

MAGAZINE

Poole Heart Support Group

www.poolehsg.org.uk

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IT'S MEMBERSHIP
RENEWAL TIME !

Winter 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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Magazines are published in the Summer (1st week June) and before Christmas. (1st week December)

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: Witchampton Mill

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Chairman's Letter



Its Christmas again! Can anyone who has been besieged by ever expanding shop displays and Christmas music since September doubt that. Some of you will know my normal *Bah Humbug* attitude but it hasn't done me any good so I've decided to give in this year! Let me wish you:

Happy Christmas to all PHSG members.

I hope you enjoy the festivities.

MEMBERSHIP RENEWAL: I must remind you all that it is renewal time again. You will find the renewal form in this issue BUT you can also renew on-line this year as Gill Rowe has been busy designing a page on our website to allow you to do that. Do read what Gill & Nigel have to say on Pages 5 & 6 on how you can save yourself postage. Membership is still only £8 which is fantastic value, I think you will agree.

EMAIL ADDRESSES: Those of us on the committee who deal with these addresses are constantly amazed at how casual many of you are relating to writing them down when you join or renew. Your email may be very familiar to you but it is not to us. Watch out for those letters that could be misread "Is that a p or an o?". Detective work can often solve the problem, but this message is clear: Write your email clearly please.



The committee and I wish you all a Happy Christmas and all the best for a healthy 2026.

Keith



Your PHSG in Numbers

Years active	35
No of Trainers	9
No of Exercise Classes	32
No of Exercise Venues	15
Full members	614
Partner members	385
Committee members	14
Honorary members	45

Nigel





Hello to PHSG

by Dr Konstantina Kipourou

I am Dr Konstantina Kipourou, an imaging consultant cardiologist with advanced training and expertise in echocardiography and cardiac computed tomography.

In January 2025, I relocated from London to the beautiful South Coast and joined Bournemouth and Poole Hospitals as a consultant cardiologist. Both hospitals provide comprehensive imaging

services, including standard, stress (exercise and dobutamine), transoesophageal, bubble, and contrast echocardiography, as well as a high volume of cardiac computed tomography and magnetic resonance imaging studies. We are also introducing a semi-supine bicycle system, which will significantly enhance our imaging capabilities and the assessment of cardiac function.

It has been a privilege to contribute to the multidisciplinary Heart Teams at St George's Hospital, Royal Brompton and Harefield Hospital, and King's College Hospital in London, collaborating to optimize valve surgery and complex structural heart interventions. Having worked in these leading tertiary centers, moving outside London has been an exciting and refreshing change. My goal now is to further advance the quality of cardiac imaging for patients with valvular heart disease and to develop an echocardiography department that matches the efficiency and standards of major London centres.

Echocardiography continues to evolve rapidly, with innovations such as real-time three-dimensional imaging offering deeper insights into cardiac anatomy and function. I aspire to continue to conduct clinical research in my area of interest and expertise. I am fortunate to work with a supportive and motivated team that shares my commitment to enhancing our cardiac imaging services and ensuring the best possible care for our patients.

Finally, may I wish you all a very Happy Christmas and all the best for 2026.

Konstantina



Dr Konstantina Kipourou MD MSc | Consultant Cardiologist

PA (Susan): Tel: 0300 019 8255 Email: susan.burton@uhd.nhs.uk

Membership Renewal 2026

As 2025 draws to a close it's once again time to renew your annual membership subscription to Poole Heart Support Group. As in previous years, the fee has been kept at just £8 which covers both you and your partner for a whole year's membership. You'll find your Renewal form enclosed in this magazine.

The usual options to pay by bank transfer or cheque are still available, but this year we're trialling a slightly different approach with regards to the Renewal form. If you pay by cheque, nothing has changed and as usual we need you to return your signed Renewal form by post to us along with your cheque for payment. Full details are on the form.

However, if you pay by Bank Transfer, then once you have made the payment via your bank, you can now simply head to our website and fill in the online Renewal confirmation form with your details to tell us you've paid. No need to post the form back to us, just recycle it along with your other paper recycling and save on postage. Of course, you can still sign and post the form back to us if you wish.

In addition, if, for any reason, you no longer wish to remain a member, you can use the same form to simply Cancel your membership. This will then save us sending you email reminders.

Anyway, give it a try and if you have any issues or comments, please let us know. Feedback is always welcome.

From a membership perspective, things are ticking along as per usual and exercise classes continue to be well supported but we'd always like to see more of you attending if you feel you are able to. So, if you don't currently exercise but would like to check us out, please do get in touch via our website and hopefully we can find a class that suits your needs.

Finally, on behalf of all of us at Poole Heart Support Group I'd like to thank you for your continuing support and wish you and your loved ones a very Happy Festive Season and a Happy and Healthy New Year.

Nigel Rowe
Membership Secretary



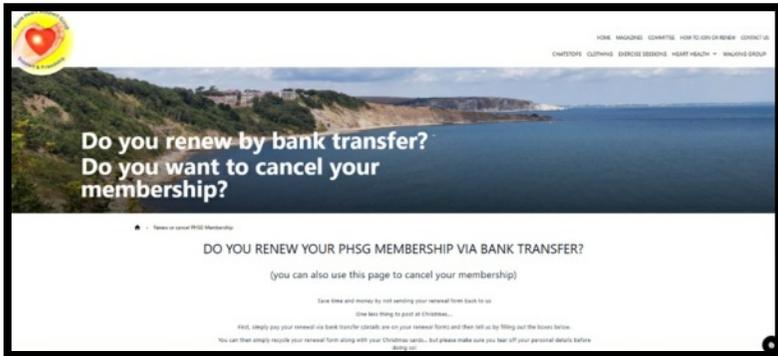
PHSG Website Update

www.poolehsg.org.uk

Hello everyone, What a wonderful Summer it's been ... I know the gardens have suffered, but isn't it amazing how quickly everything recovered!

I have to say that my plans for a redesigned Website Home Page have so far gone unfulfilled. My fault as I spent as much time as I could outside during the Summer, but in the last few weeks I have been working on a new webpage specifically aimed at our members who pay their renewal fee by Bank Transfer and also, sadly, for members who do not wish to renew.

For those of you paying by Bank Transfer, it means you can submit your renewal details via the website so that you do not need to return your form to Nigel Rowe, our Membership Secretary (who just happens to be my other half ... so absolutely no favouritism involved in developing this functionality!). This will save you having to post yet another item at Christmas, or hand delivering the form to our house (although we have redecorated our porch this year so you'll miss seeing it). Your form can then be recycled, though please make sure you remove your personal details from it first.



Those of you who, for whatever reason do not want to renew, can also use this web page. All you have to do is to go to our Home Page to see the link to the new renewal/cancel options.

The website and Facebook page are still the best places to look for the most up-to-date information regarding all PHSG activities. Throughout the year there are often minor changes to the Exercise Schedule and as soon as I'm aware of them, they are reflected on the website. The Walking Group walks and Chatstop speakers are also published on the relevant pages.

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 Christmas and New Year.

Gillian Rowe, Web Guru



Well Being Workshop

by Lesley Richards

In September PHSG held a well-being workshop at Wimborne Town Football Club for a few of our members on a 'first come' basis. It was experimental, as the costs were quite high and only 12 members could be accommodated in the session.

The course was presented by Nikki and Helen, both of whom are cardiac rehab specialist nurses employed by the NHS, and are part of UHD's cardiac rehab team. Leaving me to hang around in the background, helping to serve the tea, coffee and biscuits!

The workshop started with introductions, and led into a brief description of topics to be covered throughout the session. Topics covered in the workshop included; mindfulness, stress, gratitude, coping mechanisms and a very good description of "fight or flight."

For one of the topics the group was split into smaller groups, where our members discussed what triggers stress, how they handle it and this led on to a full group discussion, with our members swapping experiences and ideas. Some of the topics the nurses talked about were backed up with videos, which helped to consolidate the information

Here are some of the comments from our members ...

"The talk gave many ideas on how to focus your mind away from these thoughts and feelings and therefore making you feel more at ease."

"It was very insightful, thought provoking and extremely helpful, it was great to interact with others and realise how much we all feel the same."

"The well being workshop by our cardiac nurses was truly helpful and much appreciated — it gave us simple, mindful ways to handle stress as heart patients"

"I thought it was well balanced touching on most areas that cause us concern. The mindfulness and gratification modules were well presented."

All of the attendees have said how helpful and informative the workshop was, so I think it's safe to say it was a great success.



Lesley 

AGM & Quiz - June 2025



	UK	Science	Quiz Shows	Dorset	Total
Meadowsweet	11	7	6	8	32
Old Bunch	11	7	10	9	37
Heyshams	12	8	6	8	34
Thickoes	9	6	6	6	27
Billy Whizz	11	6	6	9	32
Golden Girls	10	10	10	8	38
Geriatrics	10	9	4	7	30

It was the "Golden Girls" that won. By just one point. Here they are with their chocolate prizes.



The Ellipsis: Many people like to use a row of dots in their writing. Like this
But this is wrong, the row of THREE dots is a proper punctuation mark and it is known as an Ellipsis. So, please restrain yourselves, just as with exclamation marks where ONE is enough! Use dots, use an ellipsis. Like this ...

Official PHSG Clothing

T-Shirts, Polos, Sweatshirts, Hoodies

A warm Hello to all our readers. I am Lynne Armstrong. I am a regular at the Canford classes run by Emma and Lesley and I am regularly at the Chat Stop displaying the PHSG range of clothing. I do orders 2/3 times a year depending on demand. The quality is very good - Fruit of the Loom range - and washes and maintains it's shape well. I have some stock of all the goods in various sizes and colours and do encourage people to try them on for correct fit. If you are interested in seeing our range of clothing please email me at Lynnephsg@gmail.com and I am happy to arrange to show you our range.

I won't be at the November chat stop but will be there in December. Lynne x



Lynne



A Little Plea to Chat Stop Attendees:

Please note that transporting the 'books for sale' back and forth to the chat-stop for each meeting is an extreme chore for Jan and she doesn't have the space in her accommodation to keep them. We need everyone who attends the chat-stops to take some books with them to return next time. This needs to happen automatically, without us trying to remind people as they are scrambling to get out of the door. Because Jan is very busy and always has stuff to carry back and forth to chat-stop, she needs to have **NO BOOKS LEFT** after you have all gone. This needs to happen at each chat-stop from now on, otherwise we will simply have to cancel the book stall and dump the remaining books with one of the charity shops. If you take a box of books and decide you will not be at the next chat-stop, that's not a problem, please just hang onto them and bring them next time you can make it.

Thanks you for reading this.

Derek Pope



Greetings from the PHSG Office



Something I would really like to share
Is the Lewis Manning Hospice Care
Collecting used stamps for ever and a day
To help this Charity on it's way



So this Christmas when opening up your post
Sitting there enjoying your eggy breakfast toast
Please give a thought to my hopeful plea
That you'll send your used stamps over to me

Via Chat Stop or Exercisers, I can give you a list
(But never to our Chairman as he's a philatelist!)
Lewis Manning will be grateful, and we will all tend
To think we will have helped, patient, family and friend.

01202 250108

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

Thank you so much.
Merry Christmas and Happy 2026 to you all.



*PHSG cannot collect up used stamps alone as tens of thousands are needed.
Lewis-Manning is perfectly suited to this and we are glad to help them with
our small feed.*

*The stamps are sold as 'kiloware', by the kilogram, to the trade by L-M. Cut
them off with a good neat surround of paper like the ones in the bowl.*

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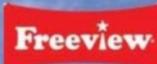
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Poole Heart Support Walking Group

A Member of the British Heart Foundation

Independent Heart Support Network



In April the Walking Group received an invitation to attend the Public Consultation for the Poole Water Recycling and Transfer Project.

Two walking group members attended this very informative presentation at Corfe Mullen Village Hall on Saturday 17th May. We were given a detailed booklet on what plans are being made for the future, which was handed around to the walkers to view on following walks. Anyone wishing to find up to date information please visit their website:

www.westcountrywaterandenvironment.org

Four members of the Walking group attended the Well-being Session, kindly organised by Instructor Lesley. It was also very informative and we are presently trying to put what we learned into practice!

Over the last 6 months we have had 8 walk leaders, with their walking partners, who have taken us all over our beautiful Dorset countryside ranging from Tarrant Rushton, Stanpit Marsh, Crichel House, Hengistbury Head, Hinton St Mary, Spyway Barn and Worth Matravers to places closer to home such as Branksome Woods and Canford Magna SANG. These are to name but a few of our scenic walks which are held every 10 days alternating between Saturdays and Wednesdays, starting at 10.30am. If you are a walking member, you are also invited to join us for lunch at a pub, where your seat needs to be reserved in advance with the Walk Leader or Walk Co-ordinator.

Please check the PHSG website www.poolehsg.org.uk and click on the drop down box for the Walking Group. There you will find a list of our Winter Walk Schedule, which Gill Rowe kindly updates every 10 days, with the information regarding details of our next walk. Please come and join us for great exercise in lovely natural surroundings at a pace and route suited out suitable for those with heart issues. The walk leader halts the group for any bringing up the rear at a slower pace. A second group for those with more limiting health issues has been created especially to build camaraderie and friendship while we “amble” as far as this group deems appropriate on the day. The main point of our walks is to be outside in fresh air in areas with interesting flora, fauna and landscapes. Each group has a defibrillator in a backpack carried by the leader or another walker, kindly offering to share the load!

On 9th July we came together with the Ormiston Family to remember our walking friend, the late Anne Ormiston, who had been a stalwart walking member for many years. We walked by the river Stour which was one of her favourite places and were treated to lunch by her family at the Bear Cross Inn, also a favourite venue of Anne’s. She and her late husband Bob, are greatly missed

On 9th August Linda and Bob Thomas hosted their annual summer BBQ in their garden with an added bonus of a vocal group. A walk around their local Holt Heath was led by them, on the day of the Holt Heath fire ... there’s never a dull moment on our ventures! Many thanks are due to them for organising this event which takes many hours of pre planning to make it the success it always is.

Our walks, originally planned by Cyril Martin, have been preserved in Walking Books up until 2015 and are now available to those wishing to view them on the Walking Group Page of the PHSG website. They are great for new walkers to find inspiration to lead a walk. Please contact Anne (Walk Co-ordinator) for the password if you would like to view these walks. Support is given with planning, to those who wish to volunteer. We have welcomed 7 new walkers to our group this year, special mention to Angie who has volunteered to lead her first walk in November.

We have had the most glorious dry, summer weather but we stalwart characters turn up regardless of the weather, kitted out with waterproofs, strong walking shoes and walking poles for support. Many of our group also attend PHSG exercise classes and provide a reliable contingent at the Chat Stop sessions so don't be afraid to talk to any of us at these events. The PHSG instructors have offered to advertise our next walk at their exercise classes but for more detailed information please email me, Walk Co-ordinator, at annephsgwalkers@gmail.com

We look forward to welcoming back walking members who have had to take a break due to hospital admissions and a warm welcome awaits those following their rehab course. To close with a quote from Albert Einstein:- "Life is like riding a bicycle. To keep your balance you must keep moving." We look forward to helping you keep your balance by walking with us!

Anne Colman



PHSG walk to Stoborough Nature Reserve Wednesday 10th September



**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*

Winter Walks Season 2025/26

Wednesday 3rd Dec

Monday 8th Dec

Christmas Lunch

Saturday 13th Dec

Saturday 3rd Jan

Wednesday 14th Jan

Saturday 24th Jan

Wednesday 4th Feb

Saturday 14th Feb

Wednesday 25th Feb

Saturday 7th Mar

Wednesday 18th Mar

Saturday 28th Mar

Wednesday 8th Apr

Saturday 18th Apr

To join the next walk:

Visit the website poolehsg.org.uk

Email Anne: annephsgwalkers@gmail.com

or call mobile 07762 316312

PANTO WORD SEARCH by Derek

ALADIN
ALIBABAFORTYTHIEVES
ALICESWONDERLAND
BEAUTYBEAST
BLUEBEARD
BOYWHOCRIEDWOLF
CINDERELLA
DICKWHITTINGTON
FOUNTAINOFYOUTH
GOLDILOCKSTHREEBEARS
GOOSELAIDGOLDENEGG

HANSELGRETEL
HUMPTYDUMPTY
JACKBEANSTALK
LITTLEREDRIDINGHOOD
PIEDPIPERHAMELIN
PRINCESSPEA
PUSSINBOOTS
RAPUNZEL
RUMPELSTILTSKIN
SINBADSAILOR
SLEEPINGBEAUTY

SNOWWHITE
THREEBILLYGOATSGRUFF
THREELITTLEPIGS
THROUGHLOOKINGGLASS
TOMTHUMB
TORTOISEHARE
WILLOWISP

P	B	Q	G	V	B	D	N	A	L	R	E	D	N	O	W	S	E	C	I	L	A	Q
L	Q	V	S	S	A	L	G	G	N	I	K	O	O	L	H	G	U	O	R	H	T	H
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SUDOKO
by Derek

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			9					1
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6					3			

SQUISHY ARTHRITIS

A new “squishy” material that can be loaded with anti-inflammatory drugs could offer continuous treatment to people with arthritis. When arthritis flares up, the joint becomes inflamed and slightly more acidic than the surrounding tissue. This new material has been designed to become softer when the pH lowers, triggering the release of the drugs inside it.

It only responds within a narrow pH range, and so the medication should be delivered precisely where and when needed, resulting in fewer side effects. It has only been tested so far in the lab, but the hope is that if packed with a mix of drugs, some fast and some slow acting, and used to replace worn cartilage in the joints, it could provide months of relief from the pain of arthritis, said the researchers from the University of Cambridge. “This could reduce the need for repeated doses of drugs, while improving the patient quality of life,” added the author Dr. Steven O’Neill.

AGM - June 2025





On the left, members gather at the AGM in June, and were able to give Jan Mesher a round of applause as she received the little silver cup for 2025 in recognition of all her work for PHSG.

Keith



Here are pictures from my summer social which was at Wareham Golf Club. Lesley covers me on one of the classes and was also able to come along which was brilliant.

Jayne





Meet our Members

Dr Alan Fryer

I am not a native of Dorset! I was born and bred in Liverpool and went to my local Primary school. After passing the 11-plus, I went to a local grammar school (it became a comprehensive school in my second year). When we started playing football at school, my mother bought me some kit to wear – and bought blue football socks – I therefore had to become an Everton supporter (and as a result have learnt to deal with adversity).

I was however better at academic subjects than I was at football, and when it came to choosing University courses I applied to do Medicine, and was offered a place at one of the London medical schools. This was quite something for a working class kid from a comprehensive school when none of my family had ever been to University. In those days, most of the students were male and I discovered when I got there that the girls were given A level requirements that were higher than the boys! I found that I was given the same offer as the girls! They were obviously a bit reluctant to take a Scouser! When I qualified, I did various junior hospital jobs, initially intending to specialise in Paediatrics (Children's medicine). I did some research into a genetic disorder which ended up seeking to find the gene that caused the condition, tuberous sclerosis. At this point, I decided that I wanted to spend my career as a clinical geneticist, seeing families with hereditary disorders – I kept telling people that I was a GP but only for very rare diseases. I obtained a consultant post in Clinical Genetics back up in Liverpool and by then I was married to Kerry, a music teacher who I met on a Christian youth camp, and we had two daughters.

After 29 very happy years, I retired and we decided to move nearer to our daughters and grandchildren. We had had a couple of family holidays in Dorset and recalled visiting Wimborne. I remember going into the Tourist Information Office and saying what a nice town it was and the lady saying, "Sir, we think it is the finest town in Dorset!" She wasn't the sort of woman you argued with! As a result we moved to Wimborne at the end of 2019 and have loved being here. We moved a few months before the Covid lockdown and we got to know a little of our new environment in the one hour walks that Boris allowed us each day during that strange time. The lovely weather at the time enabled a bit of gardening as well to keep us active. We have made many friends since, particularly at St John's church where I am a lay preacher.

I had a heart attack about 3 months before moving to Wimborne, when we were in London for a wedding. I had had some chest pain, mainly on exercise, for a



few weeks and had seen my GP and was awaiting a hospital appointment. The day of the wedding I woke up with the same pain and decided it was better to go to hospital than the wedding – I ended up in St George’s the next day and had four stents inserted. I was sent home on 6 medications of which only aspirin was in use when I was a medical student. How medicine has advanced! It was also stressed how important exercise was – none of the “rest in bed and no return to work for at least 3 months” that I was brought up with.

I went to a rehab course on the Wirral which proved very reassuring and I very efficiently transferred to Poole Heart Support Group when we moved down here. We attend the exercise class at Canford school with Lesley on a Thursday (my wife comes as my buddy) and this has also been key to our welfare. Whilst it has been helpful to have the reassurance of telephone check-ups with the cardiology service at Bournemouth, attending exercise classes has been the most important factor in maintaining my confidence that I am able to do things and live life to the full.

Of course, it has been very important in enabling us to keep up our level of exercise – we do love to go out walking and visiting places of interest but this is sometimes restricted by the weather and my lower back problems. The exercise class is definitely effective – we notice it when we return after missing a couple of weeks and see how our fitness levels have dropped! We enjoy seeing the same old faces each week and think, “this exercise must be working as it is keeping us all going!”

Alan



I love humanity. My problem is humans. **Sean Penn**

The definition of a good speech, is a joke at the beginning, a joke at the end, and the shortest possible time between. **Bill Nighy**

Champagne for my real friends, pain for my sham friends. **Francis Bacon**

Good comedy is based on pain and danger and fear. **Prunella Scales**



Gemma's Kitchen

Food from the Heart

CHRISTMAS BROWNIES

A Christmas Treat for chocolate fans! These festive brownies are laced with brandy-soaked cranberries, pecans and mixed spice.

INGREDIENTS

330g / 10½ oz dark chocolate, broken into chunks
30ml / 1fl oz brandy
200g / 7oz butter
300g / 10½ oz light muscovado sugar
100g / 3½ oz pecans, roughly chopped
Icing sugar

100g / 3½ oz dried cranberries
4 free-range eggs
200g / 7oz plain flour
1 tsp mixed spice

Method

- 1. *Preheat the oven to 180c / 350F gas 4 and line a 30x20cm / 12x8 inch tin with baking parchment.*
- 2. *Gently heat the brandy then add the cranberries and leave to soak while you prepare the brownie mix*
- 3. *Melt the chocolate and butter in a bowl over a pan of simmering water, or in the microwave.*
- 4. *Stir gently until smooth then set aside to cool slightly*
- 5. *In a large bowl, whisk together the eggs and sugar until pale and fluffy*
- 6. *Whisk the chocolate and butter mix into the eggs then gently fold in the flour, mixed spice, pecans, cranberries and brandy until fully incorporated.*
- 7. *Pour the mixture in to the prepared tin, smooth the surface then bake in the oven for 25-30 minutes or until the brownie is firm to the touch*
- 8. *Leave to cool in the tin for 10 minutes, then place on a wire rack until cooled completely.*

Gemma



It's Surprising What You Find

by George Lewellyn

As a lapsed engineer the modern world doesn't frighten me, and if I'm honest maybe the rate of inventions and discoveries doesn't worry me either.

The word that I find difficult to accept is **CHANGE**.

Just leave me to plod along at my own rate.

It's a World of **PINS** and **PASSWORDS**

I know that many apps need passwords, but I also need a password for the BBC.

Why?

and for almost all of my Bills (I wouldn't mind anyone paying my bills by the way!)

The most useful request on these Apps is "Forgotten your password?"



The amount of times I use this I'm surprised it's not automatic

I'm getting old now so I should go to church, if only just to get the password for the Pearly Gates!

George



Art is to console those who are broken by life. **Vincent van Gogh**

What You Need to Know about the EU System.

Travelling with a pre-existing medical condition often means planning carefully to make your journey as stress-free as possible. If you're heading to Europe, there's an important update you should know about. From 12 October 2025, the EU will begin introducing the new Entry/Exit System (EES) across the Schengen Area. Knowing what to expect can help you feel more confident about your trip.

What Is the Entry/Exit System (EES)?

If you're wondering what the Entry/Exit System is, it's a new digital border control process designed to replace the traditional stamping of passports when you enter or leave the Schengen Area.

Instead of a stamp, the EU Entry/Exit System will electronically record your travel details, including the exact date and place of entry and exit. Biometric data such as fingerprints and a facial scan may also be collected the first time you register.

This helps border officials track the 90/180 rule – the rule that allows non-EU citizens, including UK travellers, to spend up to 90 days within a 180-day period in the Schengen Area without a visa.

Which Countries Will Use the System?

The new rules apply to 25 EU countries in the Schengen Area, plus Iceland, Liechtenstein, Norway, and Switzerland. This means that popular destinations like Spain, France, Italy, Germany, Greece, and Portugal will all be included.

What to Expect at the Border

Once the EU Entry/Exit System UK travel process is fully in place, here's what most British travellers can expect:

- Registering for the first time: You may need to give fingerprints and a facial scan, as well as show your passport.
- Future trips: Once registered, only a facial scan will usually be required, making it quicker next time.
- Where checks take place: For some journeys, such as via Eurostar (London St. Pancras), Dover ferry port, or LeShuttle (Folkstone), checks may take place before you leave the UK. For flights, it will usually be at your destination airport.

Practical Tips to Prepare

To help make your trip smoother under the new Entry/Exit System in Europe, here are some things to keep in mind:

1. Check Your Passport Validity: Make sure your passport is in good condition and valid for at least three months after your intended return date.
2. Expect Longer Queues: During the first few months, queues may be longer at border control. If standing for long periods could be difficult, consider requesting special assistance in advance.

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3. Different Rules During Rollout: Until April 2026, some borders may still use passport stamps alongside the new digital checks. Requirements may vary, so it's worth checking what applies to your specific route before you travel.

Travel with Confidence with Able2Travel

Get travel insurance with Able2Travel if you are planning on travelling this year, then don't forget the importance of having a travel insurance for individuals with pre-existing medical conditions, ensuring you can explore the world with peace of mind.

You can get an Able2Travel Travel Insurance quote by visiting

<https://www.able2travel.com/campaigns/phsg> or by calling our helpful team on 01483 806 826. For the love of travel, choose Able2Travel.

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ZOOM, ZOOM, ZOOM by Emma



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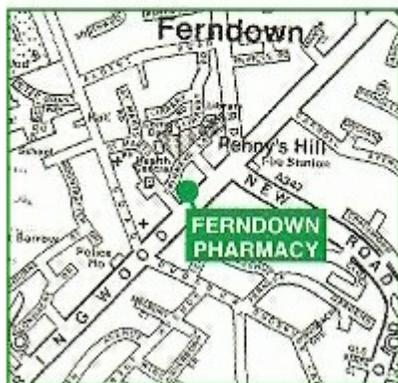
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POO !

If you have constipation, eating prunes may well help – or you could try a Kiwi fruit. That was among the conclusions of a new meta-analysis of 75 clinical trials into the effectiveness of dietary treatments for chronic constipation. The team at King's College London found that eating eight to ten prunes or two to three kiwi fruits a day should help. The fibre in kiwi fruit increases the volume of the stool, which can encourage the bowel to contract.

"Kiwi also increases water content into the gut, which may soften stools" lead author Dr Eirini Dimidi told the BBC. Rye bread is another plausible remedy though she notes that the recommended six to eight slices a day for three weeks or more "may not be realistic". Keeping hydrated will help, but magnesium-rich mineral water is better than tap water, as magnesium has a laxative effect. For the same reason, magnesium oxide supplements are worth trying, as are psyllium husk fibre supplements. Following these guidelines, the report says, is more likely to be effective than eating more fibre generally, or seeking relief in probiotic drinks.

NHS LIABILITIES

The NHS in England's total liabilities for medical negligence claims have hit £60bn. The figure is an estimate for the cost of settling all claims as of March this year, and any not yet received for the period before that is four times the one in 2006/07. A number of factors are behind the spiralling costs, including fast-rising legal fees and a jump in the number relating to babies who were left brain damaged as a result of poor maternity care (usually awarded large settlements to cover a lifetime of care).

Most cases are brought against GPs, and about three-quarters of claimants settle for £25,000 or less, but the damages are dwarfed by the cost of defending these cases. In 2024/25, £183m was spent settling low-value claims - but only 21% of this (£39m) was paid out to claimants. The National Audit Office says the £60bn cost is the second-largest liability on the Government's budget sheet, after nuclear decommissioning.

RECORD DRUG DEATHS

Almost 5,600 drug deaths were registered in England and Wales in 2024 - 2.1% more than in 2023. The highest number since records began in 1993.

Opiates and opioids such as heroin and morphine were the drugs most often mentioned on registrations in 2024. A total of 2,621 deaths were related to their use, up about 3% on the year before. Around 1,280 were related to cocaine, up 14% on last year, and 11 times more than in 2011. However, the sharpest rise was in deaths involving nitazenes - synthetic opioids that can be 100 times stronger than heroin rose almost fourfold, from 52 in 2023 to 195 in 2024.

More men were killed by drugs than women and both genders were most likely to have been in their 40s. The data also reveals sharp differences: the North East of England's rate of drug-related deaths was two and a half times that of the East of England.

A SHORT WALK ...

A lot of people aim for the arbitrary target of walking 10,000 steps every day, but a new study has found evidence that if older people manage just 4,000 once or twice a week it brings significant health benefits.

The researchers, at Harvard University, gave 13,547 women with an average age of 72 activity trackers to wear for a week. None had heart problems at the start of the study, but a decade or so later 781 had developed cardiovascular disease, and 1,765 had died. Analysis of the results revealed that the participants who'd clocked up at least 4,000 steps on one or two days each week were 27% less likely to have been diagnosed with heart disease, and 26% less likely to have died, than those who were more sedentary.

Meeting this step count three days a week lowered the risk of an early death by 40%. but was not associated with any further cut in the risk of heart disease. Walking 5,000 or more steps did seem to lead to some further benefits, though these were modest.

PHSG Exercise Venues

This is the programme Winter 2025. Things can change. ALWAYS CHECK OUR WEBSITE

www.poolehsg.org.uk

Ashdown Leisure Centre:	with Caroline	Tuesday	09:00	10:00	
	With Jayne F	Friday	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 Isy	Wednesday	10:45		
	with Jayne F	Thursday	09:30	10:30	
Canford: School Sports	with Lesley	Monday	08:45	09:45	
	with Emma	Tuesday	09:00	10:00	
	with Lesley	Thursday	08:45	09:45	10:45
	with Emma	Friday	09:00	10:00	
Ferndown: St. Mary's Church Hall	with Juliet	Monday	11:00		
	<i>Instructor is not BACPR qualified</i>				
Ferndown: United Ref Church Hall	with Juliet	Friday	10:00		
	<i>Instructor is not BACPR qualified</i>				
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	Tuesday	11:00		(Chair Exercise)
	with Paula	Friday	10:45		
Parkstone Upper: St Joseph's	with Paula	Wednesday	10:45		
Swanage: Methodist Church	with Jayne C.	Wednesday	14:30		
Wareham: Carey Hall BH20 4BY	with Jayne C.	Monday	13:30		
Wareham: Purbeck Sports	with Isy.	Thursday	10:45	11:45	
Zoom:	On line email for codes. with Emma	Wednesday	09:00		



Vikki Slade MP heard of PHSG activities and was invited to join in a session at Canford!



An old photo from 2008! The first Poole Hospital Phase III class held at Canford.

- ☺ 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."
- ☺ Hear about the inventor of the "Knock knock" jokes? He won the no bell prize.
- ☺ People say being a waiter is a terrible job, but hey, it puts food on the table.
- ☺ My friend went on holiday to France and fell through the roof of a bakery. He is in a lot of pain.
- ☺ I told my wife to embrace her mistakes. She hugged me.
- ☺ Can anyone who is here for the Yodeling Festival please form an orderly, orderly, orderly queue.
- ☺ If you receive emails about red meat be sure to ignore them, they are Spam.
- ☺ A princess was sitting one day when a frog hopped onto her lap. It looked up at her and said, "If you kiss me I will turn back into a handsome prince".The Princess thought for a while then replied, "No thanks, I'd prefer a talking frog".
- ☺ My friend quit his job at the Tiddlywinks factory. It was counterproductive.
- ☺ I've been sacked by the ice cream factory. I've refused to work on Sundaes.
- ☺ Two cartoon characters have broken in, and are stealing from a distillery. Bugs Bunny asks "Is this whiskey?" Elmer Fudd replies "Yes, but not as whiskey as whobbing a bank."
- ☺ I've been playing a U2 (the band) themed board game - Bonopoly. It's like Monopoly, but where the streets have no name...
- ☺ What should you do if you're addicted to seaweed? Sea kelp.
- ☺ Just a note; the maker of the yard sticks aren't making them any longer.
- ☺ Who put up the stone circle on Salisbury Plain? Hengineers
- ☺ Janet Street-Porter goes into a bar and says to the barman: "I'd like a large aperitif." "I really don't think that's humanly possible madam!" says the barman.
- ☺ What's the difference between Ironman and Ironwoman? One's a superhero, the other's a command.
- ☺ What's the most dangerous type of canoes? Volcanoes.
- ☺ Never let anyone tell you what you can or can't do. Look at Beethoven. They said he could never be a music composer because he was deaf, but did he listen?

- ☺ So, this chauvinist lion was complaining about having to fight a woman in the Coliseum. Gladiator? Yes, but he still felt insulted.
- ☺ I saw a snake that was 3.14159265359 metres long. I think it was a πthon.
- ☺ I despise these cyclists relying entirely on an electric motor, not their legs. They're all torque and no trousers.
- ☺ I've just been in a pub called "The Fiddle", probably the worst pub I've ever experienced. It really was a vile inn.
- ☺ I'm so upset. I picked up my dream car this morning, a beautiful Bentley convertible. Not even an hour later I lost control on a sharp bend. The damage is extensive and I'm so angry. Not as angry as the guy who left it in our secure valet parking is going to be, but not far off.
- ☺ I didn't believe my wife when she told me Micky Dolenz from The Monkees had taught her a magic spell that turns people into dogs with a single stare. Then I saw her face, now I'm a retriever.
- ☺ I told a friend "I don't understand cloning". He replied "That makes two of us".
- ☺ If the USA is so great, then why did they make USB?
- ☺ What's the opposite of a croissant? A happy Uncle.

PHSG walking member Jenny admiring the seat at Stour Nature Reserve



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
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