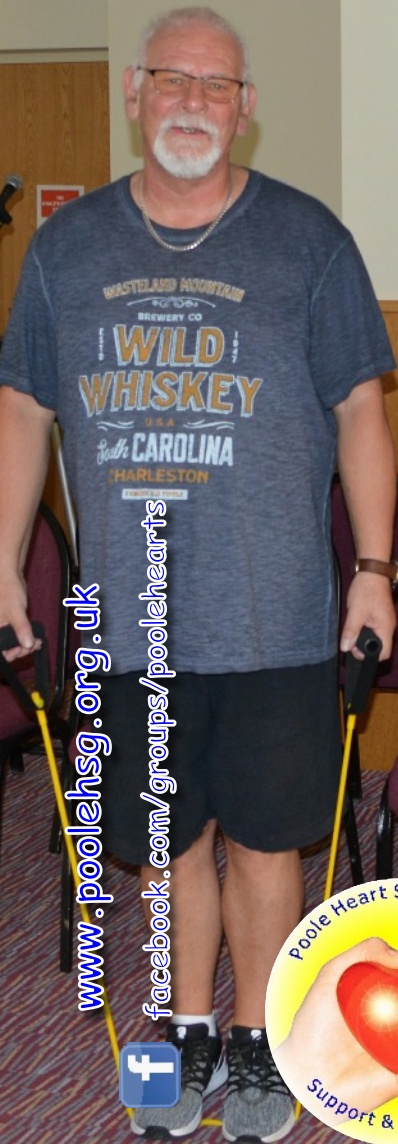


# MAGAZINE

Poole Heart Support Group



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



Walking Group Winter Programme  
President's Letter  
Heart Failure Research  
ETIAS Waivers

Winter 2023

# POOLE HEART SUPPORT GROUP MAGAZINE

PHSG Office 88 Puddletown Crescent, Poole, BH17 8AN  
Telephone: 01202 250108

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**PRESIDENT: Dr CHRISTOPHER BOOS MBBS, Dip IMC, RCS (Ed), MD, FRCP**

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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
PAUL ALEXANDER	Treasurer	alexanderpaul42@gmail.com
JAYNE FRANK	Asst. Treasurer & Trainer	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	lesleyrichards@sky.com
LYNNE ARMSTRONG	PHSG Clothing Sales	07469 936491
GEORGE LLEWELLYN	Member	01202 605455
CHRIS RADLEY	Member	
JAYNE TURNLEY	Purbeck Liaison & Trainer	jaynehealthyhearts@gmail.com
JIM WAINE	Founder and VP	01202 871532

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

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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

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*COVER PICTURE: Exercisers with Isy at Bearwood.*

*© 2023 Poole Heart Support Group*

# Chairman's Letter

I am writing this in early October on a hot sunny day. Of course those of us who have always been involved in club life are well used to thinking long into the next year, after all, plans have to be made. However I have just returned from a well-known garden centre where I found practically all of the shop area taken over by Christmas displays. They started in mid-September with over three months to go! This smacks of what I call 'desperate marketing'. OK, I can ignore this I suppose but I know worse is to come when the Christmas music strikes up. Last year by the time we got to Christmas Eve the jingles were driving me nuts. Commercialisation is one thing, but ruining Christmas by making us sick of it before it happens?

Ah well, Scrooge away, Happy Christmas to you all.

*Chairman Keith*



## Membership Renewal for 2024

Dear Members, well we're nearly at the end of another year and so once again it's membership renewal time. Woohoo I hear you say!

First and foremost though, I'd like to thank everyone for their continued support of Poole Heart Support Group over what has remained an extremely challenging time for all.

For 2024 the annual membership subscription will again be frozen at £8 which covers both you and your partner for the whole year. Your subscription is very important as it covers your contribution to our BHF insurance, without which you won't be allowed to exercise at our classes. Of course, any donations over and above this amount will be gratefully received although we know and appreciate that many of you volunteer to pay that little bit extra when attending our classes.

Please can I ask that you complete the Renewal Form enclosed with this magazine as soon as possible and post it back to me, and wherever possible please try and pay by bank transfer as this helps us enormously with the processing. Two thirds of our members now pay by this method and it makes my life so much easier.

All that's left for me to say is a very big thank you for your continuing support and that I hope you and your family have a very Happy Festive Season and a Healthy and Prosperous New Year.

*Nigel Rowe, Membership Secretary*





## From the President

Dear All,

Hello again. It is truly incredible how life seems to speed up as you get older and the pace of change at work in the NHS just seems to get quicker and quicker every year. This is particularly true in Cardiology at University Hospitals Dorset.

In only the last nine months we have witnessed the closure of our beloved coronary care unit at Poole with major integration of cardiology services between Poole and Bournemouth. Some of the changes have been beneficial such as the merged waiting lists for the majority of cardiology investigations that are available at both the Poole and Bournemouth Hospital Sites. These include ambulatory cardiac and blood pressure monitoring and echocardiography.

Other changes related to the merger have meant that patients admitted with a primary cardiac diagnosis at the Poole Hospital site, and where they are expected to stay in hospital for more than 48 hours or require ancillary cardiac procedures, should be transferred to RBCH for their on-going cardiology care. Hence, the vast majority of cardiology admissions are now to the RBCH site. The five cardiologists at Poole are now part of a fully joined up Cardiology rota with the cardiologists at RBCH. This has meant that there is a smaller cardiology footprint on the Poole site in terms of consultant numbers during the week as more acute Cardiology has moved to RBCH.

At RBCH their consultant numbers have increased to 15 with the appointment of Dr Jonathon Hinton, who is an excellent interventional cardiologist and specialises in coronary angiography and stenting. At Poole Dr Carpenter is on a one-year Sabbatical in Abu Dhabi and is due to return in April 2024. He has been replaced by Dr Helen Hardy who has covered his position for the last six months.

Finally, it is clear that the demands on the NHS continue to increase, and this coupled with the knock-on effects of the recent doctors strikes following the pandemic, has led to longer waiting times for outpatient cardiac appointments. I sincerely hope that a resolution to the strikes can be found as soon as possible. I hope you have a wonderful and safe Christmas.

Kind Regards

*Dr Christopher Boos.*

*Consultant Cardiologist*

*President Poole Heart Support Group.*

# Heart Failure

by Dr Chris Critoph

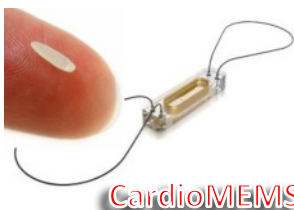
## Bournemouth at the leading edge



Heart failure is a very common condition, affecting approximately one million people in the UK, although many remain undiagnosed. Unfortunately, it is a very common cause of hospitalisation, and accounts for 5% of all emergency admissions to hospital. This equates to one million bed days per year in the UK. The commonest reasons for this are patients becoming fluid overloaded, often with symptoms of breathlessness or swollen legs.

As part of heart failure education, patients are taught to measure their weight daily, ideally first thing in the morning with no clothes on. The idea behind this is that if fluid should accumulate, the patient's weight will rise, and medications can be adjusted to take the fluid off and prevent an admission or unplanned doctors' visit.

However, we know that weight gain due to fluid accumulation is often actually rather a late feature of a 'heart failure decompensation'. For some years now, doctors have tried to find ways to more accurately predict patients who are running into trouble with their heart



CardioMEMS

failure. The most successful of these methods to date has been the CardioMEMS device. This device is little larger than a grain of rice and gets implanted in the pulmonary artery (the blood vessel between the lungs and the heart) via a minimally invasive catheter procedure. As the blood pulses past it, tiny movements in a sensor record the pulmonary artery pressure. The device has no batteries but can communicate wirelessly with a sensor placed in a pillow.

Each night, the device sends a reading of the pressure in the artery to the patient's profile in the cloud. If the numbers breach certain thresholds (determined by their cardiologist) then an alert is triggered. We know that this pressure actually starts to rise as early as a few weeks before fluid starts to accumulate, giving the Cardiologist time to adjust medication **before** the patient even knew there was a problem brewing. Clever stuff.

In Bournemouth, we were chosen as one of only a handful of sites in the UK to participate in a clinical trial of the CardioMEMS system, called COAST. We already knew the system was effective from earlier trials, but this trial was designed to see if the device would be cost effective in the NHS. The system was already in routine use in the USA. Each heart failure hospitalisation costs the NHS nearly £4000. Not many hospitalisations need to be prevented to pay for the cost of the device. I implanted 11 of these devices and was one of the largest recruiters in the UK of which I am very proud. The trial demonstrated that hospitalisations were reduced by 82%, which is a phenomenal achievement. This led to NICE guidance supporting the technology in 2021. However, despite being safe, clinically effective, and cost saving, the



Fire-1 device

way that NHS budgets work has meant that the upfront cost is not funded, and so to my knowledge no centre in the UK is currently implanting it.

Whilst pulmonary artery pressure monitoring is one effective way to monitor heart failure patients remotely, it does not appear to be the only one. I was approached last year to be part of a new trial run by a medical device company to investigate a different technology. The FIRE-1 device has a similar principle to CardioMEMS behind it but operates in a very different way. It looks a little like a stent, with very thin struts that are very pliable. Instead of the pulmonary artery, it gets fixated in the vein just below the heart (the inferior vena cava) again using a minimally invasive catheter procedure. The device communicates with a belt that the patient puts on once per day, and like the CardioMEMS device, data is transferred to an online platform. I can then monitor the trends, making medication changes if they fall beyond certain thresholds. This study is first-in-man, so was rather an honour to be asked to be involved. To be eligible, patients must have had a heart failure hospitalisation, have a raised NT pro-BNP blood test (often elevated in heart failure patients) and have suitable anatomy determined by a CT and ultrasound scan. At the time of writing, I have implanted three FIRE-1 devices (the most in the UK!) and we are hoping to recruit at least 10 patients to this important study.

We have a strong track record of cardiology research in Dorset, with a fabulous team of healthcare professionals working to further our understanding of heart disease. Innovative trials like these are exciting to be a part of, help generate valuable income for our hospitals, and most importantly answer questions which will pave the way for improvements to patient outcomes for years to come.

*Dr Chris Critoph - Consultant Cardiologist. UHD Lead for heart failure*

*Chris*



## Our Future Health



What is Our Future Health?

It will be the UK's largest ever health research programme, designed to help researchers to discover new ways to prevent, detect, and treat diseases. The aim is to build a community of

five million people over the age of 18, from across the UK, who will donate their health information to create a powerful national resource that could help future generations live in good health for longer.

Why is Our Future Health needed? Despite advances in healthcare and medicine, large numbers of people in the UK still spend many years of their later life in poor health because of common diseases and health conditions. Currently, 59% of people aged 65 or older in the UK live with two or more serious health conditions. By 2035 that figure is expected to rise to 70%.

Healthcare systems have traditionally focused on treating people once they show symptoms of diseases. However, diseases often start in the body long before symptoms are detectable. It is a costly approach that leads to worse health outcomes.

With Our Future Health, researchers will be able to analyse data that will help them to identify more effective ways of tackling diseases. For example, they might discover a new test that detects cancer in an early stage, when it is easier to treat.

How Do I Find Out More. Simple: Go to <https://ourfuturehealth.org.uk>

*Derek*





**Hello from Jan**  
**our**  
**Office Manager**



**01202 250108**

Please call if you have any membership enquiry or problem.

Christmas time is here once more  
 Kith and kin coming through the door  
 Bringing food and cards and presents as well  
 Who can that be now, ringing the bell  
 For a minute or two I was totally thrown,  
 Although with the little ones there, I should have known  
 Father Christmas with his fine robes and also a beard  
 Granddad is missing! Well isn't that weird !

*Jan*



*I keep all the stamps from Membership applications and others that I get, as I know that Lewis Manning can use them. If anyone saves their Xmas stamps and other stamps and can pass them to me I'll put them with mine. Otherwise note that all branches of Lewis Manning Charity shops have a collection point where you can take them.*

**Wishing you all a Very Merry Christmas and a Happy and Healthy 2024**

**Seen while the Walking Group  
 were swanning about.**



# Poole Heart Support Walking Group

Affiliated to the British Heart Foundation

## WINTER WALK SEASON 2023/24



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**.

Summer 2023 presented us with a period of exceptional weather and the walking group took full advantage of it. Existing walks and new walks were discovered, some on areas known as “Sangs” and others made possible by finding alternative accessible paths. Our photos in this issue illustrate some of the wonderful Dorset scenery we have been privileged to enjoy on our walks in 2023. Once again, we indulged ourselves with a Summer BBQ which also included a short walk across local fields. Nevertheless, although short, we were walking at a surprisingly high altitude and the vast views looking across the county in the direction of Badbury Rings were breathtaking.

Of course all this exercise warrants a special treat now and then and by virtue of this we are preparing to enjoy our annual Christmas Lunch in December, this year being held at the Dorset Golf and Country Club. It goes without saying that we will be walking off this indulgence in 2024.

We warmly welcome new members, especially those who have (1) completed the hospital rehabilitation classes on offer to those recovering from heart or associated problems. (These classes are very helpful in building up your confidence again and preparing you to continue with further healthy exercise) and of course (2) members who are able to organise an occasional suitable walk of between 3+ and 4 miles.

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 of their specific walk.

On behalf of the PHSG Walking Group Committee

*Linda Thomas*



### View from Swyre Head





## 2023/24 - All Winter walks start at 10.30 am

DATE	WALK LEADERS	TEL. NO
Wed 29th Nov '23	Nigel & Gill	01202 383092 / 07776 231484
Wed 13th Dec '23	CHRISTMAS LUNCH	
Wed 20th Dec '23	Larry	01202 911496 / 07941 017051
Sat 30th Dec '23	NO WALK	
Wed 10th Jan '24	Nigel & Gill	01202 383092 / 07776 231484
Sat 20th Jan '24	Dianne	01202 622016 / 07547 155103
Wed 31st Jan '24	Malcolm & Margaret	01202 721120 / 07904 469991
Sat 10th Feb '24	TBA	
Wed 21st Feb '24	Anne Coleman	01202 683628 / 07762 316312
Sat 2nd Mar '24	TBA	
Wed 13th Mar '24	Larry	01202 911496 / 07941 017051
Sat 23 Mar '24	TBA	
Wed 3rd Apr '24	Nigel & Gill	01202 383092 / 07776 231484
Sat 13th Apr '24	TBA	

Worbarrow Tout  
From  
Flowers Barrow



\*Walk Leaders: Please put your Mobile Number on the "walking slips" for your walk and also the Post Code of the walk meeting point if possible. Please also indicate the presence of hills on your walk route

# CONSTELLATIONS WORD SEARCH by Derek

ANDROMEDA  
CORVUS  
OPHIUCHUS  
AQUARIUS  
CRATER  
ORION  
AQUILA  
CRUX  
PEGASUS  
ARIES  
CYGNUS  
PERSEUS  
AURIGA  
DELPHINUS  
PHOENIX

BOOTES  
DORADO  
PISCES  
CAMELOPARDALIS  
EQUULEUS  
PLEIADES  
CANCER  
ERIDANUS  
PRAESEPE  
CANISMAJOR  
GEMINI  
RETICULUM  
CANISMINOR  
HERCULES  
SAGITTARIUS

CAPRICORNUS  
HOROLOGIUM  
SCORPIUS  
CASSIOPEIA  
HYDRA  
SERPENS  
CENTAURUS  
INDUS  
SEXTANS  
CEPHEUS  
LACERTA  
TAURUS  
CHAMAELEON  
LEO  
TRIANGULUM

CIRCINUS  
LIBRA  
URSAMAJOR  
COLUMBA  
LYNX  
URSAMINOR  
COMABERENICE  
MENSA  
VIRGO  
CORONAAUSTRALIS  
MONOCEROS  
VULPECULA  
CORONABOREALI  
OCTANS

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**SUDOKO**  
by Derek

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

**Did You Know ? – Ten Facts about the Human Body**

1. You are taller in the morning. Through the day, the cartilage between your bones is compressed, making you about 1cm shorter by the end of the day.
2. More germs are transferred by shaking hands than kissing
3. The brain doesn't feel pain, even though it processes pain signals
4. Humans are the only animals to produce emotional tears.
5. Your body gives off enough heat in half an hour to bring half a gallon of water to the boil.
6. Your heart rests between each beat. Over a normal lifespan, your heart stands still for about 20 years
7. 80% of your body heat is lost through your head.
8. It is scientifically proven that children grow faster in the spring
9. Walking uses a total of 200 muscles
10. You reduce your heart rate and blood pressure listening to relaxing music.

## A Warning about Sweeteners

Replacing sugar with aspartame and other artificial sweeteners does not help weight loss in the long term and may raise the risk of type 2 diabetes and cardiovascular disease, the World Health Organisation has concluded. Rather than switching to non-sugar sweeteners (NSS) it says that people should be aiming to use raw or lightly processed fruit with naturally occurring sugars, while trying to reduce their taste for sweet foods.

The WHO says the advice applies to everyone except those with pre-existing diabetes, and to all NSS - whether included in manufactured food and drinks, or sold on their own.

"It is not surprising to me that that WHO didn't find really any difference in health benefits between a regular soda and a diet soda." Dietician Stephanie McBurnett told the New York Times. "They are both processed foods. If you look at what's driving these chronic diseases like heart disease, diabetes, obesity, sugar is not always the only factor.

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## The Cost of Obesity

Obese patients cost the NHS more than twice as much as people of healthy weight, a study at Imperial College has found. Whereas each healthy weight person costs the NHS £638 a year on average, researchers found that the service spends £1375 a year per obese patient.

However the true cost of obesity is likely to be higher, as these figures do not take into account the impact of people being off sick for long periods. Obesity makes people more vulnerable to a range of health problems.

In a separate trial in the USA it was found that when 134 obese adolescents were given weekly injections of the drug semaglutide, 45% of them lost enough weight over the next 15 months to be no longer classed as obese, compared to 12% in a control group.

A painter has a canvas. A writer has empty paper. A musician has silence.

**Keith Richards**

## Light Drinking Helps with Stress?

Several studies have found that light drinkers seems to have a reduced risk of heart disease, but scientists have struggled to explain why that might be the case. Now research in the US has suggested that one factor may be alcohol's ability to tamp down a stress response in the brain. The large-scale study, involving 53,000 people, confirmed that light to moderate drinkers -- one drink a day for women, one or two a day for men -- had a 21% lower chance of heart attacks than teetotalers: and the reduction was even greater in people with pre existing anxiety. Scans then showed that the drinkers had less activity in the amygdala, the part of the brain that processes fear and threats -- although they had no alcohol in their blood at the time of the scan. When the amygdala is overexcited, it ramps up the nervous system, putting the body into fight or flight mode, which in turn leads to higher blood pressure and increased inflammation. The researchers say that by decreasing activity in the amygdala, light drinking may over time have a cardiovascular protective effect. However, they are not advocating drinking, because any amount of alcohol raises the risk of cancer. Their hope is that the finding will help find other ways of calming the amygdala, such as exercise or meditation.

# Gemma's Kitchen - Food from the Heart

## Baked chicken with red peppers and clementines

**SERVES FOUR**

*Ready in 1 hour*

*Per Serving: 355 calories, 16.5g fat*



Cooking the chicken with its skin on keeps it moist, But if you're trying to be healthy or count the calories, just remove it after cooking.

500g Chicken thighs  
3tbsp Oil  
8 garlic cloves unpeeled  
3 mix of coloured peppers, sliced  
2 red onions, quartered  
200g baby new potatoes  
6 seedless clementines, peeled and halved  
Basil to serve.



- ♥ Heat the oven to 190°C (Gas 5)
- ♥ Toss the chicken in a little of the oil and season well.
- ♥ Put on a baking tray and put in the oven for 45 minutes.
- ♥ Meanwhile, in a separate dish spread out the garlic, peppers, red onions and potatoes.
- ♥ Toss in remaining oil and season well. Put in the oven with the chicken
- ♥ 15 minutes before the end of the cooking time, add the clementines to the vegetables.
- ♥ When you are ready to serve scatter some basil over it.

*Gemma*



# It's Surprising What You Find

by George Llewellyn

Do ever think "That quote will stay with me for ever."?  
Michael Caine has had a couple of them, one when  
standing looking at the remains of a disintegrated van.  
"You were only supposed to blow the bloody doors off"  
And then at end scene as the bus dangles over the cliff.  
"Hold on boys I've got an idea"



Or in Casablanca

"Play it again Sam" and "Of all the bars in all the world"

And Mick in Crocodile Dundee

"That's not a knife. **This** is a knife"

And of course Clint Eastward

"Do you feel lucky, punk?"

Then a famous exchange from Churchill:

"Winston, you are drunk" a comment from a lady MP

"Yes Madam, and you are ugly, but tomorrow I will be sober"



A quote that kept me going this year with all the doctors, consultants and hospitals ...

"If you're going through Hell, keep going "

Good luck with your quote hunting and don't forget to share them.

George



## 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  
or via [www.energysolutions.co.uk](http://www.energysolutions.co.uk)



Welcome to our new class at St Barn





St. Babas Bearwood with Trainer Isy



**MAY: Coronation Party**

**JULY: Dale Johnson tells us about the real Home Guard**



**JUNE: AGM & Quiz. The Winning Team (The Glamour Girls!)**



## Chatstops Through the Year

### OCTOBER: CHUGS Corfe Hills Ukelele Group Entertain



## ... What is an ETIAS Waiver

### What is an ETIAS VISA waiver and will I need one?

In just over a year's time, UK residents will have to acquire an ETIAS VISA Waiver in order to visit any country that is part of the Schengen Area. It is inevitable that you will have many questions in regard to this, probably none more so than what is an ETIAS Waiver, why do you need one, and for some of you, what is the Schengen Area? Below, we will explain the answers to these questions and attempt to prepare you for when these changes come into effect next year.

### What is an ETIAS VISA waiver?

The European Travel Information and Authorisation System or 'ETIAS', has been created to strengthen Europe's combined borders and help identify any potential threats or risks potential travellers pose to these countries.

Please bear in mind that ETIAS is **NOT** a VISA but is instead an Electronic Travel Authorisation.

Once ETIAS has been successfully implemented, it will become a mandatory requirement for anyone attempting to enter the Schengen Area from a third country by Air, Land, or Sea.

Once you have obtained your ETIAS waiver, it will last for 3 years or until your passport expires, whichever comes first. What's more, as the Schengen Area members acknowledge the abolishment of internal borders, you will not be required to purchase a new ETIAS waiver for each country you visit. Furthermore, the ETIAS waiver is valid for stays of up to 90 days in any 180-day period but you will be required to apply for your waiver at least 96 hours before your scheduled departure date.

Most applications should be reviewed and processed within minutes; however, it is still best to apply well in advance of your trip in case there are any unexpected complications. Applications can be made online via desktop, mobile, or tablet but you won't be able to apply for one just yet.

### Why do you need an ETIAS waiver?

Whilst UK residents have enjoyed the same travel freedoms post Brexit with the EU as they had previously, now the UK is no longer a member of the EU, nor has it formed a Common Travel Area (CTA) with EU countries (except for the Republic of Ireland), the UK will now be subject to any new border related rules the EU or Schengen Area bring in.

However, as the UK will be a launch member of ETIAS, UK residents will be eligible for an ETIAS VISA waiver rather than being required to obtain a Schengen VISA. The ETIAS waiver is designed to be a quicker, simpler process compared to obtaining a Schengen VISA.

### What is the Schengen Area?

This article has repeatedly made reference to the Schengen Area without fully explaining exactly what it is. The Schengen Area is a border free area which guarantees free movement between member states. This means that any citizens of member states can travel, live, and work in any other member country without being required to obtain special formalities, such as a VISA.

Currently, 22 countries form part of the Schengen Area, these include:

Austria, Belgium, Luxembourg, Netherlands, Germany, France, Spain, Portugal, Sweden, Finland, Denmark, Lithuania, Latvia, Estonia, Poland, Slovakia, Hungary, Slovenia, Italy, Greece, Czech Republic (Czechia), Malta.

Turn to Page 22

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However, there are other 'non-EU Schengen member states', 'non-Schengen EU states', and 'Micro-states' that are de facto part of the Schengen Area that will all also require an ETIAS waiver to enter once the system goes live.

Non-EU Member States: Iceland, Norway, Liechtenstein, Switzerland.

Non-Schengen EU States: Bulgaria, Croatia, Cyprus, Romania.

Micro-States that are part of the Schengen Area: Monaco, San Marino, Vatican City.

The introduction of the ETIAS VISA waiver will increase security across all Schengen member states which will make travelling to any of these countries much safer. Authorities in these countries will be able to pre-screen visitors from VISA exempt countries without compromising their VISA-free status, meaning they are able to legally stop dangerous individuals, or individuals carrying contagious diseases from entering the country.

### What do you need in order to get an ETIAS VISA waiver?

To apply for an ETIAS waiver you will need a valid passport, an email address, and a credit or debit card to pay the [application fee](#).

As part of the application process, you will also be required to provide;

- Personal Information – such as full name, DOB, nationality etc...
- Passport information
- Current address
- Intended first destination

It has been approximated that the application will take about 20 minutes to complete but this will depend on the number of additional fields you are required to fill in.

### Where can I get an ETIAS VISA waiver from?

You can apply for your ETIAS VISA waiver from the ETIAS VISA waiver website which you can find at [https://travel-europe.europa.eu/etias\\_en](https://travel-europe.europa.eu/etias_en). As the system is not currently in place, you do not need to worry about applying for one right away. This will come into effect in just over a year, so a bit of time until then.

### Travelling to the EU? Get Travel Insurance with Able2Travel

If you are planning on visiting a European destination, then don't forget the importance of having a high-quality Travel Insurance policy in place to protect you before you travel.

You can get an Able2Travel Travel Insurance quote by visiting [www.able2travel.com/phsg](http://www.able2travel.com/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 terms, conditions, and exclusions.*

Jack



People in old times had convictions; we moderns only have opinions. It needs more than a mere opinion to erect a Gothic Cathedral. **Heinrich Heine**  
Fundamentalists lack that most civilising of virtues: Doubt. **Matthew Syed**

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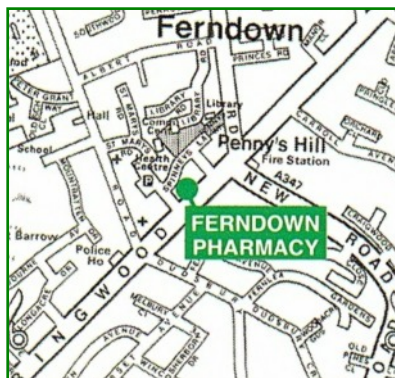
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## Meet your Trainers

*Isolda Rowley*

Hello everyone. My name is Isolda although most people know me as Isy. I was born in Poole and have three elder brothers.

I have always been active and into fitness. I was introduced to dancing at age 5 after going along to a class with a friend. And that was it. I just loved to dance, especially Ballet, jazz and contemporary. At age 16 I auditioned for Northern Ballet School in Manchester and was awarded a place. I moved up to Manchester and trained there as a professional dancer, graduating at age 19.

After Northern Ballet School I auditioned for a professional dancer role in Cyprus and performed in shows at luxurious hotels for 8 months. This was an amazing

experience which really pushed me out of my comfort zone as well as meeting fabulous entertainers and experiencing Cyprus with its beautiful landscape. Having had such a positive experience I returned to Cyprus again for another contract. This was an amazing opportunity to learn new choreography and meet new people. Having carried out two contracts I decided to have a change so I auditioned for a role in Portugal. This was covering all types of dance: Ballet, Jazz, tap, Irish and contemporary. I loved travelling whilst doing what I loved and meeting new people and learning about the world.

After my contract in Portugal I decided to have a break from travelling and started teaching with Dorset School of Acting. I teach Ballet, Jazz and stretch and tone, which I have done for over ten years. It is a great passion of mine to help others and improve their dancing, technique and fitness.

Whilst enjoying dancing I started with fitness coaching and personal training. I studied and completed my Level 2 and 3 in Fitness and Personal Training. I continued to work at Fitness First whilst teaching dancing.

Outside of work, I met my future husband Scott in the gym whilst between dance contracts. Once I was more settled we decided to travel. We did a lot of travelling together and decided to move to Australia. Scott is a bricklayer so finding work in Australia was relatively straightforward. I networked and found a role working at Fitness First. We lived in Sydney and really experienced the Australian ways and met so many



inspiring people. We then decided to backpack and travel around Australia. Much as we loved it, we missed England so after much thought we decided to travel home via New Zealand and America.

Once home we settled back into life and I continued to work at Fitness First whilst teaching dancing.

A few years down the line Scott and I got married and we now have two beautiful children – Archer age 4 and Julietta age 1. After having Archer, I wanted to be there for him so I studied my pre and post-natal course, whilst teaching fitness classes to other expecting and new mums, having Archer safely in a sling. This was so rewarding as I met other mums and their babies and we supported – and still do - each other through the parenthood journey.

I continued exercising and teaching fitness classes whilst pregnant with Julietta. Having two young children is certainly a juggle so I found myself a role working at Canford Sports Centre, which is where I met Lesley who introduced me to Poole Heart Support. Since then I have learnt so much, shadowed classes and I now support Jayne teaching Hearts on Seats every Thursday afternoon. With much thanks to Lesley I now have my own Heart Support class on Tuesday mornings at Bearwood. Helping and supporting others is part of my nature, whilst finding out about them and building friendships. I currently teach a variety of fitness classes at Canford and Personal Training. I still teach dancing with the Dorset School of Acting and enjoy watching Archer and Julietta growing up.

Life is certainly busy but I have a fine balance of ensuring that I am there for my children whilst doing something I love: classes and meeting / supporting others. I still train at the gym and keep my dance and fitness up as much as I can. I am excited about what the next steps with Poole Heart Support entail and look forward to meeting everyone along the way.

*Asy*



I use technology in order to hate it properly. **Nam June Paik**

Always fly First Class. Or your children will. **Jeremy Clarkson**

Be fearful when others are greedy, and greedy when others are fearful.  
**Warren Buffett**

The past is never dead. It's not even past. **William Faulkner**

The dogmas of the quiet past are inadequate to the stormy present. **Lincoln**

One of the most striking differences between a cat and a lie is that the cat has only nine lives. **Mark Twain**

Freedom is a fragile thing and is never more than one generation away from extinction. **Ronald Reagan**

What is important is seldom urgent, and what is urgent is seldom important.  
**Dwight D Eisenhower**

Sex is like money; only too much is enough. **John Updike**

Grief instatly ends your youth. **Ed Sheeran**



POOLE HEART SUPPORT GROUP

*Support and Friendship*

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

## **8 Easy steps to join Poole Heart Support Group.**

1. When you leave your phase 3 exercise programme the nurse will give you a Patient Summary Form. This says that you are ok to move on to phase 4 exercises and includes a brief summary of your time in phase 3.
2. Fill in the membership form, which is enclosed in the PHSG "New Members" magazine.
3. Send the membership form to the address at the bottom of the form.
4. The £8 membership fee can be paid online (details on the form) or with a cheque for £8 made payable to Poole Heart Support Group. (This fee includes membership for a partner). This needs to be renewed annually.
5. By return of post you will receive your membership number.
6. Call Robin Pringle on 01202 884250 or email [lesleyrichards@sky.com](mailto:lesleyrichards@sky.com) and they will discuss with you which class you would like to join.
7. When you know which class you will be attending take the white Patient Discharge form to your instructor at your new class.
8. Each session costs £5.00 per person. SEE YOU THERE!!!!

# PHSG Exercise Venues



<b>Ashdown Leisure Centre:</b>	with Caroline	Tuesday	09:30	
	With Jayne F	Friday	09:30	
<b>Bearwood St Barnabas Church</b>	with Isy	Tuesday	09:30	
<b>Broadstone: Community Centre</b>	with Jayne F	Thursday	13:30 (HoS Chair Exercise)	
<b>Broadstone: The Junction</b>	with Caroline	Wednesday	10:45	
	with Jayne F	Thursday	09:30	10:30
<b>Canford: School Sports</b>	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
<b>Ferndown: St. Mary's Church Hall</b>	with Juliet	Monday	11:00	
<b>United Church Hall</b>	with Juliet	Friday	10:00	
<b>Hamworthy: Liberal Hall</b>	with Caroline	Monday	10:00	
<b>Lytchett Minster: Manor School</b>	with Karen	Tuesday	17:30	18:30
<b>Parkstone Lower: Tennis Club</b>	with Paula	Tuesday	11:00 (Chair Exercise)	
	with Paula	Friday	10:45	
<b>Parkstone Upper: St Joseph's</b>	with Paula	Wednesday	10:45	
<b>Swanage: Methodist Church</b>	with Jayne T.	Wednesday	14:30	
<b>Wareham: Purbeck Sports</b>	with Jayne T.	Monday	13:30 (studio)	
	with Jayne T.	Thursday	11:00 (gymnasium)	
<b>Zoom:</b>	On line	with Emma	Wednesday	09:00



# Official PHSG Clothing T-Shirts, Polos Sweatshirts and also NEW Hoodies for Winter

Hi my name is Lynne Armstrong and I attend Lesley and Emma's classes at Canford. I am the lady who sells the PHSG clothing range. Our range consists of Crew and V neck T Shirts, Polo Shirts, Sweatshirts and a new addition zipped Hoodies, which you will see all your trainers wearing soon!



I hold samples in various sizes and colours of all the range. The clothing brand is Fruit of the Loom and is of very good quality and washes well. T-shirts are £8; Polo

shirts £12; Sweatshirts £14 and Hoodies £22. Here is a small selection of colours available. My next order to the manufacturer will probably be placed sometime in February, if you are interested in seeing samples and colour charts please feel free to contact me on 07469 936491 or by email [lynnephsg@gmail.com](mailto:lynnephsg@gmail.com)



## A Message from Canford Sports

Here at Canford Sports Centre we have been delighted to host and facilitate Poole Heart Support Group for the last 25 years. It has been great to see the group grow, with the friendly, approachable, and knowledgeable instructors continuing to support so many outpatients over the past few decades. We look forward to continuing this support for years to come at Canford.



To encourage continuity with active lifestyles following the cardiac rehabilitation programme, we offer any member of the PHSG a 10% discount on our Sports Centre membership and no joining fee. This would give the member access to our pool and gym at each morning and evening at a time that is convenient to them. Our friendly team of lifeguards and fitness instructors can walk new members through the machines and advise of the best exercises to continue the benefits of exercise

following the heart support programme. Contact the sports centre reception on 01202 847524 or email us at [sportscentre@canford.com](mailto:sportscentre@canford.com) for more information.



# Do You Know Your Class Etiquette?

I am so pleased to report that our PHSG numbers are increasing and classes are getting busier since returning after the pandemic. The success of phase 4 (which is what we call PHSG classes) is down to a great team, a well-run phase 3 programme, (the eight week course that NHS offers), and general confidence to return to group settings.



Having been on a recent course with other Cardiac practitioners I realised how lucky we are in Poole to have this fantastic service as many NHS trusts don't have funding to offer cardiac rehab let alone have a community phase 4 option.

This brings me to the subject of this article's gentle reminder about ... 'class etiquette'

- ♥ It is really important for members to be respectful of other class participants, their instructor and other members of the public and employees at the class venue.
- ♥ Please remember to bring water and be prompt. We all know that traffic around Poole is terrible so being late is sometimes unavoidable so join in when you can.
- ♥ Please bring any medication that you may need. For example GTN spray and Inhalers and if you are diabetic check your blood sugar levels are in target range before exercising.
- ♥ If you are feeling unwell or your medication has changed and you don't feel 100% then **please don't attend**; If you need to leave the room during the exercise please let your instructor know and please don't leave mid class without letting your instructor know you are going home.

As instructors we love teaching PHSG classes; most of the team have been doing this for 15-20 years and we want you all to love coming to class and getting the most out of the exercise and social aspect of each class.

See you all at class

*Emma on behalf of all our trainers*



## DAMN STATISTICS

NHS hospital staff in England reported 20,000 alleged incidents of sexual violence and sexual misconduct against them by patients in the five years to 2022. **B.M.J.**

More than half (53%) of 16 to 18 year olds believe that it is "likely" that the world will end in their lifetimes because of climate change. **Daily Telegraph**

- ☺ If you have 5 ants, how can you double them? Rent them a room. Then they will be tenants.
- ☺ Penguins groom themselves using oil from their uropygial gland, which helps their feathers be water repellent and retain heat. Which just goes to prove, the oily bird gets the warm.
- ☺ If my wife's upset I let her colour in the tattoos on my back. She just needs a shoulder to cry on.
- ☺ What has 4 legs and an arm. A happy pit bull.
- ☺ Due to metrication, the movie starring Dorothy and Toto will be titled "The Wizard of 28g"
- ☺ My wife got hurt after annoying the marsupials on our trip to a Malaysian zoo. "Kuala Lumpur?" "No, it was a kangaroo."
- ☺ I went to a terrible rock concert in SE Asia. "Singapore?" "Yeah, all the band were rotten too."
- ☺ "My mate just left for a trip to Malawi." "Lilongwe?" "No, flying direct."
- ☺ The optician-turned-vicar officiating at his first wedding... "for better or worse. Better? Or worse? Better? Worse?"
- ☺ Why is Toblerone triangular? If it wasn't, it wouldn't fit in the box.
- ☺ I'm still waiting for Toblerone.
- ☺ My son is going to a Rolling Stones concert. It's a family tradition going back five generations.
- ☺ A friend has just told me that due to the cost of living crisis, he can't afford to pay his water bill. I sent him a get a well soon card.
- ☺ My half-brother and I are no longer allowed to play with saws.
- ☺ I built a model of Mount. Everest. "Is that to scale?", they asked. I replied "No, just to look at."
- ☺ A young woman walked into a church wearing a diaphanous blouse, and nothing underneath it. "You can't come in here looking like that!" exclaimed the priest. "I have a divine right!" she responded. "You have a divine left as well, but you still can't come in!"
- ☺ I'm going to The British Museum later this afternoon. Does anyone want anything?
- ☺ .... I'd like some marbles please.
- ☺ Dolphin baby: "How did you and Mum meet?" Dolphin Dad: "We met in school." Dolphin Mum: "Don't you dare ... " Dolphin Dad: "We just clicked."
- ☺ Gloria Gaynor invited 6 people to dinner, only 5 turned up. "Never mind" she said "I will serve five."
- ☺ A recent survey has revealed a decline in the popularity of evening entertainments such as charades and Twenty Questions, but five out of six people still enjoy Russian Roulette
- ☺ As I put my car in reverse, I thought "This takes me back!"
- ☺ At the rate we are going, they are going to cancel shampoo so that bald people are not offended.
- ☺ "Just cleared out some space in the freezer" sounds so much more productive than "I just polished off another pint of ice cream."
- ☺ Life in 2023 is easier for a boy named Sue than it was in 1969.



- ♥ If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous
- ♥ Which letter is silent in the word "Scent," the S or the C?
- ♥ Every time you clean something, you just make something else dirty. (*Oh deep! That's Entropy. Ed*)
- ♥ The word "swims" upside-down is still "swims".
- ♥ Over 100 years ago, everyone owned a horse and only the rich had cars Today everyone has cars and only the rich own horses.
- ♥ If people evolved from monkeys, why are monkeys still around?
- ♥ Why is there a 'D' in fridge, but not in refrigerator?
- ♥ As I've grown older, I've learned that pleasing everyone is impossible, but pissing everyone off is a piece of cake!
- ♥ I'm responsible for what I say, not for what you understand.
- ♥ Common sense is like deodorant. The people who need it the most never use it.
- ♥ My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously, there's a new strain out there.
- ♥ It's not my age that bothers me - it's the side effects.
- ♥ I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on bin day.
- ♥ As I watch this generation try and rewrite our history, I'm sure of one thing: it will be misspelled and have no punctuation.
- ♥ As I've aged, people think I've become lazy. The truth is I'm just being more energy-efficient.
- ♥ I haven't got anything done today. I've just been trying to open this stupid plastic bag.
- ♥ If you find yourself feeling useless, remember: it took 20 years, trillions of dollars, thousands of lives and four presidents to replace the Taliban with the Taliban.
- ♥ Turns out that being a "senior" is mostly just Googling how to do stuff.
- ♥ I want to be 18 again and ruin my life differently. I have new ideas
- ♥ I'm on two simultaneous diets. I wasn't getting enough food on one.
- ♥ I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
- ♥ My mind is like an internet browser. At least 18 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.
- ♥ Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.
- ♥ My wife says I keep pushing her buttons. If that were true, I would have found mute by now.
- ♥ There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest.



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



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

