

# MAGAZINE

Winter 2019

Poole Heart Support Group



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



Christmas Party Date

Spring Dinner-Dance 2020

Escoffier Lunches are Back !



# 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	GP Liaison		
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: A stick made by Mike Tuck from our October Chat Stop Talk.**

# Chairman's Letter



OK let's start. Christmas is here again. Bah Humbug! It seems like we have to get through an election first though. Oh Joy! Hmm. Let's try again shall we ...

Christmas is here again. What Joy! It seems like we have to get through an election first though. Bah Humbug!

I am afraid that my first message is not very Christmassy at all. I have to tell you that the charge for the exercise classes is going to increase to £4 from January. We are sorry to have to do this but it has been £3 for over ten years, which is not bad going really. Trainers are getting a deserved pay rise and hiring fees for the facilities have just been increased too. Some of our smaller venues have been £4 for some time and they will not change, it is going to be £4 across the board at all our venues.

To cheer you up just before Christmas we have our Festive Get Together on Thursday 19th December at 10.30am for 11:00am at Canford School Sports. DO NOT BRING FOOD THIS YEAR as we have arranged for Canford to provide the catering. All members of PHSG are welcome whether you exercise at Canford or not. A charge of £3 per head will be levied to defray costs. The trainers will arrange a mass exercise warm up prior to refreshments. There will be a quiz and a Christmas Raffle.

The Spring Dinner Dance at Hamworthy was generally considered a success and I am pleased to say that Eric Paddock has agreed to organise it again in 2020. We are not changing the formula and will have Kaboodle to play for us. All the details are on Pages 8 and 9 and the Booking Form is loose in this issue. Save the date and get your booking sent in to beat the rush.

Ros Hayes has arranged with her son-in-law to offer to take a group of PHSG members through a familiarisation course for defibrillators. This is not a formal course like the others we have organised but designed just to take you through the stages if you are ever faced (heaven forbid) with an emergency. Details on Page 11.

In the New Year, Roger Ridout is organising some Escoffier lunches. We haven't had these for many years but long term members will remember how good they were, and still are. For those who do not know, The Escoffier is the training restaurant of Bournemouth University at the Lansdown. So, your waiters and chefs in training give an added dimensions to the meal! Details are on Page 5

***And Finally ... A Happy Christmas from me and all the PHSG Committee***



*Keith*



# Geoffrey's News From Poole

Dear Friends,

So those halcyon days of summer are over and winter stretches ahead. We need to ensure we are prepared.

It has been a busy time here at the Hospital with the opening of the new entrance which is really wonderful, the moving of wards in bed re-configuration, the new patient hub in the dome, and if that was not enough to confuse everyone, the completion of the way finding zones. Pink, Blue, Green and so on. I won't dwell on that, but we are winning with the signage now, and it is proving less confusing with our happy way finding volunteers on hand to direct people.



We also had the 50th anniversary of Poole Hospital NHS Foundation Trust and the celebrations around that included a wonderful open day when so many people attended and staff gave up part of their weekend to make it such a success. We all got a souvenir water bottle. The summer was hectic and busy but very worthwhile with lots of good things happening.

But now it's back to the core work again ensuring we meet the demands of winter and support patient care and our staff. As you may be aware the Royal College of Nursing are running a campaign for Safe and Effective staffing to be part of government legislation. This is due in part to the estimated 43,000 nursing vacancies in England alone. So staffing and recruitment remain a major issue for us. We want to see that it is written in law that we obtain the correct numbers of nurses to care. Pivotal to this is that we encourage more people to train as nurses to join the vital profession I have been in for nearly 35 years.

On a positive note we launched our, "Back to the Future" campaign in October, aimed at improving patients experience whilst in hospital. The President of the Royal College of Nursing, Anne Marie Rafferty visited. She met our HOPE group of volunteers who are taking an active role on the project. She was delighted to help launch it and is keen to hear how it progresses. We also had a visit from David Ellcock the National Director of future focused finance who came to see the work we are doing with our staff to innovate care, and some of our green projects. One of which is the removal of paper cups and back to ones that can be washed saving a great deal of money per year and better to drink from.

I was re-elected to serve the South West on the council of the RCN for the next 4 years. It's the 200th anniversary of the birth of Florence Nightingale in 2020 so I will have lots to report during the year of the celebrations, locally, nationally and internationally.

All that remains is to say have a great Christmas and New Year. Keep well and healthy.

Best wishes.

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

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



# Christmas Party 2019 - 19<sup>th</sup> December



**Thursday 19th December**  
**10.30am for 11am.**

**PLEASE DO NOT BRING FOOD**

We have arranged for Canford to provide the catering. All members of PHSG are welcome whether you exercise at Canford or not. A charge of £3 per head will apply.

*The trainers will arrange a mass exercise warm up prior to refreshments. There will be the usual quiz and a Christmas Raffle.*

***SEE YOU THERE!***

## Roger Arranges a Return of our Escoffier Lunches !



### ESCOFFIER RESTAURANT

**Bournemouth & Poole Catering College, Lansdowne Campus,  
Meyrick Road, BH1 3JJ**

[www.thecollege.co.uk/about-us/shops-and-services/escoffier-restaurant](http://www.thecollege.co.uk/about-us/shops-and-services/escoffier-restaurant)

This well known establishment has been producing outstanding chefs for many years, offering quality dining in their excellent facility. Guests are looked after in a friendly atmosphere by the front of house students who will take your order at the table from the varied menu. The lunchtime menu is currently **lunch 2** which can be seen by going into their website, the address of which is given above. You'll also see directions on how to get to Escoffier.

The cost of the three course menu plus tea or coffee is £16.00 per head, which I need to collect in advance. This offer has to be restricted to paid up members of Poole Heart Support Group and their partners on a first come/first served basis.

I have made bookings for 30 diners at three large round tables for the following two dates:

**Wednesday 22nd January & Wednesday 12th February 2020**

I have agreed with the College that dining will commence at 12 Noon and the final numbers attending will be advised a week in advance. You are not required to make menu selections in advance, BUT any special dietary requirements must be advised when I give the confirmed paid-up attendance figures.

Book as soon as possible stating your preferred date, and sending payment by post to:

**R.A.Ridout (Escoffier), 16 Purbeck Terrace Road, Swanage, BH19 2DE**

Address the envelope **EXACTLY** as given here with cheques made to: **R A Ridout P.H.S.G.**

*Any problems, my contact details are inside the front cover of this magazine.*

*Roger Ridout*





Ros Says!

## The Hope Group

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

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

### September Ward Round

My ward round started by meeting Jim Waine and Tracey and soon we were on our way to Portland Ward.

When we arrived I headed off to find the patient I was going to have a chat to. When I located her she was in discussion with a Therapist, so I waited out of sight, as I did not want to interrupt.

Once I got to see the patient I recalled that I had seen her in July and I was amazed how far into recovery she had got. The patient had been admitted after a terrible fall at home. Now she had recovered so much that she was preparing to leave hospital and return home in early October. Her son was with her and trying to arrange, with help from the hospital, a move from her flat, which was without a lift, to a ground floor flat. He was asking for help from the hospital team to give information that would help his mum achieve either a flat swap or to find more suitable accommodation. Apart from the physical effects of the fall, it must be hard for her to think that, because of it, you have the upheaval of a move to cope with as well.

She mentioned that a young volunteer had been in and chatted to her one day which was nice and that she would like to give something back to the hospital once she was well. She wants to be a volunteer and come back to the ward as someone who knows the path ahead that long-stay patients find themselves in. That is the second person that has told me that they wanted to do this. It shows how valuable volunteers continue to be to PGH.

I asked if there was anything I could follow-up or help with? She said that the nurses and Doctors had all been excellent. So a pat on the back for Portland Ward.

I have added a quote from a magazine that I recently read: -

"The most vital thing I learned as a junior doctor was that lives are not only saved on the floor of an A&E (ED) department or a surgical theatre, but in quiet corners of a ward or during a conversation in a garden. Lives can be saved by building up so much trust with a patient that they will take a medication even if they think they don't need it. Lives can be saved by listening to someone who's never before been heard". This was written by Joanne Cannon, a Junior Doctor. (Not in PGH).

This last sentence is very relevant to our Hope Group. Talking about and then acting on problems is what we aim to do. But listening to patients is always the key for everyone involved.

*Ros*





Jim Says!

I was walking round Poole Hospital the other day and came across the poster on Page 28 . I've always been rather confused with the uniforms of all the nurses, so I asked for permission to copy the photo

and publish it in our magazine, and I'm very pleased to say, permission was granted.

I have noticed that one uniform is missing and probably all of us have met this person! Who will be the first to let me know who it is? and win a Prize? The prize is sought after by many people from the jungle!

### **End of paper prescriptions to Save NHS £300 million**

Paper prescriptions are to become a thing of the past next month under NHS plan to save 300 million over 2 years.

From November the 18th, all GP practices will switch to electronic prescribing, meaning patients will no longer have to hand in a physical copy of their prescription to a chemist. Instead medication details will be sent directly from the doctor to a local pharmacy nominated by the patient, where it can be collected after the patient gives their name and date of birth. By scrapping pen and paper prescriptions the government believes up to £300 million could be saved from NHS's budget by 2021.

Patients who want a paper prescription can still request one, but under the new scheme all prescriptions will be printed with a unique barcode rather than a GP's signature. This means you can walk into any pharmacy in the country where the barcode can be scanned by a pharmacist to download details of the medication.

### **Anne-Marie Rafferty, the President of the RCN, visited Poole Hospital NHS**

Anne Marie Rafferty, Professor of Nursing Policy at King's College London, who has been elected as the next President of the Royal College of Nursing (RCN). visited Poole hospital On Wednesday the 9 October and was asked by Geoffrey Walker to launch the Back to The Future initiative, designed to improve the quality of personalized care for our patients, as our HOPE group is achieving. Geoffrey Walker explained how we are progressing with our interviews, and asked me to say a few words as to the information we gather. After the speeches and cup of tea I did have a quick chat with Anne Rafferty and asked her, as she has been looking into the problem of shortages of nurses, if she has considered apprentice nurses, considering that graduate nurses tend to move up the ladder away from general nursing. Whereas an apprentice would, after the 4 years or so training, would be more likely to stay at that hospital as a qualified general nurse.

I will continue the article re problems of hearing at Poole Hospital in the next issue of the magazine if I have seen Mr Gary Cumberbach before printing....

**Any problems or good news please let us know.**

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

[jimwaine2@btinternet.com](mailto:jimwaine2@btinternet.com) Jim Waine 01202 871532

or Ros Hayes 01202 708098.

*Jim*



# PHSG SPRING DINNER DANCE

*Eric Paddock*



Hello Friends,

I've been asked to arrange the Dinner Dance again, and we are going to keep the format just the same as everyone seemed to enjoy it last time. We are also keeping the price the same too! Kaboodle's line-up is slightly different though. In this issue you'll find the menu opposite, and the booking form as a loose leaf insert, so please don't lose it!

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



FRIDAY 17<sup>th</sup> APRIL 2020  
HAMWORTHY SOCIAL CLUB



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





# POOLE HEART SUPPORT GROUP

## Dinner & Dance



**FRIDAY 17<sup>TH</sup> APRIL 2020**

**Hamworthy Social Club**

**Music and Dancing to Kaboodle**

**6.30pm for 7.00pm**

*Prize Draw  
Lucky Ticket!*

### Menu

**Vegetable Soup (v)**

**Prawn Cocktail**

**Ardennes Pate**

\*\*\*\*\*

**Traditional Roast Pork, Beef or Chicken**

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

**Served with Roast Potatoes and Seasonal Vegetables**

\*\*\*\*\*

**Strawberry, Lemon & Lime Cheesecake**

**Berry Crumble & Custard**

**Treacle Sponge & Custard**

\*\*\*\*\*

**Tea or Coffee**





## Education Day at Poole Hospital *David Curtis*

The Education Day programme is available to all heart patients who are about to start, or have already started, the rehabilitation programme. These are provided by the NHS several times throughout the year for each new batch of patients. The morning consists of presentations by a cardio-nurse, a dietician, a pharmacist and then me as the representative of P.H.S.G. I take the floor to introduce us and our programme of events. Many of you may remember me from your own rehab time.

The exercise programme is explained, as well as the Chat Stops and the various talks held throughout the year that could be of interest. The walking and cycling groups are emphasised as exercise that can be done as a group as well as individually. Poole Heart Support Group magazines and application forms are distributed and all are encouraged to consider joining.

I try to make my talk amusing by including various heart & health stories whilst reminding everyone that we in PHSG are not just "heart patients" but are in fact all of us survivors as are they! There are often questions that I answer during the talk, and also individually afterwards. Some people seem pleased to talk with somebody who has "been there".

Finally, after numerous curtain calls, I sit down to rapturous applause. (I hope!)

*David*



### 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)

# It's Surprising What You Find

by George Llewellyn



Funny when you are running on auto! Something you do regularly and don't think about it. The school-run for the grand kids!

It's rejuvenating wandering along the road with the other Mums, not that I am another mum or ever have been, but you know what I mean. The lollipop man; wielder of such power ... STOP.

I got to the school, lots of lovely kids roaring around like lunatics. Totally tuned out and oblivious of their soundings. As an OAP of 73, I have found that if I smile at young ladies they smile back. More than they did when I was a teenager anyway. So there I am looking around and generally looking cheerful! Then

suddenly a young lady, until that time I had not noticed, said hello to me. Blonde and sporting a pair of trendy shades. This person obviously knew me!



You know that feeling when you should know somebody but have no idea who you are talking to. She could see from the look on my face that I had no idea who I was taking to.

She lifted the shades and said "Hello George".

Trainer Emma from Canford.

There was only one response I could make. "Sorry I didn't recognise you with your clothes on". Her response was the only one possible. "I know. Everyone says that!"

*George*



## Defibrillator Familiarisation Opportunity



My son-in-law Michael is a First Responder and has offered to show the Heart Group Members how to use defibrillator equipment, as if it's use is required, having had instructions it shouldn't be quite so daunting.

**If you are interested please call Ros on 07974 687634**

Or ring Jim Waine on 01202 871532

*Ros Hayes*



## Members AND Partners, Wives, Husbands or Friends - Insurance Considerations

by Derek Poye

Most of you will have noticed that there are sections of the "New Member" form to allow you to specify a 'Partner'. I know that many people don't like this term as it used to imply that a couple were not married and many of us are. But we needed a term which includes a member's Spouse, or their relationship partner, or simply a friend who will partner them at exercise classes or walking group, cycling club or chat-stop.

At any of the events which PHSG organises, our members AND their registered partners are covered by a blanket insurance maintained by British Heart Foundation. Obviously we hope never to need to call on this insurance as we don't want anyone to be hurt but there are IMPORTANT consequences for each of you - and your Partners' to consider!

If you bring someone along to any meeting or event and they are NOT registered as your partner on our database, then they are not covered by the BHF policy and their safety is entirely YOUR responsibility! Also, if your membership has lapsed because you have not renewed when asked to in June of each year (renewal forms are sent out in the May magazine), then you are NO LONGER A MEMBER and again not covered by the BHF policy.

Please remember that this will also apply if you have not updated us with your details and thus your magazine and renewal form have gone to your old address! So, please make sure you update us whenever your details change and if you have a 'PARTNER' registered, make sure it is the only person that you bring along to any meetings, classes or other events organised by PHSG.

Thank you so much, it also makes our job so much easier if you renew promptly.

*Derek*



### 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**



# 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

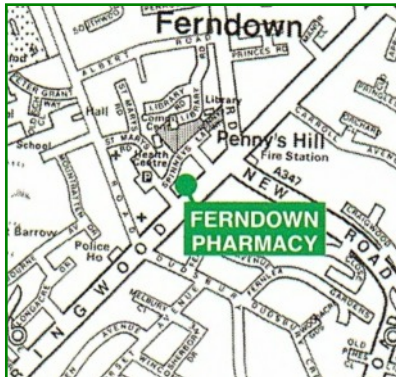
Sunday 10am - 2pm

**FREE**

Repeat Prescription  
Collection Service  
from all Surgeries.

**FREE**

Delivery Service.



"It's a miraculous thing that's taken place," George Pakenham told reporters in New York, "because citizens are doing the job that the police don't wish to do, and they're being compensated for it."

Several years ago, NYC's Department of Environmental Protection made it illegal for commercial vehicles to park with the engine running for more than three minutes, or one minute near a school, but the law was seldom enforced. Now since the department started awarding 25% of the fine to whistle-blowers, it's become a lucrative sideline for some people.

"Last year alone, a group of 13 of us earned more than \$20,000, just from ratting out offenders." Since the introduction of the reward system, summonses for violating anti-idling laws have skyrocketed from 24 in 2017 to 1,038 in 2018. "David Dong earned almost \$5,000 last year from 47 summonses," Pakenham added, "but he's a machine - he's very aggressive, and is pursuing this in a very entrepreneurial way. Zachary Tinkelman came second with \$4,600, and I was third, with \$4,300 from 34 summonses. We're doing the police's work for them, we're being compensated for it, and we're cleaning up the air in New York City, so it's a *trifecta* of wins, so to speak." (*New York Post*, 15/ 4/ 2019)

Politics is about shooting the crocodile nearest the boat. [Norman Tebbit](#)

An artist's job is to bite the hand that feeds him. But not too hard. [Nam June Paik](#)

A theory should not seek to explain all the facts, because some of the facts are wrong. [Francis Crick](#)

No one can make you feel inferior without your consent. [Eleanor Roosevelt](#)

Only those who will risk going too far can possibly find out how far one can go. [T.S. Eliot](#)



"This is a step we have taken to help enforce judgments against defaulters," Kong Weiguo told the High People's Court in Shijiazhuang (Hebei province) "and against people who refuse to fulfil court orders to pay their debts. With this new program on *WeChat* smart phone users can find out how many debtors are within 500 metres of them, as well as their personal information. And they can share that with friends, or report the deadbeats to the court."

"Another piece of software ensures that if anyone calls a debtor, the caller hears a message telling them that the person they are calling has been put on a blacklist by the court for not paying their debts. It also asks the caller to urge the debtor to fulfil their legal obligations. The aim is to make debtors feel pressure from friends and relatives, telling them to repay their debts."

When Wang Yanling, a resident in the city's Chang'an district, tested the software "it showed that there are 87 defaulters around my home in Huicui Garden, including companies such as restaurants and real estate developers. From now on, I will use the program before I go to a restaurant, to ensure I am not giving money to a deadbeat."

(*China Daily*, 26/1/19)

# SUDOKO

by Derek

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

"We are not naming the driver," a police spokesman told reporters in Eschborn. "but we can tell you that she is 55 years old. She filled her Volkswagen diesel car with petrol and only realised her mistake after she had finished. She asked for advice in the garage, and was told that she would need professional help to remove the fuel."

"Wishing to spare herself the cost of a mechanic, she asked a passing 20 year-old man to help her push the car away from the petrol tanks, and towards the garage's vacuum cleaners, which are normally used to clean the inside of vehicles. She hoped to connect the vacuum cleaner to a hose and gradually suck the petrol out of the tank, but the vacuum cleaner was more powerful than she realised. It rapidly sucked petrol directly into its interior which then burst into flames, setting fire to the car as well."

Firefighters were called to extinguish the blaze, which caused over €30,000 of damage, and necessitated a traffic closure in the surrounding area. The woman was unharmed, but the 20-year-old man needed treatment for burns to his hands.

RTL News, Luxembourg 11/8/19





### The Festive Season is here again!

The Festive Menus are already being advertised by Restaurants and Hotels but how many offer a really appetising dish for vegetarians and those who are just fed up of Turkey?

“Xmas might be the most wonderful time of the year” but it is not necessarily the easiest for those of us who choose to be vegetarian. So don't let the veggie option be an afterthought! This month's recipe is full of good healthy ingredients which will please the most discerning of appetites and if dressed up well can be as festive as anything found on the table.

### Sweet Potato Pie with Chestnuts & Stilton

**Preparation time: 30mins    Cooking Time: 30mins    1 dish about 20cm round.**

1 red Onion - peeled and finely chopped  
150g chestnut mushrooms - cut into large chunks  
100g whole cooked peeled chestnuts  
1 large orange fleshed sweet potato - peeled and chopped into chunks  
50g Vegetarian Stilton - crumbled                      1 tbsp. of olive oil  
2-3 cloves of garlic peeled and finely chopped  
2 tbsp. fresh thyme (or dried) - finely chopped  
½ - 1 tsp. dried chilli flakes                      200g of ready-made short crust pastry.

- Pre heat oven to 200F. Gas Mark 6
- Fry onion gently in olive oil until softened
- Boil sweet potato in water for 6-8 mins until tender.
- Add the mushrooms and chestnuts to your onions and continue to fry for about 5 mins until mushrooms are brown and have released their juices.
- Add the garlic and drained sweet potato along with the thyme and chilli flakes to your mushrooms mix
- Turn off the heat and stir the stilton into the mixture. Leave to cool a little while you prepare the pastry.
- Lightly grease your dish and roll the pastry until it is slightly larger than you need.
- Put the dish upside down on the pastry and score round the dish to produce the right size lid for the pie.
- Place the filling into your pie dish, top with the pastry lid and brush with milk.
- Use stars and holly shaped cutters to cut enough shapes from the left over pastry to make your pie lid look nice and festive.

**WISHING ALL HEART GROUP MEMBERS A VERY ENJOYABLE  
CHRISTMAS AND A HEALTHY AND HAPPY 2020**



# Christmas Greetings from our Office



*Jan*



Well here we are, it's Christmas again  
Time for the office to put down their pen  
We'll spend time with friends and family  
Pressies to open and carols sung round the tree  
A little tot of something to keep the cold out  
Will go down a treat without a doubt!  
So Happy Christmas to all of P.H.S.G.  
From 8 Office Helpers. and of course from me!

*Happy Christmas  
to you all*

***Office will be open on Thursday 19th December 2019  
then re-open after the Xmas break on Monday 6th January 2020.***

***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.***



## **Do you need help with your technology at home?**

As a registered charity AbilityNet exists to change the lives of older people and people with a disability by helping them to use digital technology. We are supported by IBM and Microsoft.

The free helpline 0800 269 545 is available for advice and information. We also have a nationwide network of 280 carefully selected and vetted AbilityNet ITCanHelp volunteers who can visit clients in their own homes and support them with their technology. As well as diagnosing and fixing most computer related problems, our ITCanHelp volunteers can help with sending and receiving emails, using the internet, installing new hardware and software and giving impartial advice on IT equipment and software.

If this is something that you or anyone you come into contact with might benefit from, we will welcome hearing from you.

**If you would like to chat further about our service please call us on 0800 269 545 or email [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk). For more information visit <https://www.abilitynet.org.uk/at-home>.**

# AbilityNet



Sunny Lakeside at Longham



The Only Way is Forward

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. Winter Walks all start at 10:30. For any general queries please contact **Dianne Eddy on 01202 622016.**



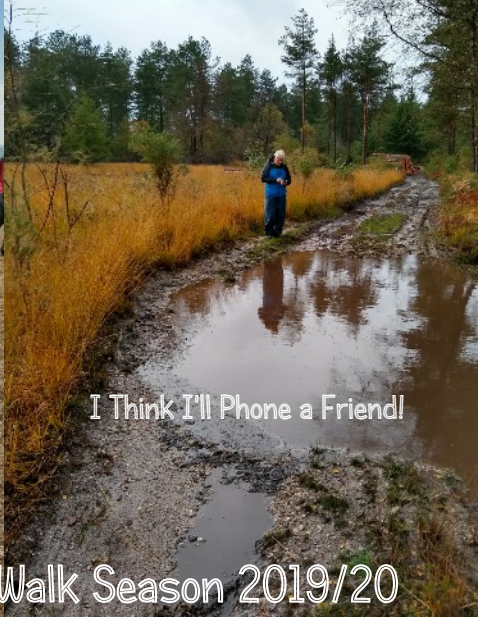
Poole He

Wed 4th Dec 2019
Sat 14th Dec 2019
Sat 4th Jan 2020
Wed 15th Jan 2020
Sat 25th Jan 2020
Wed 5th Feb 2020
Sat 15th Feb 2020
Wed 26th Feb 2020
Sat 7th Mar 2020
Wed 18th Mar 2020
Sat 28th Mar 2020





Bright and Breezy Break at Abbotsbury



I Think I'll Phone a Friend!

## East Support Walking Group Winter Walk Season 2019/20

Norman & Dianne	01202 622016
Richard & Ingrid	01929 553084
Bob & Linda	01258 840720
Graham & Jacky	01202 715928
Larry	01202 911496
Jean	01202 695030
Richard & Ingrid	01929 553084
John & Barbara	01202 690636
Cyril	01202 733956
Margaret & Malcolm	01202 721120
Helen & Ray	01202 574433

When we last went to print, I noted that we still had five more great Summer walks to look forward to. Having thoroughly enjoyed those walks, at the time you are reading this, unbelievably, we will have just completed our fifth Winter walk!

Our last couple of Summer walks focused on water and sunshine, one enjoying the interesting coastline at Abbotsbury and the other walking through an ancient Oak wood to reach the beautiful lakes at Longham.

To date our winter walks have also featured water, but notably a couple of these have been water of a different kind – water and mud. However, we are a hardy crowd and don't let a little rain and mud get us down and to date we have exceeded all expectations and still enjoyed venturing out in a lot of rain, a lot of mud and a lot of wind. The thing is, we are a friendly group, we enjoy walking in the company of like-minded folk and whatever the weather we always enjoy ourselves (and the meal at the pub afterwards). So, come along and join us. Just phone the telephone number printed on the walk list next to the date and the walk leaders name and you can find out all about the walk on that date and where to meet and we will look forward to seeing you.

On Wednesday 27th November we will be holding our annual Christmas Dinner at the East Dorset Golf Club. We are looking forward to celebrating in dry & warm surroundings.

On behalf of the PHSG Walking Group.

*Linda Thomas*





Neil at St Andrews

## Meet our Members

Neil Merrick

I was born in Birmingham 1952. My dad was a Professional Footballer for Birmingham City and England, so my future was probably mapped out at an early age.

I went to a local High School in Solihull. Unfortunately I was not a gifted academic and most of my efforts went into excelling in most sports, representing my school in football, cricket, and basketball. I also represented South Birmingham Boys in the National Schools Football Cup.

On leaving school, with no qualifications, I went to Walsall Football Club as an apprentice, I was released after a year and had spells at Sheffield United and Coventry City. I soon realised that I was not quite up to the standard required to make it as a full time professional; a devastating feeling!

My dad was, by then, a manager of the semi professional Bromsgrove Rovers. He had faith that I was good enough so he signed me as an amateur. I blossomed into a quite reasonable player, and two years later Southern League Premier Division Club Worcester City signed me as a professional.

After 3 years, and being converted from a Centre Forward to a Centre Back, I was bought by AFC Bournemouth, then playing in the old 3rd Division (League 1). After being released in 1975, I went to play in South Africa, I was there for 2 years, had a great experience playing football, and working for the *Bosch* Distributors in Johannesburg.

On returning to the England I went to play for Maidstone United, then Weymouth and Poole Town, finishing my career at Basingstoke Town, and during that period I represented The Southern League England at Semi Pro level, and played for and captained several FA X1 teams.

My working career had always been around my football career, but towards the end I found myself working for a national stationery supplier. Then after two years a couple of colleagues and I set up our own independent company, and I have been self employed as an agent ever since. Around 35 years!

I have been married and divorced twice, but forever the optimist, I have now been married to Shirley for 14 years. I have three children from my first marriage, and 10 grandchildren. My son is in Hong Kong working for *JP Morgan*, and my two daughters are living in the Bournemouth area.

I had my Heart Attack 3½ years ago. At the time I thought my world had ended, but with the fantastic NHS sorting me out, and PHSO support I exercise every Friday at Canford. My confidence and fitness have recovered and I look forward to many happy and fit years to come.

My main hobby now is golf. I play regularly a couple of times a week at Bramshaw Golf Club.





## Geoff Barraclough

I was born In Welwyn Garden City – a long time ago. My Mother was related to the founder of the Garden City movement, Ebenezer Howard. In the early days of that town, my Father would walk to the station in his gum-boots and leave them on the platform for the day, whilst he commuted to Holborn by train – steam, of course.

During the war I was evacuated to Derby but sent to Kingswood School in Bath, a school founded by John Wesley, the Father of Methodism. National Service followed in the Navy, but my sea time was limited to the Gosport ferry! Always intending to teach, I was sent by the late King George to RNAS Culdrose in Cornwall, to teach new recruits. However it was a nearby Methodist farmer in Mullion who gave me a great welcome and Cornish clotted cream. Definitely not on the naval menu.

University followed at Nottingham where I read chemistry and did my PGCE. The great bonus in the final year was to be taught the art of “Demonstration” by Colonel Shaw. He taught me one important lesson; if a demonstration was worth doing it should be seen by any one on the back row of the class, and have a touch of “theatre”. My teaching career took me to schools in Luton, London, Uganda, and finally Sixth-form college in Croydon.

Of 40 years teaching the four years spent at King’s College, Budo in Uganda are the most memorable. Of the 20 students in my final sixth form, 12 are doctors, of which six are consultants. Another became Tony Blair’s advisor on Africa. One is a consultant at Royal Bournemouth Hospital – so I can’t have done too much harm !

Chemistry should be interesting, even exciting. There aren’t many science teachers whose practical work resulted in the local fire-brigade turning out in Marylebone and Croydon. Note that I was taking Col. Shaw’s advice as mentioned above. Such was “elf and safety” in those days, the local inspector simply invited me for a beer to tell him the “story”.

My interest in examining grew, so that I became Chief Examiner at A-level for the London Board, and finally became Chair of Examiners. On retirement from the daily toil, and retirement to Wimborne, I had the opportunity to travel to the Board’s overseas centres in Cameroon, Pakistan, Sri Lanka, UAE, Maldives, Hong Kong, Bangladesh among others.

Over the years my membership of the Methodist Church also led to a commitment to the church overseas, so that frequently I was able to combine the two duties on my travels. I lost count the number of people offering to carry my bags. Regrettably, my wife suffered much ill health and was not able to travel as much.

Such is the passage of time that after coming to Wimborne in 1993, three of our grandchildren were born in Bournemouth. One is now a Captain in REME, one an engineer with Rolls Royce, and one a doctor at Salisbury Hospital. How time flies ... a great-granddaughter has now arrived in Sheffield. Some may have met my daughter, Susan Barraclough, a dietitian for 30 years in Poole Hospital."



Unhappily my wife Beryl died in 1999, but in 2007 I remarried. Puli and I continue to live in Wimborne.

It was in 2009 that I was hanging up the hymn board in church one Sunday morning when I had a heart attack. Luckily an ambulance appeared within minutes and off to Poole A&E we went with Puli in the front seat. She reported that the journey was like the Red Sea parting and Poole was reached in 7 mins. (I've never done it in less than 20).

Stents, and years of enjoyable exercise with PHSG and Emma at Canford have meant ten years of good health, and an imminent big birthday.

*Geoff B* 



Enhancing lives for 25 years

*By David Jones*

Soon after retiring from full time work 3 years ago I realised I needed something to occupy my time - daytime television and the radio were definitely not enough! Through a mutual friend I approached Forest Holme and became a charity fund-raiser. This has proved to be a very rewarding occupation and a great way of meeting new people and making new friends.

I don't know how many of you are familiar with Forest Holme but the hospice has been based in the heart of Poole since 1994 - which makes this year 2019 our 25th anniversary - and we care for over 1000 adults who are living with advanced cancer and other life limiting illnesses across Poole, Wimborne and the Isle of Purbeck.

It also provides care within Poole Hospital, in care homes, within the hospice and in patients own homes through its own team of Community Nurses.

The hospice itself has 12 beds - 5 private ensuite rooms and 2 bays - as well as a relatives lounge, bedroom and kitchen for families, plus a lovely little outside space and courtyard garden with a pond. Forest Holme also has outpatient clinics, lymphoedema clinic, counselling and bereavement service, and alternative therapies based on site.

There are a number of myths surrounding hospices and hospice care.

- Hospices only care for people with cancer - It's not just cancer but a number of life limiting illnesses such as motor neurone disease, Parkinson's, respiratory and cardiac conditions and often it can be a combination.
- Hospices are only for Old people - We see an increasing number of young patients and have had some as young as 17 and 18 and many others in their 30s and 40s with young children.
- Hospices are sad and depressing places - While there is inevitably sadness with people at end of life the hospice is actually a place full of joy, fun and laughter.

The hospice's focus is the quality of life of our patients, so it is also important to find out what matters most to them and their families, as well as addressing their medical and nursing needs.

*David* 

# Five Winter Tips for *by Natasha Goldstein* Travelling with a Heart Condition

Travelling doesn't need to be off limits just because you have a heart condition, or care for someone who does. However, there are a few extra things to consider when planning your next trip.

Able2Travel Travel Insurance provide five suggestions on how you can help your winter holiday run as smoothly as possible.

## 1) **Speak to your GP before you book your trip**

Depending on your heart condition, if you decide to fly to reach your chosen holiday destination, the mild drop in oxygen levels in the air may cause problems. Only you and your GP are aware of the severity of your condition so they may advise supplementary oxygen for your flight. If this is advised, ensure you contact your airline before booking to make arrangements and check their policy on this.

Talk to your GP about your medication too. 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.

## 2) **Prepare for your flight**

When travelling by plane, there can often be an increased risk of blood clots. Due to slower blood circulation when sitting for many hours and lower oxygen levels on the plane, there are some simple actions you can take when embarking on a flight:

- **Move around** – During the flight, ensure you get up and move from your seat every couple of hours and walk up and down the aisles.
- **Compression flight socks**– If you plan on travelling long haul, purchasing compression flight socks will aid blood flow by putting gentle pressure on your legs and ankles.
- **Stay Hydrated** – Focus on your water intake and limit or avoid alcoholic beverages which can dehydrate you.

## 3) **Be mindful of your diet**

When on holiday, it's understandable and very easy to treat yourself a little too much. However, where possible, try sticking to your regular diet. Although a diet change in the short term shouldn't affect your condition too much, there are steps you can take to limit the impact of any change in diet such as drinking plenty of water, watching your salt intake, limiting your caffeine intake and watching your alcohol consumption.



*continued on page 25 ...*

# 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



#### 4) The Destination

When you have a heart condition, visiting anywhere with extreme temperatures could result in extra stress being placed on your heart. So, choose your destination carefully.

Tiredness and stress can also play a part in your overall health and experience whilst you're on holiday, so it is a good idea to allow yourself plenty of time to get to the airport either side of your journey and to pick a destination that isn't going to leave you suffering with severe jet lag. As a rule of thumb, warm yet mild climates are the most comfortable destinations to travel to.

#### 5) Don't forget your Travel Insurance

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

Keep an eye on Brexit. the EHIC (European Health Insurance Card) is unlikely to be valid for use and no longer offer protection while you're on holiday in an EU Country.

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



# 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**

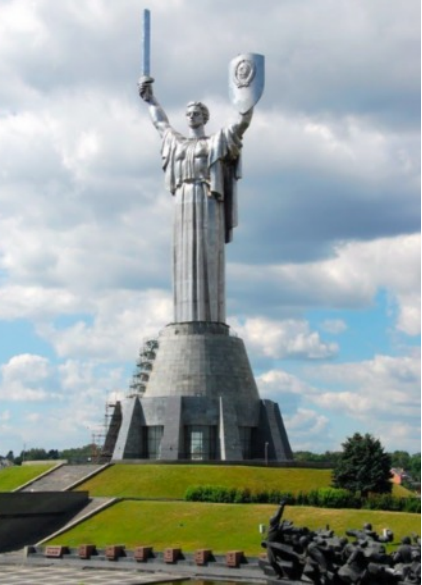
Formerly Harris and Nash installers

**Freeview**

**Call 01202 676884 or 07850 179861**

Airwaves are Trading Standards Approved





## Travelling the Dnieper *by Geoff Lawrence*

We have all heard and may have travelled along the Rivers Danube, Loire, Rhine and the Rhone but how many of us have heard of the River Dnieper? One of the major rivers in Europe! It rises in the Valdai Hills in Russia and travels for 1,400miles (2,200km) to the Black Sea. The River Dnieper is noted for its dams and hydroelectric stations, and as it meanders along it passes close to Chernobyl Nuclear Station's exclusion zone!

One of the many countries the Dnieper passes through is Ukraine. The Ukraine is the size of France and is divided into 27 regions with a total population of 35 million people. It is the second largest country in Eastern Europe after Russia. Full independence from the Soviet Union was achieved at the end of the Cold War in 1991 and Ukraine declared itself a neutral state. In 2014 a revolution to overthrow the government formed the ground for the annexation of Crimea by Russia. Since 2016 the Russians have not displayed further intervention but there are still rumblings. We could think of no better way to experience this diverse country and its people than on a River Ship travelling along the Dnieper River from Kiev to the Black Sea ending in the city of Odessa.

Kiev is the capital city of Ukraine and is known as the "Mother of Cities". It has a rich heritage of Viking and Cossack traditions. Passing the great monument of Independence, the 200 foot tall "Motherland Monument" a statue of a woman with upraised arms holding a sword and shield overlooking the Dnieper, brings you to the most visited places in Kiev the UNESCO World Heritage Site of St Sophia Cathedral crowned with 13 glimmering domes, adorned with mosaics of 177 different colours and graced with enormous frescoes. Adjacent to this wonderful cathedral are the Monastery of Caves, an extensive complex of caves founded by ascetic monks in 1051.

Our next port of call was Kremenchug. Founded by Cossacks in the 16th and 17th centuries, it soon became an important stop on the trade route between Moscow and the Black Sea. During WWII there were many Nazi Death Camps for Jews in this area. Much of the town is heated by a Nuclear Power Establishment which uses large lagged pipes that travel above ground for some 5 kilometres before reaching the town. Today Kremenchug runs on industry, much as it did when the Kryukov Railway Car Building Works opened in 1869. Here there is one of the oldest railway repair and construction shops in Eastern Europe. More recently the Polski Fiat, Lada and Kia cars are assembled here.

The Dnieper River is one of the widest and most radioactive rivers in the world. It has five nuclear power stations along its length as well as hydro dams! The Ukrainians seem to be oblivious to this and have created beaches along its length. Families can be seen playing and swimming in the water and fishing in small boats at all times of day and night.

Dnipro the next stop on our journey is the fourth largest city in Ukraine. Founded in 1776 by Russian Prince Potemkin by order of Catherine the Great. Until the 1990's it was a Soviet-era centre for nuclear defence and space research. Foreigners were forbidden without special permission to enter this city! How do you get a city of nearly 1 million Ukrainians to keep a secret? Firstly you do not tell them the secret; secondly, you close the city to foreigners and thirdly you use German prisoners of war to build your top secret facility. That is exactly what the Soviet authorities did after WWII, though the site's official purpose was to make tractors and kitchen equipment. With nearly 60% of the population working in these factories it became obvious that the plant was not churning out juicers or grain threshers. Today it is different and the *Yuzhmash* factory still produces space craft, and works with international aerospace partners in 23 nations.

Meandering further along this river the landscape is still surprisingly unspoilt, and nature reserves close to the estuary in the Black Sea are well known. It soon brings us to Zaporozhye with its Hydroelectric Station and Dam,

which supplies 10% of Ukraine's electricity. Completed in 1932 under supervision of a US company with American Equipment, the 200 foot high dam supplied power to the region's burgeoning industrial centres in Zaporozhye and Dnipro. It was dynamited by retreating Red Army troops in 1943, it was then dynamited again twice by retreating German troops. Being rebuilt between 1944 and 1949. This dam is the third largest dam in the world! We had to navigate this dam using a lock 108 feet deep.

For sheer excitement, displays from boisterous Cossack traditions including incomparable horseback acrobatics mean that a visit to Khortytza Island by Zaporozhye is an absolute must. The Cossacks are a group of warriors who played a significant role in cultural and historic development of Ukraine. They first formed settlements during the 15th century. The only requirement for becoming a Cossack was a belief in Christ. Once someone had been accepted into the community, they became a Cossack and left their old identity behind. Over time Russia enlisted Cossacks extensively for their military expertise and in 2005 they were recognised as a potential military force and a unique ethno-cultural community. They helped to boost the Russian police forces during the 2014 Olympic Games in Sochi.

The Dnieper Delta empties into the Black Sea and is surrounded by popular beach resorts. Some of the most fertile Crimean farmland is here at Kherson, nicknamed the "Cradle of the Black Sea Fleet". A city founded by Grigori Potemkin on the orders of Catherine the Great. His body lies in the cathedral which had been erected in Catherine's honour; its dome was modelled after Potemkin's own palace in St Petersburg.

As the River Dnieper reaches the Black Sea, west along the coast is the historically important port of Odessa the "Pearl of the Black Sea" a summer playground of the rich and famous. It is the longest sea port in the Ukraine.

When docking you are greeted by the infamous Potemkin Steps, where Sergei Eistentein filmed, in 1925, one of the most famous scenes in cinema

history for the film "Battleship Potemkin". As you tour the town you find the longest avenue in Europe, beautiful gardens lined with chestnut trees and gardens leading to the wonderful façade of the Italian - baroque Opera House. With its 1,633 seats, the Odessa Opera House has been called one of the five most beautiful opera houses in the world.

Amongst more modern developments there can still be seen the Social Communism apartments built when Krushchev was in power.

Colourful five story apartments, each

apartment consisting of one room per family with shared kitchens and bathrooms. Many of these buildings are now falling into disrepair and neglect, though they are still in great demand as living accommodation by the inhabitants of Odessa.

Another interesting attraction which can be visited on the outskirts of Odessa is the Odessa Catacombs a subterranean world that harbours an intriguing wartime history. Comprising of 1,200 miles of tunnels, the Odessa Catacombs were dug 200 years ago as builders of the city quarried limestone to construct houses. As the tunnels grew so did their clandestine uses. During WWII resistance fighters lived here for months, hiding fascists and even launching surprise attacks against the enemy.

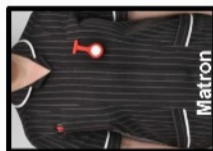
And now the journey comes to an end. So different from those experienced before and possibly again. This river cruise was a very interesting and enlightening way of seeing this part of the world.



# WHO'S WHO: A GUIDE TO UNIFORMS



Poole Hospital  
NHS Foundation Trust



**Matron**

Matrons are in charge of a group of wards & take overall responsibility for quality and clinical standards.



**Ward Sister or Charge Nurse**

The Ward Sister manages the whole ward and is responsible for ensuring the team delivers good quality care & patient experience.



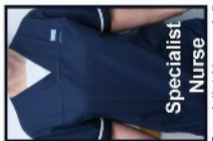
**Deputy Sister or Charge Nurse**

A Deputy Sister/ Charge Nurse takes on some management duties as well as providing day to day nursing care.



**Staff Nurse**

The Staff Nurse (Registered Nurse) is responsible for providing day to day nursing care.



**Specialist Nurse**

A Specialist Nurse delivers care in specific areas of nursing. They are specially trained to deliver & offer advice on those aspects of care where needed.



**Associate Nurse**

The Associate Nurse is a new role that works closely with the Registered Nurse to provide day to day care.



**Student Nurse**

A Student Nurse is part way through university training. They are here to learn as well as to care for you.



**Health Care Assistant (HCA)**

Assists the Staff Nurse to meet all your care needs & makes sure you are comfortable.



**Ward Clerk**

Helps with the running of the ward - general enquiries &/or discharge planning information



**Cleaner**

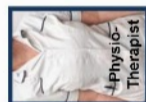
The Cleaner takes responsibility for making sure the ward is clean.



**Housekeeper**

Makes sure that the ward is kept clean and tidy & will offer help at mealtimes.

## Other staff involved in your care



**Physio-Therapist**

Blue stripe



**Speech & Language Therapist**

Pink stripe



**Occupational Therapist**

Green stripe



**Therapy (physio) Technician**

Blue stripe



**Therapy (OT) Technician**

Green stripe



**Dietician**

Purple stripe



**Radiographer**



**Pharmacist**



**Clinical Manager**



**Porter**



**Volunteer**



## Cuba Libre\*

by Sophie Skipper

I abandoned all my PHSG class to go on holiday, I hope you'll forgive me. Ethan and I enjoyed a fabulous holiday in Cuba which I must tell you all about. It was a very long flight to sit on a beach for two weeks in an all-inclusive resort perhaps, but was well worth it to see Havana and to snorkel in the Cuban sea.

The resort was in Cay Coco, an island attached by a causeway to the mainland of Cuba. It takes about an hour to drive to the closest town of Moron and Havana was an 8 hour drive away, so we took an internal flight for a day trip to the capital city. Our tour took us around New, Modern and Old Havana, my favourite of which was Old part. With all the beautiful architecture and old American cars it really was like going back in time!



We mainly spent our time in the resort relaxing on the beach or by the pool, and all the free time I had meant I could actually read a book for the first time in 10 years! We also went on a catamaran trip which allowed us to snorkel in the coral reefs off of the coast which housed lots of pretty fish. We also got to visit a lagoon which was home to crocodiles, a beaver and a flamingo. We got to hold each animal ... the crocodile being only a 3 month baby.

The weather was mostly hot and sunny, although we did have the odd storm that lasted for ten minutes and then

sunny skies would resume! We mainly stayed with the resort's buffet food instead of the fancy A La Carte Restaurants, but we did try out a couple during our stay as they were recommended, but it was really only just a smaller portion of the buffet food and on a prettier plate! Our diet mainly consisted of pancakes for breakfast, fish for lunch and a rice or pasta dish for dinner, including rabbit on occasion, and we made the most of the dessert selection. I'm a huge fan of sugar so I was basically in wonderland!

I enjoy walking so we spent lots of time walking along the beach and even witnessed a few Cuban sunsets, which were stunning to watch when the cloud disappeared. The only money we spent in Cuba was on souvenirs to bring home, and we bought some lovely hand made things from one of the markets in Havana. I found the holiday incredibly relaxing and it gave me a well needed break from everyday life, so thank you Cuba!

*Oh yes, we flew with Thomas Cook. I believe we were one of the very last flights to arrive back in England on 23rd September, to find out that the company administration had been announced just minutes before we landed. The cabin crew found out from the passengers.*

*\* CUBA LIBRA : A time-honoured combination of rum and cola with a lime.*





- ☺ Everybody goes skiing where I live. Even the Hairdresser's is called Val d'Isere.
- ☺ Did you know that in the Canary Islands there is not one canary? And in the Virgin Islands it's the same thing - no canaries there either.
- ☺ Last quarter magazine we said that dogs can't go in MRI scanners but cats can. Its been pointed out to me that some dogs can still obtain a Lab report.
- ☺ I warned my girlfriend that the tattooist was no good. Sure enough she came back with disappointment written all over her face.
- ☺ I've just bought my wife a new fridge. I can't wait to see her face light up when she opens it.
- ☺ Adultery is a sin. You can't have your Kate and Edith. But I can see Deidre now Lorraine has gone.
- ☺ Apparently Oregon leads America in both marital infidelity and clinical depression. It's a sad state of affairs.
- ☺ The Zoo hired a ward sister to look after the sick Grizzlies. She installed a couple of inflatable sofas so now it's got all the bear nurse air settees.
- ☺ I had a happy childhood, my dad used to put me inside a tyre and roll me downhill. They were Goodyears.
- ☺ I've been told I'm condescending. That means I talk down to people.
- ☺ I poured root beer into a square glass. Now I just have beer. (For Maths fans)
- ☺ Genie: You have rubbed the lamp. I am forced to grant you three wishes.  
     Me: I wish for a world without lawyers.  
     Genie: Done, but you now have no more wishes.  
     Me: But you said three wishes!  
     Genie: So sue me.
- ☺ Ever wondered what people who type "U" in texts instead of "You" do with all their spare time?
- ☺ I was walking past a farm and a sign said 'Duck, Eggs'. I thought that's an unnecessary comma, then it hit me...  
     Arrgh, that's a rotten yolk! ... Definitely ova the top ... Stop! Un oeuf is an oeuf.
- ☺ "Doctor Doctor, I can't hear in my left ear." "Are you sure?" "Yes, I'm definite!"
- ☺ "Doctor, Doctor I think I have Tinnitus." "Can you describe the symptoms?" "Yes, Homer's a fat bloke and Marj has blue hair."
- ☺ "Doctor Doctor, I think I'm a moth". "You need a psychiatrist, not a doctor. Why did you come here?" "Because your light was on."
- ☺ The Doctor told me I have hypochondria. Another thing I've got to worry about!
- ☺ I went to the bakers the other day, and he had a whole range of cakes at £1 each, and then just one which cost £5. I asked how come the one was more expensive. "That's Madeira cake", he said.

## Music Corner

- ☺ After the band's first practice together the Mandolinist says to the Banjo player, "You play well. Do you like living here in the city?"  
The Banjo player said "It's different, but OK. I mean for one thing my neighbours downstairs are a real pain. They were banging on the ceiling for two hours at 3:00 this morning."  
"Ah that's too bad they kept you awake."  
"Naw, I was already awake, practicing. But these city folk ... you know?"



- ☺ A guy walks into a music shop and is surprised to see that half of the shop sells arms and ammunition. The shopkeeper said "It makes sense. Every time I sell a banjo, a couple of days later a neighbour comes in and wants to buy a revolver."
- ☺ What's the difference between a drummer and an investment bond? One of them eventually matures and starts to earn money.

A Tourist was on safari in Africa and heard distant drumming.

Wow! That's amazing -- let's see if we find them!

Guide: No! We must go now -- when drums stop, big trouble!

Guy: But the drumming sounds amazing, I really want to check it out

Guide: No -- we must go, when drums stop, big trouble!

Guy: But this is the kind of thing I came to experience! I really want to hear it!

Guide: No! We must go before drums stop!

Guy: But why? What happens when the drums stop?

Guide: Bass solo!



Ted the drummer was fed up being portrayed as the musical idiot of the group. All the "thick drummer" jokes were getting to him.

He decided to get some music "cred" and went to his mate Eric Clapton to get some advice about how to buy a guitar that would gain him some real respect.

"Well", said Eric, "For me the most music cred guitar would be a 1959 Gretsch white falcon with the gold hardware, the Bigsby tremolo arm and the stacked humbuckers."

"Magic" said Ted, "1959 Gretsch white falcon with gold hardware, Bigsby tremolo arm and stacked humbuckers"

Off he went shopping into town. He ran into the shop and without preamble blurted out "1959 Gretsch white falcon with gold hardware Bigsby tremolo arm and stacked humbuckers please"

The man behind the counter looked thoughtful. "You're a drummer aren't you?"

"Awww shucks, how could you tell?"

"This is a fish and chip shop."

# 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>Canford Heath:</b> Magna Academy Sports (Formerly Ashdown School)	Monday	12:00		
	Tuesday	09:30	10:30	
	Wednesday	09:30		
	Friday	09:30	10:30	
<b>Canford:</b> School Sports Centre	Monday	09:00	10:00	
	Tuesday	09:00	10:00	
	Thursday	09:00	10:00	11:00
	Friday	09:00	10:00	
<b>Ferndown:</b> Sports Centre	Monday	10:30		
	Wednesday	11:30		
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	15:45		
	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

# 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



Prices list:	
T-Shirt	£8.00
Polo Shirt	£12.00
Sweatshirt	£14.00

**Contact: Linda Ireland on 07757056095**

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

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

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

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

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

*Linda*



## PHSG CYCLING CLUB

A SECTION OF THE  
CTC / CUK

**ALL STARTS 10:00am**

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

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

**Sunday 26 Jan.** Meet Broadstone Leisure. Rascals Café.

**Sunday 23 Feb.** Meet West Parley XR. Vélo Domestique Café.

**Sunday 22 Mar.** Meet Wimborne Square. Blandford Way.



# GAMES & PASTIMES - WORD SEARCH

ATHLETICS  
BOARDGAMES  
CARDMAKING  
CHESS  
CRAFTING  
CROCHET  
CROSSWORDS  
CYCLING  
DECORATING  
DRAUGHTS  
DRIVING  
EMBROIDERY  
FOOTBALL

GARDENING  
GENEALOGY  
GYMNASTICS  
KNITTING  
LACEMAKING  
MODELMAKING  
ORIENTEERING  
PAINTING  
PLAYINGCARDS  
POETRY  
POTTERY  
READING  
RUNNING

SAILING  
SCULPTURE  
SEWING  
STICKMAKING  
TAPESTRY  
TENNIS  
WALKING  
WEAVING  
WOODTURNING  
WOODWORK  
WRITING

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

Our Word Searches are compiled by Derek Pope

# PHSG Meetings - Diary Dates

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

**CHAT STOP** times are changing to 14:30  
in 2020. But the December Meet is still at  
**13:30**

**Dec 4 Chat Stop at 13:30**  
AFC Bournemouth with Jeff Mostyn

**January No Meeting**

**Feb 5 Chat Stop at 14:30 !**  
Light Hearted Quiz from Keith & Janet  
**Mar 4 Chat Stop at 14:30 !**  
Call my Bluff - Guess the object's true use.

**Apr 1 Chat Stop at 14:30 !**  
Poole Town Crier - David M. Squire

**May 6 Chat Stop at 14:30 !**  
Annual General Meeting followed by "Sticky Card" game by Derek Pope.

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



## ADVERTISEMENT



Please Contact:

**01202 620200**

565 Blandford Road  
Poole • Dorset • BH16 5BW

*Offering a Wide Range of  
Automotive Services . . .*

**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**

### PHSG WALKING GROUP RULES

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

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

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

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

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

