

# MAGAZINE

Poole Heart Support Group

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

[facebook.com/groups/poolehearts](https://facebook.com/groups/poolehearts)



Geoffrey Walker Retires  
Lesley becomes a V.P.  
Annual Reports  
Chat Stop Round Up

Summer 2024

# POOLE HEART SUPPORT GROUP MAGAZINE

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PRESIDENT EMERITUS: Dr. ANDREW MCLEOD

Vice Presidents: LESLEY RICHARDS RSA, BAWLA, EXTEND, BACPR

MAGGIE RICHARDSON

JIM WAINE

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## PHSG CONTACTS

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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:

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*Print Deadlines are 10<sup>th</sup> May, and 10<sup>th</sup> November*

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

*February, April, June (AGM), August, October, December*

*COVER PICTURE: Dancing by Chris and Marian at ChatStop.to Dave Arnold's Music  
© 2024 Poole Heart Support Group*

# Chairman's Annual Report

This is my Annual Report to the AGM at the Chatstop on June 7<sup>th</sup>. We try to get this necessary evil out of the way quickly to get on with the fun of Janet's Quiz.

PHSG is in good shape. All of our classes are running at full strength and our finances have more than recovered from pre-pandemic levels as you'll see from Treasurer Paul Alexander's report. Looking at that report, and seeing the work that Paul has put in, I am always reminded of how lucky we are to have such a terrific committee and team of volunteers. At the risk of picking out particular people; Jan Mesher and Nigel Rowe bounce emails back and forth as they deal with new members. Lynne Armstrong is really accelerating the PHSG clothing sales and soon you will see that all our trainers will have their own distinctive PHSG uniform. Trish Flooks keeps me in line with meeting dates and a lot of good admin and watches the Facebook page too. Assistant Treasurer Jayne Frank pays all the bills.

Mention of Jayne leads me to point out that PHSG is changing. Recently Emma Thomas came on to the committee as Lead Trainer. This is because Lesley Richards is standing down from that role, of which you will read more later, but it prompts me to point out that we now have committee input from four of our trainers. This can only be a good thing.

Gill Rowe has taken on the task of knocking our website into shape and making sure that it is kept up to date. In her report she urges that members get into the habit of consulting the website in future to check on changes to our schedules.

Our long standing Vice President Geoffrey Walker has announced his retirement, and so he is going to stand down in that role. We are extremely grateful for his championship of PHSG and you can read his letter in this issue, as well as tributes to him from our President and Past President.

Finally, just when you think that we have enough changes for the time being, we receive a letter from the British Heart Foundation telling us that they are changing their relationship with Affiliated Groups. The result is that we can no longer be Affiliated and that their insurance cover for us will cease in September. Henceforth we will be able to call ourselves "A Member of the Independent Heart Support Network". Through the good agencies of J.L.Morris (Insurance Brokers) of Broadstone we have already put alternative cover in place with Ansvar Insurance who offer a policy designed for groups like ours.

*Chairman Keith*





## Farewell From Geoffrey

Dear Friends,

I hope that you have all weathered the winter and cold spring thus far and hopefully we have a great summer ahead. I remain as a senior nursing advisor at Dorset County Hospital and everything is as busy as ever as the NHS struggles to cope with high waiting lists and ever increasing demand. Dorset County is a great Hospital and investing heavily in services. A new critical care unit and emergency department are being built and they have upgraded "Damers" the staff restaurant. Across the NHS pressures and staffing remain a great concern with record nursing vacancies. It is highly likely that this year will be a year of great change as we have an election and probably new government. As always at these times new strategies come out and the NHS has to adapt. Change is inevitable and I believe always a

good thing. With this in mind also I have some news for you.

I want to inform you that it is my intention to fully retire from the 31st May this year from nursing and the NHS. I will still remain dedicated to nursing although I feel the time is right to make way for other up and coming leaders. I have done 39 years and as I move into my 40th year feel the time is right to leave.

As I move to this new chapter of my life, I want to spend more time doing the things that I have often put on hold and as such am stepping down also from my position as a vice president of the Poole Heart Support Group. I have been with your group for more than 20 years and have been honoured to be part of it, however the time again is right to make room for a new person.

I would like to take this opportunity to thank you all for your help and support over the years and wish you all the best for the future and I am sure our paths will cross again at some point.

Best Wishes.

*Geoffrey Walker*



The good physician treats the disease. The great physician treats the patient. *William Osler*  
There are only two classes of mankind in the world; Doctors and Patients. *Rudyard Kipling*

## Au Revoir From Andrew

I first met Geoffrey in the late 1980s when he joined us as charge nurse in the Coronary Care Unit at Poole, at that time based in area C2 of the hospital, the ITU being next door. Our CCU sister was Shelley Melville (later Pasamar), and the two of them formed an immediate bond. They worked extraordinarily hard with very few staff. The staff to bed ratio was 1.2 – which sounds a lot, but is very poor when one considers shifts, night duty, holidays etc. It was a huge struggle to look after patients adequately, but Geoff and Shelley were uncomplaining. The hospital authorities were not



supportive. Fewer nurses meant cheaper running costs and it was many years before we were able to improve the staffing levels. There were no such things as 'National Norms' and 'Benchmarking'. The CCU moved several times before settling into a new unit built above the outpatient area. In addition, Geoff and Shelley organised and led the Oxford mega-trials, particularly with thrombolytic drugs, which saved the hospital huge amounts of money on drug costs – there was never any thanks for this.

Nobody who has worked for the NHS as I did for 43 years gets through without some very low moments, and Geoffrey was as much of a support to me as I hope I was to him.

Geoffrey was awarded an OBE for his services to nursing – and for his charitable work for the Florence Nightingale foundation and the British Red Cross. He also served the RCN as a regional representative and awarded the accolade of 'Nurse of the Year'. He and Shelley attended the presentation party in London. There is a wonderful story Geoff told about Shelley's experiences that evening, but I should probably keep that for private consumption.

Among the stories about Geoff, I recall one evening when he and Shelley came to dinner with us. My wife had committed some minor traffic offence – I can't remember whether it was parking or otherwise. She explained how she thought she would write a letter to the authorities in explanation. 'You won't get away with it.' said Geoffrey in his gentle but firm tones. Lindsay explained further how she would come up with a suitable excuse. 'You won't get off', said Geoffrey. Lindsay was puzzled. 'Why not?' She asked. 'Because I'm a JP and we hear that story all the time in court' said Geoff.

Whenever I think of Geoffrey, he is one of those people you can hear speaking. His lovely Cumbrian accent combined with the clearest of thoughts and ideas is in my mind now as I write. Farewell, Geoff ... but au revoir please.

*Dr Andrew A McLeod MD*



***Former Consultant Cardiologist to 'East Dorset Hospitals' as it used to be.  
President Emeritus of Poole Heart Support Group.***



## Au Revoir From Christopher

I have known Geoff since my start at Poole Hospital in 2008. He was a real presence in cardiology and at this time he was moving up the ladders of nurse from his role within CCU to becoming principal matron for medicine.

Despite this we saw each other regularly - whether it was part of the interviewing process, a coffee, or at a social gathering. Geoff was a master communicator and a highly inspiring nurse who emitted positivity in

everything he did. I would consider him a friend as well as a colleague and I was gutted when he made the difficult decision to move to Dorchester, this owing to merger politics I'm sorry to say.

I can confidently say that Geoff be remembered at Poole as a Hospital Legend and is one of the most recognisable and liked nurses at our trust. This is in part to his profile as he would always be on the walk about trying to interact with people via conversation rather than emails. He was the ultimate people person and I loved that he remained a straight talker so you knew exactly where you stood with him. Despite leaving Poole Hospital he remained loyal to the Poole Heart Support Group where he was Vice President for over decade.

I am going to miss you Geoff and thanks for the years of service and friendship. On behalf of the Poole Support Group "We salute you" - thank you thank you thank you!

Kind Regards.

*Dr Christopher Boos MD*

**President, Poole Heart Support Group.**



### DAMN STATISTICS

The average car is now more than 180cm wide, having grown 0.5cm every year on average since 2001. [DailyTelegraph](#)

TV licence evasion rate has reached 10.3%, up from 5.2% in 2012. Around 75% of the people prosecuted for it in 2021 were women. [TV Licensing Statistics](#)

Police in England and Wales recorded 430,104 shoplifting offences last year. 37% more than the year before, and the highest figure since records began in 2003. [ONS](#)

About 2 million people in England and Scotland say they have Long Covid. 1.5 million of them say it affects their day-to-day activities. [ONS](#)



## My Journey with PHSG

*by Lesley Richards*

I qualified as a fitness instructor in 1994 and taught aerobics and step at various leisure centres in the Poole area. I also did hours working in the gymnasium at Poole Sports Centre and Broadstone leisure centre. It was in 1999, while working in the gym at Broadstone Leisure Centre, that I first came across Poole Heart Support Group ... they had classes running weekly in the gym. The instructor for these classes was supplied by the centre.

One day in May that year I turned up for work as usual. The manager of the centre came to see me in the gym to tell me the instructor that took the PHSG classes had left so it was over to me. I went into panic mode! Me taking Heart Club! All of those people with dicky tickers. I had no knowledge of cardiac rehab at all, what was I going to do?

However, over the preceding months I had come to know the members and knew they were a friendly bunch. Also, I had seen them all exercising regularly, so I knew they were all fine, in fact a very fit and able group. When they were told I was now their instructor, they didn't bat an eyelid and in fact they all seemed really pleased to have me. My first class with PHSG was very successful (no mishaps) and I was surprised at how much I enjoyed it.

One of the members stayed after the class, and told me all about PHSG. He gave me some hints and tips for taking the classes and welcomed me to the group. We exercised at Broadstone twice weekly for the next few months. PHSG and I were getting to know each other and the classes were going really well. One Friday afternoon, I was called to the managers office and told I was being made redundant. Just like that. I left, wondering what I was going to do next.

A few weeks later, PHSG were asked to leave the centre, being told they could no longer accommodate them in the gym. Out of the blue, I got a phone call from Robin Pringle, telling me what had happened. He was looking for a new venue and asked if I would be the instructor. We went to Ashdown leisure centre together to look at the gym, and a few weeks later we started a class. And so began my PHSG journey!

The first class at Ashdown was so successful that we soon needed another class ... and another ... and another ... before long it was five classes a week.

While all of this was going on, there were four classes running at Canford School. The original instructor moved on, and I was asked if I would step into her shoes. That was in September 2001 and I'm still there every week! The four classes at Canford soon became five!

The PHSG committee decided we needed an evening class so I started running two classes at Lytchett Manor School. We needed classes in Ashley Cross, so I started two classes a week there. We need a seated class, so I started Hearts on Seats at Broadstone. The classes at Canford were so busy, I started classes on Fridays. We also had classes running in Wareham and Swanage, coordinated by Robin and Roger Ridout, with Clare being the instructor. We are a busy group.

In January 2002, BACPR introduced a course for exercise instructors. Both Clare and I attended the course, sponsored and supported by PHSG. The course set us in good stead to carry on with our cardiac rehab career.

At the end of 2002, with my new BACPR qualification in hand, I applied to work at Poole Hospital in the Cardiac Rehab department. I got the job and I'm still working there every Wednesday.

With more and more new members joining, and the need for more classes, we needed more instructors. I simply couldn't do any more classes myself. PHSG have been incredibly supportive and always keen to take on new instructors, sponsoring them through the BACPR course. New classes and instructors started to spring up all over! We've had a lot of instructors over this time, some moving on, but the majority staying for years!

When I started working for the NHS, Paula took over the Ashley Cross classes and she's still with us today making 22 years. Paula runs three classes a week for us in Lower Parkstone.

I used to exercise at David Lloyd, and it's here that I found Emma. I used to go to her circuit class; I knew she could teach. I asked her to cover some of my classes when I went on holiday, that was in 2004 and she's been with us ever since. She runs four regular classes at Canford for PHSG, as well as a Zoom class, and also for the NHS.

Jayne Frank came along a couple of years later, also taking regular classes for PHSG and for the NHS. Jayne runs some of our classes at Broadstone and Ashdown and leads the very popular Hearts on Seats class. She personally organised outdoor classes during Covid so that our members could keep exercising during the lock down times.

Caroline came to us already qualified and slotted in perfectly. She arrived just in time to help us cover Emma's classes whilst she was on maternity leave and now runs our Hamworthy class, and classes at Ashdown and Broadstone.

Karyn worked for us over the years covering and helping out, but was busy with other work and young family so didn't qualify with BACPR then, but about seven years ago to our delight she came back to us and qualified on the course. She now takes care of our Lytchett classes.

Juliet similarly has been with us for quite some time, taking our Monday class at Ferndown. She saved the day when Richard left us at the end of last year, stepping in to take over the Friday class too. Juliet was another instructor that took outdoor classes on the KGV Playing Fields during Covid .

When Clare left us, we had a few years where we struggled to find a permanent instructor in the Swanage and Wareham area. We had a few come and go, but they never stayed for long. It was frustrating. Then along came Jayne T... hip hip hooray! She came to us fully qualified and with years of teaching experience and fitted in perfectly. Needless to say, Wareham and Swanage classes now run smoothly. Jayne also works for the NHS.

Icy, our newest instructor, is just starting out with PHSG. I saw her while she was working at Canford School and I knew she'd fit in with us. She agreed to help us cover some classes, and before long she had her own class, which she runs at St Barnabus Church, Bearcross. She also assists Jayne F with the HoS class and is just about to start her BACPR course. We wish her every success.

Ten years ago, I was asked to join PHSG committee and given the title Lead Trainer, where my role is generally looking after classes and instructors.

We're so lucky to have such wonderful loyal instructors. I've mentioned them all above, but it would take me forever to list all of their qualities. I'm sure all of you that attend our exercise sessions will agree with me. They really make our classes a safe and enjoyable place to be. There's always something going on within PHSG. Whether it's our Chat Stop or Walking Group and of course our many exercise classes. The committee work really hard to keep things running smoothly. It's been great working with them all.

I've decided to step down as lead trainer, handing the title over to Emma. I know she's going to do an amazing job and I hope she enjoys the challenge as much as I have. I will still be teaching my Canford Classes, and covering others when needed, but I'm going to leave the organisation of instructors and classes to Emma!

I feel incredibly lucky to be part of Poole Heart Support Group!

*Lesley XX* 



**Hello from our Office Manager  
Jan Mesher**



**01202 250108**

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

The Office Manager was on her sun bed.  
New Members applications float in her head.  
The sunshine beats down,  
She's getting quite brown,  
But that damn keyboard calls her instead.

*Jan*

# Financial Report -2024 AGM

Thank you to all who provide their time and effort on a day to day basis to support the financial duties to allow PHSG to function - Keith, Nige, Robin and Jayne. I also have to thank our volunteers who enable Chatstop and the sale of clothing to be such a success.

Financial headlines - PHSG are reporting a surplus of £8,830 for the financial year 23/24. We finished the year with a cash balance of £45,526.

Membership is now recovering to almost pre-Covid levels. We run 29 classes per week and attendance averages about 11 per class. The increase in charge from £4 to £5 has also had a very beneficial effect, enabling us to increase the amount paid to trainers as well as covering increased costs charged by the venues.

Financial outlook - The outlook is healthy. However, generating a surplus leads to an increasing cash balance. I have asked the committee for proposals and ideas on what can be done to reduce the balance in a way which is consistent with our aims. I would welcome ideas from our membership. Please send these through to our chairman so that we can discuss them at committee and also with the members at the AGM.

*Paul Alexander Hon. Treasurer*



## POOLE HEART SUPPORT GROUP

### FINANCIAL STATEMENT - YEARS ENDING 31st MARCH 2024

YEAR		2024	2023	2022	2021	2020	2019
<b>INCOME</b>	Exercise	67,004	43,245	22,948	1,300	20,498	28,674
Member & Donations		7,661	5,939	8,615	8,175	7,767	8,946
One -off donation		0	4,000				
Adverts		100	500			300	250
Dinner		0				1,797	2,268
Chatstop		638	613	121		417	400
T-shirts		1,255	598	612		210	150
Walking book		0					
Miscellaneous		0					
Bank Interest		0					3
<b>TOTAL INCOME</b>		<b>76,657</b>	<b>54,895</b>	<b>32,296</b>	<b>9,475</b>	<b>30,989</b>	<b>40,691</b>

## EXPENSES

Instructors	43,065	25,819	21,957	4,853	14,563	18,284
Rent	18,928	16,672	11,508	1,326	10,625	9,817
Printing	1,345	1,295	1,630	594	3,144	2,921
Postage	1,881		350		1,656	1,756
Training	40			-185	878	2,000
Honorarium	0	800	1,125	380	1,075	720
Dinner	0			1,284	2,496	
Speakers	96		175	143	240	300
Walking	0					100
Equipment	944	336	238		503	401
Clothing	1,304	603	675			
Website	0	1,403				
Miscellaneous	225	431	236	19	720	600
<b>TOTAL EXPENSES</b>	<b>67,827</b>	<b>47,359</b>	<b>37,894</b>	<b>8,414</b>	<b>35,900</b>	<b>36,899</b>
<b>SURPLUS/(DEFICIT)</b>	<b>8,830</b>	<b>7,536</b>	<b>-5,598</b>	<b>1,061</b>	<b>-4,911</b>	<b>3,792</b>

## STATEMENT OF FINANCIAL POSITION

YEAR	2024	2023	2022	2021	2020	2019
<b>ASSETS</b>						
Cheque Account	43,369	35,087	28,336	34,074	33,183	31,534
Deposit Account	0					6,524
Cash in Hand	1,857	1,309	524	383	213	250
<b>TOTAL ASSETS</b>	<b>45,226</b>	<b>36,396</b>	<b>28,860</b>	<b>34,457</b>	<b>33,396</b>	<b>38,308</b>
<b>RESERVES</b>						
Surplus b/f	36,396	28,860	34,458	33,397	38,308	34,516
Surplus/(def) for yr	8,830	7,536	-5,598	1,061	-4,911	3,792
<b>TOTAL RESERVES</b>	<b>45,226</b>	<b>36,396</b>	<b>28,860</b>	<b>34,458</b>	<b>33,397</b>	<b>38,308</b>

## Club Clothing Report -2024 AGM

Clothing sales are going well. I try to do an order about three times a year. I hold a sample stock of all the range in all sizes and a variety of colours. I always try to encourage members to try on a sample before making an order as it avoids any issues. It is nice to see members wearing our uniform with our logo at classes and they look very smart. My details are in the Magazine if anyone wants to contact me, and you can see my advertisement on page 29.

*Lynne Armstrong*



# Poole Heart Support Walking Group

*A Member of the British Heart Foundation*

*Independent Heart Support Network*

## SUMMER WALK SEASON 2024



If you wish to find information regarding the meeting place for joining a walk, visit the Walking Group area of the Poole Heart Support Group Web Site where you will find the date of the next walk and the meeting place details. [www.poolehsg.org.uk](http://www.poolehsg.org.uk)

The Walking Group (known as Pacemakers '97) has just finished all its walks for the 2023/24 Winter Season. Despite the very wet conditions throughout the Winter, the Pacemakers were very lucky (by chance) to have chosen dates on which the conditions were fairly good. Very little rain during the walks but quite muddy underfoot on some occasions! On only one occasion was the decision made to cancel a walk. This was rather a shame, since it follows a lovely path alongside the river. On this occasion, there was no distinction between the river and the surrounding fields!

Our walk leaders i.e. walking group member volunteers, have also endeavoured to source walks to suit all walking members' requirements. Our walks are therefore planned to be around 3.5 to 4.0 miles long and not to involve difficulties such as steep hills, tricky styles etc. Of course this can't always be totally achieved but help is always at hand and time allows for short stops if required.



New members are warmly welcomed and if you are already a member of the PHSG and would like to find out more about the Walking section please feel free to contact Larry on 01202 911496 who will be pleased to help.

Linda Thomas



**NOTE : All Summer walks start at 10.30 a.m.**

DATE	WALK LEADERS
Sat 25th May (Bank Holiday w/e)	Bob & Linda, Swyre Head
Wed 5th June	Malcolm & Margaret
Sat 15th June	Bob & Linda - Walk & BBQ
Wed 26th June	Ray
Sat 6th July	Brian
Wed 17th July	Bob & Linda
Sat 27th July	Nigel & Jill
Wed 7th Aug	Heather & Pat
Sat 17th Aug	Larry & Jean & Jean R
Wed 28th Aug (Bank holiday week)	TBA
Sat 7th Sept	Dianne
Wed 18th Sept	Larry
Sat 28th Sept	TBA
<b>FIRST WINTER WALK OF 2024</b>	

Wed 9th October                      Ray    (Nigel & Gill)

**Stepping Out Again!**



# SPORTS WORD SEARCH by Derek

ARCHERY  
BADMINTON  
BOXING  
DECATHLON  
DISCUS  
DIVING  
FENCING

HAMMER  
HEPTATHLON  
HIGHJUMP  
HOCKEY  
HUNDREDMETRE  
HURDLES  
JAVELIN

LONGJUMP  
MARATHON  
POLEVAULT  
ROWING  
SHOOTING  
SHOT

TABLETENNIS  
TAEKWONDO  
TRIPLEJUMP  
VOLLEYBALL  
WEIGHTLIFTING

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

I sometimes think that God, in creating man, somewhat over estimated his ability. *Oscar Wilde*

The best fame is a writer's fame; it's enough to get a table at a good restaurant, but not enough that you get interrupted when you eat. *Fran Lebowitz*

There ain't any answers, there ain't going to be any answers, there never has been any answer, that's the answer. *Gertrude Stein*

## SUDOKO by Derek

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

### Is Ultra-Processed Food Addictive?

There has been a lot of debate about ultra processed foods (UFPs) and to what extent they are harmful. Now scientists have suggested that what makes UFPs particularly problematic is that some of them are addictive, and they argue that they should be labelled as such. The researchers, from the US, Brazil and Spain, note that refined carbohydrates and fats (Often found in high levels in many UFPs) have been shown to have similar effects on dopamine levels in the brain to addictive substances. People's behaviour in relation to UFPs is indicative of addictive cravings; excess consumption and continued consumption, even when there is clear damage to health. A number of factors including the use of additives and efforts to enhance "mouth feel" may contribute say researchers in the British Medical Journal, but its probably mainly just carbohydrates and fats.



Feb - Dave Arnold Entertains



May - Swanage





Railway



March - Policing Missing Persons.

Chastops Through the Year

April - University of the Third Age



# Membership Annual Report -2024 AGM

## May 2024 Summary.

Membership	2024 (YTD)	2023	2022	2021	2019/2020
Full Members	547	556	410	503	635
Partners	347	308	263	321	385
Total	894	864	673	824	1020
Left	86	83	116	171	118
Honorary	50	50	50	48	52
Advertisers	4	5	7	7	6
Committee Members	13	12	14	16	11

We're already almost halfway through 2024 and, at the time of writing we've had 51 new members joining the group. At this point in 2023 we'd had 31 and ended the year with 94. Overall, though, total numbers are staying roughly as we expect year on year with "newbies" replacing "leavers".

We do seem to be running more classes than ever, and recent figures show the number of people exercising regularly is gradually increasing which is really good news. Thanks to everyone for all their efforts.

*Nigel Rowe, Membership Secretary*



## The PHSG Website

Hello everyone, my name is Gillian and I am the person who volunteered to take on the task of maintaining the Poole Heart Support Group website.

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

I've put it in big bold letters as a lot of people I've spoken to didn't know there was a website. So just in case you missed it... here it is again..

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

The website is there to back up the role of the Poole Heart Support Group in the community; it was rebuilt a couple of years ago with basic, but essential information in it. We now have the opportunity to gradually improve it and promote it to all PHSG members to use as a resource.

My main aim at the moment is to ensure that it contains up to date information about Exercise Sessions, walks and Chatstops. I am also looking to improve the layout of some of the pages and add in extra information/detail. I hope by the time you receive this magazine that I will have added a new page for PHSG clothing – sadly you won't be able to order items online, but you will be able to see what is available and who to contact. So... one last time in case you missed it....

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

*Gillian Rowe, Website Controller*



***Sue Carter who attends Isy's Bearwood Class, made a generous donation from her Line Dancing Club for Isy to buy a new Trampette for the group, for which we are very grateful. She tells us here about the Dance Club.***

I am treasurer of the County Line C & W dance club. It was our 10th anniversary in January. Ten of us organise a monthly dance with live music for our customers who love to Line Dance when and wherever we can. We hire a hall at St Leonards Village and we have over 80 people attend every month. We do special nights at Easter, Christmas and our Summer Break night in July after which we close our doors for two months to have the committee members holiday! Our guest singers are from all over England, so we pay quite high fees for them to attend. We are quite lucky that we have a good selection to choose from, so very rarely have one come twice in a year. We are not for profit, as long as we keep afloat we're happy.

We do give our profits away to locals who have sick or needy children, we ask our members for any friends who would welcome a small donation to aid any disabled child. We are very proud of what we have done over the years. PHSG members would be most welcome to try us out. Just get back to me, you might enjoy yourself. 07894 288 362



*Sue Carter*

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# Gemma's Kitchen - Food from the Heart

## Cooking for One

I often hear people say that they find recipes for one person difficult to source. With electricity prices at a high this recipe can be cooked in a Wok or ceramic casserole on the hot plate! So, a saving all round.

Grains and pulses are so underused. Give this recipe a try and you'll be converted. Pearl barley is cheap and tasty

### **SAUSAGES AND PEARL BARLEY HOTPOT.**

#### **To make one portion.**

**2 sausages**

**½ an onion, roughly chopped**

**½ a carrot, roughly chopped**

**Olive Oil**

**A handful of pearl Barley**

**1 chicken or veg stock cube**

**400ml water, plus extra if needed**

**Handful of frozen peas**

Fry the onion and carrot in a splash of oil on a medium heat for 5 minutes. Add the sausages and continue cooking until the sausages are golden brown.

Do not let them burn!

Add the pearl barley, stock cube, and water and simmer for 20 minutes., test that the pearl barley is soft, if not add more water if needed.

Add the peas and seasoning for a further few minutes.



*For a healthier version of this recipe substitute Chicken thighs for the sausages*

Gemma



# It's Surprising What You Find

by George Llewellyn

I've always worked in or near a factory. You might think that sounds boring but factories are always full of surprises and characters.

One day I called into the shop floor toilet. It was the type that had a small room before you get to the main area. As I went into the main area, the door opened. There, in front of me, was an image I wasn't expecting. In full "belly dancer" regalia was a man, yes, I recognised, a man! At least I hadn't taken the wrong door!

I stood there trying to take in the details in front of me: long blonde wig, made up face, see though chiffon blouse, black bra, chiffon pantaloons and high heels. I was speechless! Taking in the scene, the voice said "Hello George", pushed past me and out to the shop floor.



Well I did say factories had characters. It was Knobby, the cleaner. To this day, I do not know what was going on. Such is factory life!

Well, Knobby was a wag. Some years later, I needed to go to the local town hall to register my daughter's birth. I drove up to the entrance leading to the town hall. Not a Car Park space to be seen.

A well dressed car park attendant (what I call a 'flunky') suddenly appeared with a long frock coat and a flat cap.

He points to me; Sandra says, "Don't make a scene."

I wind the window down and call to the flunky, "I say my man! Find me a space!" He turned on his heels and beckoned me forward to the mayor's space. Needless to say, we reconsidered each other: it was Knobby!

Thank goodness for characters.

George



### **Five of the Best Holiday Destinations for Seniors**

Travel preferences will change throughout our lives and what's important to us on our trips will also change. As we get older, a higher importance is placed on ease of travel, accessibility and comfort when looking for a holiday. Cruises and coach tours are the obvious options for those looking for ease of travel, however, we are here to tell you about 5 of the best holiday destinations for older travellers.

#### **1. Spain**

When looking for great holidays for seniors, it is hard to look past Spain. Spain as a country offers everything from a rich culture to great food and warm, sunny beaches. For those after a city break, Barcelona provides travellers with a perfect blend of history, vibrancy, and accessibility.

Barcelona is well known for its wheelchair-friendly infrastructure meaning it is also perfect for those who struggle with mobility but aren't in a wheelchair. Several ramps and elevators are available in major tourist attractions and the public transport is also user friendly.

Those looking to enjoy a more relaxed beach vacation should look no further than destinations such as Costa Del Sol or Majorca. As far as holidays for the elderly go, these two check several boxes. Both have a flight time of under 3 hours from the UK, have resorts close to the airport but far enough away that the planes coming and going don't become a nuisance, and they have beautiful sandy beaches to relax on.

#### **2. Sweden**

Another location in our best places for seniors to travel to list is Stockholm, Sweden. The Swedish capital is a wonderful combination of modernity and picturesque charm and has an excellent public transportation system, allowing you to explore your surroundings easily and conveniently.

For those looking to travel on a budget, Stockholm could be a very appealing destination due to the high number of discounts available for seniors. This includes money off hotel stays, train travel, ferry crossings from Sweden to Denmark, and discounts on certain attractions.

#### **3. Turkey**

The next destination on our best places for elderly to travel to list is Istanbul, Turkey. Whilst some may find this a surprising choice, Istanbul rates extremely highly in many areas, but none more so than its peacefulness. This is in part because of the cultural significance of this city with the incredible Hagia Sofia and Blue Mosque landmarks located here.

Turn to Page 24

# Travel With Peace of Mind

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Turkey also boasts great healthcare meaning, should you fall ill on your trip, you are in safe hands. Hopefully, you won't need to find this out and will instead spend your time enjoying the mix of vibrant markets, delightful coastlines, or the wonderful buildings that have stood since ancient times.

#### 4. Hawaii

Maui, Hawaii, is a bucket list destination for travellers of any age. The idyllic island paradise offers so much from the scenery to the people and is surprisingly more accessible than many think. Older people travelling here can still visit popular destinations including Lahaina and Kihei and those feeling more adventurous can always take a scenic dive or swim.

Whale watching tours and sunset cruises are nothing short of magical in Hawaii and are a must if you decide to visit here. Bear in mind though that Hawaii is part of the United States of America and as such Travel Insurance costs are likely to be higher due to the expensive nature of medical care in the country.

#### 5. Iceland

Whilst the best times to visit most of our other suggestions on this list fall within the spring and summer holiday seasons, our next suggestion doesn't. Reykjavik in Iceland is a great trip, especially between November and February if you want to see the Northern Lights. Another bucket list adventure for many, the Northern Lights are strongest during this period of the year and will also be the most visible they have been in over a decade in 2024.

Of course, the Northern Lights are not the only attraction in Iceland. In fact, there is a plethora of geysers, hot springs, waterfalls, volcanoes and more to see here, with Iceland being famed for its dramatic landscape and its geothermal spas. It's a good idea to take advantage of day tours here to reduce the planning you need to do yourself.

#### ***Get Travel Insurance with Able2Travel***

If you are planning on travelling this year, perhaps to one of the destinations mentioned above, 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*



Music is how we decorate time. **Jean-Michel Basquiat.**

Inside every progressive is a totalitarian screaming to get out. **David Horowitz.**

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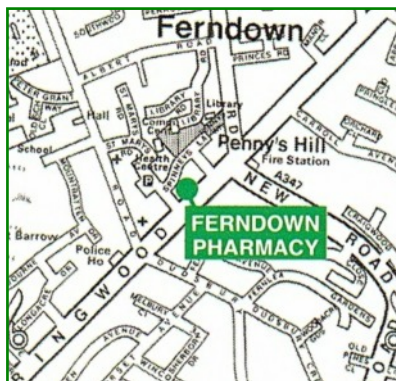
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## Meet our Members

*John Ovington*

Hello All,

Life started for me with enemy bombers passing overhead and with the threat of invasion looming. However, German pilots obviously didn't think a screaming child in an isolated farm in the Kent countryside a worthwhile target, even though there was an army camp a couple of miles up the road.

By the time I was old enough to realize what was happening I was being driven to a primary school in the nearest town, 5 miles away. Subsequently I survived 9 years in a boarding school.

The school teachers had difficulty cramming much into my little brain, but I did enjoy sciences. As chemistry was a subject that appealed to me I took up the offer of a job in an analytical laboratory at a pharmaceutical company, now part of Glaxo, in Dartford. The company had a good day release scheme, so I was able to study part-time and still get paid. It was hard work, but no student debt for me I'm pleased to say.

After a few years, I got itchy feet and transferred my allegiance to another pharmaceutical company, British Drug Houses, which was based in Islington with the laboratory chemicals division here in Poole. But, with what turned out to be good fortune for me 3 years later, Glaxo, (again!) decided to take us over and close the London factory down.

Most of the staff were laid off, but fifty or so of us were given the option of moving to Poole. As my now wife and I were thinking of getting married at that time and I enjoyed sailing as a hobby, I didn't have to think twice about accepting the offer.

Analytical work can, at times, be repetitive, but occasionally an extra challenge comes along. A year or two after the move to Dorset, one of the research chemists I was working alongside said he was making a novel compound, with unusual properties. Could I devise methods of testing it? I had never heard of liquid crystals before, but, this was the germ of an idea that turned into a multi-million pound business. As many of you will know portable electronic devices, which were just becoming commonplace at the time, have these compounds in their displays. Although I was just on the sidelines, helping to develop this business from scratch was probably my most stimulating time at work.

After a few years, I transferred to a more office based job associated with the packaging department, and, guess what? That closed down as a higher authority than yours truly decided to move the operation to Germany. However, I escaped redundancy once again as I was asked to join a small team answering customers technical questions. As anyone who has done this kind of work will understand, you just don't know what you'll be asked when you pick up the phone. Sometimes the answer is simple. At other times you find

that the questioner knows more about the subject than you do. However, I managed to bluff my way until retirement, which coincided with more redundancies!

Soon after we came down to Poole, my wife and I joined one of the local sailing clubs. Initially I had a dinghy, which allowed me to race around the cans or explore the nooks and crannies around the Harbour. Subsequently, I bought a small cruiser which allowed me to travel further afield, sailing to Weymouth or Chichester, for example. During this time, I managed to complete the 'Round the Island' race a few times. This is a great spectacle of yachting and allows those who potter like myself to compete alongside Olympic experts.

Although my wife used to join me when I was out on the boat, she never had the same enthusiasm as I did, so holidays were always on dry land. Over the years we have journeyed to Europe on a number of occasions. In the early days we used to go camping, but getting all the equipment in a sports car was a bit of a challenge! In later years we tried cycling holidays abroad in which we cycled from one hotel to another whilst our luggage was independently transported by road. It was a great way to see the countryside, and, often meet the locals.

A change in my cycling ability is what led to the diagnosis of my heart failure. I used to cycle four miles to Wimborne and join a group that set off from there. However, a few years ago, after a bout of very heavy coughing for several days I found I could only just make the starting point. There was no way I could keep up with the rest of the members. A trip to my GP resulted in being referred to a cardiologist at Poole Hospital, who, in turn, decided I needed a pacemaker and two stents. With those and the subsequent encouragement of our helpful trainers I'm now able to get to Wimborne without too much trouble, but, at a leisurely pace I have to admit.

As I have always enjoyed doing things with my hands, these days you will often find me doing work for REMAP, a charity whose members make or modify equipment, for the disabled. Meeting the clients, conceiving a design and making it, can be rewarding, especially when it leads to someone having a better quality of life.

*John*



The Universe is under no obligation to make sense to you. **Neil de Grasse**

The poor man really has a stake in the country. The rich man hasn't; he can go away to New Guinea in his yacht. **G.K. Chesterton.**

I'm too old to be a UK politician and too young to be an American politician. **Gordon Brown**

What the world needs is more geniuses with humility; there are so few of us left. **Oscar Levant**

I feel that girls in Africa are tired of being empowered by men in Davos. **Anand Giridharadas.**

The men the American people admire most extravagantly are the most daring liars, the men that they detest most violently are those who try to tell the truth. **H.L.Mencken**

Whoever said money can't buy happiness didn't know where to shop. **Gertrude Stein**

# PHSG Exercise Venues

This is the programme Summer 2024. Things can change.  
ALWAYS CHECK OUR WEBSITE [www.poolehsg.org.uk](http://www.poolehsg.org.uk)

<b>Ashdown Leisure Centre:</b>	with Caroline	Tuesday	09:30	
	With Jayne F	Friday	09:30	
<b>Bearwood</b> St Barnabas Church	with Isy	Tuesday	09:30	
<b>Broadstone:</b> Mem Hall Tudor Rd	with Jayne F	Thursday	13:30	(HoS Chair Exercise)
<b>Broadstone:</b> The Junction	with Caroline	Wednesday	10:45	
	with Jayne F	Thursday	09:30	10:30
<b>Canford:</b> School Sports	with Lesley	Monday	08:45	09:45
	with Emma	Tuesday	09:00	10:00
	with Lesley	Thursday	08:45	09:45 10:45
	with Emma	Friday	09:00	10:00
<b>Ferndown:</b> St. Mary's Church Hall	with Juliet	Monday	11:00	
United Church Hall	with Juliet	Friday	10:00	
<b>Hamworthy:</b> Liberal Hall	with Caroline	Monday	10:00	
<b>Lytchett Minster:</b> Manor School	with Karen	Tuesday	17:30	18:30
<b>Parkstone Lower:</b> Tennis Club	with Paula	Tuesday	11:00	(Chair Exercise)
	with Paula	Friday	10:45	
<b>Parkstone Upper:</b> St Joseph's	with Paula	Wednesday	10:45	
<b>Swanage:</b> Methodist Church	with Jayne T.	Wednesday	14:30	
<b>Wareham:</b> Purbeck Sports	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, Hoodies

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. 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.

I plan on doing an order early Autumn (late September) if you are interested in

seeing and trying on samples and colour charts please feel free to contact me on 07469 936491 or by email [lynnephsg@gmail.com](mailto:lynnephsg@gmail.com)

*Lynne*



## What Our Trainers Do When We Are Not Watching!



Emma tells us that on holiday she entered and won this event; The *Mercury Man* in Grand Cayman!

It was a 1km swim off the dock along with the stingrays, then a 52km bike ride followed by a 10.5km run.

All in about 31°C heat.

Meanwhile, Jayne T gets married in Swanage. I guess she'll not be Jayne T now?

Congratulations from PHSG.



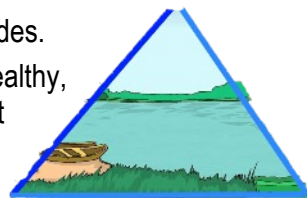
- ☺ My friend gave birth recently, in the car on the way to hospital. A healthy boy, mother and baby are doing well. Her husband named the child Carson.
- ☺ I'm always being accused of plagiarism. Their words, not mine.
- ☺ What is Britain's most common Owl? The TeaT Owl
- ☺ What do you call a Nottinghamshire author with a massive hallux? Alan Sillytoe
- ☺ 'Knock, knock !' 'Who's there?' 'Biggish !' 'Biggish who ?' 'Er, no thanks mate...'
- ☺ I have piles and piles of ironing to do. I don't know which is worse.
- ☺ Every time I open the door to go to work each morning, I'm almost knocked down by a bike. It's a vicious cycle...
- ☺ Cycling home last night, I passed a slice of apple pie, an ice cream sundae, and a lemon cheesecake. I thought to myself: "The streets seem strangely desserted."
- ☺ A weasel walks into a bar. "What can I get you?" "Pop" Goes the weasel.
- ☺ There are two unwritten rules in life: (1) ... and (2) ...
- ☺ There are two rules for life: (1) Never tell anybody everything you know ...
- ☺ What's the difference between a camera and a sock? A camera takes photos, a sock takes five toes. (Best in a regional accent)
- ☺ I've got a friend who writes music about sewing machines. He's a Singer/songwriter. (Or sew it seams)
- ☺ Can someone who isn't a father tell Dad jokes? No that would be a Faux Pa?
- ☺ My name is Calibri Arial Lucida Vivaldi - my parents were confused by the font.
- ☺ My mate said he had sex with his wife three times a week. I told him I usually only managed once. Hang on he said 'but you're not married'. I know, I said, but I thought we were talking about your wife.
- ☺ I learned two interesting facts today: It's not as easy as you'd think having a pee on a moving train. And my ban covers ALL Hornby shops.
- ☺ I've started investing in stocks: beef, chicken, and vegetable. One day I hope to be a bouillonaire.
- ☺ I hurt my arm this morning and was in hospital for an x-ray. As I was sitting waiting to be seen, the lad next to me says, "Fair fa' yer honest sonsie face! Great chieftain o' the puddin' race!" I turned my head round to the lady sat on my other side and she said, "Wee, sleekit, cow'rin, tim'rous beastie, O, what a panic's in thy breastie!" Surprised, I said to the next doctor walking past, "Doc, is this the psychiatric ward?" He says, "no, sorry, this is the Burns unit."
- ☺ Don't you just hate it when people answer their own questions? I know I do.
- ☺ Disney Land. That's a Scottish Plane with a problem.

- ☺ I've found that a crystal-lined rock sphere is great at making me smell better. I've invented the geoderant.
- ☺ Have you ever wondered why scuba divers always roll backwards into the sea? It's because if they rolled forwards they'd still be in the boat.
- ☺ Doctor: We had to remove your colon.. Patient Why?
- ☺ Following the publication of my latest two tomes, I launched a series of books aimed at teenagers. I managed to hit three of the devils.

A triangular lake has three kingdoms on its three sides.

The first kingdom is rich and powerful, filled with wealthy, prosperous people, the second is more humble, but has its fair share of wealth and power

The third kingdom is struggling and poor, and barely has an army.



The kingdoms eventually go to war over control of the lake, as it's a valuable resource to have. The first kingdom sends 100 of its finest knights, clad in the best armour and each with their own personal squire. The second kingdom sends 50 knights, with fine leather armour and a few dozen squires of their own. The third kingdom sends their one and only knight, an elderly warrior who has long since passed his prime, with his own personal squire.

The night before the big battle, the knights in the first kingdom drink and party into the late hours of the night. The knights in the second kingdom aren't as well off, but have their own supply of grog and drink well into the night.

In the third camp, the faithful squire gets a rope and swings it over the branch of a tall tree, making a noose, and hangs a pot from it. He fills the pot with stew and has a humble dinner with the old knight.

The next morning, the knights in the first two kingdoms are hungover and unable to fight, while the knight in the third kingdom is old weary, unable to get up. In place of the knights, the squires from all three kingdoms go and fight. The battle lasts long into the night but by the time the dust settled, only one squire was left standing - the squire from the third kingdom.

And it just goes to show you that the squire of the high pot and noose is equal to the sum of the squires of the other two sides.

# 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)

Member of British Heart Foundation Independent Heart Support Network  
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