

MAGAZINE

Poole Heart Support Group

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Walking Group Programme
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President's Letter
News from Dorchester

Summer 2023

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
JAYNE FRANK	Asst. Treasurer	07859 914760
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
GEORGE LLEWELLYN	Member	01202 605455
CHRIS RADLEY	Member	
JAYNE TURNLEY	Trainer Member	
JIM WAINE	Founder and VP	01202 87153

**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

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

COVER PICTURE: Exercisers with Richard at Ferndown.

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Chairman's Annual Report & AGM

This summer issue and the AGM coincide which means that my Chairman's letter is actually my Annual Report. It comes to the same thing really and saves a lot of effort. The AGM will be held at the start of the June Chat Stop at 14:00 on June 2nd. Most people find AGMs boring so we try to keep ours short and then move on to our fun quiz afterwards at the Chat Stop.

PHSG is your group; the committee work hard for it all year and it helps their motivation if members turn up in support.

Membership has increased spectacularly in 2023. I'll not steal Nigel Rowe's thunder, you can read this in his membership report in this issue. The hospital rehab classes are back in full swing of course and obviously the message of continuing healthy exercise is getting through. At times it seemed that Jan Mesher and Nigel Rowe were struggling to keep up with the influx.

This year we were nominated by Wareham Golf Club as their Captain's Charity and our secretary Trish Flooks together with Chris Radley went along to see them. The result was that Chris and I went along recently to receive a very welcome cheque for £4000. Our thanks must go to all the generous golf club members.

Our exercise classes are now nearly all running at profit. Even the Zoom class some weeks. At least they now suffer much smaller losses than we have experienced in the last few years. PHSG policy has always been to subsidise the smaller outlying classes from the bigger ones.

Let me be clear that Chat Stops are under threat. The meetings have been very popular, especially the Ukelele Band and the Carol singers, but they do not organise themselves. When we reinstated the Chat Stops last year it was always understood that Jan Mesher and Lesley Richards would do this to get things started, but not to continue for ever. I have called several times for a social secretary or preferably a small sub-committee to form to take on this job, but without success. We break now until October, but something must be in place by then if the Chat Stops are to continue.

I must thank all the committee and all our helpers who make the tea and in other supporting ways. They all work at their particular areas tirelessly. I hope we have a happy committee and I try to keep it as such. Why not put your hand up to help and join us.

Chairman Keith





From the President

Hello all. I always remember my father telling me as a teenager that there are four certainties in life that I should expect: (1) There will be change (2) I will have to pay tax and (3) I will likely have my heart broken and (4) I will eventually die. It was quite deep and morbid message to receive as a teenager and I don't think there has ever been a time in my career as a consultant that I have felt several of these sentiments more than now.

In the last four weeks we have witnessed several major changes at Poole. We said a very sad goodbye to our beloved acute cardiac unit or CCU as known to many of you. The close was a very emotional day and the closing ceremony was attended by several former colleagues

who played a crucial role in its original set up such as Geoffrey Walker (OBE) and Dr Andrew McLeod who both made very moving speeches. It was also a time to thank and reflect on the friends and colleagues who helped to make ACU become an enormous success but are unfortunately no longer with us. Geoff and Andrew paid tribute to former ACU Sister Shelley Pasamar, who died, sadly, in 2020 after 30yrs of service to the NHS.

The closure of ACU is one of several major changes that have been implemented as part of the merger process for Poole and RBCH. With the closure of ACU there has been a simultaneous policy change in which the intention is to admit or transfer the majority of patients with primary cardiac diagnoses to RBCH rather than Poole. This has had a huge knock-on effect on local ambulance and ancillary services within the two hospitals. The ultimate plan is to have a fully merged cardiac service by the end of 2023. It remains uncertain as to exactly what this will look like in terms of the day-to-day job plans of my Poole and RBCH Colleagues.

In other news we have just commenced a new nurse-led / consultant supported secondary care hyperlipidaemia service focussed on individuals who have had an acute coronary syndrome and are perceived to be at particularly high-risk for future events. It is expected that this service will rapidly expand over the next 24 months.

In early April we said a goodbye to Dr JP Carpenter who will be taking a one-year cardiology sabbatical in Abu Dhabi. He has been temporarily replaced by Dr Helen Hardy who has taken up his role. Dr Carpenter is due to return in April 2024.

Well, I am sure all of you are feeling the pinch with the current cost of living crisis and the tempo of strikes within the NHS is painful and will no doubt increase waiting lists. So, at this time I think of my late father and whilst his words were difficult to hear they have helped me to prepare for these situations. We all need to work with these changes as they are obviously part of life. With change comes new opportunities.

Dr Christopher Boos.

Consultant Cardiologist

President Poole Heart Support Group.

News from Dorchester

Dear Friends,

It has been some time since we last spoke. As you probably know I retired as Matron for Medicine and Cardiology at Poole in August 2021. I was contacted shortly afterwards by the then Chief Nurse at Dorset County Hospital to do some work with them as a senior nursing advisor and have been there for 18 months now on the bank two days per week.

I am really enjoying being at Dorchester and it's a very friendly Hospital with many services on site and lots of construction work underway to extend and enhance the services provided. In many ways it reminds me of Poole before the merger, everyone knows each other and take the time to talk to you, and there is less hierarchy so you can get on with the job in hand. The team are very supportive and welcoming, and I work closely with the new chief nurse and deputy.

My remit is hospital wide, and I work with the senior nursing teams. The role involves teaching leadership skills and supporting the band 6 and 7 wards leads and the Matrons service. I work in uniform and alongside the staff to coach and mentor as required. Together with a former colleague who was matron for cancer services at Poole, Andrea, we undertake and support various trust wide clinical excellence work and projects from the senior management team. One such is the ward accreditation awards. Here wards present their work and how they are moving forward in clinical and care excellence. This is a really good way of involving the whole ward team from cleaner to consultant to take pride in what they do and working for higher standards constantly. It is proving very successful and as part of the assessment as a senior team we visit the areas, and it's so good to listen to the staff on the ground and patients about the care they receive.

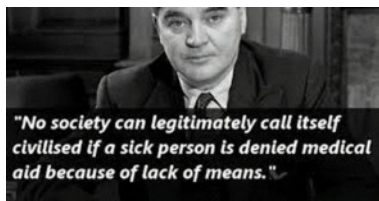
Dorchester has an excellent cardiology department you will be pleased to hear, and provides a wide variety of cardiac care including interventional cardiology with a catheter lab. It is nice to see some familiar faces who used to work at Poole who are now here and loving it.

I also keep as busy as ever and am about to undertake some Podcasts for the British Journal of Nursing on Leadership and write a column for their magazine.

The NHS Nationally is struggling and it is important we recruit and keep good staff. It is our most precious asset so we must protect it at all costs. I still believe passionately in the NHS and free care at the point of access as everyone's right. I leave you with the famous words of the founder of the NHS Aneurin Bevan, as true today as they were then.

Take care. Until next time. Best wishes.

Geoffrey



"No society can legitimately call itself civilised if a sick person is denied medical aid because of lack of means."

Membership Annual Report 2023

Summary:

Total members 2023 to date: 556 (+308 partners) (Cf 2022=528 +303 partners)

New members 2023 to date: 62 (Cf 2022=31, 2021=10, 2020=15, 2019=50)

Members not renewing: 83 (Cf 2022=43, 2021/2020=144, 2019=45)

We are now well into our new membership year and despite all the publicity about issues within the NHS, we have seen more new members in the first part of this year than we have since before the Covid pandemic struck, so the rehab and referral process still seems to be working. Of course this also highlights the continuing levels of heart disease out there and each year, for a variety of reasons a number of members do not renew. However, this is not surprising given the age and health conditions of our membership. Overall though, our total membership numbers remain pretty stable. This year again, despite the continuing increase in everyone's cost of living due to inflation etc. a huge number of you still added a donation to your membership renewal for which we are extremely grateful, and we also thank those of you who continue to make donations via their weekly exercise class and at other times. These additional funds help us go that little bit further in providing support. Finally, I must mention all of you that took the trouble to write, phone and email me (of which there were many!) regarding the colour of this year's renewal form * and how hard it was to read black print on a dark red background! We hear you and promise that next year's form will be easier on the eyes.



* Which was entirely my fault as I'd not made it clear to the printer we wanted pale red. Sorry. Keith (Chairman & Editor)

Nigel Rowe

Membership Secretary



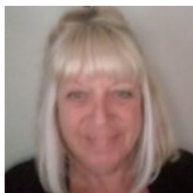
DAMN STATISTICS

Average of 51 pubs a month have closed in England and Wales this year. [Guardian](#)

In the early 1990s almost half of 17 to 20 year olds had a driving licence. By 2021, the proportion had fallen to one fifth. [The Times](#)

One in five UK children aged three and four own their own mobile phone, and 87% of children in that age group regularly use a device to go online. [OFCOM](#)

Four in ten adults in England say they have delayed or gone without the NHS dental treatment they needed. Of those, 53% said they did so on cost grounds and 34% said it was because they couldn't get an appointment. [British Dental Association](#)



Hello from our Office Manager



01202 250108

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

*Here we are in the Summer office once more
Keith says "Where's the poem, I may show you the door!"
I might be happy to call it a day
But to give up now is not really my way!*

*I enjoy having phone calls from someone who might
Join us for exercise, there's Lytchett at night
Lots of good Instructors each day of the week
Walking club too if it's a pub lunch that you seek!*

*We need a Social Secretary to join the Committee
Someone who is fun, enjoys our Chat Stop and is witty
Our next one is to celebrate the new King's crowning
But we do need some help to save me from drowning!*

*I've organised cakes, hats, flags and Card Bingo game
Alas, we are running out of ideas which is such a shame
If anyone is out there who can help us to organise
Talks, games or even something where we can win a prize!*

Jan Mesher - 01202 250108

Jan



Advances are made by answering questions. Discoveries are made by questioning answers. **Bernard Haisch (Astrophysicist)**

You are the average of the five people you spend most time with. **Anon**

Security is mostly a superstition. Life is either a daring adventure or nothing. **Helen Keller**

If there were no bad people, there would be no good lawyers. **Charles Dickens.**

Purism is the best cover up for mediocrity. **Harry Belafonte**

To live in Australia permanently is rather like going to a party and dancing all night with one's mother. **Barry Humphries**

The trouble with the rat race is that even if you win, you are still a rat. **Lily Tomlin**

There are decades where nothing happens and there are weeks where decades happen. **Lenin**

Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

SUMMER WALK SEASON 2023



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

The Walking Group, otherwise known as the "Pacemakers '97", is off again on its Summer walking programme. The significance of the name "Pacemakers '97" is that the walking group began in 1997 and by my reckoning that makes the group somewhere in the region of just over a quarter of a century old. We currently still have some active members of the group who have been walking with it since its inauguration, so there must be some truth in the belief that walking is good for you. On that basis, why not come along and join us.

We are so lucky to live in an area of such outstanding natural beauty and which is blessed with generally good weather, we certainly take advantage of both. Already, since this time last year, we have walked hidden paths around Badbury Rings, areas of the River Stour, Purbeck footpaths, Hartland Moor, Sandbanks Bay, Bere Heath, Ferndown Forest and Upton Heath to name just a few of our destinations. Our next walk? Why not come along and join us, the walk will be between 3 and 4 miles long and you may discover somewhere new. (Do you recognise where our photos were taken?)

Please remember, our Summer walks begin at 10.00am and if you would like to find out about the meeting place for any of the walks, please phone the walk leader on the day before the walk for details. Contact number as published in our schedule.

On behalf of the PHSG Walking Group Committee

Linda Thomas



End to End Pacemakers

2023 - All Summer walks start at 10.00 am

DATE	WALK LEADERS	TEL. NO
Wed 12th April	Brian & Anne	01929 472175
Sat 22nd April	Malcolm & Margaret	01202 721120 / *07904 469991
Wed 3rd May	Richard & Ingrid	01929 553084 / 07771 647400
Sat 13th May	Bob & Linda	01258 840720
Wed 24th May	Larry	01202 911496 / 07941 017051
Sat 3rd June	TBA	
Wed 14th June	TBA	
Sat 24th June	TBA	
Wed 5th July	Richard & Ingrid	01929 553084 / 07771 647400
Sat 15th July	Brian & Anne	01929 472175
Wed 26th July	Nigel & Gill	01202 383092 / 07776 231484
Sat 5th Aug	Dianne	01202 622016 / 07547 155103
Wed 16th Aug	Larry	01202 911496 / 07941 017051
Sat 26th Aug	TBA (Bank Holiday w/e)	
Wed 6th Sept	Bob & Linda	01258 840720
Sat 16th Sept	Malcolm & Margaret	01202 721120 / 07904 469991
Wed 27th Sept	Nigel & Gill	01202 383092 / 07776 231484
FIRST WINTER WALK OF 2023 Start 10:45am		
Sat 7th October	Brian & Anne	01929 472175



CORONATION WORD SEARCH by Derek

AMPULLA
ANOINTING
APPLAUSE
ARCHBISHOP
ARISTOCRACY
BELLS
CAMILLA
CEREMONY
CHARLES

COMMONWEALTH
CORONATION
CROWN
FAMOUS
GODSAVETHEKING
HANGERSON
HARRYANDMEGAN
HOLYOIL
KING

LADIES
LORDS
MACE
NATIONALANTHEM
NEWCOINS
NEWPAPERMONEY
NEWSTAMPS
ORB
POMP

QUEEN
RICH
SCEPTRE
TRUMPETS
WILLANDKATE

W F P M E H T N A L A N O I T A N
Y E N O M R E P A P W E N E E U Q
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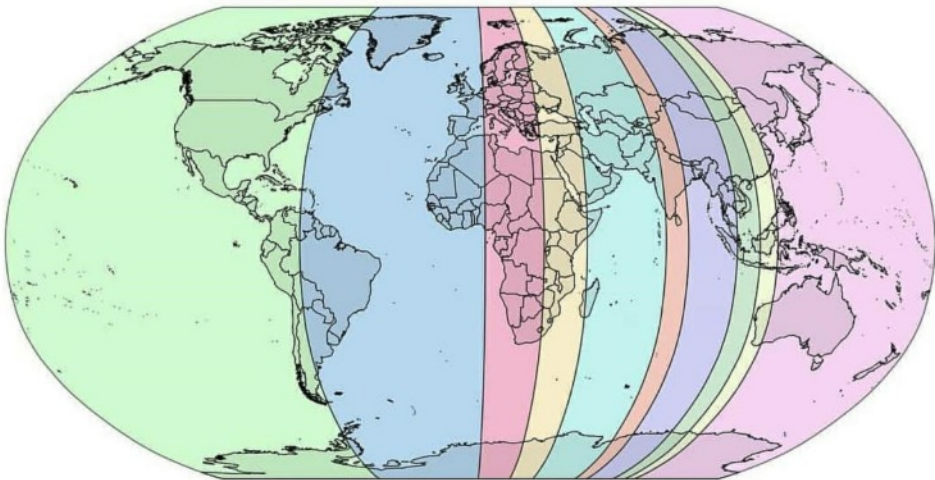
QUIZ by Trish. Answers to "Ikea or Cheese" in last issue.

- 1) Gullunge- Ikea Baby changing mat
- 2) Bergkase- Hard Cheese made in the Alps.
- 3) Smaka- Ikea Cheese slicer
- 4) Bygel- Ikea Rolling kitchen cart
- 5) Mongstad- Ikea Mirror
- 6) Sardo- Sheep's milk cheese
- 7) Klappar Haj- Ikea cuddly toy shark
- 8) Bitto- Italian Cheese
- 9) Vasterbotten- Swedish cheese
- 10) Lighvan- Iranian Curds cheese
- 11) Caravane- Camels Milk cheese

SUDOKO
by Derek

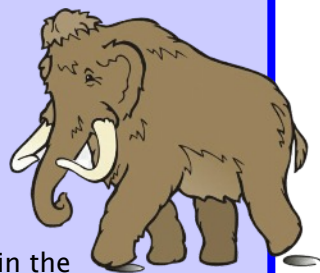
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		5	1			3	2	
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Each Section contains 10% of the World's Population



A Mammoth Meatball

An Australian start up has produced a large meatball made from lab grown mammoth protein. Working with Professor Ernst Wolvetang, from the University of Queensland, a team at the cultivated meat company Vow took the DNA sequence for mammoth myoglobin, a muscle protein that gives meat its taste and aroma, and filled in the few gaps in the genetic code using African elephant DNA.



This sequence was then placed in stem cells from a sheep, which replicated, producing the 20 billion or so cells needed to make the mammoth meat.

"It was ridiculously easy and fast," Wolvetang said, "we did this in a couple of weeks."

They were not able to taste the meatball; as humans have not eaten mammoths for 4000 years, it's not clear how it would affect our immune systems. But the team said that the meat smelled nice, not unlike crocodile.

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Talking Plants

People who talk to their plants may think its a one-way conversation, but in a breakthrough study, scientists have found that in fact, some do make “airborne sounds” when they are stressed. The team report in the journal “Cell” that plants that are wilting or that have recently had their stems cut produce as many as 35



sounds per hour, whereas well hydrated and uncut plants make only one per hour. These sounds are too high in frequency to be audible to most humans, but mice, moths and some other animals may well be able to hear the cries of thirsty plants from several metres away.

The researchers, from Tel Aviv University in Israel, say that the sound, which they likened to popcorn popping, is likely to originate in the xylem, the tubes that transport water and nutrients from the roots to the stems and leaves. Water in the xylem is held together by surface tension, much like water in a straw; it may be that when air bubbles form or break, these make a cracking sound.

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We undertake virus, spyware and ad-ware removal and can 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, laptop, monitor or accessory purchases and quotes. We supply new PCs, install, configure your system, and can transfer your existing data and extend the laptop screen onto an additional or existing monitor. Why not give us a call!

**Contact Jeff on 07736 275190
or via www.efficiencysolutions.co.uk**

Two Quite Different Exercise Venues

With Jayne taking Hearts-On-Seats at Broadstone for the less able who prefer the more gentle seated routine. With Emma taking Zoomercise on-line on Wednesdays for those who prefer to remote in. We have remotees from Great Malvern, York, or even France with Emma sometimes taking the class from her exotic holiday location.



A Big Donation from Wareham Golf Club



We were fortunate to be named as Club Captain's Charity of the year by Wareham Golf Club. Chris Radley and Keith Matthews were asked to attend the annual awards evening to collect the "big cheque" and tell the gathering a little about the work of PHSG. A big thank you to all the golf club members for such a generous donation.





Richard's Friday Class at the Unit



ted Reform Church Hall in Ferndown

Meet our Members

Gay Wood



I was born on the 21st June 1942 in Farnborough, Kent. We were then evacuated to Newton Abbot in Devon, where my mother recalled that the landlady snaffled the baby food!

In 1945 my brother was born; the war ended and we returned to Greenwich. From 1953 – Coronation Year – I attended a grammar school where I joined the drama group and gained a modern language scholarship for French, which gave me three glorious months with three families living in La Boule, Tours, and Savoie.

I left school at 18, and went straight to the teacher training college at Trent Park. There my special study, you've guessed it, was drama. However, I was fonder of younger children, so I

qualified as an infants' teacher instead of aiming for the stage.

After completing my probationary year in the UK, I heard of the British Council's scheme to send Brits abroad as language assistants. I was selected to be a 'Miss' teaching English to Arab girls at a high school on the outskirts of Tunis. During the year that I worked there I enjoyed several adventures; not the least of which was hitchhiking in the summer of 1965 from Tunis to Cairo and back, with a friend. The previous Easter we had hitchhiked through war-torn Algeria to Algiers. There we slept under the bed one night rather than on it, as due to bomb damage to the hotel, the ceiling was falling down.

In Tunis I was billeted with a lovely Tunisian family who were hospitable and kind. We communicated in French while I also picked up some Arabic. Unfortunately they hosted a bed full of bedbugs, as I discovered one night when I flicked on the light to see them crawling around on the mattress and spraying my blood everywhere when I trod on one.

Back in the UK, I soon felt the call to travel again. This time I was posted by the Crown Agents to teach in Kitwe on the Copperbelt in Zambia for three years. In the holidays I visited Zimbabwe (then Rhodesia), South Africa, Mozambique, Lesotho, Swaziland and the Congo.

In 1970 I accepted a three year contract to work in Nassau, Bahamas. Here I eagerly joined a scuba diving club and regularly sailed my little dinghy. Holidays were spent in the USA, Canada, Mexico, Jamaica and Haiti.

Eventually I settled in Greenwich, I married in 1979 and have a son and a daughter. I've lived in Poole since 2004.

On a return flight from visiting my brother, who had emigrated to Australia, I noticed that a lump in a bulging varicose vein had 'disappeared', which left me with phlebitis. In Poole my doctor treated me with antibiotics, but one Sunday morning I felt so ill a neighbour took me to A&E. After exhaustive investigations doctors knew I had an embolism and a collapsed lung. Bed rest and a six month course of Warfarin (used in the Bahamas to kill rats) sorted this out. However, Factor V Leiden, the blood clotting condition was discovered.

In 2016 I decided to offer my services as a room steward for the NT at Kingston Lacy. On a training day I missed my footing and fell down. The upshot was that, after being monitored overnight on Ansty Ward, Dr Boos appeared at the end of my bed to tell me I was being transferred to RBH. There, six stents were inserted and my angina subsided. Subsequently I became a volunteer and Friend of Poole Hospital, as a way of giving something back.

At the post-op meeting I was given details of PHSG. From the start I have really appreciated Caroline's dedication, the interesting and fun magazine, and the friendship at Chatstops.

Thank you for including me in such a wonderful and supportive organisation.

Guy



Derek introduces our February Chat Stop speaker.
Tracing our family tree.

PHSG Coronation Courgette & Cheese Quiche



Recently we have enjoyed the Coronation of King Charles III and Queen Camilla on our televisions. What a delightful occasion, full of colour and pomp, our country does it so well! Especially for those of us who can just remember Queen Elizabeth II Coronation in 1953. It brought back memories of sitting in front of a 12" black & white television with family and friends for several hours, daring not to move.

The Coronation Quiche which has been created for the King & Queen for this special event has sparked mixed reaction from cooks for its diversity and content. So, for this edition of PHSG magazine, I have created a special one for our members too.



QUICHE PASTRY

4oz(110g) plain flour ; Pinch salt ; 2oz (50g) block of Butter or Margarine cut into cubes ; Cold Water. Firstly, grease a 20cm (8") loose bottom tin.

Now to make the pastry:

Tip the flour into a large mixing bowl . Add the margarine or butter and rub in gently with finger tips until it resembles bread crumbs. Add 3 tablespoons cold water until the pastry comes together in a ball. Leave to rest for 10 mins before rolling the dough out on a lightly floured board.

Place the pastry into the greased tin press firmly on the base and sides, then prick the pastry all over with a fork.

Bake in the oven for 15 mins at 350F/170C centre shelf. Remove the pastry from the oven and paint the inside of it all over with beaten egg and pop back in the oven for a further 5 mins.

QUICHE FILLING

½lb (225g) Courgettes ; 1oz (25g) Butter ; 2oz (50g) grated cheese. (Preferably Gruyere but not essential) ; 1 small onion finely chopped; 2 large eggs ; ½ pint (275ml) of milk or single cream ; 1 tablespoon grated Parmesan cheese; Salt and Pepper.

Slice the courgettes thinly. Soften the onion in butter in frying pan for 5 mins, then add courgettes and brown them a little. Transfer both the onion and courgettes, using a draining spoon, into the pastry case and sprinkle the grated cheese over them.

Whisk the eggs thoroughly, add the milk or cream and whisk all together, add seasoning. Pour the mixture over the filling. Sprinkle with Parmesan cheese

Place the flan tin on a baking sheet into the oven and bake 350F/170C for 30 to 40 mins. Until the centre is set and filling golden. Serve hot if possible (although it does re-heat well).

Serve with smoked salmon or smoked kippers accompanied by salad.

I hope you enjoy it ! God Save the Quiche !

Gemma



It's Surprising What You Find

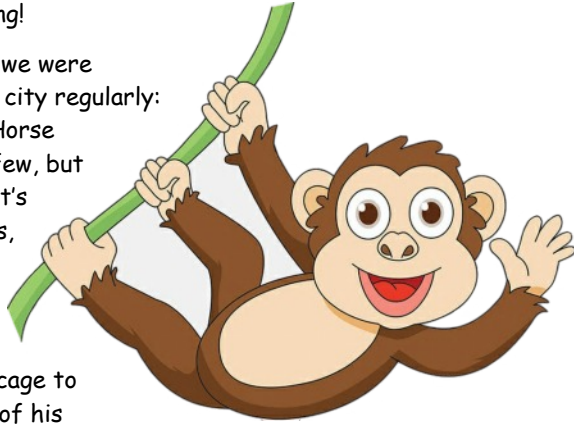
by George Llewellyn

Have you ever been ejected from a national institution?

No, nor have I but it was a close run thing!

Sandra and I grew up in London so when we were courting, needless to say, we visited the city regularly: the Houses of Parliament, Buck House, Horse Guards and Kew Gardens to name but a few, but the most loved was London Zoo at Regent's Park. Although we haven't been for years, we knew our way around back in the day.

Whilst we didn't have a favourite, we always visited Guy the gorilla. Did you know they built a garden in front of his cage to put the visiting spectators out of range of his spitting and other unsocial habits?



Anyway. We had just seen him to say hello and had moved on to the chimpanzee enclosure. This was always good fun, not least because each chimp seemed to have its own personality. At this point we got separated. Without my realising, Sandra had moved on to see the adult chimps and I was suddenly aware of a commotion a few cages away. Moving closer, I noticed that Sandra had decided to speak to them in "Chimp" and was hooting at them! I don't know what she said to them but they got very excited and hooted back!

As the apes were going "ape" hooting and swinging around the age, the commotion had attracted a school party that were now surrounding Sandra.

By this time the keepers were concerned and were moving in. Luckily though, I got to Sandra first and pulled her away leaving a large group of kids hooting and screaming at the apes.

Fortunately, the keepers assumed it was started by the gathering children while we quietly, casually sauntered away tutting, "bloody kids!"

Lesson learned: don't wind up the chimpanzees.



George



Poetry Corner

I was struck by this 1913 poem when so hauntingly it was sung by Vanessa Redgrave in the 2019 BBC TV production of *Wurzel Gummage - Saucy Nancy*.

Mother Carey as a nautical fantasy character is no benevolent spirit. In sailors' legends she is the wife of Davy Jones and they dwell together under the ocean in his locker. Storm Petrels are known as Mother Carey's chickens.

Mother Carey by Cicely Cox Smith

As late I went a-walking, a-walking by the sea,
I thought I heard men talking, I heard them call to me:
"Oh, sorrow take the city streets and the weary city stones,
It's time for you to leave them while the strength is in your bones."

Ah, shake and wake her, Johnnie, there's the ship for you,
Lying in the Royal Roads waiting for her crew,
And every brace and backstay is singing soft and low,
"Mother Carey wants you and you're all bound to go!"

As late I went a-strolling, a-strolling by the shore,
And thought of ports I'd like to see I haven't seen before,
Across the Strait the lighthouse kept winking fine and free
To show me where the road is that leads to open sea.

Ah, shake and wake her, Johnnie, yonder where she rides,
Lying in the Royal Roads swinging with the tides,
Singing with the muttering tides that past her cables flow,
"Mother Carey wants you and you're all bound to go!"

As late I went a-walking, a-walking by the tide,
I thought my love was with me and walking by my side;
So kind she did reproach me, so sweet her eyes did shine,
Yet could not hold beside her this restless heart of mine.

Ah, shake and wake her, Johnnie! . . . don't you hear them calling
Out across the Royal Roads and the dusk a-falling!
Time and time for me to leave you though I love you so;
"Mother Carey wants us and we're all bound to go!"

All bound to go, Johnnie, all bound to go,
If it's late or early, lad, if you will or no,
Sure as sun will rise, Johnnie, sure as tides do flow,
When Mother Carey wants us we're all bound to go.



Keith



Avoiding Travel Insurance ...

... a Risky Decision ?

by Jack Baldwin

Here's why Travel Insurance is a must if you plan to travel this year. Whilst some may be looking to cut costs due to the current cost of living crisis, if you are planning to go on holiday, then not having Travel Insurance could lead to more financial stress.

What does the research say?

Recent research conducted by Aviva** suggests that 50% of UK adults are either planning not to go on holiday this year (16%) or are looking to reduce their holiday costs (34%). Of those looking to reduce their travel costs, 7% are looking to do this by not purchasing Travel Insurance. However, this could lead to larger financial implications should the unexpected happen whilst you are on your trip. Whilst not buying Travel Insurance seems like an easy option when trying to reduce the cost of your trip, it is important to remember that it could save you thousands of pounds should your holiday be unexpectedly cancelled or should you fall ill abroad. Hospital fees outside of the UK can be extremely expensive and without Travel Insurance, you could be left to pay the bill yourself.

Why do I need Travel Insurance?

Travel Insurance is there to protect you against unexpected events that could end up costing you a large sum of money. This can help to alleviate some financial worries by providing you with compensation for covered events and allowing you to enjoy your holiday without added stress.

What does Travel Insurance cover?

By taking out Travel Insurance, you are insuring yourself against areas such as having to cancel your trip due to unexpected illness or accidental injury that stops you from going on your holiday. You would also be covered for lost or stolen baggage and have cover for medical bills accrued due to unexpected injury or illness whilst abroad.

At Able2Travel Travel Insurance policy, our Silver policy would provide you with £1,500 Cancellation cover, £10 million cover for Emergency Medical Cover, and £1,250 Baggage cover for less than £24 if you are taking a 5-day trip to Europe and are aged between 41 - 50.

Please note – At Able2Travel we specialise in providing cover for pre-existing conditions and these will need to be declared when you purchase your policy, however, cover for these may incur an additional premium. Please ensure you declare all conditions when prompted as if you need treatment for your pre-existing condition or for a condition linked to it, then you are unlikely to be covered which will leave you out of pocket.

How can you make Travel Insurance cheaper?

Travel Insurance does not need to be expensive nor should its price put you off taking out a policy. Here are a couple of ways in which you can make Travel Insurance cheaper:

1. **Consider an Annual Multi-Trip policy** – An Annual Multi-Trip policy can often work out cheaper than taking out individual Single Trip policies every time you travel. At Able2Travel, you can purchase an Annual Multi-Trip policy for less than £32* to protect you on an unlimited number of trips in the year.

**The price of less than £32 is based on an Able2Travel Silver Annual Multi-Trip policy going to Europe, for an individual aged between 41 and 50 & not including the cost of any declared medical conditions.*

Turn to Page 26 ►

Able2Travel is the caring and sensitive Travel Insurance solution for travellers with pre-existing medical conditions.



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*This discount code does not apply to medical screening premiums. It must also be used at the time of purchase and cannot be used in conjunction with any other promotions, offers or discount codes. We reserve the right to withdraw this promotion without further notice.

2. **Don't over insure** – If you are looking for a Travel Insurance policy, you only need a cancellation limit that covers the cost of your holiday. If your trip costs £1,000 then you are not going to need £5,000 Cancellation cover. What's more, people often don't realise that sums insured are per person insured on the policy. For instance, if you have a couple's policy with a £3,000 Trip Cancellation limit, then you are covered for £3,000 Trip Cancellation **Per Person** rather than £3,000 in total.
3. **Consider where you need cover for** – If you are just visiting Europe then you don't need a Travel Insurance policy that covers you worldwide. Often, worldwide policies are more expensive due to medical treatments being more expensive elsewhere in the world, particularly in America. As such, it makes sense to only take out cover for the area(s) you are visiting.

All Able2Travel Travel Insurance policies include cover for the following:

- 3 levels of Single Trip cover and Annual Multi Trip Travel Insurance cover
- Emergency Medical Cover Abroad - up to £10,000,000.
- Trip Cancellation Cover up to £5,000.
- Trip Delay up to £350.
- Legal Expenses – up to £20,000
- And so much more.

Once you have selected your level of cover, you can add any of our optional extras including winter sports cover (activity pack 5), gadget cover, Sports Travel Cover, or cruise cover.

COVID-19 is still prevalent in many countries, so for your peace of mind we can include cover for the following:

- Cancellation cover if YOU test positive for COVID-19 prior to your departure if it is disabling enough to make you cancel your trip.
- Emergency Medical Expenses if YOU are unfortunate enough to contract COVID-19 and need hospital treatment while you are away.
- Additional Travel and Accommodation Expenses if your trip is extended because YOU have tested positive for COVID-19.

**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 terms, conditions, and exclusions.*

***Research can be found here: <https://youtalk-insurance.com/news/aviva-insurance-limited/half-of-holidaymakers-plan-to-skip-or-scrimp-on-breaks-this-year>*

Jack



Fashion passes, style remains. **Coco Chanel**

Fashions come and go, but bad taste is timeless. **Beau Brummell**

I grew up not wanting to grow up. **Mary Quant**

We are all born naked, and the rest is drag. **RuPaul**

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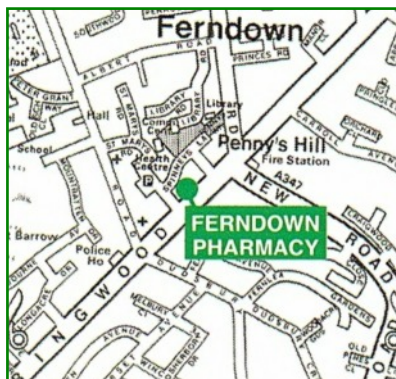
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- ☺ A man walks into a cocktail bar and asks the barmaid for a double entendre, so she gives him one.
- ☺ A man walks into the bar and asks for a triple whisky. The bartender hands it over. The man takes a sip and swallows then says 'do you know, with what I've got, I shouldn't be drinking this'. The bar tender asks 'what's that?' the man replies... '33p'
- ☺ Why do some cars in Egypt have two petrol tanks? Because they are driven by two tank car men.
- ☺ I was thrown out of the Supermarket staff room. I told them I was on a break but they said I didn't work there. I said I had just finished using the self service till so clearly I do.
- ☺ Birthdays are good for your health. Studies show that people who have more birthdays live longer.
- ☺ My teacher told me not to worry about spelling because in the future there would be auto-correct. For that I am truly grapefruit.
- ☺ A man took an airline to court after his luggage went missing. He lost his case.
- ☺ Teacher doing 'letter of the day' said, "Derek, tell us something you are not good at, that begins with an M". Derek replied "Spelling".
- ☺ Flights from John Lennon airport have been cancelled. Imagine all the people!
- ☺ I thought I saw Van Morrison in my rear view mirror, but I looked again and realised it was a Morrisons Van.
- ☺ I heard two little kids giggling over a book of zoo animals after the one said "It's a fricken elephant". A bit concerned I leaned over and looked at the page title, it said African Elephant.
- ☺ My husband phoned home to say he was in casualty. I watched the whole programme and didn't see him at all, so I'm going to bed.
- ☺ I have eight pairs of specs lying about the house. When I lose a pair, I am always sure to find another.
- ☺ I invented a thought controlled air freshener. People said it was a stupid idea but really, it makes scents when you think about it.
- ☺ A Scottish guy and his Chinese wife organised a combined Chinese New Year celebration and Burns night supper. They're called it a Chinese Burns Night. I didn't really want to go but they twisted my arm!
- ☺ "I'm depressed," said the archaeologist "my life is in ruins."
- ☺ If I had a pound for every stray dog I've seen today ...
- ☺ To the person who stole my glasses. I will find you! I have my contacts!
- ☺ The man who wanted to lose weight shaped some bread like a hat and put it on his head. He was on a loaf hat diet.

- ☺ I went to a lecture about Kestrel rescue and rehabilitation. During questions I asked why they said they only ever transported them at night time. The lecturer said "All Kestrel manoeuvres are in the dark."
- ☺ Why are old houses so cold? Because you can't have archaic and heat it too.
- ☺ I went to the RNLI Party. They really know how to push the boat out!
- ☺ My wife has just been diagnosed with an iron deficiency. So I've bought her a new one for her birthday.
- ☺ I took a jumper back to the shop as it was terrible in picking up static electricity. I exchanged it for another one, free of charge.
- ☺ The pasta chef took his new car out and crashed it. It came back all denty ...
- ☺ The government want us all to study maths until we're 18. I studied maths till I was 16, what difference is another 3 years going to make?
- ☺ I was excited to receive an email promising to tell me how to read maps backwards. But it turned out just to be spam.
- ☺ Thank you for explaining the meaning of plethora to me. It means a lot.
- ☺ I accidentally swallowed some scrabble tiles. Keep looking but no word yet.
- ☺ What do you call a hippie's wife? Mississippi.
- ☺ I just spent £1000 hiring a limousine and discovered that the fee doesn't include a driver! I can't believe I spent all that money and have nothing to chauffeur it.
- ☺ A guy goes into a cafe near the Arctic Circle and asks the waiter what's on the menu. The waiter says: "We have whale meat, whale meat and whale meat. And today's special is the Vera Lynn." "What's that?" asks the guy. "Whale meat again," says the waiter.
- ☺ "It's easy Pharoah! You find ten friends and get them to add a block each. Then, each of those finds 10 friends to add another block each ..."
- ☺ Absolutely disgusting behaviour I saw on the beach at Bournemouth today. I was on the seafront and saw a man and a woman having an almighty argument in front of loads of kids; suddenly the woman smacked the guy in the head and it all kicked off. There was a massive brawl and someone called the police. This poor copper turned up on his own and took his truncheon to the man; the guy managed to snatch it off him and began assaulting the copper AND his wife! Then out of nowhere a crocodile crept up and stole all the sausages ...

AND FINALLY, as seen on Twitter ...

- ☺ "And now they're going to have a man as Queen - this woke nonsense has gone too far! "

PHSG Exercise Venues



This is the programme as at
April 2023. Things can change.
ALWAYS CHECK!

Ashdown Leisure Centre:	with Jayne F	Friday	09:30	
Broadstone: Hearts on Seats	with Jayne F	Thursday	13:00	(Chair Exercise)
Broadstone: The Junction	with Caroline	Wednesday	10:45	
	with Jayne F	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	
United Church Hall	with Richard	Friday	10:00	
Hamworthy: Liberal Hall	with Caroline	Monday	10:00	
Lytchett Minster: Manor School	with Karyn	Tuesday	17:30	18:30
Parkstone Lower: Tennis Club	with Paula	Tuesday	10:45	(Chair Exercise)
	with Paula	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	14:30	(Days Park if fine)
Wareham: Purbeck Sports	with Jayne T.	Monday	13:30	(studio)
	with Jayne T.	Thursday	11:00	(gymnasium)
Zoom: On line	with Emma	Wednesday	09:00	

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

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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**



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

