

MAGAZINE

Poole Heart Support Group

Membership Renewal Inside
Walking Group Programme
Vineyard Pictures
Ukelele Band at Chatstop

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



Winter 2022

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
DEREK POPE	Member	01202 889070
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Please note that all old @poolehsg.org.uk email addresses are no longer valid.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 The Junction, Broadstone.

© 2022 Poole Heart Support Group

Chairman's Letter

I feel that I do not have much to impart to you this issue. That's probably a good thing as it means things in PHSG are going smoothly. Unless I'm living in a Fool's Paradise.

Thanks to PHSG Trainer Jayne Turnley's efforts in compiling spreadsheets each month for the various exercise classes through the summer, we were able to pin-point where the unsustainable losses that we were experiencing were. This was due to reduced numbers exercising. The committee cut out two heavily loss-making sessions because they were easily covered by consolidating with others. Then testing the spreadsheet with an increased fee of £5 we could see that this immediately corrected things. The committee were reluctant to make this increase though, so we thought we'd trial it as a voluntary scheme. You, our members, have responded wonderfully. Most pay the £5, allowing for those that attend twice or more a week and maybe as a couple, to continue with £4. The scheme is working well and we are running on an even keel once more.

Christmas is nearly with us. Remember those 'cancelled' ones? Hopefully not this year but without wishing to be too doom-laden, Covid is still out there and we should not completely lower our guard despite the temptation to do so. So, when you see the hand-gel at the exercise stations do use it. Covid aside, sweaty equipment will transmit colds and flu just as well as ever this winter. You can get just as ill from the old enemies.

There has been some discussion about our new Facebook page and people searching for it have been finding the old one which was set up by our last secretary. It is impossible to remove the old one and it isn't active anyway but it is still annoying that it can keep popping up. We would like people to join our Facebook group as it is a way our Trainers can post last minute notices about their classes, or any member can post any helpful note. You'll need to set up your Facebook account of course.

Our address is on the cover but the best way to go to the correct page is to visit our website first and you'll find the link there on the Home Page where it looks like this: Just click on it.



Happy Christmas to you all.

Chairman Keith





From the President

Dear All,

I am so pleased to continue to have the opportunity to write to you again. Transformation as we call it now, continues at some pace as Bournemouth and Poole Cardiology departments progress their service integration. This is clearly a highly complex task and there is no doubt that these changes will affect all of us. For the Poole Cardiologists it will probably mean that we will have to spend a greater proportion of our time at the Bournemouth site. For cardiac patients it is my understanding that there will continue to be a large diagnostic and elective

cardiology outpatient service at Poole. However, there is no doubt that the acute cardiac services will move to the Royal Bournemouth site. At this stage I do not know exactly when these stages will occur.

Whilst this is a clearly an unsettling experience, I have been able to see some genuine positives to date. Perhaps one of the improvements with most impact for me personally has been the integration of the electronic patient records for Poole and RBCH. There has also been near complete integration of IT services for echocardiography, cardiac pacing and cardiac procedures. This means we can now have clear transparency of clinical records across the two hospitals.

One of the biggest hurdles that will need to be overcome in the coming months is the need for the Poole Cardiologists to join a fully combined on call UHD cardiology rota. I would anticipate that this will happen in the next six to nine months. I will keep you posted.

In the meantime let me remind you that it is membership renewal time and there is a form in this issue. Please send it in as quickly as you can as it makes Nigel's job much easier.

Happy Christmas to you all. Let's hope we all have a safe winter!

Dr Christopher Boos.

Consultant Cardiologist

President Poole Heart Support Group.



People used to think about a new car or iPhone, but nobody was thinking about peace. Now, we are dreaming of it. When old people wish each other peace, we didn't understand what they meant. Now we do.

Natalia Balasnovych (Mayor of Vasiylkiv near Kyiv)

From the Rehab Unit

I'm sure you're well aware that we at Poole have merged with the Royal Bournemouth Hospital (RBH) and have become University Hospitals Dorset. The Cardiac Rehab teams from both sites have merged and are working closely together.

On the Poole site we said goodbye to Sara Le Brocq in March of this year; she has taken early retirement and we all wished her well. During Covid we employed Sarah Ayres who came from Dorchester hospital, and recently we welcomed Nicki Wells to replace Sara Le Brocq. Nicki has come over to us from Cardiology Research at RBH.

We have made a few changes because of Covid and our clinic sessions are now all done by video calls which has the advantage that patients can attend from anywhere. Alternatively they are done by telephone calls.

Our NHS exercise classes have all moved out from Poole Hospital environment and now run at the *Steppin' Out Academy* in Hamworthy, at Canford School, and at *The Junction Leisure Centre* in Broadstone. For Purbeck patients we also use Swanage and the Wareham rugby club.

We are excited to be back to face to face exercise sessions and they are going really well.

Dee Speck - Cardiac Rehab Lead Nurse.



Please Contact:

01202 620200

**565 Blandford Road
Poole • Dorset • BH16 5BW**

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

**FIRST CHOICE
Motor Engineers Ltd**

Membership Renewal For 2023

Dear Members,

Another year has shot by and as it is December it is time for the Christmas Magazine which inevitably means that it is Membership Renewal time again. However, before I get into that I'd like to thank each and every one of you for your continuing support in what has been another challenging year.



For Poole Heart Support Group 2022 has been a year of rebuilding and reshaping our available services to you following the chaos caused by the Covid pandemic but as I write we're seeing more new members joining per month than we've seen in a long time. On the one hand this is encouraging for us as a support network, but on the other it does of course mean that more people are suffering from some form of heart disease. However, regular exercise really does help so its great more people are coming forward again and our exercise classes are getting back to normal numbers attending.

For 2023, the annual membership subscription will be unchanged at **£8** which covers both you and your partner for the whole year, and of course any **donations** over and above this will be very gratefully received. It is very important that you renew your membership as this means that you are then covered under the British Heart Foundation Public Liability Insurance when you attend our exercise classes.

As always, please can I ask that you complete the **Renewal Form** enclosed with this magazine and post it back to me, and wherever possible please try and pay by **bank transfer** as this really speeds up the processing. Please also don't forget to sign the form and give your consent for us to hold your personal address and contact details. This consent is required under Data Protection Regulations.

Anyway, that's it from me for 2022, so all that's left to say is a very big thank you for your continuing support and I hope that you and your loved ones have a very Happy Festive Season and a Healthy and Prosperous New Year and of course, in January, don't forget to get back to exercising regularly.

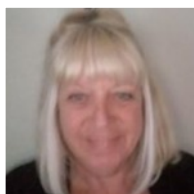
Nigel Rowe



DAMN STATISTICS

When front line staff at the Hospital are next complaining about their pay, they may like to consider this fact. The pay of senior NHS Managers increased 65% in the last decade; the average pay increase for workers across the UK was 18%

Daily Telegraph



Hello from our "New Normal" Office



01202 250108

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

*Well this year's been better than the last one or two
Being able to mix, and there's more we can do*

*We've moved all the paperwork from Shaftesbury Road
As now the Heart Group Office runs from my abode*

*There's lots of new members now joining the Group
Many going to classes, so Lesley's "Cock-a-hoop!"*

*Lots of people attending our Broadstone Chat Stop
Getting difficult to find a new act that can top!*

*With Ukeles, Nurse Helen and our Christmas Choir
Any ideas for who next we can hire???*

*Wishing you all a Very Merry Christmas
and Happy and Healthy New Year!
Jan Mesher - 01202 250108*



We have now vacated our old Office at the Hospital. We operate out of Jan's and members' homes now. It was increasingly difficult to access the centre and the Pandemic made it impossible.

A good opportunity to shred loads of old paperwork.

Jan assembled a quick working party to move the remainder out of the filing cabinet we occupied. Here are John Offer, Pete Eames and Keith (behind the camera). We looked like masked raiders when we set about our work!





Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

WINTER WALK SEASON 2022/23

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

The Walking Group is now into its 2022 Winter Walk Season, with several of our seventeen scheduled walks already completed.

Our Summer 2022 walking season saw us enjoying the most wonderful walking weather and in addition to great walks we were able to fit in a BBQ which was well attended and enjoyed by all. Time flies and we are now looking forward to our next social event, which is our annual Christmas Dinner, to be held this year at the Broadstone Golf Club.

We warmly welcome new members to the Walking Group. So, if you would like more information please do contact Dianne on the above telephone number or give the walk leader(s) a telephone call on their published number, before the date of their walk, and they will be able to give you all the details.

On behalf of the PHSG Walking Group Committee

Linda Thomas



What a View!

2022/23 - All Winter walks start at 10.40 am

DATE	WALK LEADERS NAME(S)	TEL. NO
Sat 3 rd Dec	Christmas Dinner (No walk)	
Wed 14 th Dec	To be arranged	
Sat 24 th Dec	Christmas Eve (No walk)	
Wed 28 th Dec	No walk	
Sat 7 th Jan	To be arranged	
Wed 18 th Jan	Nigel & Gill	01202 383092
Sat 28 th Jan	Larry	01202 911496
Wed 8 th Feb	Jean Robinson	01202 695030
Sat 18 th Feb	To be arranged	
Wed 1 st Mar	Malcolm & Margaret	01202 721120 07904 469991
Sat 11 th Mar	Brian & Anne	01929 472175
Wed 22 nd Mar	Dianne & Denise	01202 622016
Sat 1 st Apr	Larry	01202 911496
Wed 11 th Apr	First Summer Walk of 2023	



**Fly Agaric
Spotted on a walk**



What a Walk!

MATHEMATICS (Hard Sums) WORD SEARCH

ALGEBRA
DECAGON
FOUR
NINETY
SEVEN
TEN
TWO
ARITHMETIC
EIGHT

GEOMETRY
NONAGON
SEVENTY
THIRTY
ZERO
BILLION
EIGHTY
HEPTAGON
OCTAGON

SIX
THOUSAND
CALCULUS
ELEVEN
HEXAGON
ONE
SIXTY
THREE
CIRCLE

FIFTY
HUNDRED
PENTAGON
SPHERE
TRIANGLE
CONE
FIVE
MILLION
PI

SQUARE
TWELVE
CUBE
FORTY
NINE
PRISM
STATISTICS
TWENTY

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

Pottering about doing nothing much in particular is not only one of the greatest joys of life, but now also actively, provably, officially good for you. Researchers at the University of California, San Diego, have found that doing peaceful domestic things – a bit of gardening, cooking, even housework – can significantly reduce the risk of heart disease. As any potterer already knows, the act of pottering is vastly beneficial to mental health. It soothes the mind. You may not appear to be doing much when you potter, but you are, in fact, ironing out your mind.

India Knight – Sunday Times

SUDOKO
by Derek

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

QUIZ by Trish. If you have ever been shopping at IKEA you will know they have some amazing names for their products, but do you know if the following is a product or a type of cheese?

	Product?	Cheese?
1. Gullunge	_____	_____
2. Bergkas	_____	_____
3. Smaka	_____	_____
4. Bygel	_____	_____
5. Mongstad	_____	_____
6. Sardo	_____	_____
7. Klappar Haj	_____	_____
8. Bitto	_____	_____
9. Vasterbotten	_____	_____
10. Lighvan	_____	_____
11. Caravane	_____	_____

Answers will be posted on
Facebook, and in the next eNews



Drinking tea every day can significantly reduce a person's risk of developing type 2 diabetes (T2D), research has found. The review of 19 cohort studies involving more than a million adults from eight countries concluded that people who consumed four cups of black, green or oolong tea per day were 17% less likely to be diagnosed with the condition than those who did not drink tea at all.

People who drank between one and three cups also had a lowered risk but only 4%. Other studies have found a link between tea drinking and risk of premature death, but this is one of the first to suggest a clear relationship between tea drinking and type 2 diabetes.

The researchers, from Wuhan University of Science and Technology in China, speculate that compounds in tea such as polyphenols, reduce blood sugar levels if consumed in sufficient quantity.

Those who wish to maximise the benefits may wish to have their tea white they added: a number of studies have found a link between drinking milk and reduced diabetes risk. In the latest meta analysis, daily consumption of 200gm of milk was associated with a 10% lower risk of T2D.

AIRWAVES

(South Coast) Ltd.

Aerial & Satellite Specialists for over 20 years

Covering all aspects of aerial and satellite work

Domestic or Commercial

Freeview, Freesat, Sky problems & links

Extra TV points, FM & DAB

Fully insured, Careful, Considerate, Experienced

Engineers, Quality Guaranteed Parts



FREE QUOTATIONS

Formerly Harris and Nash installers

Freeview

Call 07850 179861

Airwaves are Trading Standards Approved

Human Genome Complete

Back in 2003, scientists declared that they had, for the first time sequenced the human genome. It was a historic achievement; but in fact the job wasn't quite done. The Human Genome project had only managed to sequence 92% of it.

The rest, the so called 'junk DNA' made up of densely packed repetitive sequences, was just too complex to be unravelled at that point. But now, almost 20 years on, the 100 scientists who make up the Telomere-to-Telomere consortium say they have finally deciphered the remaining 8%, introducing 400 million letters to the previous sequencing.

No one was sure what the uncoded DNA would amount to, but it turns out that it is very far from being junk. These genes are "incredibly important for adaptation" said Prof. Evan Eichler, the consortium's co-chair. "They contain immune response genes that help us to adapt and survive infections and plagues and viruses. They contain genes that are very important in terms of predicting drug response." They should provide important insights into genetic diseases and shed light on our evolutionary past.

"The best is yet to come." Added Eichler

Do you have computer issues?

We can assist you to resolve IT problems that you have. Are you unsure what you are doing, do you need assistance, a helping hand or training? We can assist with PC security, Internet connection and speed problems, advice, selection and installation of Broadband, PC and printer networks and implementation of secure wireless networks in your home.

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

PHONE NUMBER CORRECTED - SORRY JEFF!

or via www.efficiencysolutions.co.uk



Survey Results from BHF

Will Elwes

Thanks to everyone who participated in our Heart Support Group survey and shared it with their group. It has allowed the BHF to gain a clearer picture of the many ways support groups like yours benefit people living with heart conditions. Please see the findings below from 35 groups around the UK.

- 43% of group members are aged 65-74 and 39% are aged 75-84
- 70% have been a member for 5 years or more.
- The most common conditions stated are Heart attack, Atrial fibrillation and Coronary heart disease
- Members say that their group has a really positive impact with 92% stating they have improved their confidence in managing their health. Members also say that the continuation of their group is important to them.
- Group members and group leads stated that exercise classes were the most beneficial aspect of the group followed by social activities.
- The main challenge groups face is the lack of new members combined with declining current membership due to aging.
- Group leads say that consistent referrals are what they need to develop and grow. 61% of group members found their group through a hospital or HCP referral.

If you have any questions, please do not hesitate to get in touch by emailing heartsupportgroups@bhf.org.uk

Will Elwes - Peer Support Manager, BHF





Focus on 'The Junction' at Broadstone

Jayne Frank's class at "The Junction" on Thursday 27th October. It is half-term and so for operational reasons we are in a downstairs room this week. Two new members in class this session! See also our cover picture this issue.

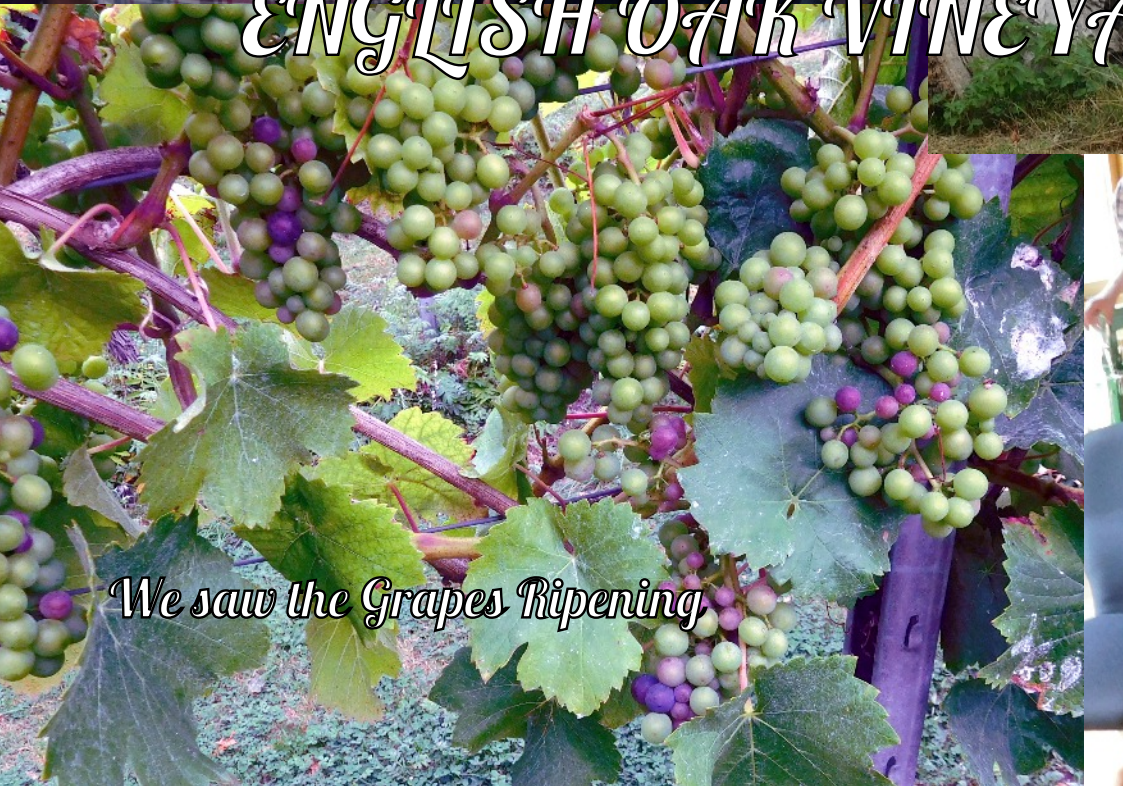
← Lesley's Canford Class

Lesley's 10:00 session on Monday 24th October

We had a talk !



ENGLISH OAK VINEYARD



We saw the Grapes Ripening



We saw the Vines

3RD VISIT - SEPTEMBER



We tasted the Wine !

Meet our Members *Richard Hornby*

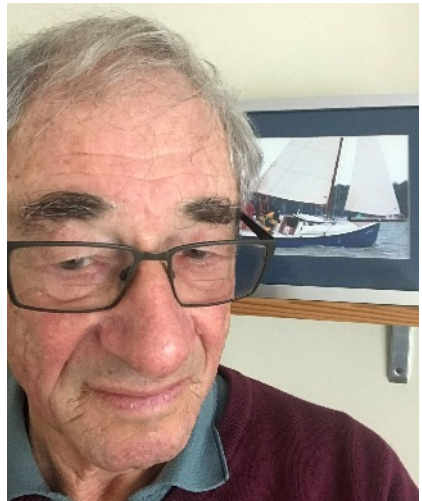


I was born in 1944 and being the post war period it was a time of turmoil. My Father was an engineer and his skills were required in a variety of locations which resulted in a bit of a disrupted education for me at first. Eventually I was packed off to boarding school in Southwold on the East Coast; a place best known for its antique charm and Adnams beer, neither of which were particularly appealing to a young school boy. My education then continued at Elstree Herts. I cannot claim any great academic achievements at school except as life progressed many of the fringe experiences came in very useful.

As I suspect with most young people, I really had no idea what I was going to do. I was fascinated by big game wild life and inspired by Joy Adams book 'Born Free' and also Arthur Ransome's "*Swallows and Amazons*" books. Children's adventure in small boats. However, that was all going to have to wait as I needed to earn my keep. By a series of events, I found myself in the property world which was totally alien to my background. My first job was in surveying property and upgrading property on behalf of clients. We often joked about clients buying little cottages in Pimlico for £8,000 spending £4,000 on the conversion saying they will never get £12,000 for the converted cottage. Just look at the prices today!

Trying to get qualified was a struggle, working in the day and going to night school, eventually got through part one. Then a few fortunate incidents occurred and I was able to go full time to Bournemouth Technical College as it was known, then to take my intermediate and final exams. This is when I fell in love with the area.

Following qualifying as a Chartered Surveyor I joined a practice in the ecclesiastical city of Salisbury where I was put through my paces in having to undertake most aspects of property matters. After a while being young and still single I looked for greater adventure and took an appointment in Cape Town with a professional firm. At the end of my contract the wild called and I went on safari around South Africa, Botswana, Mozambique and what was then Rhodesia, driving around in a battered Transit van and



camping in safari parks and camp sites. Of course there were many adventures on the way. Particularly the wild life as well as flying over the Victoria falls.

Back in the UK I set up my own practice in Poole, met my wife, got married and had two children. During this time we were burgled twice which lead me to believe that experiences were far more important than material items. We instilled this in our children. With Poole Harbour on the doorstep sailing was enjoyed by us all. My son now sails at a high international amateur level whilst my daughter taught sailing in the UK and abroad. She has sailed the Atlantic four times and rowed it once.

Upon retirement I started walking and cycling with a small group of friends, took up golf, explored a bit of art painting (not very successfully) and raced my little boat more aggressively. With more time on my hands we travelled a little, particularly Africa and cruised both the Atlantic and a bit of the Pacific as well as the Mediterranean. We had a little adventure off the horn of Africa when we had to be escorted by the navy to ward off the local pirates.

Over the years I have owned three classic cars having rebuilt an *Austin 7* and a lovely *MG TF* and also owned a *Sunbeam Alpine*.

As a reflection of my name, I built a model railway around my study, but unfortunately dust from neighbouring building activities next door rendered it impossible to clean so it was dismantled. During this period I had a heart attack, and had hip and knee replacements; all most inconvenient as this temporarily curtailed the activities, but not for long as I followed the NHS guidelines and was soon back on my feet.

In addition to doing the exercises I walk or cycle every day. this is helped by the fact my daughter has an energetic dog which needs a good walk every day. Whilst running has never been my forte I always played badminton, tennis and squash until the joint replacements.

PHSG has instilled a certain amount of discipline in me in that one has to get going on Monday morning which tends to set the tone for the rest of the week. It is also a great help knowing that one is not alone with a heart condition, and can chat and joke about the problems of life with fellow sufferers. Finally our trainers encourage us to put a bit of a bounce in the exercises.

I believe you should do everything whilst you can, because you'll never know when you cannot.



What is woke culture if not the howl of a generation of underemployed humanities graduates? **Janan Ganesh**

Idealism increases in direct proportion to one's distance from the problem. **John Galsworthy**

The Lion and the Calf shall lie down together – but the calf won't get much sleep. **Woody Allen**

With Christmas around the corner now is the time to start planning the Festive Fare.

The following recipe is easy to make an eye-catching dessert which will impress your family and guests. Even Santa and his Elves enjoy this delight after they have delivered all the presents!

700g (1½ lb) stale Madeira or sponge cake
175ml (6 fl oz) sweet Sherry
100g (4 oz) strawberry or raspberry jam
75g (3 oz) walnuts, chopped
150ml (¼ pt.) whipping cream.



1. Crumble the cake into a bowl. Add the sherry, jam and walnuts; mix well.
2. Line the base of a 900ml (1½ pint) pudding basin with greaseproof paper.
3. Spoon the mixture into the pudding basin, cover with greaseproof paper and place a heavy weight on the top.
4. Chill in the refrigerator overnight (the pudding can be prepared this far several days before Christmas and stored chilled if necessary)
5. Remove the weights, turn the cake out on to a serving plate and remove the greaseproof paper circle.
6. Whip the cream until it stands on soft peaks. Swirl it over the cake to cover completely. Decorate as you like and keep refrigerated until ready to serve.

**SERVES SIX
ELVES**

Gemma



It's Surprising What You Find

by George Llewellyn

Summer holidays! Three grandchildren.

Dad says we could take them out for the day. Well ...

Lulworth Castle? Monkey World? The Tank Museum?

I've not done Lulworth Castle but it doesn't excite my inner child.



Monkey World: really great; lots to do and lots to see.

Only problem is that when we leave we have trouble getting the kids out. The keepers think we are stealing the exhibits.

So it's the Tank Museum.

We got there and parked up. Then we spent the next twenty minutes climbing and playing on the tank debris in the car park. Once inside proper, we bought tickets, climbed the ramp and were in. It was like like letting monkeys loose in a banana packing warehouse. Gone! Us grown ups swiftly caught up.

What a great place: tanks, guns and lots of military vehicles.

Every now and again we came across uniforms and hats which all three kids had to then try on. There was limited interest in the tanks and the progress of D-Day, but loads of running around! At one point, I looked at Dad.

"Are you tired?"

"Yes," he replied, "but I would like to have a look around on my own."

I know that feeling.

Wondering how to keep three little people happy, I sat down. Well, somebody at the museum is either a genius or a child. For beside one of the tanks, was a table of hundreds of little toy soldiers. You take them to a fantastic museum and all they want to do is to play toy soldiers! Eventually they were hungry so off we went to the display area. While we lunched,

Real tanks and lots of pyrotechnics provided the entertainment.

Before gathering the troops, there was just time for a quick final look around and a cup of tea. Always time for a cup of tea.

Oh, this place is great. The tea shop had an enormous play area adjacent, so Dad and I could have a relatively quiet cuppa. Always time for a cuppa.

At the end of the day, we scooped up the kids having had a great time. And we didn't break any tanks!



A very successful October Chat Stop
with the Ukelele Band



Whilst many would argue that the COVID pandemic is coming to an end, there are still many who are nervous about travelling because of Coronavirus. Here at Able2Travel, we want everyone to feel confident when travelling which is why we have put together a helpful guide how to navigate travelling now that borders have opened again to tourists.

Follow FCDO advice

Your first port of call when looking where to book your holiday is the Foreign, Commonwealth & Development Office (FCDO) website (www.gov.uk/foreign-travel-advice). Here, you will find official, Government advice on the country you are hoping to visit. For instance, at the time of writing, the FCDO says that most visits to Cyprus are trouble free and as such has issued no travel warnings regarding this area, however, if you were planning to travel to Egypt, there are certain areas that the FCDO advises against “all travel” to, some areas where they advise against “all but essential travel” to, and other areas where they have not issued any advice. As such, it is extremely important to check FCDO advice for your intended travel destination as you will be able to get up to date information on the Coronavirus situation in that country.

Get Travel Insurance

Having appropriate Travel Insurance is imperative when travelling nowadays, but be advised, most Travel Insurance policies will not cover you to travel to a country where the FCDO has advised against “all travel” or “all but essential travel” to.

A sufficient Travel Insurance policy will cover you should you have to cancel you holiday for an insured reason and some will even provide COVID-19 cover. At Able2Travel, we provide cancellation cover should you test positive for Coronavirus within 14 days of your trip departure date, additional travel and accommodation expenses if you test positive for COVID whilst abroad and are unable to return home as planned, as well as additional travel and accommodation expenses for one parent/carer to stay with you if you test positive for COVID whilst abroad and are unable to return home as planned.

Wherever you decide to get Travel Insurance from, it is worthwhile making sure that they provide ample Coronavirus cover for your needs, should you be unlucky enough to catch COVID just before your trip, or worse yet, whilst on your trip.

Aside from Coronavirus, Travel Insurance will also protect you for other insured events such as Missed Departure, Baggage, Cancellation, and much more. Travel Insurance is there to protect you should the unexpected happen on your trip and provide you with peace of mind when travelling.

Vaccinations

Often, you will be required to have had the recommended number of COVID-19 vaccinations for the COVID cover on your Travel Insurance to be valid. Equally, the NHS repeatedly advised that getting vaccinated is one of the best ways to protect yourself against the virus and many countries still require proof of vaccination in order to enter the country. For instance, you would need to be fully vaccinated to visit the USA, Hong Kong, China, Japan, Fiji, and others. Although not all of these would constitute a winter

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



able2travel
www.able2travel.com

**Gold
Trusted
Service
Award**
★★★★★
2022 feefo

3 Levels of Cover • Cover Available for 1000s of Medical Conditions • Up to £10million Emergency Medical Expenses • Up to £5,000 Cancellation Cover, and much more...

**Call us on 01483 806 826
Or Buy Using the Link Below:**



www.able2travel.com/phsg

Reference Poole Heart Support Group when you call to buy your Travel Insurance policy

Able2Travel is a trading style of Voyager Insurance Services Ltd. Authorised and regulated by the Financial Conduct Authority. (Firm reference no.305814). Your call may be recorded for quality assurance and training purposes

sun destination, they are still popular travel destinations so worth checking the entry requirements for you intended destination.

Wearing a mask

Although face masks are not mandatory everywhere anymore, wearing a mask whilst on your flight, in cars and taxis, in crowded areas, or whenever you feel is appropriate is a good way of keeping yourself safe on your travels.

Masks are still mandatory on some flights, whilst some countries still insist you wear a mask in indoor public areas. Again, be sure to check requirements for the country you are visiting to ensure you are not caught out on arrival.

Travel Insurance with Able2Travel

If you are feeling confident enough to travel and are looking for Travel Insurance, then see if Able2Travel can offer a policy that's right for you. Able2Travel Travel Insurance policies provide the following cover:

- Three levels of cover to suit a range of budgets and requirements
- Emergency Medical Expenses up to £10,000,000
- Cancellation and Curtailment up to £5,000
- Missed Departure up to £1,000
- Personal Baggage up to £3,000
- And much more...

As we mentioned before, Able2Travel Travel Insurance policies include cover for Coronavirus under the following sections.

Cancellation and Curtailment cover – cover is in place should you receive a positive test result within 14 days of your planned departure date or if you are admitted to hospital as a result of testing positive for Coronavirus after the purchase of your policy.

Emergency Medical Expenses – should you contract Coronavirus whilst on your trip, you will be covered for additional accommodation and travel costs associated with you being unable to return home as originally planned. Equally, there is cover for the additional accommodation and travel expenses for one parent/carer to stay with you if you are unable to return home as originally planned.

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.

Jack



Money can't buy you happiness, but it does bring a more pleasant form of misery. **Spike Milligan**

There is nothing as ex as an ex-MP **Charles Walker MP**

A Celebrity is a person who works hard all his life to become known, then wears dark glasses to avoid being recognised. **Fred Allen**

FERNDOWN PHARMACY

487 Ringwood Road Ferndown BH22 9AG

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



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

Support Your Local Independent Pharmacy

SHORT WAITING TIMES

LONG OPENING HOURS

Monday - Saturday 7am - 11pm

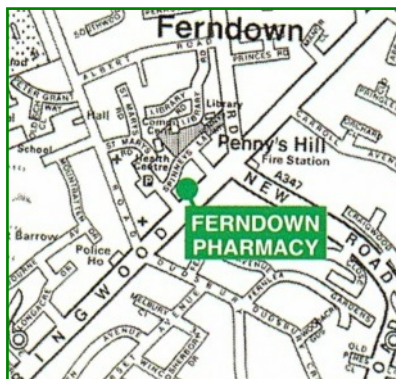
Sunday 10am - 2pm

FREE

Repeat Prescription
Collection Service
from all Surgeries.

FREE

Delivery Service.



- ☺ Déjà Moo - the feeling you've heard all that bullshit before.
- ☺ Who's for the return of Roman numerals? ... I for one!
- ☺ How do snails fight? They slug it out
- ☺ I remember when the shovel was invented. It was truly groundbreaking.
- ☺ Someone threw a bottle of omega 3 pills at me. Luckily my injuries were only super fish oil.
- ☺ "Can I ask a stupid question?," asked the husband. "Better than anyone I've ever met," his wife replied.
- ☺ I went fishing this past weekend and there was this guy splashing about in the middle of the lake shouting, "I can't swim! I can't swim!" I said, "It's alright, sir," pointing at a nearby sign, "It says no swimming anyway."
- ☺ A new medical term for mansplaining has been coined. Correctile dysfunction
- ☺ They say that during sex you burn off as many calories as running eight miles... Who runs eight miles in 30 seconds ?
- ☺ if you think your job is pointless, just consider that someone in Germany installs turn indicators in BMWs
- ☺ Daffy Duck and Elmer Fudd break into a distillery. Daffy turns to Elmer and says "is this whisky?" Elmer says "Yeth, but not as whisky as wobbling a bank."
- ☺ Stage adaptation of the WAGatha Christie story to be called "The Scousetrap".
- ☺ Scientists studying effects of cannabis on seabirds have left no tern unstoned.
- ☺ A weasel walks into a bar. "Blimey!" says the landlord. "I've never served a weasel before! What can I get you?" Pop!" goes the weasel.
- ☺ I've just bought a new watch. It was so expensive I had to buy it on credit. I'm living on borrowed time !
- ☺ A man and a woman meet in heaven and fall in love. They walk up to God and ask to be married. God says give me some time and I'll get back to you. Three or four years pass and God finally tells the man and woman that he can have them married. A few more years pass and the man and woman fall out of love. They approach God once more and this time they ask for a divorce. God responds, "It took me four years to find a priest in this place. How long do you think it'll take me to find a lawyer?!"
- ☺ I just ordered a chicken and an egg from Amazon ... I'll let you know!
- ☺ I accidentally took my cat's medication last night. Don't ask meow.
- ☺ The GMC have issued updated advice to medical staff assessing head injury and concussion on victims: Until further notice, do not ask who is the Prime Minister.
- ☺ If you do a Google search for 'Lost medieval servant'. The answer comes back as 'This page cannot be found'.

- ☺ News just in of a robbery at a lingerie shop in Bilbao. Spanish police are blaming Basque separatists.
- ☺ Now that the clocks have gone back, I've put up a marquee in my garden with flashing lights and funky music. Is this the winter of my disco tent?
- ☺ Someone just accused me of not being a true cockney, so I pushed him down the apples and oranges.

On holiday in Europe, Bob noticed a marble column in a church in Rome with a golden telephone on it. As a young priest passed by, Bob asked who the telephone was for. The priest told him it was a direct line to Heaven, and if he'd like to call, it would be a €1,000.

Bob was amazed, but declined the offer.

Throughout Europe Bob kept coming across the same golden telephones on a marble column. Each time, he asked the same question and got the same answer.

Bob finished his tour of Europe and returned home to Dorset. He decided to attend Mass at a local village church.

When he walked in the door he noticed the golden telephone, but underneath it there was a sign stating: "DIRECT LINE TO HEAVEN ... £5".

"Father," he said, "I have been all over Europe and in all the cathedrals I visited, I've seen telephones exactly like this one but the price is always €1,000.

Why is it that this one is only £5?

The priest smiled and said ... "Son, yaz in Darzet now, 'tis just a local call!



New road scheme for Dorset?

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
	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	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

You will look really smart dressed in our PHSG branded clothing. Watch out for Lynne at your exercise venue or ask her by email.

Sizes from Small to XXL

A variety of colours, colour chart available on request

Round or V Neck T Shirts Price £ 8.00

Polo Shirts Price £12

Sweatshirts. Price £14

Quality Fruit of the Loom Brand 80% Cotton

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

