

# MAGAZINE

Poole Heart Support Group

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

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RENEWAL FORM INSIDE

Winter 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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**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 keithjanet@btinternet.com

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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.*

*On the first Wednesday of the following Months*

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

**COVER PICTURE: Surrounded, our Founder Jim gets his free PHSG Water Bottle.**

*© 2024 Lesley Richards*

# Chairman's Letter



Well, right up front let me wish you all a very Happy Christmas and all the best for 2025. Here is the token sprig of holly too. Its a wet October day when I'm writing this, so it is a bit difficult to imagine, despite a well known garden centre having its Christmas display out from mid September.

One of the enjoyable duties this year was to make a presentation to our Lesley Richards when she decided to step down from being our Lead Trainer. Typical of Lesley, she had already spoken to and lined up Emma Thomas to take over that role, and also assure us that she was not ceasing to take classes. We responded by awarding her the little silver PHSG cup at the AGM and we booted her 'upstairs' to be a Vice President. Jayne Frank also organised collections around the groups. The response to that showed how generous you all are. Another enjoyable event was a lunch for our trainers. In the past, we had our Annual



Dinner at which our trainers were invited as guests, but Covid stopped that. Lesley was asked to arrange a lunch at the Harbour Heights Hotel for all the trainers. Here are just two responses.

*Thank you to you and the committee, for funding the instructors lunch on Saturday. It was a fabulous venue with great food and obviously the company wasn't bad! While we all love our work and are very passionate about what we do, a recognition like this is always very much appreciated. Working in isolation is hard and so meeting all the other instructors was great. Caroline Croucher*

*Thank you so much for you and the committee treating us trainers to lunch. I have never been to Harbour Heights but what an amazing venue. The food was delicious and the views absolutely amazing. (and dry to see them luckily) It was so nice for me to finally meet ALL of the trainers too. We all had such a lovely time. Jayne Critchlow*

Finally, on the subject of looking after our trainers, we sent three of them to attend the BACPR Conference in Manchester. Emma writes about this. Rest assured, they are keeping up to date on all cardiac rehab developments.



*Happy Christmas from Chairman Keith*







# Happy Christmas & Best Wishes for 2025



Keep up the fitness regime and enjoy your new Water Bottles !

*Dr Christopher Boos MD*  
*PRESIDENT P.H.S.G.*



## Emma's Marathon

**CardiomyopathyUK**  
the heart muscle charity

I am running the London Marathon. As all of my class participants know I am always off at the weekend doing some kind of crazy running race or triathlon so 10 years after running my first (and only) marathon I am heading off to London on the 27th April 2025 to take part in the London Marathon. I am running for Cardiomyopathy UK which helps with research and support for people with disorders that affect the heart muscle. I will be starting to fund raise soon and will keep you all up to date with my journey. Thank you.



*Emma*





# 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*



## Jayne Changer

We cannot use Purbeck Sports Centre for our Monday sessions until at least Feb half term so I have organised Stoborough Hall instead to start Mon 4th Nov. PHSG timetable of classes for Monday should now have the information here. Gym sessions on Thursdays at are not affected.

Mondays - Stoborough Hall, (back to our normal time) 1.30pm - 2.30pm starting Monday 4th November

*Jayne C*



## PHSG "Blue Forms"

The PHSG Blue Form is the one you get signed off to tell us as being "Fit to Exercise". If you go through the hospital NHS rehab course then this gets sorted by the rehab team and you've probably forgotten you ever did it! Sometimes though a member comes to us from another route and get a "Blue Form" to take to their GP. In the past, the GP has generally been willing to sign but recently we have heard of surgeries charging £35. It has always been the case that the surgeries could make a charge but most didn't bother, happy to encourage a healthy lifestyle or even just avoid the paperwork. Now, with the GP relationship with the NHS a bit strained, they are apparently refusing to do anything that the NHS doesn't pay them for. I must stress that this is not always so. Many GP surgeries will still not charge, but more are, and they have the right to do so.

You have been warned. Often this happens when a member lets their membership lapse and then wants to rejoin after a couple of years. We are obliged to ask for a new Blue Form. The moral of this story is to not let your membership lapse. £35 will pay for 4 years PHSG membership.

Note: How was that Nige?

*Keith*

*Chairman*





## BACPR Annual Conference 2024

This year the annual conference was held in Manchester with two days of lectures from a variety of different health care professionals who all work within Cardiac Rehab. PHSG had budgeted to send three of us to attend the conference this year, so Jayne Frank, Caroline and I all headed off on the train ready to absorb as much information as possible.

All the speakers were extremely knowledgeable with talks from Lipid lowering therapies to simplifying the management of Heart Failure across the range of Ejection Fractions.

The BHF were also launching their new leaflets and information booklets on various Cardiac conditions and rehabilitation which are very informative and easy to read.

The presentation that stood out for me was delivered by a Consultant Clinical Psychologist from Cardiff, who reported on his trial that took patients with congenital heart conditions into the outdoors to help out at an orchard. This was on land attached to the hospital. Some of these patients had never met anyone else with the same condition as them and were physically very limited. The programme was charity funded and lasted a year. It was a great success, not only in highlighting the benefits of the outdoors for physical rehabilitation for cardiac patients, but also how important group activity, whether indoors or outdoors, can be for psychological rehabilitation when you have a health condition.

There was of course a lot of food and coffee consumed over the two days and a few glasses of wine at the Gala dinner on the Thursday



evening. The three of us are very grateful to PHSG for funding the visit it is always a positive experience being exposed to new ideas and research within Cardiac rehab.

Thank you all for your continued support and keep exercising.

*Emma*

*Lead Trainer*



*The Conference organisers had arranged a special photo-booth for delegates, so of course we took advantage of it. Here we all are. The teams from PHSG and from the Bournemouth Heart Club. Emma*



BACPR Annual Conference 3rd and 4th October 2024

There may be a great fire in our soul, yet no one ever comes to warm himself at it, and the passers-by see only a wisp of smoke coming through the chimney, and go along their way. **Vincent van Gogh**



## THE FREE BCP HANDYVAN SERVICE TO THE RESCUE!

BCP Council has expanded the BCP Handyvan Service, so now it covers Poole and Christchurch as well as Bournemouth.

This is a fantastic FREE service for over 60s OR for people who have a long-term health condition or disability, AND are on a qualifying benefit, or Attendance Allowance. It does not matter if you live in your own home or in a rented property, the service is still available.



The type of jobs we do range from changing a lightbulb to putting up pictures, new curtain rails or grabrails. For your own safety, we don't want you climbing up ladders, so if you need anything doing, just let us know. We can allocate up to nearly 2 hours for the visit.

The great thing is that you don't have to tweet or Instagram. Just pick up the phone to speak to a friendly member of the team who will check your eligibility and arrange an appointment, or you can send us an email. What could be easier?

Our handypersons are kind, friendly and helpful. For your safety and peace of mind, all staff are vetted and DBS checked. When visiting your home they will show photo ID at the door.

So, make a list of what you need doing and contact us on the below to make an appointment –

For more details, please call: **01202 942 331**

Or email us: [referrals@handyvanservice.co.uk](mailto:referrals@handyvanservice.co.uk)





# Membership Renewal for 2025

The end of 2024 is approaching (where did that time go?) and once again its membership renewal time. This Magazine has your renewal form enclosed. Once again we've frozen the annual membership subscription for 2025 at £8 which covers both you and your partner for the whole year.

At the time of writing, we've had another really solid year with regards to our membership with numbers now over 1000 when you include partners. We've also had a good year in terms of members attending exercise classes, and our Chat Stops continue to be well supported as well as being really enjoyable and informative. There are now more exercise classes than ever so if you feel able to exercise with us, but currently don't, take a look at the range of classes on our web site and see if there's one to suit you.

With regards to renewal, please can I ask that, if you wish to remain a member, you complete and return the enclosed renewal form to me at the address shown on the form as soon as possible, latest by the end of January 2025. This will really help and save having to send additional reminders out. Should you decide not to renew, it would be appreciated if you could mark the renewal form accordingly and still return it to me or, to save postage, send a message to that effect along with your membership number via the Contact Us page on our web site. And one final plea from me. Please check that you put the correct postage on your envelope otherwise it won't reach me. There were a significant number of these last year and as it costs £5 to retrieve each letter from the Sorting Office, we won't be doing that!

Anyway, that's all from me for now except to say a very big thank you to everybody for their continuing support and I hope that you and your loved ones have a very Happy and Healthy Festive Season and New Year. *Nigel Rowe, Membership Secretary*



## Happy Christmas from the PHSG Office



**01202 250108**

**Please call me if you have any membership enquiry.**



My office files were getting very untidy, so PHSG have bought a posh new filing cabinet for them all! Made in Poole too!



# The AGM Quiz Winning Team Showing their Prizes



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# PHSG Website Update

Hello everyone,

I have to confess that having been asked to write an article about the website for the Winter magazine, I realised that I have actually done very little on it since the summer one! All my good intentions went out of the window in favour of things like going for walks, gardening and of course going on holiday once or twice... or was it three times?! Anyway, Autumn is well and truly here; the days are much shorter and I'm not a wet weather walker or Winter gardener; I have no excuses left now and so, I will be making a start on some changes to the website that were talked about in June!

But there are a few things that I have done since the last magazine; the site menus have been reformatted, photos uploaded and the Clothing page was finally published (please take a look, Lynne has some great items for sale in a huge range of colours). Plus, I keep the site up-to-date regarding Exercise classes, Walking Group walks and Chatstops. Along with the Facebook page, it's the best place to look for the latest information regarding these things.

Over the next few weeks, I'm going to be working on creating a dedicated page on 'How to join or renew your membership' (at the time of writing this article it's called 'Coming soon' – but may well be completed by the time you read this). After that the Heart Health page will be reviewed and the Home page redesigned.

If you have any comments or things you would like to see included, please send me a message via the 'Contact us' link on the website..... No promises though!

Anyway, that's all from me for now except to say a very big thank you to everybody for their continuing support and I hope that you and your loved ones have a very Happy and Healthy Festive Season and New Year.

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

*Gillian Rowe, Web Guru*



From Ian Harness who exercises at Swanage to Jayne c.

I'm so thankful for our NHS. All those COVID booster jabs saved me, and stopped my episode of covid-19 getting too bad, especially this time, the second time I've caught it. It's been a year since my triple heart bypass but thanks to Jayne and our exercise classes, my heart and body were fit enough to fight the rest of it off in double quick time. I only needed a few days in bed. Very thankful for all you do.

## DAMN STATISTICS

Over 500 children a day in England are being referred to NHS mental health services for anxiety. In 2023/24 there were 204,526 referrals of patients aged 17 or under where anxiety was the primary cause. That's more than twice as many as in 2019/20.



# Poole Heart Support Walking Group

*A Member of the British Heart Foundation*

*Independent Heart Support Network*

## WINTER WALK SEASON 2024/25



If you wish to find out more information regarding the details of the next forthcoming walk, visit the Walking Group area of the PHSG web site where you will find details of the walk venue. Alternatively, ring the walk leader on their published telephone number in the magazine, on the day before their walk, to enquire about any other specific walk details or instructions.

*For any general enquiries about the Walking Group, please contact  
Dianne on 01202 622016, or Larry on 01202 911496.*

Our walk leaders certainly made the best possible choices for walks throughout the Summer. Added to this we were once again blessed with exceptional weather. Our last photos in the Summer 2024 issue of the magazine, gave a taste of the walking group as a whole and the type of country walks we undertake. So, whilst we were “stepping out” this was not to ignore the fact that we do also take time to stop and appreciate the country side and exceptional views we are lucky enough to encounter. Sometimes our stopping point offers us the benefit of a seating place, and this is not usually ignored! We have the privilege to live and walk in a beautiful area of the Country and are sharing with you once again, in this edition, a lovely scenic area we have had the privilege to walk in.

If you are thinking about taking up walking following your completion of the rehabilitation classes after recovering from heart or associated problems, do get in





# AUTUMN WORD SEARCH by Derek

APPLES  
ASTER  
BAKEDSPUDS  
BEAUJOLAIS  
BLACKCURRANT  
BONFIRENIGHT  
BRUSSELSSPROUTS  
CAULIFLOWER  
CHESTNUTS  
CHINESEBELLFLOWER

CHRYSANTHEMUMS  
CIDER  
CLOCKSBACK  
CORNDOLLIES  
DAMSONS  
ENDOFSUMMER  
EQUINOX  
FALLINGLEAVES  
FIREWORKS  
GMT

GUYFAWKES  
HALLOWEEN  
HARVEST  
HAYMAKING  
HAZELNUTS  
PARSNIPS  
PEARS  
PERRY  
PERSIMMON  
PLUMS

PUMPKINS  
RASPBERRIES  
REDCURRANTS  
TURNIPS  
WALNUTS

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



**SUDOKO**  
by Derek

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		7			1			
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	1		7	3	4			2

**PHSG Walking Group Has Got Your Back**

Experienced by around 619 million people worldwide, lower back pain is a leading cause of disability. One in three people who have one bout will have another within a year. Now, a study in Australia has found that going for regular walks is an effective way of preventing recurrences. For the trial, 701 adults who had recently had back pain were followed for three years. Half were assigned to a walking programme, which meant going on five 30 minute walks a week and a few sessions with a physiotherapist; the rest went about their lives as normal.

Those in the walking group went 208 days on average without a flare-up, whereas the non-walkers went 112. Walkers also took less time off work and reported an improved quality of life. While it isn't known why walking is so effective, it is probably down to a "combination of the gentle oscillatory movements, loading and strengthening the spinal structures and muscles, relaxation and stress relief, and release of 'feel good' endorphins" says the report in *The Lancet*.

Probably all this is well known by our Walking Group ... and our regular exercisers ... but it is good to see it shown statistically.



Chatstop in October with  
PHSG Members





the Dorset Buttons and Morris.  
s joining in at the end.





## Meet our Members

Susan & Paul  
Booth-Chamberlain



**PAUL** My name is Paul Booth-Chamberlain. A name that has brought accusations of pretentiousness when growing up. Also, continuing problems with “sign within the box”. Opinions of me were not helped when young by having ‘smart casual’ clothes of sports jacket and cravat!

Born in Boscombe, I was the only child of a mother whose father disappeared when she was three years old and a father who was given away in 1921 at the age of two. Booth being his birth father’s name and Chamberlain the family he was gifted to.

At the age of five, I had an argument with a lorry, after which I had my spleen removed. The lorry was unharmed. It was at this time, while still living in Boscombe, that I would spend happy times waving to train drivers, travelling past the end of our garden and they often smiled and waved back.

I went to seven different schools in five different towns, due to my father’s career, which was not good for education, but good for developing a thick skin repeatedly joining classes of strangers.

I spent all my working life in the metal stockholding industry selling a myriad of materials from joists for building, steel for making supermarket trolley wheels, sheets for making saucepans, brass piano hinges, the list is endless. Sue and I owned our own company for some years, but were driven out of business by large national and international concerns protecting their businesses during the recession of the 1990s.

Apparently, this year Sue and I will have been married 55 years, (ladies seem to know these things). During that time, we have had one budgerigar, at least five cats and two children. Our son is living on Vancouver Island with his family, having spent his early adult life guiding divers down into the Indian ocean off Mozambique (like you do). Our daughter, who is living locally with her family, loves working with young children and is managing a pre-school locally with about 40 children. The budgerigar was found dead on the floor of its cage. It never did get the hang of parallel bars. We have a photo of one cat striding across the lawn with a squirrel hanging down between its front legs. That cat was 20 when she died, suffering from dementia, according to the vet. Two cats were run over, one by me, and another two of the cats were held by me whilst the vet administered the killer jab, having reached the equivalent age to myself now. Makes you think.

We have travelled to a few far-flung places. Tasmania, visiting an old school friend of Sue’s, staying in Bangkok, Singapore and Sydney on the way. Vancouver Island, a few times, arriving variously by

small float plane or surface ferry having driven ourselves through the Rockies. Nearer to home, numerous tours in France in our small Motorhome.

During the summer, we enjoy gardening – developing a small orchard, we now have one cherry, two pear, four apple and a plum tree, apart from other fruiting plants and flower beds in our average 1970's size garden. Wintertime is spent at the computer screen, pursuing our family genealogy. This can bring surprises, such as the entry for three early 19th century great-grand-uncles which includes the words ... Highway Robbery; Dorchester Prison; Hanged ... I could go on and on!

At the age of 63, having just received a cocktail of injections for foreign travel, I became ill on return to work. I was then blue lighted to hospital with a heart attack. I received wonderful care from the paramedics and hospital staff, though it wasn't to be the last visit... flutter, flutter.



**SUSAN** My name is Susan (nee Sibley, quite a lot of us in this area with that surname). I was born in Poole and lived in Corfe Mullen with my parents and younger brother until I married (not the boy next door, but he did live just round the corner!) Most summer Sunday were spent with my two aunties and uncles my seven cousins, their children at Sandbanks.

I went to Lockyer's School in Corfe Mullen as did my mother before me! Then Wimborne Grammar school and finally Poole College for Business Studies. Before and after marrying Paul I did secretarial work for several years before leaving to start our family. A son and a daughter. After which I worked evenings at Ryvita, as most mums did at that time. No maternity leave then!

Paul started his own company and initially I worked from home, then in premises in Lytchett, managing admin and accounts.

During this time as our children were growing into their own pastimes, I helped with a cub group in Broadstone, which I enjoyed very much.

Amongst my hobbies are gardening, knitting and re-learning the piano. Also walking; and it was whilst out for a walk at Portland one day in 2013 that I became very breathless and felt unwell. On returning home, Paul called an ambulance, and the paramedics decided to take me to Poole hospital, where they informed me I had had a heart attack, which I argued couldn't be right, as I felt no pain! Apparently, I was suffering a silent heart attack which we had never heard of before. A few days at Poole hospital and then short stay at Bournemouth for further tests, all proved satisfactory, and I was sent home with a few more tablets, together with a recommendation to attend exercise class at Poole Hospital. This led, of course, to attending Lesley's class at Canford School where we have been going now for about 10 years.

We love the camaraderie there and enjoy our exercises too, which would not be the same without the helpful, friendly and experienced leader Lesley. Small world too; Paul worked with Jan Mesher many years ago.



# Gemma's Kitchen - Food from the Heart

## German "Lebkuchen" Christmas Cake



The season for indulgence is nearly with us once again and how difficult it is to find something that is inexpensive and different to put on the table.

Christmas in this country is linked very much with German tradition. With the Christmas tree brought here by Prince Albert, the husband

of Queen Victoria, this is not the only thing we have inherited from the Germans! One of their favourite treats is the 'Lebkuchen' Gingerbread Cake. A sweet treat with a hint of warmth from the spices and ginger brings joy on a cold winter day.

The following recipe, which I have used many times, is an ideal one when cooking with children on the run-up to Christmas.



### Recipe

Melt 4oz Butter and 8oz Honey In a saucepan

### Add

1tsp Cinnamon, 1tsp Ground Ginger, ½ tsp ground almonds

### Slowly pour this spice mixture into

3oz whole meal flour and 4oz S.R flour  
plus 3 beaten eggs to make a loose texture

### And Lastly

Slowly Incorporate ¼ pt. of Sour Cream  
Pour the mixture into a well-greased lined baking tin.

Bake for 35mins to 45mins at 180deg. Check the cake is cooked by placing a skewer in to the centre of the cake. If it comes out clear it will be cooked.

Cool and then turn out on to a cooling rack. Decorate with icing if desired and candied fruit to give a festive appearance

Season's Greetings and a Healthy Happy 2025  
To All members of the PHSG

*Gemma*



# It's Surprising What You Find

by George Lewellyn

The most exotic place I got seconded to during my working life was South Africa. We had regular appraisals in the company and they had asked me whether there was anywhere in the world that I would not want to go to. Well in those days, Vietnam, Northern Ireland and South Africa offered little appeal. For days after the appraisal I was quizzed: Why not South Africa? So eventually we agreed to go.



It was the 1970s and at that time, South African Airways was not allowed to fly over any African state so we were dutifully flown by BA. It had been a generally good flight up until Nairobi, where we were to touch down before our onward flight. I remember we had just finished breakfast as we approached. I could feel the pilot trying

to find the approach beacon without success. In the end he gave up and pulled the plane into a sharp climb. Well, it was a bit traumatic as a passenger, but the poor air stewardesses!! Most hung on, but three ended up in a pile at the back end of the plane amongst the remnants of breakfast.

"Don't worry!" the captain announced. "All of the new emergent airports have automatic landing systems, but don't always turn them on. I'll go round again!"

Thank goodness we eventually landed safely.

Later, at Johannesburg I met my host who gave me the keys and a car.

"Have you got a copy of the Highway Code"? I asked. The quizzical look in response told me everything I needed to know. Once you got used to the road manners though, it could be fun! The four-way crossings without traffic lights were like Russian Roulette and the bullet holes in the destination signs were a bit off-putting ... but that's another story!

George





# Travel Insurance ... ... Five of the Banned.

by Jack Baldwin of Able to Travel

## Top Five Stunning locations where Cruise Ships are Banned

Cruising through the azure waters of the Mediterranean or the vibrant ports of Northern Europe is a dream for many, however, recent changes across several European countries mean that not all ports are as welcoming as they once were. Whether you're a seasoned cruise passenger or planning your first trip, it's essential to stay informed about where cruise ships have limited access to or are no longer welcome and why these decisions have been made.

### Venice, Italy

Venice, the iconic floating city, has long been a top destination for cruises to Europe. However, in 2021, Italy made headlines when it banned large cruise ships from entering the Venice Lagoon and Giudecca canal. This decision came after years of concerns about the impact of cruise ships on Venice's delicate architecture, its fragile lagoon ecosystem, and the quality of life for its residents. Now, only smaller vessels are permitted, and larger ships are rerouted to the nearby industrial port of Marghera. The ban aims to protect the city's heritage while still allowing some level of tourism—albeit on a much more controlled scale.

### Amsterdam, Netherlands

Amsterdam, known for its picturesque canals and vibrant culture, has recently tightened regulations on cruise ships. As of 2023, Amsterdam has implemented restrictions on cruise ship docking to combat over-tourism and reduce environmental impacts. The decision is part of the city's broader strategy to promote sustainable tourism and address the challenges of mass tourism. The restriction also complements other initiatives, such as banning cruise ships from docking near the city centre, forcing larger vessels to dock at less central locations. Amsterdam's cruise ship ban is in place to preserve the city for the future and is a great step in sustainability.

### Santorini & Mykonos, Greece

These idyllic Greek islands have long been a sought-after spot for cruisers. However, the islands of Santorini and Mykonos, two of the most popular stops, have taken steps to limit the number of cruise ships that can dock each day. This decision aims to alleviate the strain on local infrastructure and preserve the natural beauty that attracts visitors in the first place. Whilst cruises to Greece are a great option, you may have to consider alternative ways to reach your ideal locations.

### Barcelona, Spain

Barcelona, a key port for Mediterranean cruises, has also begun to take measures to regulate traffic. Plans have been announced to limit the number of cruise ships in Barcelona's port that can dock daily, especially during peak tourism seasons. The move is part of

Turn to Page 24

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Barcelona's effort to combat the environmental and social impacts of mass tourism, which has been a growing concern for residents.

## Dubrovnik, Croatia

Dubrovnik, the stunning medieval city on Croatia's coast, is another location to introduce measures to limit cruise ship arrivals. The city is a UNESCO World Heritage site and has faced challenges with over-tourism, leading local port authorities to cap the number of cruise ships allowed to dock each day. This decision is crucial for preserving the city's cultural heritage and providing a better experience for visitors.

## Why Are These Bans Happening?

The common thread among these destinations is the growing concern over the environmental, social, and cultural impacts of large cruise ships. These vessels bring in thousands of tourists at once, putting immense pressure on local resources, infrastructure, and natural environments. By restricting or banning cruise ships, these cities aim to promote sustainable tourism, preserve their unique identities, and improve the quality of life for residents.

Whilst cruising is a great way to see various destinations in one trip. If you're planning a cruise to Europe, it's essential to stay informed about these changes and how they might affect your travel plans. With appropriate Travel Insurance in place, you can ensure that you're covered for any unexpected itinerary changes, cancellations, or other travel disruptions.

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At Able2Travel, we specialise in providing Travel Insurance for people with pre-existing medical conditions at competitive prices. Our policies also offer optional cruise cover for cruise related events such as unused shore excursions and cabin confinement, providing you with extra peace of mind on your next cruise.

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*\*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*



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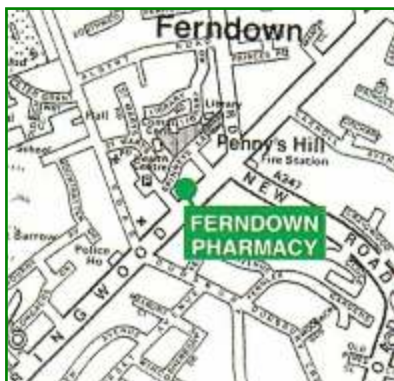
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## Meet our Members

### *David Vincent*



Born in the August of 1955, the youngest of five children to Ernest and Jessie at our house in Creekmoor, I enjoyed a great childhood. Poole Boxing Club in the winter with my brothers, then in the summer most evenings swimming at Lake Pier. All of us piled into a Morris Traveller. We watched my father dive off the top rail and swim out to the landing craft and back. As a Poole swimming champion, he found it no problem. Other outings were to camp out at Pergins Island (we knew as Doughty's Island) with the permission of Lord Llewellyn.

We used the flattest Poole Canoe to row across to get water daily from the British Seagull works at Fleetsbridge. Our tent was army surplus with which father was familiar from his war years in India.

I attended Henry Harbin Secondary Modern in Poole. I was the only one in shorts the first day, but it really didn't matter. I started working harder in the later years when it mattered. At weekends I was a milk boy working for John Barnes Dairy of Dorchester Road assisting Albert Barnes 5am to noon on Saturdays and Sundays. Within a couple of weeks, I purchased a Levi Jean jacket and later some jeans; it was to my parents' horror when I was sat in a bath of bleach to turn them whiter. I wanted to be a graphic artist but ended up doing a first-year apprenticeship at the ITC in Poole College then gained apprenticeship at Astron Bird in Fleets Lane as an electrician. It had 6 factories making ship to shore radios, radar echo sounders, car radio cassettes etc. I was doing various sports; running, swimming and martial arts when I was approached by Dave Davis from the Tool Room. He asked if I would like to give rowing for Poole a try, and I was hooked. I rowed on the Monday then every night and raced on Saturday. Two of the crew were from Creekmoor Youth Club - so I was at home. In 1974 we won our novice race and became junior rowers. I was still training hard doing Kempo and Karate, so didn't row in the winter, so was out of sorts, but honed my skills as a stroke for a year and came back to win all but one race in 1976 as Hants and Dorset champions. It was during my time at the club I met up with Uncle John and Bill from Hamworthy and rowed with Colin and Mike my cousins and was lucky to win the Poole Westover Cup with them in the same boat. I rowed for a few more years and then gained senior status.

I got married in 1978 to Pauline and we had our first flat in Corfe Mullen which we had for a year then moved to our second home in Corfe Mullen which was a Georgian semi. It was then I took voluntary redundancy. In 1979 I started at British Aerospace as an aircraft electrician which was a big change and worked on Tornadoes, BAC 1:11 and 146 aircraft. My daughter Leonie came along whilst at Hurn and hearing of more redundancy's I went to work for Aish in Poole on electrical works. I worked for them for the next 40 years working on and off site as maintenance supervisor for security and naval system installations and was working on a naval base in Scotland when the bomb went off in Glasgow airport. Another story. My son Nathan was born on a return trip from Barrow in Furness in 1985. We enjoyed many holidays on the west coast of France taking our four bikes with us, sometimes three times a year. We moved to Broadstone in 1988 and the children went to Corfe Hills school. When the children were older, I decided to take up rowing again as I was

not working so much overtime. I started coaching then and was a captain of the club for many years.

When I wasn't rowing, or working, Pauline and I used to enjoy planning family holidays, travelling many times to Corfu, Crete, Zante, Rhodes and Cyprus.

Then with no warning of what was to come, whilst rowing one day, we came up to the pontoon at the Rowing Club in the boat and my crew mates said I just 'went'. I came to in Poole Hospital a few days later after being put in an induced coma. I had suffered a cardiac arrest and was given CPR by my 14 club mates for over 40 minutes led by Dave Armstrong an ex-fireman. I spent many weeks in Poole and was then transferred to Bournemouth where I had an ICD fitted. One of the funniest things was that my wife was given my rowing kit whilst I was in hospital. She went home washed it and when putting it on the line found out it was all cut in two. She was going to advertise it for half price.



Soon after I was discharged, Pauline organised a birthday treat, and took me to Corfe Castle, where we had tea and homemade chocolate cake, which was lovely and remembered this to this day ... it must have been good!

This was my journey to the Poole Heart Support Group, where I met up with more Dave's, John's, Bill and George - all who showed me the ropes at the Lytchett Manor School exercise class, and I was brought back to better health by the trainers, Karyn and Lesley. During that period of rehab, I used to walk with my springer spaniel Callie, who we lost, and then new springer puppy Leia, who pulled me along. I started coxing and then coaching again and was soon doing small sessions on the water with the veteran men who all rib me about my event on the pontoon. I also started swimming regularly, and with help from Kevin, we trained and have swum the Pier to Pier for the British Heart Foundation, three times now - although never in a great time, but glad to say we did it.

To my surprise, I was asked to be the President of Poole Amateur Rowing Club which with my committee has gone from strength-to-strength with regatta wins and the club have even named a boat after me, the "David Vincent", I was so proud.

I am also lucky to have 3 beautiful granddaughters who keep me on my toes.

I have so many people to thank; my family and friends for putting up with me, the CPR team, the ambulance men who kept me going until I reached Poole Hospital and Bournemouth Hospital team especially Chris Critoph and Mark in the Cardiac Department.

*David*



# 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 With Jayne F	Tuesday Friday	09:30 09:30	10:30	
<b>Bearwood St Barnabas Church</b>	with Isy	Tuesday	09:30		
<b>Broadstone: Mem Hall Tudor Rd</b>	with Jayne F	Thursday	13:00 (HoS Chair Exercise)		
<b>Broadstone: The Junction</b>	with Caroline with Jayne F	Wednesday Thursday	10:45 09:30	10:30	
<b>Canford: School Sports</b>	with Lesley with Emma with Lesley with Emma	Monday Tuesday Thursday Friday	08:45 09:00 08;45 09:00	09:45 10:00 09:45 10:00	10:45
<b>Ferndown: St. Mary's Church Hall United Church Hall</b>	with Juliet with Juliet	Monday Friday	11:00 10:00		
<b>Hamworthy: Liberal Hall</b>	with Caroline	Monday	10:00	11:00	
<b>Lytchett Minster: Manor School</b>	with Karen	Tuesday	17:30	18:30	
<b>Parkstone Lower: Tennis Club</b>	with Paula with Paula	Tuesday Friday	11:00 (Chair Exercise) 10:45		
<b>Parkstone Upper: St Joseph's</b>	with Paula	Wednesday	10:45		
<b>Swanage: Methodist Church</b>	with Jayne C.	Wednesday	14:30		
<b>Wareham: Purbeck Sports</b>	with Jayne C. with Jayne C.	Monday Thursday	13:30 11:30	SEE NOTE Page 5	
<b>Zoom:</b>	On line email for codes. with Emma	Wednesday	09:00		



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 'Cardiac Rehabilitation Phase 3 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 PHSG 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 Emma Thomas [emmaphsgtrainer@gmail.com](mailto:emmaphsgtrainer@gmail.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 phase 3 summary form to your instructor at your new class. Please sign and date the form and include your next of kin's name and telephone number.
8. Each session costs £5.00 per person. SEE YOU THERE!!!!



- ☺ A man is walking through the woods when he sees a bear charging at him.. He knows he can't outrun a bear for long, so he starts praying, "Dear Lord, I beseech thee. Please, O Lord, please let this bear be a Christian!". The bear catches up to him, knocks him down on the ground, then gets on its knees and says, "Dear Lord, thank you for this food I am about to receive."
- ☺ My four year old doesn't know the Spanish for 'please'. Which is poor for four.
- ☺ Airport security announced that the number of people smuggling helium balloons in their luggage is still a problem as cases continue to rise.
- ☺ If laziness was an Olympic sport, I would come in 4th just so I wouldn't have to walk up to the podium.
- ☺ Perhaps Pavlov thought about feeding his dog every time he heard a bell ring?
- ☺ I took an electric cab today. It died before I reached my destination. Driver looked at me and said, "Sorry, no charge."
- ☺ What is blue and not very heavy? Light blue.
- ☺ A man tried to sell me a coffin today. I told him that's the last thing I need.
- ☺ If Musk ever gets into a scandal then ElonGate could be really drawn out.
- ☺ What type of bath did Emile Zola use? A j'accuzzi.
- ☺ I heard music in my office, and couldn't work out where it was coming from. Eventually I traced it to the printer. It was just the paper jamming.
- ☺ "Only a fool be thinking that thar be gold!" (from Talk Like a Pyrite Day)
- ☺ I was out on a ride the other day and I came across a fox lying by the roadside. There were a couple of cubs in a suitcase next to her. It was a bit distressing, so I stopped and called the RSPCA to see what I should do. The lady asked "are they moving?" I said "I don't know, but it would explain the suitcase."
- ☺ My recent weight gain is due to overeating because of stress. I've got a lot on my plate at the minute.
- ☺ I was once so broke that I couldn't afford to pay my electricity bill. Those were the darkest days of my life.
- ☺ Just lost a court case against a fabric conditioner. I fought Lenor and Lenor won.
- ☺ I told a mate that I needed to nip to the DIY store. He said "You must be mad, do you know how big the queue is?" I replied "Same size as the 'B' I guess."
- ☺ If Avril Lavigne had married JRR Tolkien, Roald Dahl and Christopher Walken, she could have been a Walken-Tolkien-Lavigne-Dahl.
- ☺ No matter how enraged Germaine Greer is about something, she'll never be as irate as her sister Anne.

## A "Goo" to beat Osteoarthritis

Scientists in the US have invented a rubbery, goo-like material that provides a physical and chemical framework for the growth of new cartilage - a vital element of joints that in humans cannot regenerate by itself.

Cartilage cushions the joints as they move but can become damaged or worn over time leading to a loss of mobility and painful osteoarthritis. The knee is one of the most commonly affected joints, and in severe cases patients have to have replacement surgery. In the UK, where about ten million people have osteoarthritis, 100,000 knee replacements are carried out each year.

The newly developed substance consists of hyaluronic acid, the gel that naturally lubricates our joints, and a peptide that binds to a protein vital for cartilage growth. When tested on sheep, the goo regenerated cartilage in a leg joint similar to the human knee. The team, from Northwestern University, Illinois, say that with more work the material could be used to treat osteoarthritis in humans.

## Humans Age in Two Bursts

There are times in life when it feels as if you have grown older almost overnight - and now science may be able to explain why. New research in the US journal *Nature* suggests that we experience two rapid bursts of ageing in adult life. One in our mid 40s and another at around 60. For the study 108 volunteers in the US provided blood and stool samples and skin, oral and nasal swabs every few months for up to seven years. Scientists then looked at how levels of 135,000 different molecules (RNA, proteins and Metabolites) and microbes in the samples changed over time. This allowed them to pinpoint two periods of dramatic change.

The first is at 44, on average, and involves molecules linked to cardiovascular disease and the ability to process alcohol, caffeine and fats. The second wave, at 60, is characterized by changes in levels of substances linked to the immune system, the metabolism of carbohydrates, and kidney function. And at both time points, there are changes in molecules linked to skin and muscle. The mid-40s spike surprised the scientists: it wasn't as they thought limited to menopause-related changes in women; the same molecular changes were occurring in men too.

Once is happenstance, Twice coincidence, Third time it's enemy action. **Ian Fleming**

Money is minted freedom. **Fyodor Dostoevsky**

The best way out is always through. **Robert Frost**

# 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)

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