

MAGAZINE

Winter 2021

MEMBERSHIP
RENEWAL ISSUE
Form Inside

Annual Reports
President's Message
Geoffrey in Dorchester



www.poolehsg.org.uk
www.facebook.com/poolehsg



Poole Heart Support Group

POOLE HEART SUPPORT GROUP MAGAZINE

PHSG Office 88 Puddletown Crescent, Poole, BH17 8AN

Telephone: 01202 250108

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.

MAGGIE RICHARDSON JIM WAINE

PHSG CONTACTS

| | | |
|------------------|-----------------------|--------------|
| KEITH MATTHEWS | Chairman & Magazine | 01202 855001 |
| TRISH FLOOKS | Secretary | 07784 132032 |
| ANDREW MONAHAN | Treasurer | 07921 195555 |
| JAN MESHER | Office Manager | 01202 250108 |
| NIGEL ROWE | Membership Secretary | 01202 383092 |
| ROBIN PRINGLE | Exercise Co-ordinator | 01202 884250 |
| LESLEY RICHARDS | Lead Trainer | 01202 067268 |
| ROGER RIDOUT | Purbeck Liaison | 01929 423079 |
| LYNNE ARMSTRONG | PHSG Clothing Sales | 07469 936491 |
| GEOFF LAWRENCE | Member | 01202 888438 |
| GEORGE LLEWELLYN | Member | 01202 605455 |
| DEREK POPE | Member | 01202 889070 |
| CHRIS RADLEY | Member | |
| JAYNE TURNLEY | Trainer Member | |
| JIM WAINE | Founder and VP | 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@](mailto:editor@poolehsg.org.uk) Tel. 01202 855001

Magazines are published in the Summer and at Christmas.

Print Deadlines are 10th June, and 10th November

Committee Meetings are held using Zoom Video Conferencing

Irregular months and as required.

COVER PICTURE: Nerines in November (Guernsey Lily - Nerine Bowdenii)

© 2021 Keith Matthews

Chairman's Letter

Here we are again with Christmas nearly upon us and it is time for our Winter Magazine again. The important thing is to remind you that you'll find the renewal form included, and also that the membership year is now the Calendar year.



One of our founder members, Pam Bailey, died this summer after my Annual Report had been written. I was able to write to Pam and inform her of our decision to offer her a Vice-Presidency and she told me that she was delighted to accept.

Similarly at the time of the AGM we were uncertain of the prognosis for our secretary David Anderson. David is still in hospital I'm sorry to say, but he did relay to me that he must resign his post. Trish Flooks, who had joined the committee at the AGM has subsequently offered to take on the role of secretary.

In fact, from the AGM, we have three new committee members. Trish Flooks is joined by Lynne Armstrong and Chris Radley. So that we can introduce them to you, they are all featured in our "Meet our Members". We welcome all three.

Changes in the world, changes in PHSG. Plus ça change.

Happy Christmas to you all and hope for a Happy 2022.

Keith



Chairman's Annual Report 2021 - Presented at the AGM 14th July 2022 by Video Conferencing

We call this an Annual Report, but this one is a biennial report. The last AGM that we held in these extraordinary times was over two years ago in May 2019. During the various Covid lockdowns we have gone from having nothing to offer our members, to tentative return to exercise sessions only to have to close them down again when new lockdowns were reimposed. We have offered outdoor exercise sessions at Ferndown and at Corfe Mullen when the Government regulations allowed and it is true to say that these have been very popular and the Corfe Mullen ones will continue in summer in their own right. We are also holding outdoor sessions at Swanage and Lytchett.

What has changed is the importance of computer communications. Our secretary's eNews bulletins moved up the scale from being an occasional reminder of events, to being a vital method of communication with our members. We have over a hundred members with no email address and that has meant that we were unable to communicate with them. All members did get a Magazine posted at Christmas though and now in Summer 2021, another.

The magazine will go from Quarterly to just Summer and Winter from now on.

After a few false starts, Exercise classes did start by the medium of Zoom and for the latter part of 2020 and all of 2021 so far, we have run three classes a week this way. The legacy is that we are continuing to use this method and it is planned that it will be a part of our portfolio from now on.

Chat Stops too had to stop, and during the pandemic we learned from our regular St Johns Hall that they had rented out to a nursery school and so we cannot return there anyway. Several Chat Stops were held though, again on Zoom. They were well received although attendance could have been higher. We don't have Chat Stops in the summer anyway, so this is under review as to how we will continue.

Overall, I think we have handled the crisis well. A good financial position has allowed us to keep our trainers working or receiving retaining payments. We did not ask for membership renewals in the summer of 2020 but instead changed our membership year to match the calendar year in January. Membership renewals then were gratifyingly high and we retained most of our membership. Of course, with referrals from Poole Hospital ceasing, we were not getting new members and in any event, would have had little to offer them anyway. New members are joining again now.

I'd like to thank all the committee. Some have had less to do, some have had more, but everything has been ticking over. Jan Mesher has moved the Office to her own home and operates virtually. Membership has moved across to Nigel Rowe now as Derek Pope has transferred the files. Derek will stand down from that duty but still remain on the committee for the time being. Robin and Lesley have gone from having nothing to do, to periods of frantic activity. Geoff has still arranged speakers for Chat Stops but he wishes to stand down from that now. He will I hope, remain on the committee as an ordinary member. Sadly, Linda Ireland who was our committee member in charge of clothing sales, died in hospital last winter. Lynne Armstrong has stepped into the post and is getting to grips with stock levels and planning her sales strategy. We hope to ratify her appointment at the AGM. Sandra Llewellyn continues as our almoner, ably supported by George, sending friendly little cards to members if we learn they are ill. These are always welcomed and we are very grateful for Sandra's efforts. Roger Ridout must not be forgotten down there with Swanage members who retain their own little camaraderie. David Anderson has been the person with most work to do compiling weekly eNews to keep members up to date and including entertaining quizzes and jokes. He is in Hospital at the time of the AGM so we send him all best wishes for the outcome.

Pam Bailey has been the only committee member unable to join in the Zoom meetings. She was a founder member of PHSG and as such we are offering to elevate her to be a Vice President a post which she will accept with pleasure. Geoffrey Walker is retiring from Poole Hospital but we have asked him to remain as a VP.

I hope that I have not forgotten anybody!



PHSG Exercise Report to the AGM

What a 15 months we have all been through. There we were towards the end of 2019 with record numbers of members attending our venues in the area which stretches from Swanage in an arc to Ferndown. Little did we know what was about to hit us but we do know now !

Between the various lockdowns we did what we could, always with safety in mind. Some classes were able to start and then stop but the trainer's did what they could with Out of Doors and Zoom classes. They kept the flag flying. It will take some time to get back to where we were but a start has been made with just over 20 classes now running. At the present time we are continuing with safety first much to the fore, we will continue to monitor the pandemic and hope that a time will soon come when we can revert to classes as they used to be.

Venues: Please check with the latest Bulletins. New venues include URC hall in Lower Parkstone and 2 of the 3 classes now at St Mary's Hall Ferndown. We await news from Lytchett and the Step Down class as we no longer use QE at Wimborne. East Dorset Tennis Club will not open until September .

New Members: The majority of new members came through the Hospital Rehab Classes which were cancelled during the Pandemic save for patients being spoken to by telephone. It is expected that the

From the President

Thanks you for giving me the opportunity to write a brief segment for the Poole Heart Support Magazine. As ever Covid continues to be a huge issue at Poole Hospital and the number of cases can be highly variable. From no admissions to several in a 24 hour period, with a current surge seeming to have restarted in the last two weeks.

I know everyone is entitled to their own opinion which is fine but the decision by many to avoid the Covid vaccine does cause me quite a lot of personal angst. The reasons given by unvaccinated patients admitted to Poole with Covid vary widely and include the following by a recent patient – “*I do not want a human lab virus put in me*” to which I quietly thought to myself – ‘well you have a bat’s virus instead and are very ill!’

There is no doubt that the vaccination programme has changed the disease presentation. The only very sick patients with Covid that I have seen personally have been unvaccinated. Among the vaccinated patient being admitted to Poole the severity of their illness and duration of hospitalisation are far less compared to the pre-vaccination period.

Whilst I appreciate many people, including myself, worry about potential side effects of any new vaccine this risk pales in comparison to the horrible illness that Covid-19 can be, and that I have seen first-hand. So please do try to get your Covid vaccine as well as your other recommended vaccines such as ‘flu. There is no doubt in my mind that masks and good hand and face hygiene help enormously. I remain fascinated that I have not had a cold in 18 months and for the first time in my life ever since I started wearing a mask.

Please stay safe and let’s hope 2022 proves to be an even better year than 2021 as it was to 2020! Happy Christmas to you all.

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



original classes will commence again in July as will Education Day. We will have our recruitment speakers ready to start a.s.a.p. We have had 10 new members in the past three weeks.

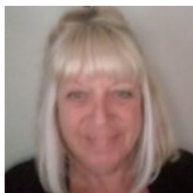
Trainers: When their work came to a grinding halt we recognised their income also stopped. We did what we could to help and they responded with loyalty to PHSG working as a team with Lesley at the helm to get classes started and new venues sourced. Well done to all.

Special Thanks: The Pandemic proved to be as big a problem to the life of PHSG as it was to all of us and whilst we all did what we could to keep going special mention is deserved for Lesley and her irrepressible stamina, to Keith for his leadership and to assist Zoom classes etc and to David for knocking out all those Bulletins to keep us on side and in the picture.

Let us all hope for good fortune for the Group.

Robin





Hello from our "New Normal" Office



01202 250108

*Please call if you have any
membership enquiry or problem.*



Once again it's almost here
That time that comes just once a year
The season that brings us all good cheer
With Santa calling with all his reindeer



Lovely cards coming through the post
The turkey dinner is in to roast
Maybe time to have a toast!
A nice walk on our beautiful coast

We just hope that all the lorries get through
Be so nice to have a present or two
What do I want? I haven't a clue!
Just seeing some family and a chocolate with you.

So Happy Xmas & New Year to all of you
Hoping for better times in 2022!

Very Best wishes from Jan in the Office!



Thank you.

We have received several donations
received in memory of our member Ken
McLean for which we are very grateful.

Jan



PHSG Membership Report to the AGM

Total members for 2021 to date: 555 (plus 317 Partners)

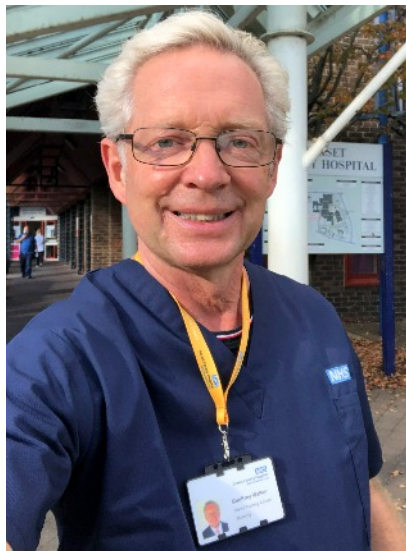
New members 2021 to date : 10 (Compare New 2020 - 15 and 2019 - 50)

Lapsed Members from 2020/2021: 144 (Compare Lapsed 2019 - 45)

Considering the impact of Covid and the lack of classes for so long we're still in pretty good shape.
Just over 30% of our members opted to pay by bank transfer so the introduction of this
payment option was pretty successful.

Nigel Rowe





Geoffrey's News From Dorchester

Dear Friends,

So much has been happening since my last article that it is hard to know where to begin.

I retired from Poole Hospital (now University Hospitals Dorset) on the 31st July 2021 after 37 years as a nurse, 31½ at Poole and 16 years as Matron. My dear friend and colleague Tracey who you know as my PA for 14 years left too at the same time as we worked so well together.

As you can imagine it was a deeply emotional time for me and the staff were simply wonderful. Their kindness and compassion was so touching and I shed more than a few tears and so many former patients came it to wish me luck it was overwhelming at times. Sadly, I cannot say the

same regarding my treatment by the board and senior team, but I let them know how I felt, suffice to say just that.

So I found myself for the first time since the age of 16 not working. I continue with my RCN work representing the Southwest as their elected member on National Council and became interim vice chair of the council which is the largest nursing union in the World. I had a lovely summer but as you can imagine soon had itchy feet to use my skills again and get back on the front line. It was then that out of the blue I was then approached by the Director of Nursing at Dorset County Hospital Dorchester to see if I was interested to work with the team on some quality initiatives and leadership training with the matrons and ward leads. It would be a new challenge for me and one I relished, and so the rest as they say is history. I began working at Dorchester in the second week in October with my former colleague Andrea who retired when I did from the role of Matron for oncology.

In the short time that I have been here I am so impressed with the dedication to patient care and the teamwork of the staff who go the extra mile to care. The atmosphere reminds me so much of Poole 6 years ago before talks of, and then the actual merger with Bournemouth. The senior team at Dorchester are embedded in quality and care and it's so good to work with the Director of Nursing and Deputy Director of Nursing who place so much store on quality, leadership and investing in the staff at all levels. They are so forward thinking, and their hearts and minds are with the staff and patients. I am back in uniform on the wards and back in my element. I am being very green and travelling to the hospital by train and walking!

I will keep you updated on what is happening here and give you a new perspective from across the County. Have a great Christmas and let's hope 2022 is an all-round better year.

Keep safe, Best wishes,

Geoffrey

Senior Nursing Advisor / PHSG Vice-President



Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

WINTER WALK SEASON 2021/22

If you wish to join any walk, ring the leader the day before to find out the details of the meeting place and any other instructions. For any general queries please contact **Dianne Eddy on 01202 622016**.

The walking group is now pacing it out again and back on track to enjoy another Winter Walk Season. We were all glad to see the relaxing of the Covid rules and to start walking again, not only for the exercise but to be able to socialise once more with like-minded friends. Our walks started off at a gentle pace, but gradually progressed until we were undertaking some of the old favourites once again, "Old Harry", "Spetisbury and Tarrent Crawford" and "Hinton St Mary to name but a few. Our Walk Leaders arrange some lovely walks and for anyone who enjoys getting out into the country side and maybe discovering some otherwise unexplored areas, do think about joining us in the Walking Group.

This item could not pass by without mentioning the Macmillan Mighty Hike on Sunday 5th September. This was a challenging half marathon along the rugged Jurassic Coast, and we could not be more proud of one of our members, Larry, who volunteered for and completed this gruelling challenge. Larry promised to raise £250 in sponsorship to support the work of the Macmillan Nurses, in fact he raised in excess of 5 times this amount. Well done Larry, you really are **our** Mighty Walker.

By the time of our next magazine item, we will have already celebrated Christmas with our Christmas Dinner. Hard to believe, but all our walk dates are published in the enclosed Winter Walks schedule right through to 26th March 2022. So, if you would like to join the group, just give the walk leader a call on their published telephone number on the day before the walk and they will give you the details.

Linda Thomas



Stepping Out Again

DATE

WALK LEADERS NAME(S)

TEL. NO

All Winter walks start at 10.30 am

Wed 1st Dec

CHRISTMAS DINNER

Sat 11th Dec

Richard & Ingrid

01929 553084

2022

Wed 12th Jan

Margaret & Malcolm

01202 721120 or 07904469991

Sat 22nd Jan

Larry

01202 911496

Wed 2nd Feb

Richard & Ingrid

01929 553084

Sat 12th Feb

Dianne

01202 622016

Wed 23rd Feb

Jean

01202 695030

Sat 5th Mar

Bob & Linda

01258 840720

Wed 16th Mar

Brian & Jean

01929 472175

Sat 26th Mar

Heather & Mary

01202 842707

Wed 6th April

FIRST SUMMER WALK OF 2022



AUTUMN WORD SEARCH

APPLES
ASTER
AUTUMNALEQUINOX
BAKINGPOTATOES
BEAUJOLAISNOUVEA
BLACKCURRANTS
BONFIRENIGHT
BRUSSELSPROUTS
CAULIFLOWER
CHESTNUTS
CHINESEBELLFLOWER

CHRYSANTHEMUMS
CIDER
CLOCKSBACK
CORNDOLLIES
DAMSONS
ENDOFSUMMER
FALLINGLEAVES
FIREWORKS
GREENWICHMEANTIME
GUYFAWKES

HALLOWEEN
HARVESTFESTIVAL
HAYMAKING
HAZELNUTS
PARSNIPS
PEARS
PERRY
PERSIMMON
PLUMS
PUMPKINS
RASPBERRIES

REDCURRANTS
TURNIPS
WALNUTS

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

SUDOKO by Derek

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

Authors and Their Books – answers somewhere in this magazine!

- 1
AAM & WTP

&

- 2
JKR & HPATPS

&

- 3
RB & F4

&

- 4
HM & MD

&

- 5
JV & TTLUTS

&

- 6
JA & E

&

- 7
JRRT & TH

&

- 8
JD & TG

&

- 9
KG & TWITW

&

- 10
HGW&TWOTW

&

“Finding foreign objects in a patient’s stomach is not rare” Dr Sarunas Dailidenas told a press conference at the University Hospital in Klaipeda, Lithuania “but such a huge quantity surely makes this case unique. We understand the patient began swallowing metal objects after he quit drinking alcohol. During the operation we found almost 1kg of screws, knives, nails and steel nuts inside his stomach. Removing foreign objects from the stomach does not take all that long, but the operation lasted for three hours because we had to take frequent X-rays to ensure we had removed everything.

His colleague Dr Algirdas Slepavicius added that “the most common foreign objects found in the stomach are coins and needles. Prisoners have also been known to swallow forks and spoons, simply to escape from their detention centre for some time. Finding an entire kilogram of metal in a stomach is unique.”

Science Times 5/10/21

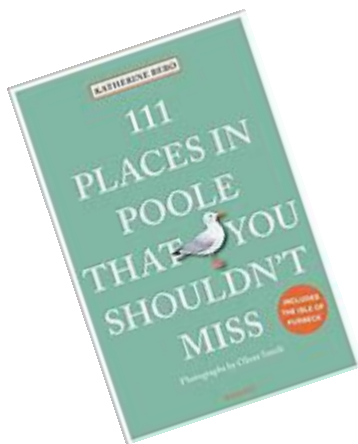


**Jayne Frank takes
“Hearts-on-Seats”
classes at
Broadstone again!**



It's Surprising What You Find

by George Llewellyn



I'd like to tell you about one of my last year's Christmas presents. When I first got it I was prompted to think "why have I been given this"!

A book ... 111 places in Poole that you shouldn't miss?

I've lived in Poole for 30 odd years, and should think there is very few things I have missed. How wrong could I be! I flicked through the book and surely I recognised many of the places, but to my surprise some that were new to me.

- I know that Wallace was a local man that and he was a friend of Darwin (Origin of Species) but did you know he is buried in Broadstone cemetery!
- I also know that an Assyrian frieze was rediscovered at Canford School and was sold £7.7m. But I had never seen an image of it. There is a picture.
- Did you know that John Le Carre was born in Poole?
- How many people have walked past the Guildhall and not been aware of the spot, a bullet mark left by the murder of a local politician (not recent).

I'll leave it at that for now ! If you are interested the book was written by a local person, Katherine Bebo, and can be purchased locally or Amazon. It's not a dry list of facts but illustrated with photos by another local Oliver Smith showing the stories.

A little bird told me a Bournemouth addition is due next year. I'll leave you to explore.



Being Green ?

**An estimated 30 million people dress up for Halloween in the UK.
Seven million costumes are discarded each year.**



*Wareham
Social at
Holmes
Garden
Centre*

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



*Swanage
Social
at the
Grand Hotel*





Gemma's Kitchen - Food for the Heart

The demand for meat free food has risen by a staggering amount the past year according to the Vegan Society.

Christmas might be the most wonderful time of the year, but it's always the easiest for Vegetarians and Vegans. And instead of millions of Turkeys and Pigs in Blankets on the pending list, let's see if the lorry drivers can deliver them to the Supermarket ready for the big day our minds shift to "what shall we eat when the meats don't arrive."

This delicious Christmas Stuffed Butternut Squash works perfectly as a meat free alternative. It works superbly as a side dish with delicious rice, mushrooms, and cranberry stuffing, or you'll be more than satisfied.

CHRISTMAS STUFFED BUTTERNUT SQUASH

1 Large BUTTERNUT SQUASH
8oz RICE (or substitute Couscous or Quinoa)
8oz MUSHROOMS
8oz CHESTNUTS

4oz CRANBERRY SAUCE
1 tsp GARLIC
1 ONION
2tsp OLIVE OIL

- Preheat the oven 175°C (fan assisted) then begin by chopping the squash in half lengthways and removing the seeds.
- Lightly brush the butternut squash flesh with honey and then season lightly with salt and pepper.
- Place into a roasting tin and pop in the oven for around 40 minutes. Check after 30 minutes to see how soft the flesh is. *The squash will be put back into the oven later, there is no need to cook it until it is completely soft at this point.*
- Meanwhile, as the squash roasts in the oven, it is time to prepare the stuffing.
- Bring a saucepan of water to the boil and add the rice. Cook until the water has been absorbed. *Alternatively follow the instructions for Couscous or Quinoa.*
- Prepare the vegetables by chopping the Onion, Mushrooms, and Chestnuts very finely. *You could use a small blender/processor to get these nice and fine.*
- Heat up some olive oil in a large pan and add the crushed Garlic and Onion.

ing 9.8% over

ear but is not
l now with
ng list waiting
permarkets
e do" if the

orks wonders
or main. Filled
g to keep you



BUTTERNUT SQUASH

RIES or OLIVES

ARLIC

ION

VE OIL

½ tsp Cinnamon;

½ tsp Salt; ½ tsp Black Pepper

1 tsp dried Parsley

Honey or Maple Syrup for glazing

- Fry for 1-2 minutes to let them soften. Add Mushrooms and Chestnuts and stir well, fry for a further minute then add Parsley and Cinnamon. Stir well.
- Finally, add the Cranberries or Olives and cooked Rice. Stir well and cook for a further 4-5 minutes.
- Once everything is incorporated together. Remove the Squash from the oven and allow it to rest and cool to the touch.
- Fill one half of the squash with the stuffing, making sure to overfill it generously. Then cover with the second half.
- Using either skewers or string to secure the top.
- Glaze with Honey or Maple Syrup and put back in the oven for another 15-20 minutes.

The Christmas Stuffed Butternut Squash is now ready to serve. Using a sharp knife, you can chop portioned slices and serve a wonderful Vegan roast!

Hopefully this Christmas will be a one we can all enjoy with family and friends. Wishing everyone an enjoyable Christmas and a Happy Healthy 2022



Meet our Members *Trish Flooks*

I was born in York, but have lived in Poole most of my life and been married to my amazing husband Colin for 43 years. We have two children, Daniel, 37 and Kayleigh 34, and are excited to say we are expecting our first Grandchild in January.

When my children were small, I took on a part time cleaning position at the hospital, and before I knew it, I was working my way up the ladder. I even went back to college for two years to learn about cleaning science and business studies and was promoted to Contract Cleaning Manager, responsible for Alderney, Kings Park and various other sites.

Four years ago, when my Dad and Brother passed away unexpectedly within three months of each other, I was devastated. I decided to retire from my job and spend more time doing what I enjoyed, which was walking and photography. Unfortunately that didn't last long for I started to suffer with really bad indigestion and pains in my left arm. To begin with I thought it was the stress of losing my Dad and Brother but I eventually went to my GP, who sent me for tests at the hospital. When I received the results I was in shock, I didn't ask questions, I didn't even take everything in, just certain words stood out. Within two days, I was admitted as an emergency patient and had a stent fitted.

I was invited to join the eight-week program with the rehab team. The nurses were amazing, they even made me an appointment at the hospital so they could answer all the questions I had going around in my head. It was with them that I found out at some point that I had a heart attack.

I realized I had been very lucky that I had an amazing family and team around me.

I now volunteer two afternoons a week in my local Julia's House Charity shop where I staff on the till. Also I take on some of their bridal appointments, it's really helping me with my confidence.

I really enjoy the PHSG Zoom classes on a Wednesday with Emma. I think exercising in the comfort of your own home is hard to beat.

Trish



Trish is too modest. She didn't mention that she had joined our committee as an ordinary member at the AGM and has since taken on the rôle of being our new PHSG Secretary. I am sure that we are all very grateful for her involvement.

Keith

POEM FOR OUR TIMES

So nice to be a bit more normal
Dress up to go out, without being formal
Just go for a meal, at the local pub
The youngsters of course, to their favourite club

Some are now going back to the pictures
Even attending some football club fixtures
I'd like to see the new James Bond movie
But might just wait till it comes on the TV

Of course, of these places I'm still a bit wary
Although attendance levels will of course vary
I think somewhere safer is where I want to be
So PHSG class is where you'll find me!

I'll be the one who is standing tall
Of course next to Lesley, in case I fall!
So Happy Christmas to one and all
See you next year in our Exercise Hall!

Jan Mesher



Please Contact:

01202 620200

565 Blandford Road
Poole • Dorset • BH16 5BW

Offering a Wide Range of
Automotive Services . . .

FIRST CHOICE
Motor Engineers Ltd



Meet our Members *Lynne Armstrong*

I was born in Bellshill, Lanarkshire in September 1954. My parents had moved to Scotland from Yorkshire with my father's job in 1952. I have an older sister and brother and a younger brother.

As a child I always wanted to be a nurse but my Daddy actively encouraged me to pursue languages and business studies at school as he felt, that although I would make a kind caring nurse, I would be too sensitive and get upset at seeing people dying, he was probably right! I followed his advice. I had a very happy loving childhood and my parents taught us all to be kind, caring,

compassionate and considerate to our fellow human beings and I have always tried to carry out the values they taught me.

In 1971 when I was 16 I met Charles at the church St Valentines disco, we married 4 years later on Valentines day in 1975. In December 1979 our son was born on my husband's birthday, a very special birthday gift. In my twenties I was a P.A. for the Scottish Advertisement Manager of IPC Magazines (think Woman, Woman's Own and a host of many more publications). I gave up work in 1979 at the age of 25 to have our son.

In 1981 my husband's company moved us to Brussels, where we spent 3 very happy years. I was pretty fluent in French whilst living there. I could easily have worked for the Belgian Tourist Board given all the tours I gave to all our visitors. In September 1984 we moved to Wokingham and then to Dorset in Spring 2016 when my husband got early retirement.

Whilst we were at Wokingham, I started the next phase of my career, in education, as school Bursar and I really enjoyed working with figures and managing budgets and salaries but often had to reign in teachers for their spending habits. I worked in several schools of a variety of types over the next 26 years.

I am passionate about cooking and have over 200 cookery books, my other hobbies are travelling, sewing and reading.

I was a regular viewer of *Escape to the Country* and one night we decided to write to apply to be on the programme which was probably a bit of naïve of us! After several interviews we were picked to appear on the show. It is an involved process. They came out to our house in Wokingham in February 2016 to do the first part of the filming. By the time they came to take us to Dorset in mid-April to "house hunt" we had put our house on the market, sold and were now living in rented accommodation in Dorset. All within the space of 8 weeks since we had last seen them. Filming was very tiring. The day started by leaving the hotel at 9am and not returning until 6pm. A lot of time was spent repeatedly going in and out of the properties until they got the right shots. Nicki Chapman was a lovely presenter. She told us "This is not about finding you a house but about making a TV programme". The crew were all lovely. We had to supply a list of things we wanted in a house and an idea of a location. I have to say they probably showed houses that matched a couple of the criteria we specified but none of the houses were what we really would have chosen. We did like one house but discovered it was in a retirement village and being only 60 we felt we were a bit young to settle into that way of life just yet. We were naïve in the sense that we honestly thought

they would find us our dream home. We actually had a call from them in June this year saying they always follow up after five years to see where you are and, if you agree, they come and do a follow up programme in your current house and surrounding areas. We declined politely!

I suppose I became aware that I possibly had a heart issue in 2010 when I was busy trying to sort out an elderly relative's life and frequently having to travel up and down to Scotland. I ignored the symptoms because all I was concerned about was getting my elderly relative settled and safe. In May 2015 we were on a weekend mini cruise and I suddenly felt very breathless walking in Le Havre and about a month later I was shopping in Wokingham when I felt unwell.

At my GP I was convinced I was having a bad asthma attack but was shocked when he told me that he thought I was having a heart attack. Paramedics arrived and spent about 40 minutes stabilising me. They told me they thought I had a blocked artery and not to worry it would be sorted. We arrived at the hospital amid an incident with the police and a prisoner so everything was delayed and the paramedics stayed with me in a corridor for about an hour before I was attended to. After an ECG and chest X-ray the registrar thought I had costochondritis as I'd recently had a chest infection and she said the symptoms were similar.

When I saw my GP two weeks later he was a bit shocked by this diagnosis as he was convinced I was having a heart attack but we left it at that. In March 2016 we moved to Dorset and rented in Charlton Marshall for 6 months before buying our house in Wimborne. We didn't foresee the issues we were going to have with our house and had builders 'in situ' for over 10 months. I became very stressed during this time and in late 2017 began to experience regular severe chest pains, extreme fatigue, dizziness and feeling very exhausted. I kept trying to convince myself that it was the stress of the building works in the house but inside I instinctively knew differently. My excellent doctor arranged all sorts of tests and sent me to Poole Hospital for a cardiology appointment. Whilst there I was experiencing severe chest pains and was admitted immediately, transferred to RBH, and had two stents fitted the next day.

I joined the Rehab classes at Canford and then started attending Lesley and Emma's classes. I try to go several times a week, energy and time permitting. I have recently joined the committee of the PHSG because I wanted to give something back. My role is handling clothing sales and recently I have started going round the various exercise venues promoting sales. I have also attended some of the other exercise classes too! Shortly you should see more people wearing PHSG Polo Shirts, T-Shirts and sweatshirts at classes and they are no longer confined to grey or white, we have all sorts of lovely colours available, so if you want any items my details are always in the club magazine. I am so glad that classes have more or less returned to normal; it is a great way to exercise and such a lovely social occasion too and I have made many friends too.

I am so happy we came to live in Dorset, especially Wimborne. We have got ourselves involved in the community. We are members of Saint Catherine's church and have made many friends there through the various groups we have joined. I find Dorset a very friendly place to live. There are so many areas to visit, coast and countryside - we both wish we had the opportunity to have lived here years ago.

Lynne X

The supreme accomplishment is to blur the line between work and play.

Arnold Toynbee



Meet our Members *Chris Radley*

I am a local 'lad'. Brought up in Christchurch attending a local junior school then to boarding school for a few years before finishing my education at St Peter's Southbourne.

Boarding school and St Peter's provided plenty of opportunity to participate in many sports. In addition, I joined Merton Tennis club and Christchurch rowing club. On leaving school I played football for Grange Sports at Somerford until a knee injury put me out of action for a few years.

I have lived in Broadstone for over 40 years. I am married with two children and four grandchildren all of whom live locally. I spent 40

years as a civil servant in what is now known as Dept for Work and Pensions (DWP). On retirement in 2006, I continued to be involved with the Department's sporting and social activities for staff members, arranging events both locally and nationally and tried new activities such as Gig rowing and took up ballroom and sequence dancing.

It was prior to a Gig rowing event in 2007 that I first experienced minor chest pains and breathlessness and a medical MoT shortly afterwards revealed I had a leaking mitral heart valve but it was not deemed to be serious and could be managed easily enough by curbing strenuous activities.

Our Motorhome provided the means for my wife and I to explore many parts of the UK and Europe which we juggled with the responsibility of overseeing my elderly mother who continued to live on her own until she died in 2013.

Being an avid supporter of AFC Bournemouth since boyhood, on reaching 65, I treated myself to a season ticket and thus experienced directly the ascent from the lower leagues to the Premier League in 2015. I do wonder if I shared the stress of the Premier League with Eddie Howe as on my way to the Manchester City game in August 2017, I had another attack of breathlessness and a further one on my way to the Man United game in April 2018.

Time to see the GP who ushered me off to Poole Hospital for a series of tests which revealed my leaking mitral valve had worsened and needed urgent attention.

Over the next few months tests at Poole, Bournemouth and Southampton hospitals revealed my arteries were clear but the mitral valve definitely needed prompt attention and in January 2019 I was admitted into Southampton for open heart surgery with Mr Tsang's team performing the repair.

I woke up in the Intensive Care Ward to the news that AFCB had beaten West Ham. What a boost that gave me! I was back home after six days and walking the prescribed

distances day after day to help recovery. The Poole Heart team monitored my progress keeping in regular touch and I later progressed onto the rehab programme.

Gyms are not me, but the set-up at Canford and the help and personality of the trainers overshadowed my apprehension and I now enjoy my Thursday session at the Junction and will endeavour to continue this in the years to come making new friends and acquaintances along the way.

I joined the committee having attended the AGM on Zoom in October 2021. To partake in the AGM on Zoom was easy enough and as committee members were required I put my name forward as a way of saying thank you for all the help and assistance I had received and in so doing encourage others to participate in PHSG events for the long term.

Chris



Being President is like running a cemetery: You've got a lot of people under you and nobody's listening.

Bill Clinton



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

Winter Sun Holidays

by Adam

At Able2Travel Travel Insurance, we understand the importance of enjoying a well-deserved getaway and getting that much needed dose of Vitamin D. However, by December, it is needed that much more with the dark mornings, dark nights and the cold blustery weather.

That's why Able2Travel have listed 3 warming suggestions of where to enjoy the glorious sun in December, near and far, for your consideration when booking your next winter sun trip.

Caribbean Cruise

For a taste of luxury in an exotic destination, or quite a few exotic destinations to be exact, then a Caribbean cruise is certainly something to consider. In December, the average daily temperature can reach all the way up to 28 degrees which is perfect for those sun worshipers in your family.

With many cruises from popular tour providers starting in Barbados, why not spend a few extra days on the island before or after your cruise and immerse yourself in the island's culture, the food and spend time meeting the locals.

From Barbados, set sail to islands such as St. Lucia, Grenada, Aruba, British Virgin Islands and Antigua amongst many others, a number of which are sure to be on any person's bucket list! For those that aren't big fans of the hot weather, there will be plenty of shade and entertainment on the cruise ship as well as plenty of opportunity for shopping, relaxation, swimming and enjoying the unlimited amount of good food and drinks.

The Canary Islands

The Canary Islands offers year-round sunshine, miles of stretching sandy beaches and a lively, inclusive culture which adds to making it a beautiful place to visit any time of the year.

The islands are a firm favourite in the UK due to the short haul flight of only 4 hours and average daily temperatures in December, of up to 20 degrees. Whilst, the islands of Tenerife and Lanzarote still get a lot of heavy tourist traffic in December, should you be looking to avoid the large crowds this year and enjoy a nice relaxing, quieter break in the glorious sunshine, the island of Fuerteventura could be the ideal destination for your winter sun holiday.

The Canary Islands are famous for its local cuisine, including its fresh seafood and there is something there for any type of traveller. Whether you want to get lost in nature on a hike up one of the many old volcanic trails or relax on the beach for the duration of your trip, you can be sure you will return to the UK well rested.

Florida

From November 2021 the US will reopen its borders for double COVID-19 vaccinated UK travellers, meaning that Florida, which enjoys hot and sunny weather pretty much all year round, could be back on the cards again for a hot, winter getaway.

Turn to Page 26 ►

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 £5,000 Cancellation Cover
and much more...



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.

**Platinum
Trusted
Service
Award**
For consistently
delivering excellence



2021 feefo



Call on 01483 806 826 or Buy
Online Using the Link Below

www.able2travel.com/campaigns/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

There is plenty for families and couples alike to enjoy in Florida such as the theme parks in Orlando (if you're travelling with the grandkids) through to the city of Miami, or, if you're considering something more laid-back you can head to Florida Keys or the Gulf Coast, which is popular for its beaches and inclusive resorts.

Travel Insurance

Wherever you decide to travel to this winter, it's important not to forget to buy your travel insurance. Able2Travel Travel Insurance policies include cover for the following:

Missed Departure up to £1,000. # Personal Baggage up to £3,000.

Cancellation or Curtailment up to £5,000.

Emergency Medical Expenses up to £10,000,000.

Winter sports for an additional premium. And much more...

Able2Travel can also offer protection specifically relating to Covid-19, which covers: **Cancellation / Curtailment** – protection is in place should you receive a positive COVID-19 test result within 14 days of departure or if you are admitted to hospital due to testing positive to Coronavirus (Covid-19) after the purchase of your policy. **Emergency Medical Expenses** – should you unexpectedly contract Covid-19 symptoms or receive a positive test result whilst on holiday, Able2Travel can help cover your emergency medical expenses so long as the FCDO has not advised against 'all travel' or 'all but essential travel' to your intended destination.

Able2Travel Travel Insurance can cover a large number of medical conditions and we understand that no matter what your age or medical condition, your passion for travel shouldn't get left behind. You can get a pre-existing medical condition travel insurance quote by visiting www.able2travel.com/campaigns/phsg or by calling our helpful team on 01483 806 826.

This article is for information and entertainment purposes only. It does not constitute advice in any way. The information provided here is correct at the time of writing however please check the latest policy wording for the latest policy terms, conditions and exclusions.



POEM FOR THE EXERCISERS

Dear Fitness Crew, we need you
To come back and join our fun.
We work to the beat, we lift our feet
But do, do not run!

60's music is a winner, working out gets us thinner
Xmas is coming time for a lunch, we really are a social bunch!
This poem isn't the best you've seen
But come and see us, we're very keen!



6. Jane Austin & Emma
7. J R R Tolkien & The Hobbit
8. Julia Donaldson & The Gruffalo
9. Kenneth Grahame & The Wind In The Willows
10. Herbert George Wells & The War Of The Worlds

1. A A Milne & Winnie The Pooh
2. J K Rowling & Harry Potter And The Philosopher's Stone
3. Ray Bradbury & Fahrenheit 451
4. Herman Melville & Moby Dick
5. Jules Verne & Twenty Thousand Leagues Under The Sea

FERNDOWN PHARMACY

487 Ringwood Road Ferndown BH22 9AG

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



ONLINE ORDERING SERVICE
NOW AVAILABLE
www.ferndownpharmacy.co.uk

Support Your Local Independent Pharmacy

SHORT WAITING TIMES

LONG OPENING HOURS

Monday - Saturday 7am - 11pm

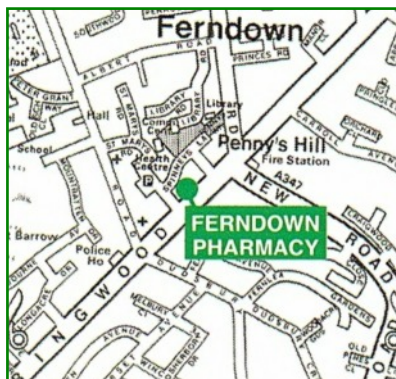
Sunday 10am - 2pm

FREE

Repeat Prescription
Collection Service
from all Surgeries.

FREE

Delivery Service.



- ☺ Never store the Sulphuric Acid in a metal container. That's just an oxidant waiting to happen!
- ☺ Who is the coolest guy in the hospital? The hip replacement surgeon!
- ☺ I studied at Pirate college. They taught the three Aaarrghs. I got seven Cs.
- ☺ What is big and grey and doesn't matter? An irrelephant.
- ☺ Did you know the actor Yul Brynner was a lifelong Liverpool fan and he never wore aftershave his entire life. Yul never wore cologne.
- ☺ It's a five minute walk from my house to the pub, and it's a 35 minute walk from the pub to my house. The difference is staggering.
- ☺ I'm staying on a lovely campsite near Bridport. "In Dorset?" "Yes, I'll certainly be giving them a good review on TripAdvisor."
- ☺ My wife says I'm gullible and financially irresponsible. Just wait until she hears I won the Nigerian lottery.
- ☺ After a terrible time with Diarrhoea and a long struggle with Hypercholesterolemia ... I finally won the spelling contest.
- ☺ A shark could swim faster than me, but I could run faster than a shark. So, in a triathlon it would come down to who was the better cyclist.
- ☺ I was travelling and staying in a small hotel in Madrid, when I fell ill. I called the front desk, and they said they had a doctor on staff. He popped around to my room, diagnosed the problem and sorted me out. I commented to him that I was surprised such a small place had an in-house doctor. He replied, "Ah yes, no-one expects the Spanish Inn physician!"
- ☺ I was walking into the pub the other night, it was rainy and cold and there was an old bloke sitting outside with his fishing rod, fishing in a puddle. He looked so cold and miserable, I took him in, sat him by the fire and bought him a drink. I asked him, how many had he caught? He said I was the sixth that night.





Let me tell you of personal experience about drinking and driving. It might save you from being arrested. This happened to me on the way home after a "social session" with friends.

It happened to me last week as I was out for the evening to a party and had more than several aperitifs coupled with a bottle of nice red wine.

Although relaxed, I still had the common sense to know I must be a bit over the limit. That's when I did something I've never done before. I took a taxi home. On the way home there was a police roadblock, but since it was a taxi they waved us past and I arrived home safely without incident.

These roadblocks can be anywhere and I realized how lucky I was to have chosen the taxi. It was a real surprise to me as I had never driven a taxi before.

I don't know where I got it, and now that it's in my garage I don't know what to do with it.

PHSG Exercise Venues



Hopefully this programme will
be running smoothly by June.
ALWAYS CHECK!

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

| | | | | |
|---|---------------|-----------|-------|-------|
| Broadstone: Hearts on Seats | with Jayne | Thursday | 13:00 | |
| Broadstone: The Junction | with Caroline | Wednesday | 10:45 | |
| | with Jayne | Thursday | 09:30 | 10:30 |
| Canford: School Sports | with Lesley | Monday | 08:45 | 09:45 |
| | with Emma | Tuesday | 09:00 | 10:00 |
| | with Lesley | Thursday | 08:45 | 09:45 |
| | with Emma | Friday | 09:00 | 10:00 |
| Ferndown: St. Mary's Church Hall | with Juliet | Monday | 11:00 | |
| | with Richard | Wednesday | 11:00 | |
| United Church Hall | with Richard | Friday | 10:00 | |
| Hamworthy: Liberal Hall | with Caroline | Monday | 10:00 | |
| Lytchett Minster: Manor School | with Karyn | Tuesday | 18:30 | |
| | With Sara | Thursday | 18:30 | |
| Parkstone Lower: Tennis Club | with Paula | Tuesday | 10:45 | |
| | | Friday | 10:45 | |
| Parkstone Upper: St Joseph's | with Paula | Wednesday | 10:45 | |
| Poole: Martial Arts, Nuffield | with Caroline | Tuesday | 09:30 | |
| Swanage: Methodist Church | with Jayne T. | Wednesday | 15:00 | |
| Wareham: Purbeck Sports | with Jayne T. | Monday | 11:00 | |
| | with Jayne T. | Thursday | 11:00 | |
| Zoom: On line | with Emma | Wednesday | 09:30 | |

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



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

CONTACT: Lynne Armstrong 07469 936491
email: lynne28armstrong@gmail.com

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

WHAT TO DO IF YOU BECOME UNWELL

Medical help and advice is available if you become unwell when your GP surgery is closed. You should:

Dial **999** or go to A & E as soon as possible if you are worried about the sudden onset of new symptoms or have suffered a serious Injury or illness.

A & E departments are open 24 hours a day, 365 days a year. They are for a critical or life threatening situation, for example chest pain, suspected heart attack, severe breathing difficulties, severe loss of blood, loss of consciousness, deep wounds and suspected broken bones. They are not for minor injuries or health problems, nor an alternative to seeing your GP or for a 'second opinion' if you have already seen your GP.

You can also call **Non Emergency Care** on **111** if you are feeling unwell but not facing a life-threatening emergency and you are unsure what to do. Use **111** if you need information about finding a pharmacist, dentist or other service and cannot wait until your GP surgery opens. This service replaces the old Dorset Out of Hours Medical Service.

Go to an **NHS Walk-In Centre or Minor Injuries Unit** with a minor injury or illness. Find the nearest one by calling **111**

**REMEMBER IF YOU HAVE CHEST PAIN
DIAL 999 WITHOUT DELAY**



Poole Heart Support Group 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

