

MAGAZINE

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Poole Heart Support Group



Annual Reports
Bake-Off
Walking Group Programme

Summer 2022



POOLE HEART SUPPORT GROUP MAGAZINE

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

Please note that all old @poolehsg.org.uk email addresses are no longer valid.

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 in the Summer and at Christmas.

Print Deadlines are 10th May, and 10th November

Committee Meetings are held using Zoom Video Conferencing or Live as Appropriate.

February, April, May (AGM), August, October, December

COVER PICTURE: Exercisers at Canford © 2022 Poole Heart Support Group

Chairman's Annual Report 2022

After the vicissitudes of the last two years or more, a sense of calm seems to have settled on the PHSG. From Lockdown to no Lockdown and back to Lockdown seemingly over and over; a series of new Covid variants to scare us; finally our "New Normal" service seems to have been resumed.

Exercise classes are running to our regular pattern. Hospital NHS rehab classes are starting again and as a result new members are joining us at pre-pandemic levels. Chat Stops have restarted thanks to the efforts of a team of people who have been guided and inspired by Jan Mesher and Lesley Richards. We have our website back under our control and have managed to rescue our domain name of poolehsg.org.uk. We could not rescue our Facebook page so Trish Flooks has set up a new one and I'm pleased to note that it is beginning to generate a buzz of contributions as more of our members sign up to it. Finally, Lynne Armstrong is getting into the swing of selling our PHSG branded shirts and will now resume her tours of our venues. She promises to be at our Chat Stop and AGM too.

I said "New Normal" and this is true. Exercise classes are running with reduced numbers as people have been either reluctant to return, or have lost the habit, or have been catching this latest Covid variant. Classes are running at a loss as a result. We can afford to roll with this for a while and Jayne Turnley has offered to produce a monthly spreadsheet so that we can keep track. Disappointingly it seems near impossible to inspire interest in the once-weekly Zoom class that we continue to hold. The few that are dedicated regulars are not sufficient for us to break even. We really would like to continue it simply because it is what a modern organisation should be doing. As an illustration of this, recently we had trainer Emma conducting the class from Lanzarote with a firmer internet connection than she has at home, with two members logging in from their holiday home in France and another from his new home in Worcestershire.

Membership is recovering with new members from NHS rehab. Nigel reports on this separately so I'll not steal his thunder.

Lesley Richards found us a new venue in Broadstone who were eager to host us for our Chat Stops. Jan and her team waded in and we are up and running on the first Fridays each month except summer.

Regarding our website: In a process which I liken to solving a computer game where defeated obstacles in your way are just replaced with others, we have recovered and renewed it. We have contracted a small commercial company based in Poole to host this for us. Obviously this costs us but now we have the security of

knowing that all the key details are secure and that reliance on one person will not happen again.

We do have some sad news to pass on to members. Founder member Pam Bailey passed away shortly after last year's AGM. Several of us attended her funeral service at Lytchett Woodland. David Anderson, who was our secretary, moved to a nursing home towards the end of 2021 following a stroke. He was able to spend Christmas with his wife Eni and family. As some of us already knew Eni was terminally ill, and sadly she passed away recently having been admitted to the same nursing home as David. A lovely lady who will be much missed. Eni supported David to the last.

I must thank all the committee and all our helpers. They all work at their particular areas tirelessly. I hope we have a happy committee and I try to keep it as such. Unlike some others I've served on! We all do the work voluntarily and if it is not fun working with friends then there is not much point in doing it. So, having stated that, it will be noted on the Agenda that we are seeking some new committee members. Have a think, talk to an existing committee member and see if it could be you. Finally the worry always in giving thanks ... I hope that I've not forgotten anybody!

Chairman Keith



Membership Annual Report 2022

Total members for 2022 to date: 528 (plus 303 Partners)

New members 2022 to date: 31 (New 2021 - 10, 2020 - 15 and 2019 - 50)

Lapsed members from 2022: 43 (Lapsed 2021/2020 - 144 and 2019 - 45)

As we have now reached the point where we are living with Covid-19, life is gradually getting back to normal. Our programme of exercise classes is in full swing and new members are being referred to PHSG again following their Phase 3 NHS rehab classes.

We've already had more new members this year than the whole of last year and many more of our members are now feeling able to get back to exercise classes. Things are looking up!

Nigel Rowe



Financial and Exercise Reports Pages 14 and 15 ►

I Was In the Great British Bake Off

Yes, its true! Your very own Vice President a contestant in the most watched programme on Channel Four! Even I can't believe it!

I hope that some of you may remember me as I worked alongside Dr McLeod for many years in cardiology in Poole Hospital and covered annual leave for PHSG exercise classes.

I retired properly about 15 years ago and, apart from missing work dreadfully, was living a comfortable, quiet little life and then boom, my friend decided that I should enter the Great British Bake Off (GBBO from now on). Of course initially I told her not to be ridiculous, but we were in lock-down and she said it would pass the time and I wouldn't get in anyway! So I downloaded the application form, dutifully filled it in (it was great fun just doing that) and eventually pressed submit, imagining that that would be it ... but a few days later, received a phone call from the wonderful team at Love Productions to say that they loved my application, and would I like to go through to the next round! Many rounds of interviews and assessments later they offered me a place and I simply couldn't believe my ears. And a new life began on that day.

Being on the GBBO was truly so exciting. Having worked in the NHS all my life, first as a nurse in coronary care, then as a midwife and then back to cardiology, being on the GBBO was a window into a totally different world – the lights, the camera, the action – everything was alien, but with the immense support of everyone who works on the show, you are helped and guided through every stage from where to go, what to wear, what to cook – but not how!

Having been selected you are given an outline plan of what is expected from you each week – cakes, biscuits, desserts, bread etc and you have a few weeks to come up with the recipes that you are going to use. Eventually it was the day to leave to go to the venue where filming was to take place. Strict Covid measures were in place of course. All the bakers, the judges and the production staff and the hotel staff all had to isolate for two weeks prior to filming starting, and we were then locked into the hotel until we were eliminated and could leave and return home.

We spent two days meeting each other, getting photographs taken and familiarizing ourselves with the famous tent, which is absolutely beautiful, and of course the equipment before the first day of filming. It's only then that you meet



the judges, Paul Hollywood, Prue Leith, Matt Lucas and Noel Fielding who were all such fun. Yes, even Paul, who really has got very blue eyes!

That first week I just loved – I had no idea that I looked very much like Prue’s twin sister until Paul Hollywood pointed it out, much to the amusement of Noel and Matt and the camera crew. That was my finest week; the bakes went well and



I won the technical challenge. It went downhill after that and I was eliminated in week four. Famously I left the flour out of the sticky toffee pudding and my dessert collapsed - but better be eliminated memorably!

Since the GBBO my life has changed. I now write a monthly column for Dorset Magazine, chat to people in the street, go into schools to bake, do talks, love doing radio and podcasts with Jason at the Daily Echo. To see what I am up to,

follow me on Instagram and on Facebook [@maggietheseasidebaker](#).

Its been fun chatting to you today. Have a wonderful summer.

... and while you are looking up Maggie on FB, don't forget to join our [new PHSG FB group @poolehearts](#)

Maggie Richardson



Wednesday Morning Zoomercise

9:00am Wednesday and Keith springs (!) into life. The laptop is moved to the dining room and then about 9:15 I hear the chatter of voices as Keith opens the PHSG Zoom exercise class with Emma, and those participating log in and catch up with each other’s news. Then the music starts at 9:30 and Emma begins the class. Quite international sometimes with Emma Zooming in from the Canaries and another couple from their holiday cottage in France. The class can also include those who have moved away with someone who joins in from Malvern – for an hour or so on Wednesday the Zoom class brings them altogether into one space.

Emma has a good beat on the soundtrack and I join in with a quick bop round the kitchen as I make our coffee ready for when the class finishes.


A great way to start the day.

Janet Matthews





Hello from our "New Normal" Office

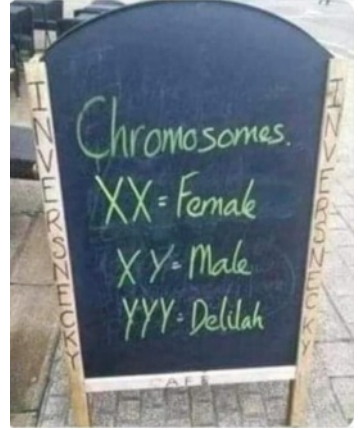
 **01202 250108**

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

Well here we are, it's summer again,
Keith has asked me to pick up my pen.
I'm not going to write about the Office
Nor will I mention Putin or Boris!
So here is something you may like to do
I'd be most interested in hearing your view

I'm going to tell you about our new Chat Stop
For fun and laughter it's hard to top!
We have books, cakes and raffles, all for sale
We also take a tea break, but sorry no ale!

There's Derek's Card Bingo and Janet with Quiz,
We may have a Speaker, it's really the biz!
So please come 1st Fridays to the Memorial Hall
From 2 till 4, you're sure to have a ball!



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Poole Heart Support Walking Group

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SUMMER WALK SEASON 2022

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**.

As you will see the Walking Group is now into their Summer Walk Season with three of our sixteen walks already completed.

Our Winter walks were all very enjoyable and we were blessed with fine weather which makes everything more pleasant. Our Summer walks have also been very enjoyable so far, although the weather hasn't been quite so kind. However, it promises to warm up and we will be able to dress in appropriate clothing once again before leaving home.

Unfortunately, wind and rain dictated that we had to abandon our traditional first walk of the season to Old Harry. This must be the very first time this has happened, but after treating ourselves to a warming mug of coffee, we resolved to walk along the beach at Studland and back and admire Old Harry from a distance through the gloom. Of course, we rounded off our day with a pub lunch, having discovered a charming little pub in the Purbecks – I am not able to divulge which one because you would all want to go there, and it just isn't big enough for that.

Our second walk found us rediscovering Abbotsbury. Easy going and offering beautiful scenery, well worth getting up early in order to be at our meeting point for our Summer start time of 10.00 am.

At the time of writing, we are waiting to hear where Richard will be "leading" us on our next walk. If it's anywhere like his last walk around Wareham Walls and through the Withered beds, it will be good.

Looking forward to a great Summer.

On behalf of the PHSG Walking Group Committee

Linda Thomas



I don't believe in astrology; I'm a Sagittarius and we are sceptical. **Arthur C. Clarke**

Always borrow money from a pessimist. He won't expect it back. **Oscar Wilde**

It's tough to make predictions, especially about the future. **Yogi Berra**

Eternity is a terrible thought. I mean, where's it all going to end? **Tom Stoppard**

2022 - All Summer walks start at 10.00 am

DATE	WALK LEADERS NAME(S)	TEL. NO
Sat 28 th May	Bob & Linda	01258 840720
2 nd – 3 rd June	Queen's Jubilee	
Wed 8 th June	Larry & Jean	01202 911496
Sat 18 th June	Heather & Mary	01202 842707
Wed 29 th June	Richard & Ingrid	01929 553084
Sat 9 th July	Bob & Linda (Possible BBQ)	01258 840720
Wed 20 th July	Malcolm & Margaret	01202 721120
Sat 30 th July	Brian & Anne	01929 472175
Wed 10 th Aug	Graham & Jacky	01202 715928
Sat 20 th Aug	Cyril	01202 733956
Mon 29 th Aug	Bank Holiday	
Wed 31 st Aug	To be Decided (Check website)	
Sat 10 th Sept	Larry & Jean	01202 911496
Wed 21 st Sept	To be Decided (Check website)	



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HYACINTH
LADIESSMOCK
LESSERCELANDINE
MARSHMARIGOLD

PRIMROSE
PRIMULA
PURPLEORCHID
RAMSONS
REDCAMPION

SNOWDROP
WOODANEMONE
WOODSORREL

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

People should keep their waist measurement to less than half their height to stay healthy according to new NICE guidelines in the first shake-up to obesity management advice since 2014. NICE has concluded that body mass index (BMI) which measures a person's mass and height should now be used in conjunction with waist-to-height ratio as BMI alone is unable to provide an accurate picture of body fat.

Under the new guidelines, which are out for consultation until mid-May, a 5'4" woman with a waist of 29" would be deemed to have a healthy ratio, but if her waist grew to 32", she would be nudged into an unhealthy bracket. NICE's advice also urges health professionals to be "sensitive and positive" when talking to patients about their weight, and to ask permission before raising the matter.

SUDOKO
by Derek

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

“We are buying banned books in order to push back against the impetus to ban books.” Librarian Eva Murray told reporters on Matinicus Island off the coast of Maine. “They are popular with readers here, and we’re on a mission to fill all our library shelves with books that have been banned or challenged elsewhere in America. This stance feels like a good fit for the island, because we adhere to a ‘live and let live’ philosophy. If you don’t want it in your library, we want it in ours.”

Murray explained that “the library opened in 2016, after an islander gave away a prefabricated shed that they no longer needed. Its open all the time, its only ever locked if there’s a Hurricane and we have to keep the door from swinging open. Books frequently banned elsewhere but on the shelves here include ‘The Handmaid’s Tale’ by Margaret Atwood, and ‘Maus’ by Art Spiegelman. One of our most popular books is ‘And Tango Makes Three’ the true story of two male penguins at Central Park Zoo in NYC who raised a chick together. It’s one of the most banned books in the country, according to the American Library Association. We are in a privileged position to say ‘we don’t ban books’. That’s the thing about starting a library out here. You can do good without having to ask for a lot of permissions first.”

Bangor Daily News – 16/3/22

Hundreds of adults and children with type-1 diabetes have been fitted with an artificial pancreas, as part of a new NHS trial. The device, which sits next to the skin, continuously monitors glucose in the blood, and uses an algorithm to calculate the amount of insulin required to keep levels steady. The insulin is then delivered via a pump.

“It is not very far a way from the holy grail of a fully automated system, where people with type-1 diabetes can get on with their lives without worrying about glucose levels or medication” Prof. Partha Kar, NHS national speciality adviser for diabetes, told the *Guardian*.

The mother of one six-year-old patient described it as a “godsend”. Before the device was fitted, Ange Abbott-Pierce said she and her husband had to get up every two hours in the night to check their daughter’s glucose levels, and lived in fear of dangerous spikes.

I always wanted to be somebody, but now I realise I should have been more specific. [Lily Tomlin](#)

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It's Surprising What You Find

by George Llewellyn

My daughter generally sends me obscure and sometimes interesting bits and pieces. Last Christmas I was given a book of the scripts of the radio show "Teds Radio Hour". I don't know if you have ever tuned in? A bit weird with pieces written by people trying to sound normal! Anyway, one article did make me think it was a game of make your own silly words.



For example ... Channel hopper = TV remote (That's a common one we all use. But how about these.....

Ziggiant = Can't decide which lane to be in on the motorway

Notagain = Can't decide which lane to be in on the motorway

Or perhaps ...

Notagain = Cold call on the telephone Moggipuss = Cat

Turnitoff = Modern music

Skiddistop = Zebra crossing

Wherezit = TV remote

Zapitgone = Email

Noblinker = Dorset car

Boatel = Cruise skip

That's just few; you have a go. It's the sort of game to to play with the Grandkids. Good luck with your Sillywords



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EXERCISE REPORT - 2022 AGM

Robin Pringle

Towards the end of 2019 we were congratulating ourselves that membership of the Group continued to grow. Numbers were at the highest ever and more and more of us were realising that safe exercise was very important to our well-being. Classes at the various venues were booming and all looked well for the future.

Ominous clouds were on the horizon but might well pass us by but BANG and the Pandemic was upon us. The first lock-down hit us at the end of March 2020 and more were to follow throughout that year and into 2021. We were eventually able to start, then stop and then start again which kept PHSG going throughout the period. Regular Bulletins kept us all in touch and were much welcomed and we have David Anderson and then Keith Matthews to thank for their efforts.

Our loyal trainers, who are all self-employed, were kept on board by making payments during the worst of times. All but one are still with us! Their efforts to keep us going whilst Covid was all around are commended for the way in which they operated classes with disinfection in one hand and spray in the other. Sadly during this period membership dropped partly because Rehab Classes ceased at both Hospitals with hardly any new members joining. Some members found alternative ways to take regular exercise and quite a few of us had circumstances changed over the two years.

Guess what! PHSG survived to come through this testing period. We are up and running again. Our finances took a big hit then and we are still having to support some of the smaller venues. New members are coming through as Rehab commenced some weeks ago.

We continue to monitor the overall financial situation and they are so much clearer now that we have numbers reported to Jayne T on a monthly basis. She produces a Spread Sheet which shows where there is and there isn't progress. We will keep on top of this and there may well have to be changes made in the future as to classes and venues but things are beginning to move in the right direction.

Our thanks go to Lesley and her loyal team of trainers. They continue to do a fantastic job. Thanks also to fellow members of the Committee for their continued support.

Robin



FINANCIAL REPORT - 2022 AGM

Andrew Monahan

Before we get to the numbers, we need to thank the people who provide their time and effort on a day to day basis to support the financial duties to allow PHSG to function - Keith, Nige, Robin and additionally this year Jayne thank you for everything you do.

Financial headlines - PHSG are reporting a £5,597 loss for the financial year 21/22, bringing the overall losses since the outbreak of Covid-19 to nearly £10,000. We finished the year with a cash balance of £28,860.

While membership and donation levels have remained consistent, the loss is largely down to reduced revenue from exercise classes coupled with increased rental costs. This is highlighted by the last six-months, during which the exercise classes suffered an average loss of £750 per month.

Financial outlook - Unfortunately, this means that unless attendance at classes start to improve, we will need to review how to address the financial situation. Increase class charges? Increase annual

membership fee? Close loss making classes? Larger individual fund-raising events? We will need to look closely at all possibilities in order to preserve the future viability of the group.

There are positives however, membership remains fairly constant, and with over 500 members we should be able to find a sustainable format to continue to offer the support the group is designed to provide - it just may be in a slightly different format to the pre-Covid era.

Andrew 

POOLE HEART SUPPORT GROUP
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

INCOME STATEMENT

	2022	2021	2020	2019	2018	2017	2016	2015
INCOME								
Exercise	22,948	1,300	20,498	28,674	17,033	18,883	21,471	17,707
Membership & donations	8,615	8,175	7,767	8,946	8,295	8,965	7,384	7,029
Adverts			300	250	550	310	480	350
Dinner		-	1,797	2,268				
Chatstop	121		417	400	419	405	465	126
T-shirts	612	-	210	150	224	86		
Walking book							15	186
Miscellaneous								130
Bank interest			-	3	3	3	5	2
TOTAL INCOME	32,296	9,475	30,988	40,691	26,524	28,652	29,820	25,530
EXPENSES								
Instructors	21,957	4,853	14,563	18,284	10,885	11,593	12,405	10,652
Rent	11,508	1,326	10,625	9,817	6,291	6,426	7,134	6,923
Printing	1,630	594	3,144	2,921	2,968	2,455	2,912	2,688
Postage	350	-	1,656	1,756	1,466	605	2,464	983
Training		(185)	878	2,000	1,554	2,555	845	60
Honorarium	1,125	380	1,075	720	720	720	720	720
Dinner		1,284	2,496		70	492	321	537
Speakers	175	143	240	300	148	309	245	40
Walking				100	105	100	100	150
Equipment	238	-	503	401	714	429	85	64
Clothing	675							
Miscellaneous	236	19	720	600	318	55	725	478
TOTAL EXPENSES	37,893	8,414	35,901	36,900	25,239	25,739	27,956	23,295
SURPLUS/(DEFICIT)	(5,597)	1,061	(4,912)	3,792	1,285	2,913	1,864	2,235

STATEMENT OF FINANCIAL POSITION

	2022	2021	2020	2019	2018	2017	2016	2015
ASSETS								
Cheque Account	28,336	34,074	33,183	31,534	27,817	26,429	23,636	21,726
Deposit Account		-	-	6,524	6,510	6,516	6,514	6,509
Petty Cash	524	383	213	250	189	286	168	219
	28,860	34,457	33,396	38,308	34,516	33,231	30,318	28,454
RESERVES								
Surplus b/fwd	34,457	33,396	38,308	34,516	33,231	30,318	28,454	26,219
Surplus/(deficit) for year	(5,597)	1,061	(4,912)	3,792	1,285	2,913	1,864	2,235
	28,860	34,457	33,396	38,308	34,516	33,231	30,318	28,454



I Made it !



Bringing Up th

**THE WALKING
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e Rear



The End is in Sight!



**GROUP
GE**

Meet our Members *Jayne Turnley*



I am one of the trainers for the PHSG and have just joined the committee.

I feel very lucky to have three grown up children, currently in Finchley, Didcot and Worthing. (Scott, Ross and Kristy). My partner persuaded me to move to beautiful Swanage 2 years ago and in 'normal' times, my profession allows me to visit my family over long weekends regularly.

I have been an instructor for 17 years now and feel very privileged to have this role, meeting so many wonderful people and seeing how rewarding exercise programmes can be, both physically and mentally.

For 17 years I worked in a private bank in London. Although it was well paid, I was always looking for something more fulfilling.

Then I made a complete change in 2004 when I ran the London Marathon. I had never run before and was not a typical sporty child at school, but I had watched the Marathon on TV and it became an ambition to complete it before I was 40. After 6 months training with the help of two local running clubs, I managed 4 hours 27 minutes without stopping and to my relief, not collapsing! It was a fantastic day, just that wall at 20 miles of course, but afterwards it gave me the confidence to come out of my comfort zone and train as a fitness instructor. The instructor who taught cardio-kick at my local school gave up the slot and my friends had kept suggesting, "why don't you do it Jayne."

I know it's a cliché, but the marathon totally changed my life. I also raised £1800 for a children's sight charity, thanks to the help of the other mums in my children's school playground.

I took the exercise to music course in 2004 then added children's fitness, teaching after-school 'fit4funs'. Shortly afterwards I decided to extend my learning to older adults where I truly feel I found my vocation. I loved getting to know my class members and of course found them so much easier than sometimes reluctant teenagers for example!

I realised it would be useful to have more medical knowledge to assist older adults with various medical conditions and studied the GP referral course level 3. This then gave me access to the cardiac rehab level 4 training. Although I found the course challenging, I relished learning about the fascinating organ of the heart and loved how I could help another sector of the population.

I worked at Harefield Hospital and really thought I had the dream job, working with a lovely team of professionals; cardiac nurses, PHD qualified staff and physiotherapists. I found it immensely rewarding training such a wide range of people from quite poorly patients attached to oxygen cylinders, waiting for heart transplants who needed one-on-one programmes, to extremely fit people, such as the ex-professional rower who had been born with a genetic heart condition.

Sadly, my dad died of a heart attack not long after I started at Harefield. Some care workers who happened to be passing gave him CPR for which I am very grateful, as it gave me time to see him in hospital. This experience gives me extra drive to help people recover and stay well. As we all know exercise programmes are proven antidotes.

The mantra of, 'live well longer', also applies to my other role teaching falls prevention classes where specific strength and balance exercises are evidence based and extremely effective, both mentally

and physically. In the groups I used to teach, many people would hobble in with walking sticks on week 1 and leave at the end of the 12 week programme without walking aids and with much more confidence. I am currently doing an online Postural Stability Instruction course, level 4 to enhance my knowledge and I know that I will be able to bring new teaching skills into the classes I teach. I just need to get those brain cells working again!

Although while training for the marathon I thought, 'this is so boring, why do some people do this', afterwards I got the bug. I think when you have an injury, you then realise how beneficial running can be, increasing your energy, keeping the weight off and very importantly giving you 'head space'.

Despite not running longer distances now, I find I can get my daily fix from a 5-10k run and if I do get an injury, a power walk to Harry's Rocks does the trick. We are so lucky here in Dorset to have all this amazing scenery. I also love yoga, nature, walking, lock-down Duolingo Italian and dancing!

ALL the people I have taught in the older adult exercise to music, carers and cared for, adults with medical conditions and cardiac phase 3 and phase 4 have been wonderful and grateful. I feel very lucky to work for the PHSG and look forward to many more years of training!

Keep Healthy Everyone!

Remember Christmas? Pictures from the Post Christmas Social for Wareham and Swanage groups, organised by Roger who also did a wonderful raffle where we raised approximately £160 for Ukraine at the *Kings Arms* in Stoborough. Delicious food and fantastic company.



Jayne



SLOW-COOKED GREEK LAMB

300g (10oz) lean leg of lamb	Juice of 1 small lemon
2 onions, diced	115g (4oz) small chestnut mushrooms
½ tsp ground turmeric	2tsp olive oil
½ tsp cumin seeds or ground cumin	50ml (2fl oz) low salt stock
225g (8oz) baby potatoes halved	

Preparation Time 15 minutes

Cooking Time 2hrs

Serves 2 (not suitable for freezing)

- Heat the oven to 200c/180c fan /gas mark 6. Cut the lamb into large bite-size pieces.
- Put the lamb into a bowl with the onion, turmeric, cumin, potatoes, lemon juice, mushrooms and olive oil, and season with black pepper.
- Stir everything together until coated in the oil and seasoning.
- Cover and marinate for at least one hour.
- Put a large sheet of foil in a small roasting tin and spoon in the lamb mixture.
- Bring up the sides of the foil to make a 'bag' and pour in the stock. Seal the bag tightly
- Put the lamb in the oven and immediately reduce the temperature to 160c/140c fan oven/ gas mark 3.
- Cook for two hours or until lamb is meltingly tender. Stir in coriander.
- 9. Serve in whole meal pitter bread with shredded green salad or steamed shredded cabbage and thinly sliced tomatoes

Cooking tips: The lamb mixture can be prepared and left to marinate overnight before cooking. If you are in a hurry, the mixture, minus the potatoes, can also be cooked on a foil lined grill pan, under the grill for 10-12min, turning until golden and tender. Boil potatoes separately.

Καλή σας όρεξη Gemma



Chat Stops are Back!

We started again in March at our new venue, the War Memorial Hall in Broadstone on the first Friday in each month, with a break in August and September. This year we are also going to miss out June 3rd as this will be the Queen's Jubilee.

In March and April we had a simple gathering with tea and chat and Derek's card Bingo. In May we used the venue to hold our PHSG AGM which was rattled through as fast as decently possible before we got the kettle on and settled down to a table quiz set by Janet. Nine teams formed up, and six of them all scored 14 points. Not all the same 14 we must note! Too many to have a tie-break and more people than prizes, so nobody got one!

During the AGM we made a call for a social secretary. If these meetings are to move on and have speakers sometimes, we really need some new help. Do think about stepping up please. Don't leave it to someone else.

REMEMBER PLEASE: No ChatStop on June 3rd





Sponsorship from Wareham Golf Club

In February, Trish Flocks our secretary was contacted by the captain elect for Wareham Golf Club. It is tradition that the captain nominates a charity from which monies raised from the Club's various competitions and activities are then presented to the chosen charity at the end of the season.

Shaun Gilmore, the new captain for 2022 has chosen Poole Heart Support Group (PHSG) following on from his Father's involvement with PHSG as a result of a heart condition. He'd appreciated the efforts of what PHSG was trying to achieve and benefits the local community.

Trish set up the initial meeting with Shaun at the Golf club on 19th March along with George Llewellyn from the committee. I gave a brief account of PHSG's purpose of encouraging those with heart conditions to participate in ongoing exercise along with a brief outline of how PHSG functions and the various venues within the Poole and Purbeck area.

I explained that PHSG was financed purely on its patrons own contributions and donations much of which dried up during the pandemic necessitating drawing on its reserves in an attempt to maintain priority at the venues and fund the trainers. Their efforts provided an alternative means of exercise sessions utilising Zoom and outdoor sessions at some locations.

I was invited to attend the first Captains Day on 9th April which encompassed a variety of Golfing competitions taking place at the same time. I was impressed with the camaraderie of everyone especially as some events involved partnering with complete strangers highlighting the efforts needed to rekindle Social interaction which has been in short supply these past two years.

I set up our banners in the Lobby of the club and gave a brief resume of why I was there to those who were inquisitive of my presence. I also noted that Shaun had displayed his own banner to promote his chosen charity which is proudly displayed on the front of the decking that faces down the 18th and final hole of the course.

I was looked after very well on the day with coffee and a bacon bap provided. This was enough to encourage me to return on a future Captains day. Hopefully I can attend more towards the end of the day's events and perhaps give a little presentation to those attending. Maybe if a few of our trainers are willing, for them to give a little demo of the exercise sessions the PHSG trainers provide.





Travel Insurance

As we step back from the restrictions that surrounded Covid, the real world becomes a reality once again. Many of us are now starting to think about holidays and especially travel abroad.

During the pandemic I evaluated the many options for travel insurance, one of which was Able2Travel who advertise in the PHSG magazine.

As many of our bookings planned for 2020 and 2021 have since been rolled over into 2022, obtaining the right Travel insurance for a busy summer of travel required some forward planning.

PHSG members have a past history of heart surgery and my investigations concluded that many of the options on the market, including those provided by banks as an inclusive element of their monthly charge, suddenly became very costly following a declaration of pre-existing medical conditions.

In limiting holiday horizons to Europe and Cruising, I found that Able2Travel offered very competitive rates for multiple trips over a full year. I am 75 yrs old, I had open heart valve surgery in January 2019 and I take statins and aspirin as many of us do. The quote that covered both my wife and I for the coming year was just short of £330 and provided cover well above the minimum I required.

If you are not cruising then the cost is reduced quite substantially, and by the same token to include USA and Canada can increase the annual premium by as much as three times.

If single trip cover is more your need, Able2Travel can provide this as well as they did for me only three months after having open heart surgery in 2019, with many insurance companies reluctant to provide cover so soon after surgery.

If you are needing travel insurance, exploring their website first of all as this will give you some idea of the charges. If you are unsure, give them a call. When you call, don't forget to mention that you are responding to the Able2Travel advert in the PHSG Magazine. Good Luck.



Chris Radley 

Practical Destinations for Travellers

by Adam

When we reach a certain age, although we may not like to admit it, long distance travel may not be as suitable as it once was. Whether that's down to a health condition, the heat and humidity, the uncomfortable long-haul flights or another reason. However, that doesn't mean that you should give up on your passion for travelling. That's why Able2Travel Travel Insurance have listed 3 fabulous destinations for travellers that are comfortable, practical and enjoyable to travel to.

Spain

Spain is one of the most well-loved and popular holiday destinations with tourists of many age ranges. Only a short flight away from the UK, this sunny holiday hot spot is a practical choice for older travellers. The weather in Spain is mild almost the whole year round, so you don't necessarily have to just visit during the summer months to relax and enjoy the sun, there's plenty to do and warm weather during winter in Spain too!

For superb sun, sea and sand, Ibiza is a very popular place to visit with travellers over a certain age. Whilst it's widely known for its summer festivals, there are plenty of quiet places away from the hustle and bustle of the island and points of interest. The Ibiza Cathedral and the Dalt Vila UNESCO site being just two of these and are very popular with tourist groups. Spain is also a very popular retirement destination. Therefore, many UK travellers feel more at home in Spain than any other European country. It has great travel links with a number of other European countries and has an abundance of natural, beautiful scenery. Spain is the ideal choice for those that want to feel at home on their holiday.

Portugal

Many senior travellers prefer holidaying in Portugal compared to other European destinations because of its serenity and the calm pace of life. Its beaches are also relatively uncrowded compared to other European destinations too, which is perfect if for your trip you want some peace and quiet to escape your usual day to day life. Portugal also boasts some of the world's favourite golfing courses as well as postcard picture perfect architecture, all within easy travelling distance. Portugal is also great value for money so all the more reason to treat yourselves on your holiday and dine out in luxury restaurants and embark on a shopping trip or two!

As with Spain, the weather is very comfortable all year round. Although, if you find the hot summer sun too much, a perfect time to visit is during the 'off peak' season between November – April, the weather is still a very comfortable and enjoyable 21 degrees on average during this time period.

Italy

Rich with culture, history, beautiful coastlines and mountain ranges, Italy is the perfect destination for explorers of all ages. With so many choices of places to visit, you can tailor your holiday to suit your individual wants, health needs and interests. Tuscany can provide the perfect starting base to spend a few days and for ease of travel to other popular destinations such as Lucca, Florence, Pisa and

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more. Italy is also home to the most world heritage sites, meaning there are a number of points of interest to visit during your trip, no matter which Italian city piques your interest.

If you want to avoid the crowds, it's worth booking outside of peak times and in advance as Italy saw over 96 million tourists in 2019 alone and is named as the fourth most visited tourist destination!

Tips for Travellers

For senior travellers, ensuring a smooth and relaxing trip shouldn't be complicated, but a little extra planning certainly helps. When choosing where to go, take into account your level of fitness and health. If you're not a good walker, for example, perhaps think again about going to a destination that has a lot of hills. Be reasonable, don't try to cram too much in - or you could find yourself worn out very early on in your trip. Instead, build time into your trip to relax and catch your breath. After all, it's about having an enjoyable trip and taking some time for yourself.

Travel Insurance cover with Able2Travel Travel Insurance

When you plan your upcoming trip, it's important not to forget to buy your travel insurance. Able2Travel Travel Insurance policies include cover for the following:

- Three levels of Travel Insurance Cover to meet your needs and budget.
- Emergency Medical Expenses up to £10,000,000
- Cancellation or Curtailment up to £5,000.
- Missed Departure up to £1,000.
- Personal Baggage up to £3,000.
- And much more...

Specifically relating to Covid-19, Able2Travel can help offer cover against:

Cancellation / Curtailment – protection is in place should you receive a positive 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.



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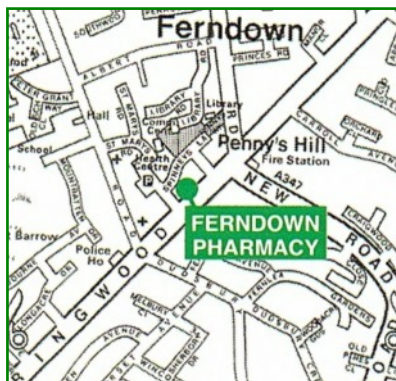
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- ☺ When I was a kid, they didn't take me to a psychiatrist. My Mum was able to open my Chakra, stabilise my Karma and clean my Aura with just one slap!
- ☺ Hercule Poirot checked into his hotel and was ushered to the coffee shop where he saw Miss Marple sitting with a cup of tea on her head. Seeing his puzzlement, the Maitre d' explained that they always offer tea on a rival.
- ☺ I tried donating blood today ... Never Again! ... Too many stupid questions. Whose blood is it? Where did you get it from? Why is it in a bucket?
- ☺ Let us have a moment's thought for all those who are stuck in traffic on their way to the Gym to ride stationary bicycles.
- ☺ Let me get this straight. You've eaten burgers and doner kebab all your life, but you'll refuse a vaccine because you don't know what's in it?
- ☺ Marriage Guidance: "Your wife says you never buy her flowers, is that true?" Husband : "Well, to be honest, I never knew she sold flowers."
- ☺ The only thing that Flat-Earthers have to fear is sphere itself.
- ☺ I was walking past a pet shop. A sign in the window said 'Pedigree Netherlands cats for sale' I didn't believe they were from the Netherlands so I went in and asked the assistant. "How Dutch is that Moggie in the window?"
- ☺ My friend is a massive F1 fan. Personally I prefer Ctrl and CapsLock.
- ☺ I've got a real problem. I just met a girl, she works at the local wheelie bin factory. I really like her, but I can't remember which day I said I was going to take her out.
- ☺ I was horrified when my wife told me that my six-year-old son wasn't actually mine. Apparently I need to pay more attention during school pick-up.
- ☺ My granddaughter attends a very small Kindergarden. It's minuscule.
- ☺ Fear and hatred of giants: Feefiphobia
- ☺ My old Granddad used to say "As one door closes, another opens". Lovely man, terrible cabinet maker.
- ☺ What's the opposite of a croissant? A happy uncle
- ☺ I went to a fancy dress party in Birmingham, I was told the theme was "spice" so I went dressed as a nutmeg. Everyone else was dressed as an astronaut.
- ☺ I haven't heard a new conspiracy theory for ages. MI5 must be blocking them.
- ☺ My friend is losing his hair. To cover it up he bought a cheap wig. He said it was a small price toupee.
- ☺ Any idea where the non-binary people live around here? Over yonder, in them/their hills.
- ☺ What's made of brass and sounds like Tom Jones? Trombones.

- ☺ And for my next trick, I will attempt to eat an entire percussion instrument in a bun. Drum roll please ...
- ☺ I was on my way to Specsavers the other day, and you'll never guess who I bumped in to! ... Everyone.
- ☺ I had a good maths teacher at school! Now I drive a van delivering to *Greggs* stores in Hull, Grimsby and Scunthorpe* proving that I can take pie to three dismal places. (* *insert towns of your choice*)
- ☺ Just back from the shops I saw a bloke buying 5 crates of San Miguel, 4 Paellas and 3 litres of Tequila. I thought to myself, that's Hispanic buying!
- ☺ I'd never sign up to a human-cloning programme. I couldn't live with myself.
- ☺ Gravity is the most fundamental force in the Universe. What would happen if you took it away? You'd have nothing left but Gravy.



PHSG Exercise Venues



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

This is the programme as at April 2022. Things can change. ALWAYS CHECK!

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	10:45
	with Emma	Friday	09:00	10:00	
Ferndown: St. Mary's Church Hall	with Juliet	Monday	11:00		
	with Richard	Wednesday	10:00		
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	11:00		
		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 Clothing T-Shirts, Polos and Sweatshirts

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Contact Lynne Armstrong 07469 936491

Email: LynnePHSG@gmail.com



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**



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