

MAGAZINE

Poole Heart Support Group

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WALKING GROUP HISTORY
STATINS: An Update
AGM: Annual Reports



Summer 2025

POOLE HEART SUPPORT GROUP MAGAZINE

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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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Print Deadlines are 10th May, and 10th 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: PHSG Walking Group at Morton Bog

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Chairman's Letter

In this issue we are having an update on statins. Back in 2012 our President wrote a piece to deal with some of the resistance to taking them, and I have kept it on file ever since.; I give it to give to people who ask about statins and use it in our "New Members" Magazine. Recently Christopher Boos passed over some newer data after we'd had a discussion by email, so I've reprinted the 2012 article and added the new data. Its quite technical but I think I've got my head around it, so if anyone wants to discuss it, you are welcome to email me.

This Summer issue comes out at the time of our Annual General Meeting and so within it are the Financial Accounts and other reports too. That saves us having to print them separately. If you want them to hand, bring this issue to the June Chatstop AGM.

The AGM will be held at Broadstone Hall on Friday 6th June at 14:00. We will get this necessary evil out of the way as fast as we can, and then move on to the more fun matter of Janet's Quiz with its glittering prizes.

One further matter ahead of the AGM is to note that I have for a long time wanted a Deputy Chairman and I am delighted to say that Emma, Lead Trainer, has stepped up to take on that role too. We hope to ratify this at the AGM.

Things are happening in the exercise classes too. Over subscribed groups are being split in two and some new ones are planned. Unexpectedly, all Canford sessions are being moved for seven weeks (6th May to 20th June) in the Summer, due to exam times. Lesley has been active on this and has found an alternative temporary venue at Wimborne Football Club to cover this period. Everyone will be informed.

I would like to encourage members, and in particular our newer members, to put themselves forward to join our committee. Don't be scared, we are quite a happy bunch and our two-monthly meetings are quick and rarely last more than an hour and a half! Join the committee with no particular task and just sit in to see how things work. Call me and I'll be glad to talk you through it. Also, as a little incentive, all committee members from next year will be treated as honorary and be exempt of renewal fee.

Keith 

You should never say bad things about the dead, only good. Joan Crawford is dead.

Good. **Bette Davis**

To err is human, but it feels divine. **Mae West**

I am often asked by patients whether they could stop their statins. The main patient concerns seem to relate to two main symptoms: memory loss/confusion and muscle ache with these side effects taking a high profile in media reports and the popular press.

"Well of course you can stop them: it's your body and your choice". However, before you do, I would strongly urge you to more closely consider the evidence. Statins (Simvastatin, Atorvastatin, Rosuvastatin and Pravastatin are the main four) have been the largest selling drugs of all time for a reason. The proof of



their efficacy in reducing vascular events (eg heart attacks by 25% or more and stroke by 20% or more), cardiovascular (25% or more) and all-cause mortality (death by 20% or more) among patients either with established coronary disease or at high risk of developing cardiovascular disease, is truly overwhelming and highly consistent. The 'statin-benefit' relates to over 100,000 patients studied in randomised

placebo controlled studies, which are the most robust form of clinical evidence. In fact if anything there has been an increasing move towards its use in moderate risk patients, based on more recent positive evidence from further trials.

Well what about the issue of memory loss and confusion? This data is largely anecdotal and derived from adverse reporting and seems to occur in less than 5% of patients and is completely reversible. The limited data from randomised statin studies that investigated their effects on mental function has not shown any deleterious effects. Muscle ache which can affect up to 10% of statin users (though generally less than 5%) is almost always a reversible side effect. Neither confusion/memory loss or muscle ache necessarily relate to all statins. Hence, just because you might have experienced any of these adverse effects with a certain statin does not mean you will necessarily experience it with another agent. Hence, it may be necessary to try several different statins. In summary, at present I would strongly endorse the use of statins under their licensed indications, but I am not advocating putting them in the water supply. A disabling stroke or death are not reversible and will not help and certainly damage your memory!

Dr Christopher Boos

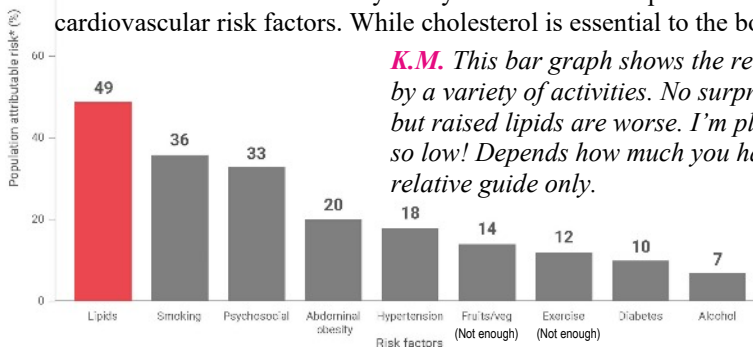
PRESIDENT Poole Heart Support Group

Consultant Cardiologist



K.M. I find in talking to friends and acquaintances there is still reluctance to take statins, particularly by those who have high cholesterol but have not had a heart event. Heart patients are more adjusted to the idea I suppose, a heart event does tend to focus the mind. I usually show them the article that our President wrote for us in 2012. In talking to Dr Boos recently, the fact that his advice is still valid over 10 years on, is mute testimony. Here is his initial response to my question on updating it.

C.B. Statins lower cholesterol which affects global cardiovascular disease risk and cardiovascular deaths. The main contributor to these deaths are coronary artery-related events and stroke. Statins have been shown to lessen coronary plaque progression but most importantly they stabilise the cholesterol laden coronary artery plaques and reduce the risk of cardiovascular and coronary artery-related deaths. Lipids are one of the most modifiable cardiovascular risk factors. While cholesterol is essential to the body, raised levels are bad.



K.M. This bar graph shows the relative risks to your health by a variety of activities. No surprise that smoking is high, but raised lipids are worse. I'm pleased that alcohol comes so low! Depends how much you have of course. This is a relative guide only.

C.B. Here is data below showing convincingly that for each of these main statin trials lower LDL cholesterol lead to improved outcomes both for Primary prevention (patients without established Cardiovascular disease but at increased estimated risk) and Secondary prevention (those with a previous heart attack or stroke etc)

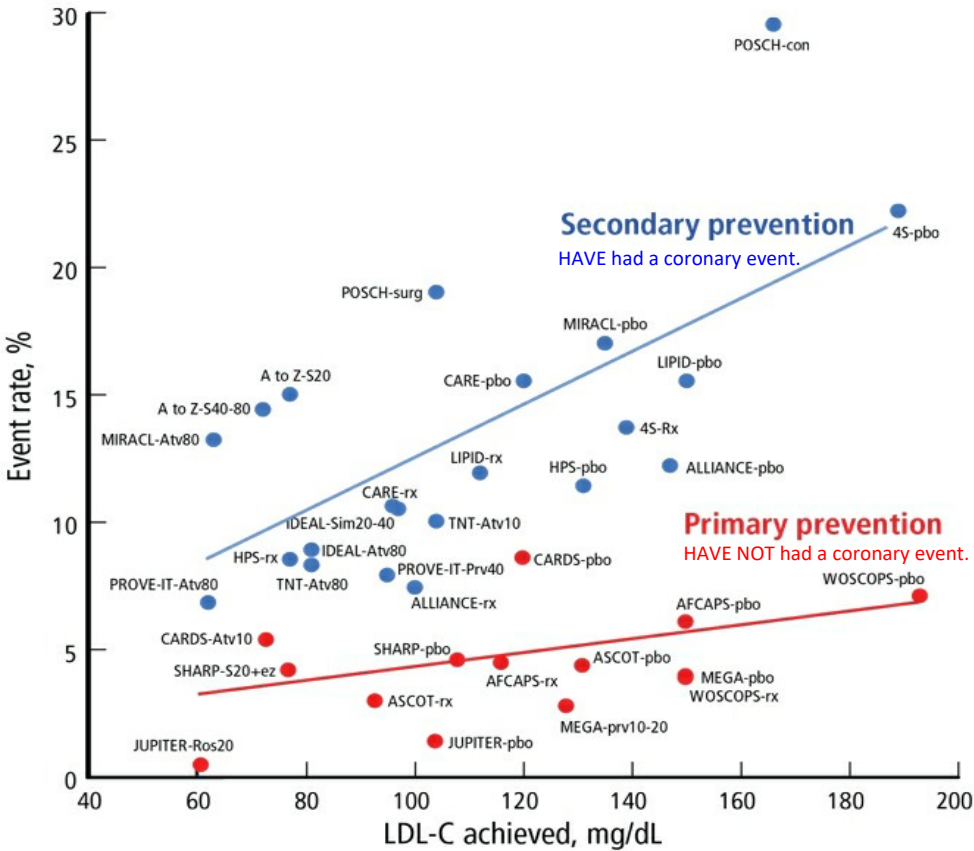
Evidence from clinical trials indicates a 20% to 25% reduction in the risk of events for every 39mg/dL decrease in LDL-C. Extrapolating the data, cardiovascular disease risk would be reduced to zero if LDL-C were brought below 40mg/dL.

Brown and Goldstein, who won the 1985 Nobel Prize in medicine for their work in cholesterol metabolism, estimated that a plasma level of LDL-C of only 25mg/dL would be sufficient to nourish cells with cholesterol. Cells can synthesize all the cholesterol they need, underscoring that LDL-C is simply the final end-product that the liver removes.

Other evidence that lower LDL-C does not have adverse effects comes from non-Western populations as well as from other mammals. Total cholesterol levels range in the low 100s mg/dL in Native American and African tribal populations, with LDL-C estimated to be about 50 to 75mg/dL. Elephants, baboons, and foxes have even lower levels.

Clinical trial data also support that LDL-C levels below the current "normal" are better. The Cholesterol Treatment Trialists' Collaboration analyzed data from more than 160,000 patients in 26 trials that evaluated either more-vs less-intensive statin regimens or statin treatment vs control. No baseline level below which lowering LDL-C further was not not

found to be beneficial. Patients who started out with an LDL-C level of less than 77mg/dL had the same risk reduction of major vascular events when the level was dropped to 50mg/dL as those who started at higher levels and reduced their LDL-C by the same amount. In the JUPITER trial, even those with a baseline LDL-C of less than 60mg/dL benefited from statin therapy.



K.M. A word on the interpretation of this graph for the less technical is in order. The thing of concern to us are the Blue and Red lines. The dots are the results of the various clinical trials, the background evidence. The two lines are what scientists would call “best fit”. The average of the data.

International usage usually follows the USA and reports cholesterol in units of mg/dL, In the UK we use mmol/L
To convert from figures in the report to compare with your cholesterol figure:
Divide the **mg/dL** by 18. (Example 120mg/dL = 6.6mmol/L)



Official PHSG Clothing

T-Shirts, Polos, Sweatshirts, Hoodies



Hello, I am Lynne (Armstrong) and I am responsible for the clothing sales/orders. I attend Emma & Lesley's classes at Canford.

I have a range of clothing with the PHSG logo in a variety of sizes and colours. The brand is Fruit of the Loom, it is of very good quality and washes well. You can buy vests, T-shirts, polo shirts, sweatshirts and hoodies. I regularly attend the monthly chat stop and have a table with a range of the clothing in various sizes and I encourage members to try on before placing an order so as to avoid any issues. You can view the range of clothing on the Poole Heart Support Group webpage as follows, just type in this link and select clothing then an item e.g. polo shirts and you will see a variety of colours.

Check the website at poolehsg.org.uk

If you wish to contact me my email is lynnephsg@gmail.com



Lynne



Membership Report for May 2025

2025 is now well underway and, as you can see from the table below, there has been a steady number of “newbies” joining our ranks this year following completion of their rehab program. As always, a similar number leave us at each renewal for a variety of reasons, and this year is no exception. Whatever the numbers, it is great to be able to offer support to so many people.

Membership	2025 (YTD)	2024	2023	2022	2021	2020/2019
Full Members	554	596	556	410	503	635
Partners	345	373	308	263	321	385
Total	899	969	864	673	824	1020
Leavers	67	93	83	116	171	118
Honorary	50	50	50	50	48	52
Advertisers	4	4	5	7	7	6
Committee Members	14	14	13	14	16	11
New members 2025 (YTD)	38					
Total New members 2024		80				

As you may have noticed, if you look at our website, we are running more classes than ever and there are even more being planned as some classes are becoming oversubscribed. To date we are able to offer our membership 30 classes across 14 different locations, including a fully online class via Zoom. Members of this class have even been known to attend whilst abroad on their holidays, and recently Emma (our instructor) even ran the class from Lanzarote during her training week! Now that's dedication to exercise.

So, a very big thank you to everyone involved for all their continued effort and support, it's really appreciated.

Nigel Rowe, Membership Secretary



Chatstop Dates

July, August & September no Chatstop. Summer break

October 3rd

Ian MacAlister will provide an insight into Air Traffic Control and how it controls the flight paths in the skies. This will be a visual presentation which highlights how complex our skies have become.

November 7th

Alice & Richard will provide songs and music from variety of Genres and maybe a few for audience participation.

December 5th

Sing with a Grin. This popular choir return to provide carols and festive music as we get ready for Christmas.

Greetings from the PHSG Office



We make a great team, 'young' Nige and Yours Truly.
I deal with new joiners as they land on my mat.
Two, three or more a week by post quite unruly.
Number, and Card I have it down pat.
Attention to detail but its all handled duly.
Blue Form OK? then I send them a pack.

Off to young Nige, when I've done for the time
Shadow Ninja I take them o'er there
Don't disturb, no noise, don't ring the chime.
Silently done but records we share.
Back home to rest, but no, its a crime!
On the mat there's another, really unfair!

01202 250108

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



When I've think I have collected enough new member applications and decide to take them over to Nigel's, another nearly always arrives the next day. Nigel lives on a busy road right by a bus stop so its always a case of a rapid parking and dash to his letterbox. He calls me his Ninja, Honestly though, we love getting all these new applications.

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PHSG Website Update

www.poolehsg.org.uk

Hello everyone,

Where have the last few months gone? I can't believe that you are already receiving the 2025 Summer Magazine! Chairman Keith asked the committee members for magazine articles quite a few weeks ago and I thought I had loads of time, as indeed I did, so why then did I leave mine until pretty much the last day? It could be because of the beautiful sunny weather we had in April, or because we had a trip abroad to see family ... or, because let's face it, I just forgot! Sorry Keith.

Anyway, there have been a couple of changes to the website in the last few months. At the end of November, around the time that the Winter Magazine was being posted to you all, a new webpage on 'How to Join PHSG or renew your Membership' was published. This page contains information and links for those completing a Phase 3 Rehabilitation Exercise Programme and who wish to join and for those who just wish to join and haven't completed Phase 3. Also, for those who didn't receive the annual membership renewal form or have lost or misplaced it, you can download it from this new page.

The Walking Group webpage now has a link to a new page aimed specifically at the Walking Group members where they can find more information about the walking schedule and research old walks from the early years of the group. To gain access to this page, please contact the Walking Group Coordinator.

I have at last started to redesign the Home Page; it'll still be the same basic layout, but will contain basic information about each of the various PHSG activities. Currently you have to click on the individual menu links to see what each one is about. The Heart Health page is also due a revamp but that's for another day.

The website and the Facebook page are the best places to look for the most up-to-date information regarding all the PHSG activities. Throughout the year there are often minor (and occasionally major) changes to the Exercise Schedule and as soon as I'm aware of them, they are reflected on the website.

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. In the meantime, I wish you a very happy and healthy summer.

Gillian Rowe, Web Guru



I am not doing so bad. I mean, at this point in his administration, William Henry Harrison had been dead for 68 days. **Bill Clinton after his first 100 days.**

Poole Heart Support Walking Group

A Member of the British Heart Foundation

Independent Heart Support Network

The History of the Group



My name is Anne Colman. I have been a member of the PHSG Walking Group for many years. At the beginning of 2025 the role of Walk Co-ordinator was handed over to me. I would like to thank Linda and Bob Thomas for being the caretakers of the archive of previous walks completed, checking our two defibrillators are in good working order, and previously organising the next walk information to be sent out to our members.

I am humbled to have researched the history of the Walking Group since its inauguration in 1996 and hope I can build on the dedicated work of my predecessors.

The first issue of the Walking Magazine cost only £1, was 20 pages long, full of interesting articles, but only advertised 4 walks! The routes were very detailed and were accompanied by maps adapted by the then walk co-ordinators whom I believe were Editor the Late Brian Halliwell and the then Chairman Jim Waine of the PHSG. John Bagnall deserves a mention as he was Treasurer then and is still one of our regular walkers. The position and role of Walk Co-ordinator has changed many times over the years from the Late Joyce and Ivor Iles, George O'Leary to Cyril Martin who is still a member. The last "Walking Club Book" was written in 2014 and available to members for £3. We owe our grateful thanks to Cyril who not only researched so many suitable walks but was also the creator of these magazines for many years.

Through the above mentioned and their dedicated service the walks increased to 18 different routes between the months of April and October. All these archived walks have thankfully been preserved by Gill Rowe on the Walking Group page of the PHSG website that she has kindly created for the members of the Walking group.

Eventually Cyril increased the number of walks to cover the full year and he greatly appreciated the assistance of the many walking group members who helped him out when he was unable to lead his walk. Cyril also started the extra incentive (for some) to walk by including a group lunch at a nearby pub which was much enjoyed at the end of the walk. Cyril handed over to the late Henry Bartlett and his wife Heather.

At times the walking group has gone through difficult periods. A decision was taken by the members of the walking group to share out the work with individuals volunteering to lead a walk. This is the system still used through the year and I would like to thank these leaders for their service to keep the walking group flourishing.

Anne Colman



Poole Heart Support Walking Group

How to Join a Walk & What You Need to Know

Summer Walks Season 2025

Wednesday 28th May	Gill & Nigel
Saturday 7th June	Brian
Wednesday 18th June	Bob & Linda
Saturday 28th June	TBA
Wednesday 9th July	Jenny & Anne
Saturday 19th July	Larry
Wednesday 30th July	Brian
Saturday 9th Aug	Bob & Linda with BBQ
Wednesday 20th Aug	Margaret & Malcolm
Saturday 30th Aug	Brian
Wednesday 10th Sep	Larry
Saturday 20th Sep	TBA
Wednesday 1st Oct	Margaret & Malcolm
Saturday 11th Oct	Brian
Wednesday 22nd Oct	TBA

To join the next walk:
Visit the website poolehsg.org.uk
Email Anne: annephsgwalkers@gmail.com
or call mobile 07762 316312

The walks are suitable for members of PHSG who have had heart problems and their partners. They need to have completed the rehabilitation classes if directed to do so following their heart or associated problems. We welcome new members and you are warmly invited to join us on a walk. To join the Walking Group you need to provide your membership number to ensure you're covered by the PHSG insurance. Nigel Rowe, the Membership Secretary, can provide your number if you're unsure of it. Please note the walks are held every 10 days alternating between a Wednesday then a Saturday. If you attend a PHSG exercise class on either of these days please prioritise your class over the walk.

The walks are broken into Summer and Winter Walk Schedules to make them easier to organise and suit to the changing seasons. Gill Rowe updates the website as the next walk is scheduled. Information provided will give the route to the walk start point and if possible a postcode. The walks start at 10.30am and advice will be given re car parking which is usually free. If parking is limited car sharing maybe suggested. The actual terrain to be walked is described, the possibility of inclines and any obstacles to

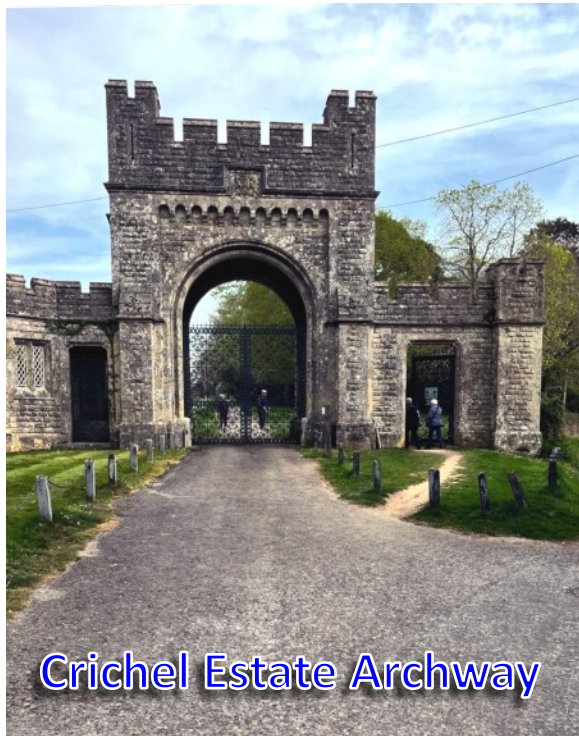
**Walk Leaders: Please put your Mobile Number on the "walking slips" for your walk and also the Post Code of the walk meeting point if possible. Please also indicate the presence of hills on your walk route*

look out for. It's recommended therefore that you wear suitable walking shoes or walking boots that give ankle support. Many walkers use walking sticks to help their stability. We tend to be stalwart characters and walk regardless of the weather! Regular walkers have invested in waterproof jackets and trousers. A small water bottle to carry on your person is recommended as there is seldom a watering station en route! If the walk is through exposed areas in hot weather the healthy advice is to bring a hat and sun protection. Once you have decided to join the Walking Group an email can be sent out to you with similar information as displayed on the PHSG website. We are careful to follow the "Country Code" and leave only the occasional footprint behind. Dogs are not permitted on the walks as some routes take us through farmland and some members may not be dog lovers.

A recent addition, a second option, is to join the



Defibrillator Backpack !



Crichel Estate Archway

group who wish to walk a shorter distance, approximately a mile, at a slower pace with as many stops as needed. There may even be the occasional bench to rest. The starting point is the same for both groups and a defibrillator is carried on both the longer and shorter routes.

Exercise and fresh air is not only good for our physical health but lifts are spirits too in this wonderful county we are privileged to call home.

Anne Colman



SPRING WORD SEARCH by Derek

APPLEBLOSSOM
BLUEBELL
BUGLE
BUTTERBUR
BUYINGCOMPOST
CLEARGREENHOUSE
COLTSFOOT
COMPOSTING
COWSLIP
CROCUS
CUTTINGBACK

DAFFODIL
DOGVIOLET
EDGING
FORSYTHIA
GREATSTITCHWORT
HYACINTH
LADIESSMOCK
LESSERCELANDIN
MARSHMARIGOLD
MOWING

PAINTINGFENCES
PLANTINGPOTATOES
PRIMROSE
PRIMULA
PURPLEORCHID
RAMSONS
REDCAMPION
SNOWDROP
WOODANEMONE
WOODSORREL

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

SUDOKO by Derek

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

A Heart Made From Titanium



When his father suffered a heart attack in 2001, Daniel Timms, then a 22 year old student of biomedical engineering in Australia set himself a challenge to create an artificial heart that would render heart transplants obsolete.

He acquired parts from a local hardware shop and when his father, a plumber, had recovered they set to work on their rst prototype. Artificial hearts had existed for decades but Tim was convinced he could improve on them by building one from durable titanium that would use an

electromagnetic motor to drive a spinning disc that would push the blood through the body in a continuous flow.

Later, he refined the idea, using **Maglev** technology to ensure that none of the parts touched eliminating wear and tear. Tims dedicated himself to the project. Six people have his artificial hearts. A man in Australia recently spent a record 100 days with one. It served only as a bridge while he waited for a transplant, but there are hopes that eventually artificial hearts



Chatstops

December - The Sing and Grin Choir with Carols for Christmas.

February - Matt Baudry on his life as a professional footballer at Bournemouth

March - Richard Wirdnam's Music. Listen and sing along.

April - Dorset Fire Service on safety checks and free services. Derek Pope in charge.





Meet our Members

Bruce Evans

Jayne's Wednesday class in Swanage is probably the only one which includes three musicians. Two double bass players and a guitarist all of whom sing and two of whom write songs. It proves that recovering from heart surgery doesn't mean stopping doing what we enjoy.

Since my heart operation in November 2023 I've attended Jayne's class as regularly as I'm able because, knowing me, if I didn't attend, I probably wouldn't do anything. I certainly don't push myself hard but I find I'm able to do the exercises with less discomfort than was the case at the beginning. When I perform my music I have to roadie for myself which means lugging my double bass or my piano and my amplifier on my own. The singing helps with the

breathing and I also attend a choir once a week, I must have a good set of lungs to do all this.

Like many other 76 year olds I have a shopping trolley full of ailments on top of my heart condition, and the weekly exercises seem to keep them at bay. I'm lucky in that I've never been competitive at sports and such, so I never feel the need to prove anything to anyone other than myself. So I exercise at my own pace although at times Jayne feels the need to encourage me to try and exert myself a little more.

My wife and I both agree that one of the main factors of maintaining good health is the Swanage air, and we feel extremely lucky to live where we do. Starting soon, Jayne takes the class outside into Day's Park which I for one look forward to so I can enjoy even more of that fresh air.

Keeping up with the exercises is the main reason for attending cardio-rehab but the regular social gatherings which Jayne organises also help to keep me attending.

Bruce



Financial Report AGM 2025

Thank you to all the committee members who provide their time and effort on a day to day basis enabling the PHSG to function. Their efforts combined with timely information flow from our trainers makes my job much easier. 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 deficit of £6,613 for the financial year 23/24. We finished the year with a cash balance of £38,613. We plan for the surplus to reduce over time as rent costs for venues and payment to trainers increase but maintain the £5 charge for as long as possible.

Financial outlook - The outlook remains healthy. We have invested in training for our trainers and will continue to do so.

Paul Alexander - Treasurer



POOLE HEART SUPPORT GROUP				
FINANCIAL STATEMENT - YEARS ENDING 31st MARCH				
YEAR		2025	2024	2023
INCOME				
	Exercise	70,845	67,004	43,245
	Membership & donations	8,761	7,661	9,939
	Adverts	100	100	500
	Chatstop	561	638	613
	T-shirts	575	1,255	598
TOTAL INCOME		80,842	76,657	54,895
EXPENSES				
	Instructors	54,863	43,065	26,619
	Rent	20,804	18,928	16,672
	Printing & Postage	3,419	3,226	1,295
	Water Bottles	2,082	0	0
	Training	2,330	40	0
	Dinner - Trainers	411	0	0
	Speakers	40	96	0
	Insurance	210	0	0
	Equipment	1,315	944	336
	Clothing	865	1,304	603
	Website	1,116	0	1,403
	Miscellaneous	0	225	431
TOTAL EXPENSES		87,455	67,827	47,359
SURPLUS/(DEFICIT)		(6,613)	8,830	7,536
STATEMENT OF FINANCIAL POSITION				
YEAR		2025	2024	2023
ASSETS				
	Cheque Account	38,777	43,369	35,087
	Cash In Hand	2,015	1,857	1,309
	Rent Invoices paid April 2025	(2,179)	0	0
TOTAL ASSETS		38,613	45,226	36,396
RESERVES				
	Surplus b/f	45,226	36,396	28,860
	Surplus/(deficit) for year	(6,613)	8,830	7,536
TOTAL RESERVES		38,613	45,226	36,396

Gemma's Kitchen - Food from the Heart



SALMON & CREAMY SPINACH

This dish is quick, easy, healthy and packed with flavour. With minimal ingredients and maximum taste, the dish is perfect for quick mid-week dinner. The salmon compliments the creaminess of the spinach, while the potatoes make the dish a little more substantial. High in omega 3 this is one of your 5 a day. 380kcal per serving

INGREDIENTS TO SERVE TWO

200g baby potatoes halved lengthways	1 garlic clove crushed
300g skinless Salmon fillet, halved.	235g Spinach
2tsp of Oil	2tbsp half fat creme fraiche
1 small Onion	A pinch of ground Nutmeg

Recipe

- Cook the potatoes in boiling water
- Place half the oil into a large nonstick frying pan or wok over a medium heat.
- Pat the Salmon dry with kitchen paper, season the topside.
- Place seasoned-side down in the hot pan. Cook for 3 minutes each side, transfer to a plate.
- Add the remaining oil to the pan and sauté the onion and garlic until soft.
- Reduce the heat and add the spinach, in batches until wilted.
- Season, then stir in the cream fraiche, potatoes and nutmeg. Add a couple of spoonful's water to loosen, if needed.
- Make a well in the centre of the potato mixture. Place the cooked salmon inside. Cook for 2 minutes or until piping hot. Serve immediately

*Try the recipe with other fish
too such as Haddock or Cod*

Gemma



It's Surprising What You Find

by George Llewellyn

Don't mess the A&E nurses about!

Over the last few months, I have had to attend Poole A&E. Fortunately, nothing serious.

There we are sitting quietly (Me that is, along with wife and daughter) in amongst the atmosphere typical of the doctor's surgery waiting room.

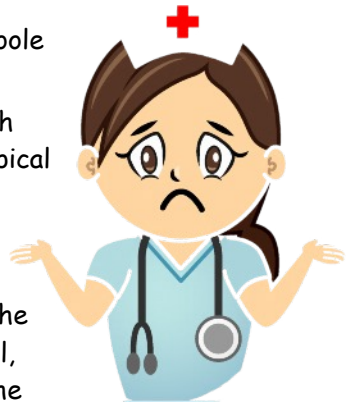
No chat. No eye contact.

Except a chap sitting by himself next to me. Well, he wasn't next to me until, talking to himself, he spontaneously positioned himself beside me. Audible mumbles with the tone of aggression continued to emanate from his direction when a nurse came out to talk to him. I didn't hear what was said but it was enough to warrant a strict response from the nurse, "Don't call me a racist!"

Despite another nurse coming out to encourage the gentleman to sit down, their pleas were ignored.

Somebody signs through the glass panelled doors: trouble brewing. It was immediate; they didn't care whether he sat down or not. The next minute he was outside!

I thought I knew a lot about hospitals but I had no idea where Security lives. I do now!



George



The stock market is a device for transferring money from the impatient to the patient

Warren Buffett

Everything that irritates us about others can lead to an understanding of ourselves.

Carl Jung

Five Tips for Flying with High Blood Pressure.

Whether you're planning a weekend city break or heading somewhere for a little bit longer, here are our top five tips to help you safely travel with hypertension, more commonly known as high blood pressure.

Can You Fly with High Blood Pressure?

Yes, as long as your high blood pressure is under control, flying is generally considered safe. However, it's essential to speak to your GP before booking your trip as they can advise you on how to manage your hypertension while travelling, and what warning signs to look out for.

1. Choose Your Destination Wisely

Where you travel can have a surprising impact on your blood pressure and as such, there's a few things you will want to consider such as avoiding extreme heat. Travelling somewhere with high temperatures can lead to dehydration, dizziness, or fainting. Similarly, hilly or mountainous areas can leave you breathless or put extra strain on your heart when walking around.

It is also worth watching out for high altitude areas. Countries such as Peru, China, Mexico have destinations that can be over 5,000 feet above sea level which can raise it.

2. Try to Minimise Travel Stress

Stress is a known contributor to raised blood pressure, so aim for a calm start to your trip. You can do this by checking travel advice from the Foreign, Commonwealth, and Development Office (FCDO) for your intended destination to ensure it's safe to visit.

Getting ahead with your packing is also a must as it will remove any last-minute stress you might face. Arriving at the airport in good time will also help to negate any stress as you'll have enough time to check any bags and make it to your gate without rushing. You may want to consider an overnight stay at or near the airport if you have an early flight.

If you often find yourself getting stressed, you may have calming techniques that you use. These could be deep breathing, meditation, or listening to certain music or podcasts. All of these can be great for minimising the stress you're facing.

Another great way to minimise stress whilst travelling is by taking out appropriate Travel Insurance for your needs. This way you can travel with peace of mind as opposed to stressing about what might go wrong. When considering what Travel Insurance policy you need, be sure to consider how much cancellation cover you need as well as ensuring you have enough cover for your baggage.

3. Pack Medication and Medical Devices

Another example of being prepared ahead of time, packing any medication or medical devices (such as your blood pressure monitor) is imperative when travelling with hypertension. Our best piece of advice here is to keep this in your hand luggage just in case you experience any delays or need this mid-flight.

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*for areas 1,2, & 3

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

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It's also suggested that you bring extra doses of your medication just in case your return is postponed for any reason, or you accidentally lose or misplace some. If you do happen to lose your medication then it's also worth bringing a record of the names of your medication(s) just in case you need to visit a pharmacy whilst you're abroad, you'll know exactly what you need.

4. Stay Active During the Flight

Long flights can pose a risk for circulation but there are steps you can take to ensure you stay healthy on board.

Firstly, wearing compression socks can not only aid circulation but also reduce the risk of blood clots. Moving regularly is also recommended; you should aim to walk around every couple of hours if possible.

If moving around the cabin isn't the easiest then you can do simple in-seat exercises to keep your blood flowing. Lastly, staying hydrated and avoiding caffeine and alcohol will help you manage your blood pressure.

5. Watch Your Sodium Intake

Did you know that airline food and snacks can be deceptively high in salt? Because of this, you may want to consider bringing your own snacks such as fresh or dried fruit and unsalted nuts. Beware of bringing only nuts though as sometimes flights ban the consumption of nuts onboard if there is someone with a severe allergy.

If your flight includes a meal, then you can request a low-sodium option when you book to help keep your blood pressure stable.

Get Travel Insurance with Able2Travel

If you are planning on travelling this year, 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 or by calling our helpful team on 01483 806 826.

For the love of travel, choose Able2Travel.

**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.*



How did nerds go from being beaten up by Jocks to beating everyone else up?

Charlie Brooker

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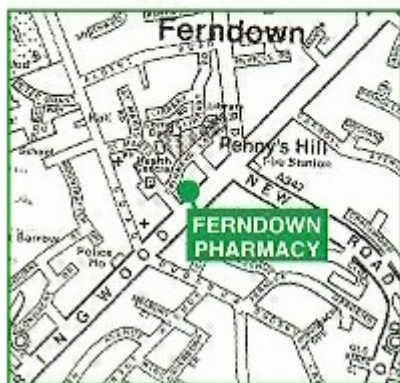
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Meet our Members

Gill Dacke



My name is Gill Dacke, pronounced as Dacker! My husband John's family were Swedish.

As John would say, I was born at an early age! My mother was evacuated at the end of the war from London to Leicester, where

I was born in the Royal Infirmary in 1945. My father was in the Royal Navy on the convoys around the British Isles. Schooling began in a Victorian infant school in Hanworth, then a small village in Middlesex, and I can still remember the smell of the old coke boiler and wet sand which we played with.

After leaving school at 16, I worked at Thomas Cook's head office in Mayfair, on the Swiss rail desk. The late Albert Tatlock of Coronation Street was a regular traveller with us.

Fed up with the journey into London each day, I obtained a job as a darkroom technician with the Richmond & Twickenham Times newspaper, owned by Richard Dimbleby then. He was a very generous employer and every Christmas we were given super presents. Working in the photographic department, I processed films and 'plates', printed black and white prints for the weekly paper.

After meeting my future husband John at a local camera club, we married and moved to Wokingham in Berkshire, where we had two children, a girl and a boy.

I then worked in their infant school where I was a learning support assistant in a special needs unit within the mainstream school. A challenging job, but very rewarding. One of our little girls with Cerebral Palsy went on to win several gold medals at the Paralympics as part of the GB equestrian team. We were all very proud of her.



Later I worked as a receptionist in a local GP surgery for 6 years. Its not true what they say about receptionists!

On our honeymoon, we had met up with a couple from East Anglia who introduced us to dinghy sailing. Total novices, we joined Maidenhead Sailing Club, based on a gravel pit and bought ourselves a small 'Mermaid' dinghy kit, which we built in our garage. We learnt to sail with a chair, a piece of rope and a broom handle. Very basic indeed, but we loved it. From then on we raced

every week. Several boats later, when we had the opportunity to move, in 2004 we chose Corfe Mullen in Dorset, where we joined the local gardening club. One of the activities we got involved in was looking after the roundabout on the Wareham Road, planting and weeding etc. taking our lives in our hands, sometimes.



After looking around for a sailing club, we joined the Poole Yacht Club and bought a Yachting World Dayboat, 4.2 metres, which had a large following then. John and I raced for 9 years until he passed away with Pancreatic Cancer. Keen to continue racing if I could, my neighbour Philip agreed to be helm and we raced again for another 10 years until we both had heart attacks at different times!

Mine happened in May 2021, out of the blue, when I was down at the beach with a friend, just an ache in my left elbow, no pain at all. Later that evening, it continued but I felt breathless and clammy and called an ambulance. The paramedics were brilliant and so I was blue lighted to Bournemouth Hospital where I had a stent fitted straight away. Hospital staff were very kind and I spent two days there but was discharged with no support at all. Being on my own I had to rely on friends and family for help. I think there was a list of things that I couldn't do for weeks and not much that I could do, without help. Needless to say, I became very anxious and depressed, resulting in several visits to Poole A & E with panic attacks.

I then joined PHSG when I was eligible and found Lesley's class very useful and fun. After the initial 10-week course, I joined Jayne Frank's Class in Broadstone on a Thursday morning. Really enjoyed the circuit equipment, especially the rowing machines and meeting like-minded people.

In 2023, I decided to move to Ashby de la Zouch in Leicestershire to be near my daughter and her family, and then found to my delight that there was a PHSG Zoom class on a Wednesday morning with Emma Thomas. This indeed was good news as I used to worry about the amount of exercise that one could do safely. Such a good idea to have such a facility and an organization like PHSG. I wish other areas had similar groups. Long may it continue.

Gill



The majority always has its way in the end. So does the Undertaker. But neither gains in pleasantness by the fact. **H.L. Mencken**

PHSG Exercise Venues

This is the programme Summer 2024. Things can change.
ALWAYS CHECK OUR WEBSITE www.poolehsg.org.uk

Ashdown Leisure Centre:	with Caroline With Jayne F	Tuesday Friday	09:30 09:30	10:30
Bearwood St Barnabas Church	with Isy	Tuesday	09:30	
Broadstone: Mem Hall Tudor Rd	with Jayne F	Thursday	13:30 (HoS Chair Exercise)	
Broadstone: The Junction	with Caroline with Jayne F	Wednesday Thursday	10:45 09:30	10:30
Canford: School Sports	with Lesley	Monday	08:45	09:45
Canford Classes will be moving to Wimborne Football Club for 7 weeks:	with Emma with Lesley	Tuesday Thursday	09:00 08:45	10:00 09:45
6th May to 20th June	with Emma	Friday	09:00	10:00
Ferndown: St. Mary's Church Hall United Church Hall	with Juliet with Juliet	Monday Friday	11:00 10:00	
Hamworthy: Liberal Hall	with Caroline	Monday	10:00	11:00
Lytchett Minster: Manor School	with Karen	Tuesday	17:30	18:30
Parkstone Lower: Tennis Club	with Paula with Paula	Tuesday Friday	11:00 (Chair Exercise) 10:45	
Parkstone Upper: St Joseph's	with Paula	Wednesday	10:45	
Swanage: Methodist Church	with Jayne C.	Wednesday	14:30	
Wareham: Purbeck Sports	with Jayne C. with Jayne C.	Monday Thursday	13:30 SEE NOTE Page 5 11:30	
Zoom: On line email for codes.	with Emma	Wednesday	09:00	

London Marathon 27th April 2025

What a day! One of many highs and lows but ended with a medal and some very sore legs.

My journey to the didn't start as planned as my train from Brighton got cancelled. Luckily my amazing husband was on standby and drove me to Gatwick airport train station so I could get a train to London Bridge. Three and half hours later I got to my start point at Greenwich with 20 mins until my Wave was due to go.

A quick toilet trip, last check that I had everything then, into my start pen and the countdown begun. I felt surprisingly emotional when crossing the start line mainly because of the effort to make it in time and the weeks of training were about to be tested.

The first 10k were amazing. I was feeling strong and I will never forget running by the Cutty Sark with all the spectators screaming encouragement, but it was hot and busy and really difficult to pass slower runners. Around 10 miles I started to notice people were dropping out and having to seek medical attention; after the event someone posted that the temperatures were between 28 to 32 degrees on course and for the thousands who have trained in the rain cold and wind these were not ideal conditions.

Crossing over Tower Bridge was also a highlight. I knew my family were there somewhere cheering but there were so many people I didn't spot them. I ran past a couple dressed as ducks who were having a lot of fun but looked very hot, Having already passed Three Rhinos, Big Ben and a man carrying a fridge I was grateful that I wasn't in fancy dress in the heat.

Unfortunately I had to start walking at 14 miles as severe calf cramp took hold, something I had never experienced before so I shuffled and walked all the way to the finish line taking in the atmosphere. Every part of the course was lined with spectators shouting encouragement, people playing music and waving banners. It was a sensory overload.

Cardiomyopathy UK had a cheer point at 17 miles and it was great to see so much support from the charity I ran and raised money for. I am so thankful for everyone's support and sponsorship and managed to smash my fundraising target having raised just under £3000.

It is very different running down The Mall to watching it on TV. it is difficult to fully appreciate as your focus is to just get to the finish line and I made it in 4 hrs 29 min and got my medal.

Would I do it again and the answer is a YES definitely.



- ☺ Why was the penguin's head cold? Because it had an ice cap...
- ☺ What is the Irish shepherd's favourite rock song? Bah Bah O'Reilly.
- ☺ My wife told me "I've got blisters on my hands from using the broom." I said "Use the car next time."
- ☺ Somebody broke in to my medicine cabinet and stole all my anti-depressants. Well, I hope they are happy now!
- ☺ You can't spend a penny in Italy ... you have to Euronate.
- ☺ Police confirmed that the man who tragically fell from the 4th floor of the nightclub was not one of the bouncers.
- ☺ My friend quit his high powered job last year so he could pursue his dream in archaeology. Now his career is in ruins.
- ☺ Apparently a thief has stolen all the road signs in Yorkshire. The police are looking for Leeds.
- ☺ On the day that Eddie Stobart died, a new biopic about him was released. I haven't seen it yet, but the trailer looks good.
- ☺ The older I get, the more I realise that my life revolves around just three shops: the opticians, Boots the chemists and Greggs the baker. Specs and drugs and sausage rolls are all my body needs.
- ☺ I live next to the world's smallest wind power generator ... not a big fan.
- ☺ Have you heard about the new corduroy pillows? They're making headlines.
- ☺ What's the best way to walk out of the bookies with two hundred quid? Go in with five grand.
- ☺ They've found an early draft of the script to Alien..
Ash: I can't find the milk Ellen!
Ripley: In space no one can. Here, use cream.
- ☺ Today I was walking through the cemetery and saw a bloke hidden behind a gravestone. "Morning" I said. "No", he replied, "just having a wee"
- ☺ It was 2am and a policeman sees a man driving along a little unsteadily so pulls him over. "So where are you going this time of the morning?" "Well" Says the guy, "I'm going to attend a lecture on the evils of alcohol abuse and its effect on the human body, and how that can be aggravated by smoking and staying awake too late" "Is that right? And who is giving a lecture at this time of night?" Says the PC. "That'll be my wife"

- ☺ A Farmer in Cornwall see's a bloke drinking from his stream & shouts, "Wozzon! Ee dun wanna be drinkin dat, it's full of horse piss an cow dung". The bloke says "I'm from London and just purchased a property in the village. Can you speak a bit slower please". The Farmer replies "If - you -use - two - hands - you - won't - spill - any!"
- ☺ On the day that Eddie Stobart died, a new biopic about him was released. I haven't seen it yet, but the trailer looks good.
- ☺ "Only a fool be thinking that thar be gold!" (from Talk Like a Pyrite Day)
- ☺ A farmer's wife is talking to her friend. "my husband is getting very frisky nowadays, only yesterday I was looking at the chickens and he grabbed me from behind." "I didn't think you kept chickens" said the friend. "We don't, we were in Tesco" she replied

Work Stress and Heart Problems

Being under appreciated by }our boss is bad for morale ... but it can harm your health. too. Office workers who feel overworked and undervalued are more likely to develop atrial fibrillation, a new study in the Journal of the American Heart Association has found.

Atrial fibrillation causes the heart to beat irregularly, which can lead to dizziness, shortness of breath and tiredness. as well as increase the risk of a stroke. For the neu, study, conducted over nearly, two decades. 5.926 white collar staff in Canada with an average age of 45 answered questions about job strain (workload, deadlines and the like) and "effort-reward imbalance" whether they were receiving enough recognition for their efforts. Over the course of 18 years, 186 developed atrial fibrillation.

Analysis of the data showed employees who reported having a stressful job, while also being undervalued, were 97% more likely to be diagnosed with the condition than those with no such concerns. .Job strain alone was linked to an 83% increase in risk, and lack of recognition to a 44% increase.

Lifting Weights

The link between regular exercise and better sleep is well established, box which type of activity is the most effective for beating insomnia has been less clear. No analysis perfect cystic studies involving 2045 people over the age of 60 – a group prone to disturbed sleep has found that forms of exercise tend to help, resistance and strength training food shops and the like come out on top. They were associated with a 5.75% improvement in sleep compared with a 3.76 point increase from cycling and other aerobic exercise.

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

Member of British Heart Foundation Independent Heart Support Network
Affiliated to Arrhythmia Alliance - The Heart Rhythm Charity