

MAGAZINE

Poole Heart Support Group

NEW MEMBERSHIP
CARDS ATTACHED

See back cover

AGM: Annual Reports

www.poolehsg.org.uk

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Summer 2026

POOLE HEART SUPPORT GROUP MAGAZINE

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**If you know a member who is ill, please tell us by contacting
almoner Trish Flooks on 07784 132932**

Please send magazine articles and photos to:
The Editor, 18, Greenhays Rise, Wimborne, BH21 1HZ or by e-mail to kevin@kayayay.co.uk

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

Print Deadlines are 11th May, and 11th 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: Sandbanks Peninsular, Poole

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Chairman's Letter

I've lost my job, well one of them, and I'm delighted!

I've enjoyed editing this Magazine for 15 years now, but felt it was time to pass it over. So let's welcome Kevin Andrews as our new Editor.

Kevin has been busy talking to printers in order to harness some of their newer technologies, such as automatic enveloping and using our membership database to address each one. This will also allow us to use the printer's lower postal rate tariff. No more buying over 1000 stamps at a time and no more lifting big heavy boxes, which was getting beyond both Jan Mesher and me these days!

You will all get a brand new Membership Cards with this Summer Issue. This has come about as a result of much discussion and even a sub-committee, which if you know our laid back PHSG ways, will tell you that we do consider it important we make some changes to the information on the cards. I don't want to say any more than that, as Nigel and Gill Rowe are explaining the changes elsewhere in this issue. Please do read about them, and keep that new Membership Card safe, it is going to become more important.

Now here we are at the 2026 AGM and PHSG is doing very well. Please remember the AGM will be held at Broadstone Memorial Hall on Friday 5th June at 14:00, and within this Magazine Issue, are the Financial Accounts, Membership and Website Reports.

Our membership remains at its usual high level with about 10 new members joining each month. I'm never quite sure if that's a good or a bad thing really! Finances are healthy and exercise classes are increasing both in attendance and numbers too.

You all have a wonderful committee working for you and PHSG is lucky to have such committed people willing to give so much of their time. We must not forget those many other members who help out at meetings and in many other ways. I thank them all for all the work they put in.

Keith



Statins, dispelling the myths

by Dr Christopher Boos

Cardiovascular disease is responsible for quarter of all deaths in the UK. Statins are highly effective drugs that lower LDL ('bad') cholesterol levels and have been repeatedly proven to reduce the risk of cardiovascular disease. However, there have been concerns about possible side effects.

In a recent study published in February 2026 researchers gathered data from 23 large-scale randomised studies from the Cholesterol Treatment Trialists' Collaboration: 123,940 participants in 19 large-scale clinical trials comparing the effects of statin therapies against a placebo (or dummy tablet), and 30,724 participants in four trials comparing more intensive versus less intensive statin therapy. They found similar numbers of reports for those taking the statins and those taking the placebo for almost all the conditions listed in package leaflets as possible side effects. For example, each year, the number of reports of cognitive or memory impairment was 0.2% in those taking the statins, but also 0.2% in those taking the placebo. This means that while people may notice these problems whilst taking statins, there is no good evidence that they are caused by the statin.



Hence, in summary. There was no statistically significant excess risk from statin therapy for almost all the conditions listed in package leaflets as potential side effects. Taking a statin did not cause any meaningful excess of memory loss or dementia, depression, sleep disturbance, erectile dysfunction, weight gain, nausea, fatigue or headache, and many other conditions.

There was a small increase in risk (about 0.1%) for liver blood test abnormalities. However, there was no increase in liver disease such as hepatitis or liver failure, indicating that the liver blood test changes do not typically lead to more serious liver problems.

Moreover, in a recent observational study published in October 2025 it was shown that elevated bad (LDL) cholesterol was strongly associated with an increased risk of dementia and that statins appeared to offer additional protection against dementia in the presence of low LDL-C levels. Among people with LDL-C levels below 1.8 mmol/L, statin use was linked with a 13% reduction in dementia risk and a 12% cut in risk of Alzheimer's disease, compared with non-users (<https://jnnp.bmj.com/content/96/10/981>).

Dr Christopher Boos
PRESIDENT Poole Heart Support Group
Consultant Cardiologist



The BHF verdict - Can STATINS lower the risk of Dementia

We already know statins play a crucial role in lowering LDL cholesterol levels and reducing the risk of heart disease.

This research suggests that keeping LDL levels moderately low might help lower dementia risk too -and that statins can help with this.

But while these findings are exciting, the evidence is not yet conclusive.

It's also important to note that statins alone would never guarantee protection against dementia. This is because there are many more risk factors for developing dementia than high cholesterol.

These include high blood pressure, atrial fibrillation, smoking, drinking alcohol, and having an unhealthy diet.

Lifestyle changes can help reduce all these risk factors. These include swapping foods high in saturated fats, like fatty meats and full-fat dairy, for unsaturated fats found in vegetable oils, nuts, seeds, avocados and oily fish.

Replacing carbohydrates like white bread and pastries with wholegrain options. Adding more fibre to your diet by eating at least 5 portions of fruit and vegetables daily, incorporating pulses like lentils and beans, and choosing wholegrain foods.

Staying active by introducing simple activities like taking the stairs, brisk walking, or yoga to help your body get rid of bad cholesterol.

If you are worried you might have high cholesterol, speak to your GP or nurse.

Source: British Heart Foundation Website <https://www.bhf.org.uk>

Membership Report for May 2026

Another year, another report and as we get deeper into 2026, there's nothing really significant to report in terms of membership numbers; everything continues to tick along nicely as you'll see by the figures in the table below.

Poole Heart Support Group in numbers - as of May 1st 2026							
Membership	2026 (YTD)	2025	2024	2023	2022	2021	2020
Full Members	584	607	578	556	410	503	635
Partners	367	377	363	308	263	321	385
Total	951	984	941	864	673	824	1020
Honorary	44	46	48	50	50	48	52
Advertisers	4	4	4	5	7	7	6
Committee Members	15	14	13	12	14	16	11
New Members (YTD)	48	105	101	88	49	15	10
Leavers	93	96	86	83	116	171	118
No of Trainers	9	9					
Number of Exercise Venues	15	15					
Number of Exercise Classes	31	31					

No major surprises and that's how we like it!

That said, recent analysis of exercise class attendance shows that just over 50% of members now attend a class. This is a significant increase on 2 years ago when the number was around 38%. Brilliant!

In other news, last year we tried a new process at renewal time by allowing people paying by bank transfer to confirm their renewal payment via our website rather than having to find, complete and post back the pink renewal form. I'm pleased to say that over 220 of you used this facility which was a fantastic response. It meant a lot less post for me to open!!! Thank You.

Going forwards hopefully more of you will use this process. Bank transfer payments now outnumber cheques by 4:1, and whilst cheques will remain an option, we hope many more of you will switch if you can.

Building on this successful change, for the next membership renewal cycle we will (hopefully) be getting rid of the pink renewal form in its current format. For the Winter magazine we are planning to make it an actual page in the magazine. Should you still wish to complete it and post it back, especially if you pay by cheque, you will simply fill it in, cut along the dotted line, stick it in an envelope

Membership Report (Continued)

with your cheque and post it back. Hopefully though, you'll pay by bank transfer and then just confirm that payment via our website.

As you can probably tell, we are trying to simplify our processes, make use of technology where we can and at the same time reduce our impact on the environment.

Finally, I would like to thank everyone involved with PHSG. Your continued support and effort is greatly appreciated.

MORE ABOUT YOUR NEW Membership Cards

To coincide with the new cards we are making a couple of slight changes to the format of our membership numbering system.

Firstly, we are finally getting rid of the “#” and “&” from membership numbering. Many of you have encountered issues when paying by bank transfer as these characters are not accepted as valid in the payment reference field. They were part of our own label printing process but as we're moving to a third-party printer for fulfilment, so they are no longer needed.

Secondly, we are switching the Partner reference code from “B” to “P”, as in “P” for Partner. When you receive your new cards, the main membership number will be shown as e.g. 1234 and if you have a partner specified, their number will be 1234P. Honorary members will be 1234H and 1234HP. Simple.

From this Summer issue, our new Magazine Editor, has outsourced and procured a managed fulfilment of the print and distribution, our printer will not only continue to produce the magazines, they are also going to personalise, and post them for us. With over 700 magazines in each print run, this used to take a team of PHSG volunteers a lot of time, so now they'll have to find another excuse to get together for tea and biscuits!

We would like to thank Jan Mesher, Iona Ostler, Ros Peattie and Trish Flooks, for their recent years of dedicated service. Also thanks to Anita Duvalle and Geoff Lawrence for their help of old. Without these people, you would not have received your magazines.

The new cards are attached to the rear cover of your magazine with instructions on filling in details on Page 30.

Nigel Rowe
Membership Secretary



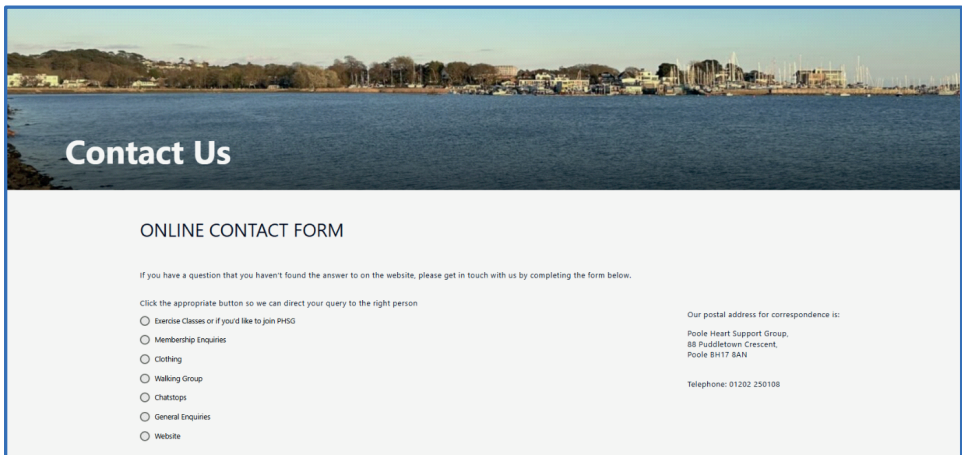
PHSG - WEBSITE UPDATES

Hello everyone,

The last few wet and dreary months have given me the opportunity to make a few changes/tweaks, and I hope improvements, to the website.

But first I want to say a big thank you to everyone who used the new page to confirm their renewal details. It's been a big success and I am so happy that from a website perspective it's done its job. For the next renewals at the end of this year, I will make some adjustments that will include making the page easier to find and explaining better what you need to put in some of the boxes. If you have any comments about this page, please send me a message by clicking the Website link on the [Contact Us](#) webpage.

In February, a redesigned Contact Us page went live. Previously all enquiries went to one person to forward on to one of our team. Now you have the option to send your enquiry straight to the best person to answer your query, thus avoiding delays. We don't get many enquiries, but everone one of them is important and the quicker we answer them the better.



Contact Us

ONLINE CONTACT FORM

If you have a question that you haven't found the answer to on the website, please get in touch with us by completing the form below.

Click the appropriate button so we can direct your query to the right person

- ☐ Exercise Classes or if you'd like to join PHSG
- ☐ Membership Enquiries
- ☐ Clothing
- ☐ Walking Group
- ☐ Chatstops
- ☐ General Enquiries
- ☐ Website

Our postal address for correspondence is:

Poole Heart Support Group,
88 Puddletown Crescent,
Poole BH17 8AN

Telephone: 01202 250108

The Home Page now has a 'Latest News' section where I am posting any Exercise Class changes, be it temporary or permanent, Chatstop reminders and information, and any other things we feel you should know about. I'm also periodically changing the banner pictures on the Home Page to reflect the season... message me via Contact Us if you spot a change.

Plans for the future include updating the Heart Health pages which our Lead Trainer Emma will help me with.

If you have any comments or things you would like to see included, please send me a message through the 'Contact us' page on the website.

So, remember, the Website and Facebook page are still the best places to look for the most up-to-date information regarding all PHSG activities

In the meantime, I wish you all a wonderful summer.



Gillian Rowe - Website Minion

Greetings from the PHSG Office

In this magazine edition you will detect
New membership cards you don't expect
Designed and created by our Gill Rowe
To carry important details whilst you're on the go

If you need to call 999, for a woman or a man
They will come to your aid as quick as they can
So please keep your card in your wallet or purse
Then all details are available to a Doctor or nurse!

Stay safe everyone!

Best wishes from,

Jan in the Office



01202 250108

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

Jan



YOUR NEW Membership Cards - News from the PHSG Office

After this print run, new membership cards will continue to be issued by me (Jan) in our office. If you lose yours or it gets damaged, please let us know via the Membership link on the Contact Us page of our website. We are also planning to give our exercise trainers a small stock of cards to use as replacements.

Official PHSG Clothing

T-Shirts, Polos, Sweatshirts, Hoodies

Hello and welcome to all our members, my name is Lynne Armstrong, and I attend Lesley and Emma's classes at Canford. I am the lady who sells the PHSG clothing range.



Our range consists of Crew and V neck T Shirts, Polo Shirts, Sweatshirts and zipped Hoodies. I always try to encourage members to try on a sample before making an order as it avoids any issues. It is nice to see members wearing our uniform with logo at classes and they look very smart.

I hold samples in various sizes and colours of all the range. I usually do orders twice a year or more depending on requests from members. I often take samples round some of the classes and to chat stop meetings.

The clothing brand is 'Fruit of the Loom' and is of very good quality and washes well.



Prices of clothing items are:

T-shirts £8

Polo shirts £12

Sweatshirts £14

Hoodies £22.

Here is a small selection of colours available.

Please email at: Lynnephsg@gmail.com if you have an order or any question.

Lynne



Poole Heart Support Walking Group

A Member of the British Heart Foundation

Independent Heart Support Network



Our walking group is made up of many stalwart walkers, some of whom have been with us with memories of how it all started, many years ago. We always welcome new walkers and last year 12 PHSG members applied to join our walking group. All we need is your membership number before your first walk to ensure the PHSG insurance covers you.

Some walk on a regular basis others only on Saturdays as they attend their PHSG exercise classes on Wednesdays. Two of our relatively new members Angie Simpkins and Paul Christopher have now become Walk leaders. This is a voluntary role, and my grateful thanks go out to them and all our regular walk leaders who volunteer to plan and lead a walk. Many choose their favourite walks we have completed previously. A wealth of information on walks has been archived in the Walking group section of the PHSG website. It is password protected so please ask if you wish to access this valuable information.

For novice walk leaders local walks around Upton Country Park, Whitecliff or a SANG (Suitable Alternative Natural Green Space) are local, easy to plan and enjoyed just as much as those further afield.

We have a Summer and Winter Schedule of Walks, the dates for which, are kindly worked out by Jean Robinson. Please check our next Summer Walk Schedule in this magazine and note any suitable dates in your diaries should you wish to join us. Our walks always start at 10.30am, some requiring more travel time to the starting point than others. Our Winter walks took us far and wide across very varied terrain. Brian Riglar, who led 6 of these walk, took us to areas near



Bovington, Bere Regis and Hinton St Mary. Other destinations have included Wilverley Enclosure in the New Forest, Holt Heath, Ferndown Forest, Moors Valley, Hartland Moor, Tarrant Rushton, Culpeppers Dish and along the River Stour at different points. Closer to home more local walks were around Lytchett Minster,

Coy Pond, Whitecliff, Meyrick Park, Creekmoor Ponds and along the Castleman Trailway.... I may have missed a couple, but the variety of walks is amazing!



We had a bit of a break from walking in December as we had other important events to attend! Our thanks go to Dianne Eddy, who organised our Walking Group Christmas lunch, at the East Dorset Golf Resort on Monday, 8th December 2025. There were 28 attendees with a choice of a 2 or 3 course festive lunch with coffee and mince pies to top it all off.

Our other important event held for walk leaders was a very informative First Aid Course. Unfortunately numbers had to be limited to nine due to the size of my lounge, but I hope to extend these courses in the future to all PHSG members once a venue is found. The course led by DFA Training was specifically tailored to the Walking Group. We had a video presentation with the 2 paramedics



We were then coached on how to deal with a casualty. We learned the importance of checking for danger to all present, checking the responses of the casualty and how to call for help using "What 3 Words" an app on our mobiles. It is very important to give the emergency services the correct 3 words by standing next to the casualty, so you give the precise location.

Another vital check is for catastrophic bleeding on the casualty as this must be stopped, before the well-known ABC (Airway, Breathing and CPR) to prevent a bleed out. We were taught to work as a 2-person team on the practice mannequins. Unfortunately, as we are an aging group CPR is extremely strenuous and we learned to give a countdown as one person tired the other was ready to take over.

The use of an EPI pen and how to deal with choking was also covered. I had no idea hotel rooms have a chair so should you find yourself alone and choking the back of the chair can be used in such an emergency.

Sadly in December we also lost a dear member of our Walking Group, Pat Coulam. She so enjoyed her walks with us and was delightful company. We extend our heartfelt sympathies to her family.

The PHSG website and more recently the PHSG Facebook page have details of our next walk. Gill Rowe kindly updates the information on each of our walks which are held every 10 days on Wednesdays and Saturdays alternately. Once you have requested to join a walk an email with details of the terrain, distance and the starting point can be sent directly to you. Once you've joined the walking group you are eligible to join us for our lunch at a nearby pub. A lunch seat needs to be reserved with the walk leader or myself two days before the walk. Is that an added incentive to exercise and have your lunch cooked for you?

Finally, my thanks go to Gill Rowe who very kindly took over the role of Walk Coordinator for the months of January and February while I was away enjoying the heat of the Southern hemisphere. Meanwhile, in Britain, the Walkers just kept on walking, despite the incessant rain.... A very big well done to all our volunteer walk leaders and walking members. Let the Summer begin and long may the



Anne Colman - Walking Group Coordinator

Summer Walk Season 2026

Saturday 30th May
Wednesday 10th June
Saturday 20th June
Wednesday 1st July
Saturday 11th July
Wednesday 22nd July
Saturday 1st August
Wednesday 12th August

For more information about the Walking Group,
or to join a walk, visit the website:
poolehsg.org.uk
and click on the Walking Group link

or contact Anne:
annephsgwalkers@gmail.com
07762 316312

Saturday 22nd August
Wednesday 2nd September
Saturday 12th September
Wednesday 23rd September
Saturday 3rd October
Wednesday 14th October
Saturday 24th October

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Financial Report - AGM 2026

Financial headlines:

We have a surplus of income over expenditure of £4,432 for the year ended 31st March, 2026.

There were 1,494 sessions were delivered with an average attendance exceeding 10 per session.

We finished the year with a cash balance of £41,663. Please note that the hall hire for Chatstop was previously included under the rent heading. It is now included under the Chatstop heading.

Financial outlook :

The outlook remains healthy. We continue to invest in training for our trainers. The board discussed class sizes as issues arose during the year and it was decided that the right approach was to continue supporting members in all our locations.

Please see Financial Statement on Page 15



Paul Alexander - Treasurer

POOLE HEART SUPPORT GROUP**FINANCIAL STATEMENT - YEARS ENDING 31st MARCH**

	YEAR	2026	2025	2024
<u>INCOME</u>				
Exercise		79,732	70,845	67,004
Membership &		7,483	8,761	7,661
Adverts		100	100	100
Chatstop		396	561	638
T-shirts		478	575	1,255
TOTAL INCOME		88,189	80,842	76,657

<u>EXPENSES</u>				
Instructors		58,475	54,863	43,065
Rent		19,677	20,804	18,928
Printing & Postage		1,642	3,419	3,226
Water Bottles		0	2,082	0
Training		1,962	2,330	40
Dinner - Trainers		0	411	0
Chatstop		429	40	96
Insurance		266	210	0
Equipment		357	1,315	944
Clothing		580	865	1,304
Website		276	1,116	0
Bank Charges		94	0	0
Miscellaneous		0	0	225
TOTAL EXPENSES		83,757	87,455	67,827
SURPLUS/(DEFICIT)		4,432	-6,613	8,830

STATEMENT OF FINANCIAL POSITION

	YEAR	2026	2025	2024
<u>ASSETS</u>				
Cheque Account		41,663	38,777	43,369
Cash in Hand		3,143	2,015	1,857
Rent Invoices paid April 2025		-1,761	-2,179	0
TOTAL ASSETS		43,045	38,613	45,226
<u>RESERVES</u>				
Surplus b/f		38,613	45,226	36,396
Surplus/(deficit) for year		4,432	-6,613	8,830
TOTAL RESERVES		43,045	38,613	45,226

Gemma's Kitchen

Food from the Heart

Spring is here and Daffodils, Bluebell, and Rhododendrons have been in full bloom for a while.

After a very wet and dark winter we look forward to brighter days and healthy enjoyable food.

As so many families now have Air fryers (you can do just about anything in an Air Fryer) these days, I have chosen a recipe suitable for this method of cooking but it can be adapted for the conventional oven too.



SPRING GALETTE

INGREDIENTS

- 50g Peas
- 50g Asparagus cut into ½ lengthways
- 80g Rhubarb, cut into 3cm pieces
- 50g Baby courgette cut into ½ lengthways
- 2tsp Olive Oil
- 250g Shortcut pastry block (from the supermarket)
- 2tbsp Parmesan Cheese finely grated



FILLING

- 1 Small egg
- 2 Chopped garlic cloves
- 125g Ricotta cheese
- Finely grated zest of a lemon

Method

- Step 1** In a medium pan of boiling water cook the peas for 3 min and drain.
- Step 2** Tip peas into a medium bowl, add the rest of the vegetable, the oil and plenty of seasoning and mix together until combined. Set aside.
- Step 3** In a small bowl of a processor, whiz the egg and add the resting ingredients until combined
- Step 4** Pre-heat the Air Fryer to 180°C according to the manufacturer's instructions.
- Step 5** Roll out the pastry to make a 30cm circle on a piece of Parchment. Spread the garlic filling into a rough 18cm circle in the middle, then top with the vegetable mixture.
- Step 6** Fold the pastry border over the filling. Brush the remaining egg over the pastry. Sprinkle with parmesan.
- Step 7** Transfer the tart (still on the baking parchment) to the basket of the Air Fryer. Cook for 10 minutes and carefully remove the parchment from under the tart. Continue cooking for 15-20 minutes until golden and crisp. Lift the tart out and serve with a squeeze of lemon and green salad.



A delightful accompaniment for a BBQ on what we hope will be an enjoyable Spring and Summer Evening

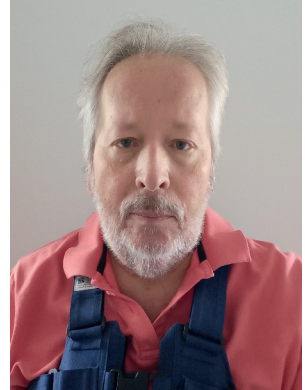
Meet our Members

Andrew Herbert

How one morning my life suddenly changed in May 2022

About myself – I was born in Bexley Heath and then my family moved to Richmond where I went to Grey Court School. I am married and have two wonderful daughters and a granddaughter.

My first job was as a Clerk for an Insurance Broker, I worked my way up and became a Reinsurance Broker managing Global Insurance Programs, this took me to the Middle East where I lived and worked for 14 years. My next career move was into marketing and TV advertising running my own business, an interesting change of direction you might say but I won't bore you with how it came about!



5 years ago my wife and I moved to Swanage, I continued to run my own business but also found time to join a gym, play tennis and walk more. When younger I used to row along the River Thames, now living by the sea I was keen to try sea rowing so signed up for a taster session one evening, I really enjoyed it. When the rowing session finished, we were told we would most likely experience muscle aches in our chest the next day, I was thinking I will be alright as I lift weights in the gym.

However, when I got up the next morning, I did not know my life was about to change dramatically, I experienced sudden sharp chest pain, nausea and collapsed due to the numbness in my right leg, despite my resistance (thinking it was caused by the rowing) my wife called 999, she always knows best! The ECG was fine but the paramedics took me to Poole Hospital due to the symptoms I was experiencing, The amazing doctors in A&E had the foresight to do a CT Scan which showed that I had suffered a Type A and Type B Aortic Artery Dissection, I was rushed by ambulance under blue lights (with a medical team following) to Southampton Hospital, I then underwent twelve hours of life saving surgery, when I was taken to Cardiac Intensive Care I suffered a major bleed and had further emergency surgery. My wife and family were told they should come to the hospital urgently, I subsequently learnt that the Surgeons and Doctors never thought I would survive, but as I often say, "I am still here"!

After seventeen days in Southampton Hospital Cardiac Intensive Care I was transferred to Poole Hospital to continue my recovery and rehabilitation, the care and support I and my family received in both hospitals was outstanding.

Finally, I was allowed to go home, then it was a case of building my strength and having the courage to do some exercise after what had happened, I had a great NHS physiotherapist visit and she soon had me walking around the park. The next major milestone for me was to be told at my follow up appointment with the cardiologist in Poole Hospital that I could take part in the NHS eight-week Cardiac Rehabilitation sessions at the Wareham Rugby Club where I was supported by a wonderful team who made the class fun I felt in safe hands. Determined to continue exercising I joined the great gym sessions on a Monday and Wednesday run by Jayne who also makes me laugh, other than when she tries to introduce dance moves, I am one of those men who certainly doesn't like dancing!

All was going well then I had an annual scan and follow up appointment at Southampton Hospital in October 2023, I was then told that I needed further open-heart Aortic surgery to repair the arch and mitral valve, as you can imagine this came as a shock, but I came through that one as well. Yes, you guessed it, when I had recovered, I was back at the Wareham Rugby Club and then Jayne's sessions again.



After a while I was keen to try my hand at golf again so went off to our local golf club and hit a bucket of balls, all things being considered and as I had not played for many years it went reasonably alright! When I returned home I checked my phone and could see that Southampton Hospital had tried to get hold of me several times whilst I was out, my surveillance scan had been done about ten days before so I assumed it was to do with that, it turned out that some of the earlier interventions had moved around and needed to be fixed as soon as possible, so back to Southampton Hospital for more surgery, but not open heart that time thank goodness.

I now really look forward to playing Pickle Ball, am hoping to get back on the tennis court this year and will of course continue going to Jayne's sessions. Sometimes I feel tired but am glad to be alive.

Andrew



Nursery Rhymes WORD SEARCH by Derek

ALADIN
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ALICESWONDERLAND
BEAUTYBEAST
BLUEBEARD
BOYWHOCRIEDWOLF
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FOUNTAINOFYOUTH
GOLDILOCKSTHREEBEARS
GOOSELAIDGOLDENEGG
HANSELGRETEL
RAPUNZEL
THREEBILLYGOATSGRUFF
THREELITTLEPIGS

THROUGHLOOKINGGLASS
TOMTHUMB
RUMPELSTILTSKIN
SINBADSAILOR
SLEEPINGBEAUTY
SNOWWHITE
TORTOISEHARE
WILLOWISP
HUMPTYDUMPTY
JACKBEANSTALK
LITTLEREDRIDINGHOOD
PIEDPIPERHAMELIN
PRINCESSPEA
PUSSINBOOTS

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

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Chatstop Diary - 2026

PLEASE NOTE: Chatstop is closed down for July, August and September and restarts on Friday 2nd October.

Friday 2nd October 2026

Cardiac nurse, Lisa Mattie will give guidance on how to keep your heart healthy.

Friday 6th November 2026.

Ian MacAllister, a local author, will give a talk entitled "Lost Olympics" An interesting story with local connections about Hilda James who was the first British swimming superstar destined for medals at 1924 Paris Olympics and how her quest was thwarted due to social attitudes at the time.

Friday 4th December 2026

Christmas is coming and what better way to generate some seasonal cheer by have a rendition of seasonal songs and carols lead by some local singing talent.

Friday 1st January 2027

No Chatstop for January which restarts again in February.

Chatstop - Recent Guest Speakers



Friday 10th April

Mel Biles, a PHSG member, who also volunteers for National Trust on Brownsea Island gave a very interesting talk and media presentation on the history of Brownsea Island.

It was a baptism of fire for Mel this being the first talk she had ever given but very much encouraged by the increased numbers who attended.

Friday 1st May

A talk was given by Addy Sheppard from LiveWell Dorset., Who are an organisation that interacts with the Cardiac Rehab Unit to promote a healthy lifestyle.

LiveWell Dorset is a free health and wellbeing service for adults (18+) who live in Dorset. We help people make small, achievable changes to live healthier lives. This includes support with:

- Quitting smoking
- Managing weight
- Being more active
- Reducing alcohol intake

Support is personalised and can include:

- A healthy lifestyle chat to understand what matters most to you
- One-to-one coaching over the phone with a friendly advisor
- Help to connect with local services and groups, such as stop-smoking support, weight-management programmes, walking groups, or other physical activity sessions



Our aim is to support people at their own pace and help them take the next step towards better health in a way that works for them.

If you're interested, you can also sign up to our monthly newsletter, which includes service updates, wellbeing tips, and local success stories:

<https://www.livewelldorset.co.uk/healthcare-professionals/subscribe/>

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*This discount code does not apply to medical screening premiums. It must also be used at the time of purchase and cannot be used in conjunction with any other promotions, offers or discount codes. We reserve the right to withdraw this promotion without further notice.

What to Know about Flight Transits before you Travel

by Beverley Nip of Able 2 Travel

Whether you're planning a long-haul trip or seeking a more affordable route, connecting flights offer great value and flexibility. While navigating transfers can feel daunting—especially when managing pre-existing medical conditions—understanding the process is key to a stress-free journey.

This article explains how flight transfers work, the different connection types you might encounter, and why it is vital to check Foreign, Commonwealth & Development Office (FCDO) advice for your transit hubs, as travelling through certain countries can impact your travel insurance.

Connecting Through Countries with FCDO Travel Warnings

If your journey includes a transit through a country where the FCDO advises against all but essential travel, you must understand how this affects your policy.

With Able2Travel, you generally remain covered while staying within the airport's international transit area, known as "airside transit."

However, if unexpected disruptions—such as a flight delay or missed connection—force you to leave the airport, your cover may no longer apply.

What Are Connecting Flights?

A connecting flight involves changing planes at one or more airports to reach your final destination; for example, flying from London to Sydney with a stop at Doha's Hamad International Airport.

While connections are often necessary when no direct route exists, many travellers choose them for added flexibility or more budget-friendly fares.

Flight Connections Explained: Types to Know

Not all flight connections work in the same way. Understanding the different types can help you plan more confidently.

- **Airside Transit:** The simplest option. You remain in the airport's secure departure area and do not formally enter the country. Always check in advance if your transit country requires specific entry permits, even for airside transit.
- **Landside Transfer:** This requires leaving the secure area, passing through passport control, and checking in again—often when changing terminals or airports.
- **Stopovers:** These are planned breaks, typically exceeding 24 hours, designed to break up long-haul travel or allow time to visit a new city.

Please note: Able2Travel cover may be affected if you choose landside transfers or stopovers, as these involve leaving the airport.

Flight Transits before you Travel (Continued)

What to Check Before You Travel

Before booking connecting flights, it's important to check a few key details that could affect your journey.

- **Visas and Entry Requirements:** Rules vary significantly by country. While airside transit is often visa-free, some nations (such as the USA, Canada, and Australia) may still require electronic authorisation.
- **Baggage Handling:** Your baggage process depends on your ticket type. On a single booking, bags are usually checked through to your final destination, whereas "self-transfer" flights often require you to collect and re-check them yourself. Always confirm these policies with your airline beforehand.

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.

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.

Beverley



Are you into Vinyl? LPs are for you maybe.

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- Shure V15 cartridge, with elliptical stereo/spherical mono/78rpm stylii.
- Shure test record.

Price negotiable ... but reasonable ... proceeds to PHSG.

Send interest to keithphsg@btinternet.com

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PHSG Exercise Venues

This is the programme Summer 2026. Things can change. ALWAYS CHECK OUR WEBSITE
www.poolehsg.org.uk

Ashdown Leisure Centre:	with Caroline With Jayne F	Tuesday Friday	09:00 09:30	10:00 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 with Jayne F	Wednesday Thursday	10:45 09:30	10:30	
Canford: School Sports	with Lesley with Emma with Lesley with Emma	Monday Tuesday Thursday Friday	08:45 09:00 08:45 09:00	09:45 10:00 09:45 10:00	10:45
Ferndown: St. Mary's Church Hall	with Juliet <i>Instructor is not BACPR qualified</i>	Monday	11:00		
Ferndown: United Ref Church Hall	with Juliet <i>Instructor is not BACPR qualified</i>	Friday	10:00		
Hamworthy: Liberal Hall	with Caroline	Monday	10:00	11:00	
Lytchett Minster: Manor School	with Karyn	Tuesday	17:30	18:30	
Parkstone Lower: Tennis Club	with Paula with Paula	Tuesday Friday	11:00 10:45	(Chair Exercise)	
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		

Exercise with Isy at Bearwood

PHSG Exercise Classes offer something different depending on location and Trainer. Isy's Tuesday Class at Bearwood are a very close, supportive energetic group. Isy recently shared the fact that this group are so positive and just love to be dressed up (often). She said that she finds it adds fun and colour to the classes.

Recently, they had an Easter themed Easter Bonnet 'dress up' plus Easter exercises and games and an Easter Egg hunt.



The Tuesday Group have a dress up session on the first Tuesday of each month. The class take turns as to what we dress up as. Our latest theme was transport. Please see some photos below. We always have a fabulous time whilst exercising safely of course. Followed by coffee and cake and catch up.

Isy says that they are such a wonderful group. Peter, one of the group, turned 90 (pictured below) - so everyone celebrated. Peter and his wife Jo have been celebrating, and the group have a get together to celebrate this weekend.

HAPPY 90th BIRTHDAY - PETER



To Exercise, or Not to Exercise, that is the Question.....



Advice from Emma - Lead Trainer

As a cardiac patient you should never push through feeling unwell and please do not attend an exercise class if you are sick or injured.

If in doubt rest up.

If you feeling unwell or have any chest pain, dizziness during a class then please alert your exercise partner and your instructor immediately so we can act accordingly. If symptoms persist then a trip to the GP is in order.

Ask yourself have you had a change of medication? Or do you need a medication review; your body changes so your medications may need to be looked at.

A common issue during exercise is dehydration; Try and avoid getting to the point where you feel thirsty, so take regular sips of water whilst exercising. You can become dehydrated even when the environment is cold and you are not sweating. Please note, that during the class you don't need to wait for the midway break to have a drink.

Warning signs of dehydration other than feeling thirsty are dizziness, fatigue headaches and muscle cramps. This can lead to confusion, low blood pressure, possible fainting and losing consciousness which are all things we want to avoid in a class situation.



If you have a known arrhythmia then it is even more important to stay hydrated to prevent triggering palpitations and irregular beats.

Please remember to eat something small before coming to class; to bring a bottle of water and come in the correct footwear.

Emma



INFORMATION ABOUT YOUR NEW Membership Cards

Within this Summer Magazine issue there will be a **one-off** distribution of new PHSG Membership Cards to all relevant members and their partners.

Many of you may still have the manually laminated card, which may even have our old pre-COVID office address printed on the back. We also know that over the years, many have also been lost. So, with that in mind, we decided the time was right to re-design our Membership Card.

PHSG does not hold your Emergency Contact details or your Date of Birth which are important to First Responders when attending an emergency. Rather than increase our responsibilities and go deeper into UK Data Regulations (UK-GDPR) by collecting this additional information, we decided that it would be a good idea to give you the opportunity to add it to your new Membership Card should you choose to do so. It's your data after all.

The new Membership Cards have been integrated into this Summer Magazine print run, and you should find one for you and one for any partner you specified when you joined PHSG on the **outside back page** of the magazine. If for some reason, yours is missing, please let us know via the Membership link on the **Contact Us** page of our website.

Please fill in your details pop it in your pocket, wallet, purse or mobile phone case and carry it with you wherever you go, not just to PHSG activities. Of course, you may already have all these details set up on your smart phone's - **In Case of Emergency (ICE)** function, but it never hurts to have a back-up.

Please see an example below of a membership filled in.

EMERGENCY INFORMATION	
Name:	Donald Duck
Membership No:	1234
DoB:	01/01/1926
Vital Medical info:	Pacemaker, Angina. High Blood Pressure
Who to Contact:	Daisy Duck
Their No:	07777 123456

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**



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Affiliated to Arrhythmia Alliance - The Heart Rhythm Charity

HERE ARE YOUR NEW MEMBERSHIP CARDS

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www.poolehsg.org.uk

POOLE HEART SUPPORT GROUP MEMBERSHIP & EMERGENCY CARD



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MEMBER DETAILS

NAME:
Address:

Membership No.

Poole Heart Support Group

88 Puddletown Crescent, Poole, BH17 8AN

Telephone: 01202 250108 **Web:** www.poolehsg.org.uk