
But not in Shaftesbury Road
I've managed to do it by myself
and all from my own abode

Haven't had much to deal with
Some phone calls and a new member
I'm getting quite excited now
A new magazine in December!

It was good to have some exercise classes
I was back at Canford school
We do thank all the Instructors
For working to the "Covid Rule"

We also thank all you Members
For sticking with us through thick and thin
All I need to know now is
When the "Chat Stop" might begin?

We do hope you're all keeping well
And while this "lockdown" is in place
Some of the jokes in this magazine
Will put a smile upon your face!!

01202 250108

Jan



**ZOOM
Chat Stop!**

As if to answer Jan's question in the poem, we are hosting our first ever Chat Stop using ZOOM. You are invited to make yourself a cuppa and log in for a talk and Chat Stop on line.

BOB MIZON from the Wessex Astronomy Society will tell us about

The "Heart" Nebula, Jupiter and Saturn, and the Star of David.

WEDNESDAY 16th DECEMBER at 14:00 (Login from 13:45)

Save the date and time. Login details will be sent via our eNews closer to the date. See back cover for ZOOM info.

Lunches at The Escoffier.



The year started out normally enough. Roger Ridout had organised two lunches at the Escoffier Restaurant at Bournemouth University. As predicted, these two dates were a sell-out and hugely enjoyed. It seems like another world ago doesn't it!

These photos were from the 22. January gathering.

The second was on the 12. February and then we just had time to hold our first Chat Stop in February and early March before everything got shut down. The Annual Dinner due for April was cancelled and all refunds made.



Fun is like Life Insurance. The older you get, the more it costs. [US Humorist](#)



Chat Stop Quiz 5th February 2020



TEAM	TV	G.K.	Nigels	Words	Creatures	Total
Grumpies	11	9	10	5	10	45
Sweeties	6	6	8	6	10	36
Oddballs	7	6	7	5	10	35
Experts	6	5	9	8	10	38
Old Farts	7	4	7	2	5	25
Rafflers	7	4	6	4	6	27
Plodders	7	6	9	7	10	39

The “Grumpies” won the early season quiz. I always call these people “The usual suspects” as some faces keep popping up brandishing their prizes!



Here is a photo from the last Monday session, Juliet’s, at Ferndown on the 16th March. With five plus Juliet, it seemed like an “end of term party” for the few...

Jeff Whittlesea



If you have any comments on this document, I am looking forward to hearing from you! Jim Waine, Vice President, Poole Heart Support Group

Jim Waine 01202 871532

jimwaine2@btinternet.com

Patient Experience Centre DRAFT



Communicating with people who are hard of hearing

A series of patient information leaflets developed by patients and the public for staff

These tips are designed to help staff effectively communicate with people with a hearing loss whilst they are in hospital. This includes hearing aid users. The tips provide generic advice and do not take the place of personalized care planning.

Always face the deaf person and make it clear when you start and stop talking to them.

Sometimes the swap of conversation between patient, staff and back again is not clear and patients are left not knowing if the conversation is being directed at them. Make sure you have the patient's attention before you start speaking and maintain eye contact. If you turn your head or start to walk away at the end of a conversation, the conversation may have been completely missed by the patient.

Ensure your spoken voice is clear, slow and you articulate each word. You will need to be sufficiently loud, but do not shout.

Try not to cover your mouth, don't mumble or shout. Break long sentences down into easier-to-understand chunks of information. Vowels are often easier to hear than consonants and some people find a lower pitch voice easier to hear.

Many people are prepared to ask you to repeat things twice but often worried about causing you embarrassment if they ask for a third time.

If the person responds to you with a vague yes or no, a smile or a nod, the chances are, they have not fully understood your message. Keep trying. Don't end the conversation with a flippant 'don't worry, it doesn't matter'. Clearly it does!

This is often a hidden disability

People who are hard of hearing may not hear their name being called out. Hearing aid users are unlikely to have brought a supply of batteries with them or may have arrived in the Emergency Department without their hearing aids. Ask if they hear better in one ear and stand to that side.

Position

Standing too close to the patient reduces their opportunity to lip read. If the deaf person sits with their back to the wall, they have a greater chance of hearing what is being said in front of them.

Consider background noises that are often not filtered out effectively

This includes air conditioning, trolleys, bin lids, chatting, bleeps, alarms and the rustling of a pillow as the person turns their head to look at you. It's not just the noise level but the echo and reverberation. Without sound insulation from carpets and soft furnishings, hospital wards and departments can be extremely noisy.

A combination of background noises can take away all opportunity to hear. In the presence of background noise, please pause the conversation and try to move away from distractions.

Other barriers

Reception areas, particular those filled in with a security glass panel create a significant barrier. Some of the speaker systems in place create high levels of feedback, making hearing extremely difficult. Sometimes, the only solution is to bypass the reception area and move around to talk to the person face-to-face.

Talking in a group

When a group of people are talking, it is often difficult to differentiate who is saying what. For example, ward rounds, or having a discussion in a corridor. Take turns to speak. Allow natural pauses in conversation to allow the deaf person to catch up on conversation and to ask any questions.

Double check understanding and use other modes of communication to supplement the spoken word

Repeat or re-phrase the spoken word. Write the message down, draw pictures or use the pictures available in the ward communication folder

Tell me what's happening next

All staff should continue to reiterate the key messages to the most commonly asked questions: What's wrong with me? What's going to happen next? Am I going home today?



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"Due to a Technical Fault," a spokesman for the *Settecani* brewery told reporters in Modena, "one of our wine silos was recently connected to the mains water supply. Because Lambrusco Grasparossa is a sparkling wine, it has a higher pressure than the water in the pipes, and began to displace it, running through the system and directly into people's homes. That's why some residents in the Castelvetro area turned on their kitchen taps yesterday and found wine pouring out, instead of water.

A local resident added that "some villagers were delighted by the error, and began bottling as much of the free wine as they could. I know that Lambrusco doesn't have a good reputation abroad, but our local Lambrusco DOC is well-regarded here, lightly sparkling with a complex flavour. However some of us were more concerned about the safety and vulnerability of our water supply than the opportunity to get some free wine. The local council issued an apology for the mistake, and corrected it, but some residents complained they had fixed it too quickly. I only hope this error is investigated properly. As for the council's apology, that is worth less than the water." *Gazzetta di Modena 5/3/20*

Home Marathons have become a new training option since coronavirus made it unsafe to go outside." 36-year-old runner Wang Yang told reporters in Changchun. "A Hangzhou runner called Pan Shancu recently ran 6,450 circles around two beds in five hours at home, while a Xi'an runner called Cheng Dadu ran a continuous 100 km in the living room, and a mother Tan Xue finished a half marathon entirely at home. My training involves slow endurance runs in my living room, with variable speed runs on odd-numbered dates and power exercises such as squats and deadlifts on even-numbered dates. I feel depressed that I cannot run outside, but health and safety are the first principles of running.



Coronavirus has greatly increased the popularity of domestic marathon running in China, as Jin Lib of the Changchun Running Lovers Team explained. "Every night at 7pm my teammates connect on social media and hold a video conversation. We cannot run outside, so we monitor each other performing our home exercises, including running in place, and around the room. We have to be responsible for ourselves while the emergency lasts. "Fellow runner Yang Haoyue added that the joy of the home marathon does not come close to the joy of road running, but it's only a temporary option. When the spring blossoms come, we will run freely outside again." *Xinhua News, 5/2/20.*

Sudoku By Deren

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



"This city is the honking capital of the world," a police spokesman told reporters in Mumbai, "with motorists honking whenever the signal is red, because they seem to think honking will somehow turn it green faster. To counter this, at certain intersections we have introduced 'The Punishing Signal', which connects the traffic lights to a decibel meter. Whenever the cacophony of car horns tops 85 decibels, a device resets the light-change counter so it stays red even longer, while a huge billboard lights up with the words 'honk more, wait more', and 'feel free to honk, if you don't mind waiting!' Motorists soon get the message."

Anti-noise activist Sumaira Abdulai welcomed the pilot scheme, saying "I hope decibel meters are put up permanently, so motorists become aware of the unacceptably high levels of noise from honking." But traffic experts warned that "this kind of smart device shifts the burden of responsibility from public policy to individuals, and sidesteps the more serious problem of traffic congestion, which causes the honking. Such clever techno-fixes tend to create unanticipated problems. What happens if there is a fire truck or ambulance wanting to pass?

A silencer gone bad? Or what happens when some people deliberately create a din to arrest traffic?" *Times of India*, 1/2/20



Gemma's Kitchen

- Food for the Heart

I hope you have all weathered this year healthily and managed to make nutritious meals whilst in lock down.

Christmas is creeping nearer and how many of us will be able to spend the Festive Season (I wonder) with our family and loved ones this year?

So, I have chosen two rather indulgent recipes that can be made quite easily and definitely give that special occasion feel we all need at this time of year. It goes well with rice or potatoes baked in their jackets and vegetable.

For a simple yet refreshing sweet here also is one of my favourite supper party treats.

TURKEY DIANA

6 Turkey (or chicken) breasts, skinned and boned.

1oz(25g) of butter

½ tbsp of oil

1 large onion chopped

2x sticks of celery chopped (or a can of celery chopped)

½ pt. (300ml) of double cream

3 tbsp of Brandy

Salt

Freshly ground pepper

Freshly chopped parsley

Place each of the breasts between two pieces of cling film and beat flat with a rolling pin. Heat the butter and oil in a large pan and fry the breast until tender and golden brown on each side. Lift on to a warm serving dish and keep warm whilst preparing the sauce.

Add the onion to the juices left in the pan and fry gently for 10mins until soft. Add the celery and cook for a more few minutes.

Drain off any excess fat and add the cream. Bring to the boil then add the Brandy and seasoning to taste. Pour over the turkey and serve, sprinkling with fresh chopped parsley.

LEMON CURD & YOGHURT FOOL

**300g jar of Dutchy of
Cornwall lemon curd**

**(other lemon curds are
available)**

**500g tub of Fat free Greek
Yoghurt**

200g of Raspberries

1tsp icing sugar

Shortbread to serve.



Put lemon curd & yoghurt into a bowl

Fold together for rippled effect

Divide the mixture between 4 glasses and chill

Mix berries and icing sugar together and gently crush,

Spoon the berries with their juices over chilled mix.

Serve with shortbread.

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Jeff on 01202 855949 or Mobile 07736 275190

Jayne takes Zoom Exercise Classes During The New Normal? Lets hope not, but

Zoom Meeting



Participants in the Zoom meeting:

- Top Left: **bruce davey** (standing in a room with a vacuum cleaner and framed pictures)
- Top Right: **Keith Matthews** (outdoors with a green bicycle in the background)
- Middle Left: **Richard Hudson** (close-up, wearing a blue shirt and glasses)
- Middle Right: **Mr Keith .** (standing in a room with a clock on the wall)
- Bottom Left: **Mal Nichols** (standing in a room with a stone fireplace)
- Bottom Right: **Phil's iPad** (close-up of a man's face)

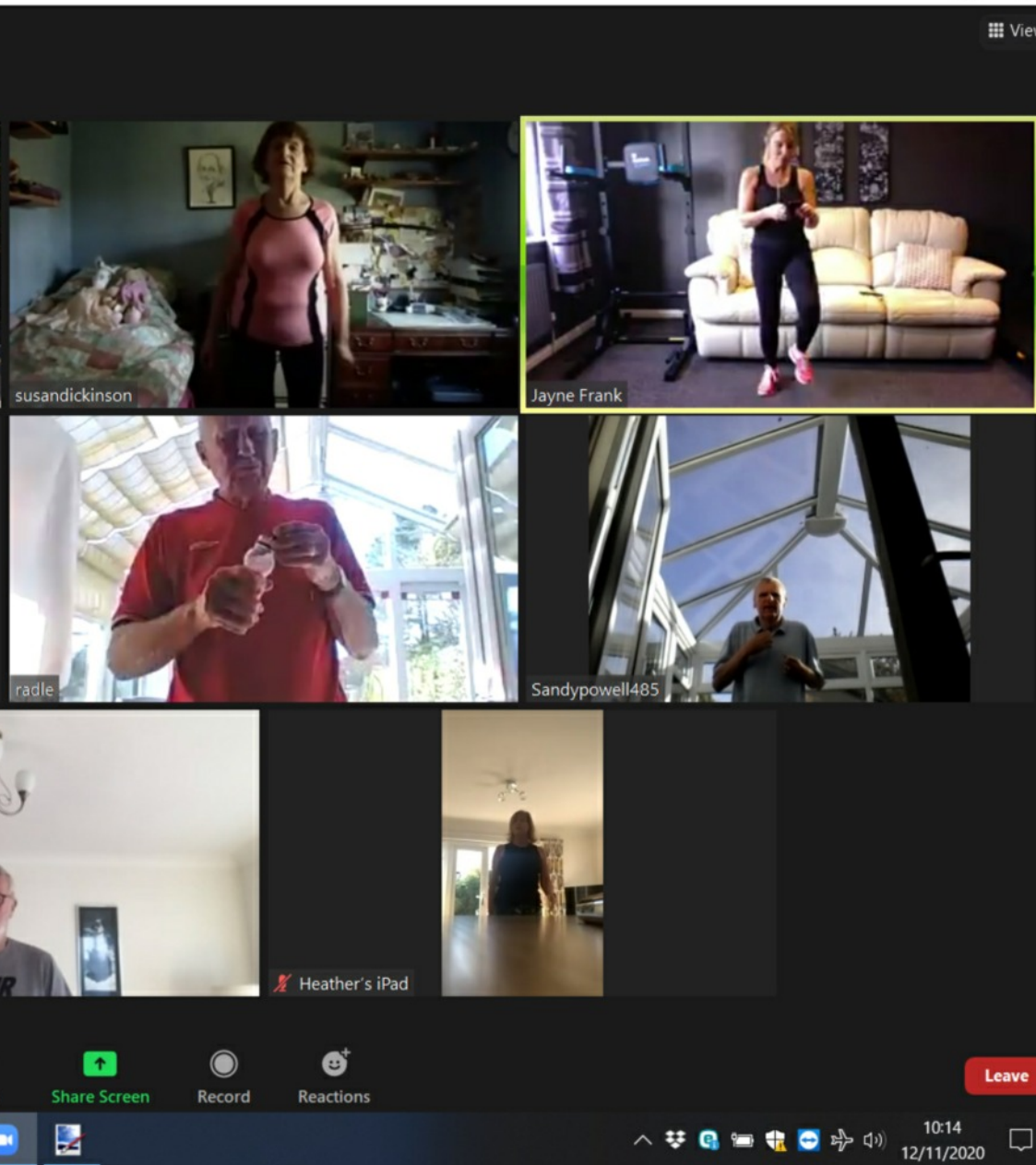
Zoom Meeting Controls:

- Unmute
- Stop Video
- Participants (11)
- Chat

Windows Taskbar:

- Search: Type here to search
- Icons: Edge, Word, File Explorer, Excel, PowerPoint, OneDrive, Task View, Settings

ring the Second Lockdown in November.
t it was fun anyway. We keep going!



Outdoor Classes KGV Fields Ferndown

Richard and Juliet share duties in August after Lock-Down restrictions were partially lifted.





Outdoor Classes at Corfe Mullen

Jayne takes classes in August and September



Meet our Members *John Byrnes*



Hi all, I'm John living happily in West Parley with my wife Cindy and Annie our young cockapoo who keeps us healthy by wanting lots of walks. I had my heart attack in April 2017 whilst playing golf. Thanks to the Bournemouth Cardiology Unit who fitted me with two stents, I'm still here and playing as usual.

I was born in October 1941 in Shepperton and near to the Vickers Aerodrome which meant we were heavily bombed. My Dad was in the Norway ski troops and I had an Uncle and a Cousin who were bomber pilots; but I believe mum and I saw more bombs than they did! After the war I used to play in all the bomb craters.

I left school at 15 and started work as an electrician's mate but I left that to start an apprenticeship at Staines Linoleum factory. I married my first wife in '63 and we were blessed with twin daughters Julia and Jayne. At this time June 65 I was sole electrician in charge of six hospitals and clinics around the Walton and Weybridge area and earning £17.50 a week.

Twin daughters, a mortgage and small dog equals financial hardship, but luckily a pal got me a job at

Heathrow as an export cargo handler with BEA and I was on £100 a week, which was bliss. It was a closed shop though and nobody spoke to me for 3 months as anybody new was a suspected police plant! There were 120 of us in the 3rd largest export hub in the country. I saw the planes change from props to jets and the first 747 jumbo take off as it trundled down the runway. It'll never take off we said in disbelief!

I left the airport in August 1972 to move to Dorset. Our house sale fell through so I got a job driving a 40 ton caterpillar truck on the Guildford to Sunbury section of the M3 which was being constructed at the time. I had to climb a ladder up to a cab the size of a room (blooming eck). Eventually though our sale went through and we moved to Ferndown to a new Wimpey semi-detached with central heating. The price was £9250 which left me gasping ... HOW MUCH!

After several jobs I started work with the oil company *Corralls* in Poole as a service engineer working on oil fired heating boilers and I stayed for a number of years before leaving to start up on my own. I soon had a thriving business with country estates like Somerly, Breamore, and Rushmore, on my books. Sadly we divorced in 1990 and I bought a flat in West Moors where I remained for 10 years. My ex wife and I still remain friends and meet at family functions. Around this time I met Cindy and we married in 2003. Between us we have four married children and seven grandchildren.

Cindy and I being ex-Londoners liked the Thames so we got a cabin cruiser and spent time on the river with it before we sold that and fitted out a 40 foot steel narrow boat, which we kept it on Thames at Oxford. Our claim to fame was to navigate down the Grand Union



canal to Limehouse and rode with the tide up to Teddington. There are waves on the tidal Thames we found. Our little flat bottom boat *NookieBare* did us proud and gave us a lot of pleasure. We now moored on the Grand Union at Napton near Rugby as we sold our lovely boat and bought a new 60 foot canal boat. This meant family could join us more. We kept her for 10 years before selling her. The expense and journey was getting too much at 130 miles each way. Strangely, we clinched the deal while cruising on the Med and not while in the UK, such is the wonder of mobile phones. I put it on the net and somebody made a good offer a month later.

I decided to slow my work down and eventually sold my business in 2015 aged 73. I just woke up one morning and said to Cindy “you know what, it’s time I stopped working!”

Cindy and I are having a happy life. She shops, and I golf and we meet up for lunch. Happy Days ... Ha, Ha.

John 

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It's Surprising What You Find

by George Llewellyn

Here I sit in glorious isolation.

It's day like this that you find out how fast your iPad battery runs down.

All episodes of the Poirot watched.

My Belgian accent is now as good as David Suchet's.

Apart from two detectives there's nobody left in Midsomer to murder.

There is an up side to this situation.

On Mother's Day our son insisted he came over, despite us being in self isolation. We sat in the sunshine, in the front garden, observing the rules of social or antisocial distancing, chatting.

During the 20 minutes or so we met 7 dogs and spoke to about 25 strangers mostly walking their dogs but some with children, on leashes I might add.

It was pleasant reminding ourselves what a lovely part of the world we live in. However I doubt that it's like that in London

Skype and FaceTimed are working overtime.

Up until now we even got our shopping done and delivered by the family, however we now have an account for shopping home delivery, another advance in technology.

No exercise groups so it's back to long walks.

Next time I might share some long lost pastimes that I dug out of the garage in an attempt to not start the maintenance list.

George



There are two ways of spreading light: to be the candle or the mirror that reflects it.
Edith Wharton

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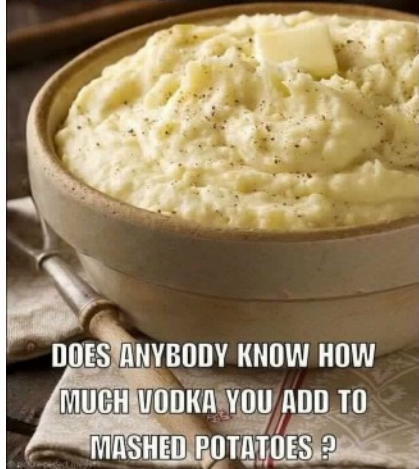
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"Alright, does everyone have sound?"

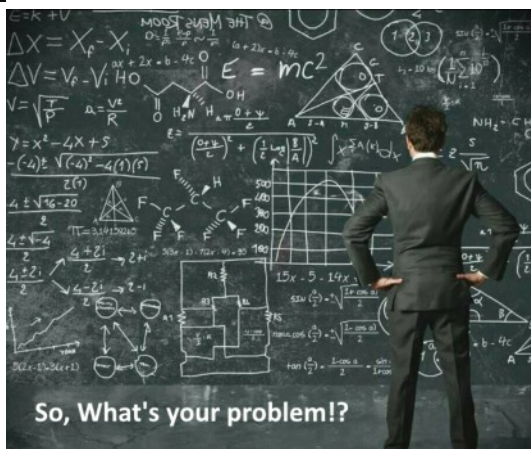
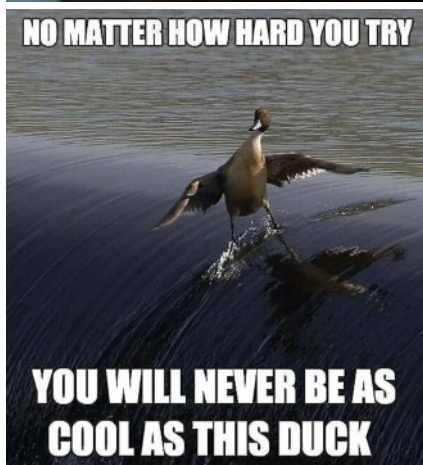


I DON'T NORMALLY COOK....



Just bought a book from IKEA





It is with great sadness that I have to mention the loss of a few further local businesses:

The bra manufacturer has gone bust, the Scuba Diving store has gone under, the manufacturer of food blenders has gone into liquidation, the dog kennels have had to call in the retrievers, and the supplier of paper for origami enthusiasts has folded.

The Heinz factory has been canned as they couldn't ketchup with orders. The tarmac laying company has reached the end of the road, the bread company has run out of dough, the clock manufacturer has had to wind down.

The Chinese have been taken away, the shoe shop owner has had to put his foot down and given his staff the boot, the Launderette has been taken to the cleaners!

The pet shop has gone to the dogs, the butcher's had the chop and the greengrocer is in a vegetative state. The Venetian Blind shop has closed, so it's curtains for us all.

The wallpaper shop has taken a pasting and the fishmonger's been battered, the florists are now pushing up the daisies. The milkman's lost his bottle and finally, the bread man's toast!



Christine

New Travel Destinations

Still Possible under Covid Restrictions !

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I have also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips there, thanks to my friends, family and work. I live close so it is a short drive.

I would like to go to Conclusions, but you have to jump, and I am not too much into physical activity any more.

I have also been in Doubt. That is a sad place to go and try not to visit there too often.

I have been in Flexible, but only when it was important to stand firm.

Some times I am in Capable, and I go there more often as I am getting older.

One of my favourite places to be is in Suspense. It really gets the adrenaline flowing and pumps up the old heart. At my age I need all the stimuli I can get.

Sometimes I think I am in Vincible but life shows me I am not.

People keep telling me I'm in Denial but I am positive I have never been there before.

I have been in Deepshit many times, the older I get, the easier it is to get there. I actually kind of enjoy it there.

So far, I haven't been in Continent, but my travel agent says I shall be going soon.

Six Little Stories with Lots of Meaning

- 1 Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.***
- 2 When you throw babies in the air, they laugh because they know you will catch them. **That is trust.***
- 3 Every night you go to bed without any assurance of being alive in the morning, but still we set the alarms to wake up to. **That is hope.***
- 4 We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.***
- 5 We see the world suffering, but still, we get married and have children. **That is love.***
- 6 On one old man's shirt is written a sentence 'I am not 80 years old; I am sweet 16 with 64 years of experience. **That is attitude.***

Have a happy day and live your life like these stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

Geoff



- ☺ At a christening last week I was very surprised that instead of holy water, the priest poured a can of lager over the baby. It turned out the child was fostered.
- ☺ My kids haven't stopped looking through the window since the storm began. If it gets any worse I'll have to let them in.
- ☺ I'm running out of loo roll, so I'm taking a leaf out of Bear Gryll's book. The library weren't very happy about it.
- ☺ The World Health Organisation announced that dogs cannot contract Covid 19, and do not need to be quarantined. WHO let the dogs out.
- ☺ Plateau - the highest form of flattery.
- ☺ This is your dentist speaking. For control of Coronavirus, all checkup appointments are cancelled. Please do not attend. This is not a drill.
- ☺ I'm travelling everywhere by bike. Reckon I'm safe from the car owner virus.
- ☺ Any rumours you may have heard about John Travolta having Covid-19 are fake. He has Saturday night fever but rest assured ... He is stayin' alive.
- ☺ In Germany they are stocking up on sausage and cheese to see them through. It's a Wurst Käse scenario.
- ☺ COVID so that it's not associated with any country - Chinese Origin Viral Infectious Disease, so that's OK then.
- ☺ Recently there has been an outbreak of wordplay jokes based around the Coronavirus disease. Scientists fear it may be the start of a pundemic.
- ☺ It's not new. In Romeo and Juliet, Shakespeare documented a Verona Crisis.
- ☺ Day 9 of the quarantine. My wife called out from the other room and asked if I ever get a stabbing pain in my chest, like someone has a voodoo doll of me and is stabbing it. I said "No". She said "How about now?".
- ☺ I was sitting here at my PC and sneezed. My anti virus software started a scan.
- ☺ The Nightingale hospital in Glasgow has been renamed by locals - ICU Jimmy
- ☺ No Proms this year? - I'm disconcerted!
- ☺ Your eye test results aren't good sir. Can I see them? Probably not sir.
- ☺ I just got a new pen for my birthday. It writes underwater and even upside-down. Tomorrow I'll see if it writes any other words.
- ☺ Swimming pools in England were allowed to re-open on 4th July. To maintain social distancing, there will be no water in lanes 2, 4 and 6.
- ☺ If you have a sheepdog, remember you're not allowed to walk it at the end of August. It's a ban collie day.
- ☺ I'm starting to think the wall planner for 2020 I bought was a waste of money.

PHSG Exercise Venues



Hopefully this programme will
be running again by December.
ALWAYS CHECK!

All Sessions last $\frac{3}{4}$ hour

Broadstone: Hearts on Seats	with Jayne	Thursday	13:00	14:00	
Broadstone: The Junction	with Caroline with Jayne	Wednesday Thursday	10:45 09:30	10:30	
Canford: School Sports	with Lesley with Emma with Lesley with Emma	Monday Tuesday Thursday Friday	08:45 09:00 08:45 09:00	09:45 10:00 09:45 10:00	10:45
Poole: Boxing Club, Nuffield	with Caroline	Tuesday	09:30		
Ferndown: United Church Hall	with Juliet with Richard	Monday Friday	10:30 10:00		
Hamworthy: Liberal Hall	with Caroline	Monday	10:00		
Lower Parkstone: St Dunstons	with Paula	Wednesday	10:45		
Lytchett Minster: Sports Centre	with Karyn	Monday	18:00		
Swanage: Methodist Church	with Jayne T.	Tuesday	14:30	15:30	
Wareham: Purbeck Sports	with Jayne T.	Wednesday	15:30		

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

Official PHSG T-Shirts and Sweatshirts

- Exclusive range available to the PHSG
- Sizes from small to XXL
- White or Grey
- Round or V neck T-Shirts
- Polo shirts
- Sweatshirts
- Quality Fruit of the Loom brand 80% cotton

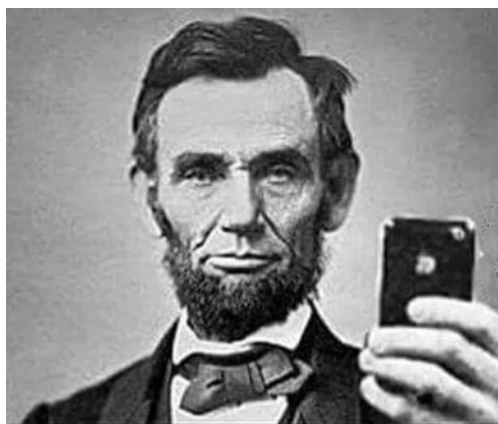
Contact: Linda Ireland on 07757056095

lindaireland457@hotmail.com



Prices list:

T-Shirt	£8.00
Polo Shirt	£12.00
Sweatshirt	£14.00



A picture President Lincoln took with his iPhone. Please don't say this picture was, "Photoshopped." There was no Photoshop back then.



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



There is nothing more pathetic than a former President.

John Quincy Adams

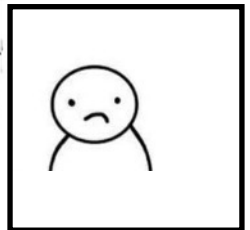
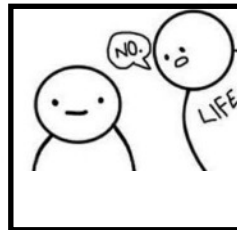
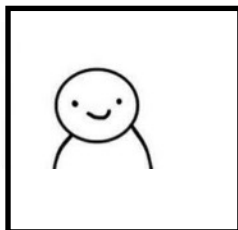
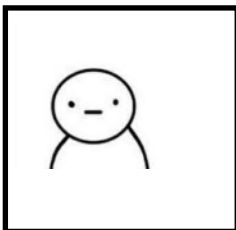
HAPPY - WORD SEARCH

I thought I'd do one on viruses, but on second thoughts, I've done a "Happy" one instead.

BONUS	ECSTATIC	HUMMING	ONCLOUDNINE	SPRING
CHEERFUL	ELATED	JOLLY	PLEASED	SUMMER
CHRISTMAS	FOUNDIT	JOYFUL	PRAISING	TRIUMPHANT
CHUFFEDTOBITS	GLEEFUL	LAUGHING	SINGING	WINNER
CONTENTED	HAPPY	LUCKY	SMILING	
DELIGHTED	HOLIDAYS	MERRY		

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

Our Word Searches are compiled by Derek Pope



Social???

I remember Social Media from the old computer days,
It helped me to be sociable in so many ways,
I reunited with some friends from school and some from work,
I could do lots of other things, on MySpace I was 'Dirk'.

Compuserve was eMail, and 1200 baud was quick,
I typed in words and simple text, hit enter and click, click,
The modem whirred and burred and my eMail got delivered,
Sent off to Oz or Brum so clever that I quivered.

Now everything the media calls 'Social' seems a mess,
Face book wastes so much time you end up I would guess,
With far less real friends you meet, for walks or drinks or chat,
Just lots of junk you didn't want and pictures: 'Like' my cat?

Twitters and tweets out in the open always made me happy,
But login there and all of that just makes me feel so snappy,
Robins, crows, sparrows and starlings, they're welcome any time,
But all the junk that's on my screen it isn't worth a dime.

So quit the social media that wastes such huge resources,
Just phone a friend, take a walk, meet up and join forces.
Help neighbours, just shop local, volunteer for something needier,
Don't waste your time, don't get sucked in to that UN-social media.



26th February 2020

Dear Poole Heart Club,

I am writing on behalf of the South Western Ambulance Charity and the Wimborne Community First Responder group to give our grateful thanks for your kind donation of £51.10. Your generous gift is enabling us to go the extra mile for our volunteer heroes and communities.

Warm Regards, Zoe Larter Head of Charity



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Installing zoom If you do not already have a free account on Zoom, you can use it for PHSG Chat Stops and other meetings by following a link that may be offered you. However this takes time, and can be confusing for a new user as it downloads the software and sets up your account when you are just trying to get into the meeting.

It is far better to set up your ZOOM account ahead of time so you know it works. Go to <https://zoom.us/> and follow the "Sign Up, It's Free".



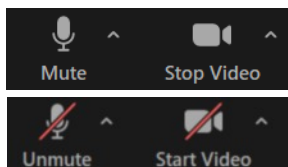
You will then have the Zoom icon ready to go. At the notified time, Log in with the User Name and Password that you will have set up for yourself and then click "Join Meeting". We will be providing you with the Meeting ID. For the December Meet it will be 819 7389 6492

Then you will enter the Passcode for the meeting which we will send to you by eNews closer to the date.

Using zoom There is an etiquette when using Zoom. When you log in to a meeting the PHSG host will need to admit you, so if nothing happens immediately please be patient.

Although PHSG has a paid account with Zoom we are still limited to 100 participants which should be plenty, but not if the login details are shared. Keep them within PHSG please. Log in as early as you can. If you cannot get in we may already be up to the limit of 100.

You do not have to have a camera and microphone on your PC or device to join in as a watcher, but you do need a speaker or headphones. On your screen you will have these two important icons. With a big meeting, the



etiquette will be to mute your sound. The host may do this to you anyway. Also, when the meeting is underway it is helpful to mute your video too as this can save bandwidth and speed things up. You can ask questions or send messages to other participants typing using the CHAT function. After all, it is a Chat Stop!

If you need any help setting up please email keith@poolehsg.org.uk

Poole Heart Support Group 88 Puddletown Crescent, Poole, BH17 8AN
Telephone: 01202 250108
www.poolehsg.org.uk



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

