



Magazine

Spring 2010

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Affiliated to the British Heart Foundation and
Arrhythmia Alliance - The Heart Rhythm Charity

POOLE HEART SUPPORT GROUP

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Last date for articles to Editor is 10th day of month before publication.

Dates for your Diary — Meetings and Social Events – Please see page 18

Chairman's Letter

The rehab team at Poole Hospital do a great job! I attended recently a session of the "Education Day" at which many of you may remember attending yourselves. It certainly brought back some memories to me as I looked at all the survivors sitting around asking themselves "what happened" and "how did I get here?"



A few days earlier we had heard that the PCT were pulling funding immediately from the rehab class that they hold in the community, the one held at Canford School. Ironically this was followed by an article in the Daily Mail extolling the virtues of rehabilitation and coupling it with a fund raising campaign in aid of the BHF! We all know the virtues, and as the funding was withdrawn so suddenly, PHSG have agreed to fund it for four months from our own emergency fund to support the great team at the hospital. Hopefully this will give us some breathing space while we look to see if the service can be saved.

Keith Matthews
Chairman



"The doctor will be back as soon as he has stopped laughing"

Cardiology News from Poole

Hospital NHS Foundation Trust



Dear Friends,

I hope that all is well with you and that you are now looking forward to the spring after the rain at the end of the year, which I understand was for 50 consecutive days and snow and frost at the beginning.

2010 begins a new decade and with it that promise of new beginnings as well as change. It is a particularly difficult time for the NHS as the recession will inevitably see changes and the tightening of belts and with a general election on the horizon a degree of

'lets wait and see' prevails. Nevertheless here at Poole we never stand still and in spite of the challenges continue to strive to provide the best possible service. We continue to meet all our targets and the pacemaker service is proving highly successful, not only in patient experience, but in waiting times and access. Our Echocardiograph waiting time also remains very low for both in and out patients. We have a new consultant cardiologist Dr Catherine Blakemore and we are all very pleased that she has joined the team. She knows Poole well as she was a registrar with us in the past and we are all looking forward to working with her in her new role.

On the 5th of March we have the presentation of the Practice Development Status plaques for the wards, as you remember we achieved this last summer and now we will receive the accreditation from the university, so if you are visiting please look out for these which will be placed outside all our wards and departments. This has been a marvellous team effort to achieve, and we will continue with this momentum with many new projects underway.

In the spring we are undertaking a new initiative with our quality service group around the dignity and respect agenda. We will be adopting a ward and working with the team to look at every aspect of care from the patient and relatives perspective. This is an exciting new way forward in public patient involvement and I will keep you up to date on that in future articles.

I received my OBE from the Queen at Buckingham Palace on the 13th November (Friday the 13th)! Having said that the day went very well and it was a fantastic experience. It was a little nerve racking lining up outside the ballroom waiting your name to be called, but Her Majesty was very nice and asked lots of questions about the work that I do. She was also a little surprised to hear that I was a matron! It was a very proud moment for me, and I feel on behalf of nursing, and certainly one that I shall carry with me for the rest of my life.

So dear friends I look forward to speaking to you all again soon and hopefully meeting you at the Annual General Meeting in April.

Geoffrey Walker OBE

Matron Cardiology and Medicine. Poole Hospital NHS Foundation Trust.

Heart News with Dr. Christopher Boos

Dear All



Being a Christian, I was interested in the recent results of a study by Feinstein M et al which investigated the relationship between religious practice and cardiovascular disease (CVD) risk among a multiethnic population of 5474 white, black, Hispanic, and Chinese participants aged 45 to 84 years old. This paper was published in the Journal Circulation this week. Religiosity was based on participant responses to a questionnaire and was defined by three dimensions: frequency of religious participation, frequency of prayer and meditation, and spirituality. The Daily Spiritual Experiences Scale, a five-item scale designed to assess feelings of closeness to God or the transcendent and experiences that grow out of that closeness, was used to measure spirituality.

In this study there were no consistent patterns of association observed between measures of religiosity and presence/extent of subclinical CVD at baseline or incident CVD events (eg stroke or heart attack) during longitudinal follow-up in the course of 4 years. This paper did **not** confirm those of previous studies associating greater religiosity with overall better health risks and status, at least with regard to CVD. There was no reduction in risk for CVD events associated with greater religiosity. However, this was not a randomised study, which could not really be done on a subject matter like this and perhaps it was that the sicker patients are more likely to pray more etc leading to intrinsic bias. Hence it is very hard to draw too many firm conclusions from this data. In either case it's a matter of faith and not science anyway and it's your soul, not body, that's most important!!

Diet for Blondes

Blonde goes to doctor for a Diet Sheet. Back home, she reads the instructions: " Eat normally for two days and skip one day.

Eat normally for two days and skip one day.

Repeat for two weeks and weight loss should be 5 lbs."

Blonde goes back to the doctor after two weeks and said she nearly died every third day. Doctor asked, "was this due to lack of food ?"

Blonde replied, "no, it was all that skipping."

Exercise News

Middle Age 'key for exercising.'

Increasing activity levels in middle age can prolong life as much as giving up smoking, a study suggests. Swedish researchers monitored more than 2,000 men from the age of 50 and found that those who increased activity levels ended up living as long as those who were already exercising regularly by middle age.

Public health experts said the findings showed it was never too late to start exercising. The team asked the men about their activity levels at the start of the study when they were aged 50. The men were put into three groups – high levels of activity, moderate levels and sedentary. High levels was classed as those who did at least three hours of sports or heavy gardening each week. Moderate was said to be the equivalent of several hours of walking or cycling, while people who were classified as sedentary spent most of their free time watching TV.

Their exercise habits were then reassessed at the age of 60. The team found that those who were doing high levels of activity at the age of 50 lived 2.3 years longer than sedentary men and 1.1 years longer than those who reported medium levels of activity. But interestingly the researchers found that those who increased their activity level from the age of 50 to 60 also lived the longest. The study showed it was essential to encourage men to become more active, although more research would be needed to see if the effect was replicated in women. The impact on lifespan was the same as for someone who gave up smoking during this period.

The study shows that it is never too late to start exercising. This is very important for men and what is probably happening here is that the exercise during these years is strengthening their cardiovascular system. But of course other factors such as diet will play an important role.

Cathy Ross, a cardiac nurse at the British Heart Foundation said “The study adds support to what we already know, which is that people who are physically active are half as likely to get cardiovascular disease as those who are inactive. Being active at any age helps control your weight, reduce blood pressure and cholesterol and will provide long term benefits for your heart and general health.”

HEALTH LINK 5K FUN RUN / WALK

Sunday 28th March 2010

Starts from Bournemouth Pier at 11.45 a.m.

It's that time of year again! If you are interested in entering this event, in association with the British Heart Foundation, please complete the attached form and return it to me by **no later than Friday 12th March.**

On the day itself, we shall meet outside the **Oceanarium** building, next to Bournemouth Pier between 11.15 - 11.30am. It would be great if all Poole Heart Support Group members could wear their Heart Support T-shirts. Obviously there will be lots of other walkers and runners competing in a variety of different events on the same morning so please be aware of this whilst walking. Please also make yourself aware of the weather on the day and dress accordingly. I would also advise you bring some water and a light snack.

I look forward to hearing from you soon.

Regards, Jenni Sweetlove (Exercise Instructor)

Name: _____

Address: _____

Contact tel: _____

Emergency Contact: (for on the day) _____

Date of birth: _____

I enclose payment of £3 entry fee



Signature: _____

Jenni Sweetlove - 185 York Road, Broadstone. BH18 8ES.

Tel: 01202 694229 Mob: 07793 081122

Email: jensweetlove@btinternet.com

PHSG Social Events – Daytime Meetings

For a while I have been considering the possibility of meetings which are held in the daytime, probably afternoons as an alternative, not a replacement for the evening meeting/talks held in the Postgraduate Centre. So here are my current thoughts etc..

Why bother? – (says a little voice at the back of my head!).

Well as things are, there are a number of members who do not attend the evening meetings, either they do not like venturing out, particularly on dark and cold winter evenings, or getting to the Postgraduate Centre is difficult and parking the car is awkward – whatever.

Also it would be nice to have part of the meeting as a talk from an invited speaker, and part for more social activity such as games, (not the dreaded bingo – well, maybe), quiz-zes, some singing or music, or even some chat/discussion about life in general – who knows ? The hope is that daytime meeting should offer the potential for more social interaction.

What is proposed.

St. Mary's RC Church, Wimborne Road, Poole, offers the use of their hall at a very reasonable price per hour. It has a large accessible car park and has bus stops, (both directions), for buses W&D nos 4, 8, m5, m6, and Yellow no 26 which pass at regular intervals during the day. At this time the only bookable slot for the Hall is a Tuesday afternoon, and so a 2 hour meeting from 2 till 4pm on May 11th is suggested for a trial run. This gives enough time to organise a team of helpers, get a speaker and sort out the preliminaries, (it is hoped). A notional charge of £1 to cover the cost of hiring the hall etc, is suggested.

What is needed?

Firstly a team of helpers to set up the tables and chairs & help with the organisation of the activities in the meeting, particularly refreshments. It is thought that 6 people should be enough to begin with. A sub-committee, (say 3 people of the team of 6), to do further planning and organisation, assuming that it is intended to make this a continuing event.

And secondly, at least 30 people who are interested in coming along to this social event with the intent to be sociable! It is hoped that people will enrol and have enough enthusiasm to continue supporting this sort of event on a regular basis.

What's to do.

Contact your Social Events Secretary either by email —GDL@talktalk.net or tel. (01202) 722814 and volunteer your name(s) and contact details, and also your willingness to be one of the team of 6 and even a sub-committee person, and also supply your ideas of the sorts of things that might be of interest.

Your humble servant Gary Lee will sit by his computer in expectation – please contact me – thankyou !

PS. For those PHSG members in the Purbeck & Ferndown areas who may feel it is too far to go, it is possible that in future we can find a similar facility in your areas at a later date. But this will depend on the success or otherwise of the first venture.

Gary Lee Social Events Secretary

Special Events

Although he has left the committee now, Gerry Wright is still interested in organising some special events for the PHSG and is asking for *your* ideas on what you would like. So -

Ideas Please !

Would you like to go to a Show at Bournemouth or Southampton, have a day at Portsmouth shopping or visiting the Spinnaker Tower and Naval Yard.? An afternoon playing indoor Bowls or Ten Pin Bowling or a meal at a country Pub, rather than going to play Skittles ?

Please let me know what you think.

Gerry Wright - gerry@poolehsg.org.uk - 01929 421864

Maurice

Maurice, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Maurice walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Maurice and said, "You're really doing great, aren't you?"

Maurice replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, 'I didn't say that, I said, "You've got a heart murmur, be careful.'"

HOLIDAY TRAVEL INSURANCE

This article is taken from the BHF web-site. BHF do not recommend the insurance companies in the list, which has been compiled from feedback received from heart patients. For the complete list of travel insurance companies, see the BHF web-site.

Able2Travel 08707506711	Single Trip (max 45 days) Age limit 79 years. Annual Multi Trip (max 31 days any one trip) Age limit 69 years.
AllClear Travel Insurance 08712 088 579	Single Trip No Age limit. Severe conditions covered. Annual policies Age limit 70 years.
Bradford & Bingley 0800 169 4078	Age limit 80 years. Medical screening.
Brunsdon Insurance 01452 623623	Age limit 80 years. No patients on waiting list.
Bupa Travel Cover 0800 0010 22	Age limit 79 years. Medical screening. Will only accept within 3 months of travel date.
Direct Travel 0190 381 2345	Single policies up to 75 years. Annual policies up to 65 years.
Flexicover Direct 0870 990 9292	Age limit 80 years. Medical screening.
Freedom Insurance Services 0870 774 3760	For people with pre-existing conditions. Age limit 85 years. Mostly Medical screening. Will only accept within 6 months of travel date.
Getmy.com Travel 0845 0262441	Single policies Age limit 85 years. Annual policies Age limit 79 years.
Global Travel Insurance 01903 203933	Covers pre-existing conditions. Single Trip Age limit 90 years. Multi Trip Age limit 75 years.
Holiday Services 01623 407321	No upper age limit for Single Trip, will be based on individual circumstances and health. Annual policies Age limit 69 years. Pre-existing conditions considered.
Insuremore Travel Insurance 0870 054 0162	Age limit 65 years. Excess varies. Patients must be stable for 12 months and not on waiting list. Medical screening.

It's So Easy Travel Insurance 0845 222 4205	Single Trip Age limit 85 years. Annual Europe Age limit 75 years. Annual world wide Age limit 65 years. Insurance designed for people with medical conditions or who are older.
Makesure Insurance Services 0870 156 6679	Policies considered up to Age 99. Provides cover for most pre-existing medical conditions. Medical screening.
Manor Insurance 0800 027 6171	Single Trip up to 18 months Age limit 74. Single Trip up to 90 days if 75 or over. Annual policies Age limit 79. Medical screening not always required. Discount if baggage is covered under existing home insurance.

Companies not on BHF list, but worth considering.

Saga 0800 015 8055	No upper age limit.
Stroke Association 01603 828 396	No upper age limit for single trips.

Water Wisdom

A new Government report wants 80% of households to have a water meter by 2020, but many people without them could save a lot of money if they switched now.

Whether a water meter is worthwhile depends on your usage. As a rough rule of thumb, if there are more bedrooms than people in your house, you should check to see whether it's worth getting one. If there are more people than bedrooms, you're likely to be better off without a water meter. If in doubt, check with your water company now. If you do have a meter installed, you have one year to decide if you want to keep it and can switch back if you don't like it.

BHF- Beating Heart Disease Together

Do you know someone who would benefit from getting their own free copies of Heart Health from the BHF?

Tell them to sign up to Heart Matters for free by calling 0300 3303300



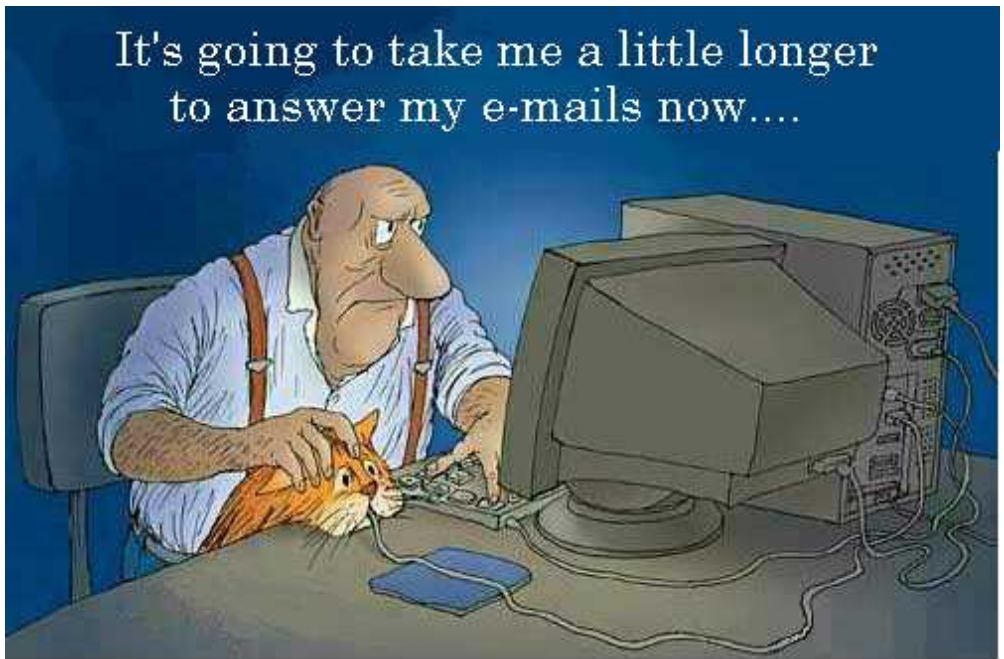
Computer Club

Computers . . . Childs Play !

Computer Club goes onto PHSG Web-site

The PHSG Computer Club stopped meeting at the Postgraduate Centre, Poole Hospital in December. Members can now post their computer problems and queries onto a message board on our web-site home page, where David, Derek and Max will do their best to answer your questions.

The address is poolehsg.org.uk/computerproblems.htm



Serious Investment Advice

If you had purchased £1000 of Northern Rock shares they would now be worthless. With HBOS your £1000 would now be worth £16.50. If you had bought £1000 worth of Carling Black Label lager one year ago, drunk it all and taken the empty cans to an aluminium recycling plant, you would now get £214.

So the best advice is to drink heavily and recycle!

Talk by Gary Lee 12th November - 'From Cornwall to the Christmas Island'

Anyone turning up to hear Geoffrey Walker talk about "Carrots" must have been disappointed. Geoffrey was at the Palace receiving his medal. So those that did turn out on what was an appalling day, the rain tipped down for most of the afternoon but stopped about an hour before the talk started, had to be content with a report on a visit to the Christmas Island that happened in 1957. Gary Lee was a member of Her Majesty's Royal Air Force at the time. Against a background of slides he described his memories of his experience with 206 Squadron, Coastal command, on an epic trip to the middle of the Pacific Ocean before the drop of the first bomb in the Hydrogen bomb tests of 1957-8. Not really a technical chat, it was more about the light-hearted memories of the fun that he and his fellow chums had during the trip.

It started on a grey day in January 1957 at RAF St. Eval near Newquay in Cornwall and proceeded via the Azores, Bermuda, Charleston South Carolina, a diversion to New Orleans, El Paso Texas, San Francisco California, Honolulu Hawaii where he celebrated his 21st birthday, and finally arriving on the Christmas Island, 10 days and some 11,000 miles later.

Gary gave an impression of life on the coral atoll, which is situated 158deg west and 2deg north of the Equator. More a holiday in the sun than an arduous job, but a wonderful experience. Time ran out, so he quickly mentioned his fortuitous return to the UK before the first bomb was actually dropped. He did mention that he had met a number of people in his later working life in the Electronics industry, who had been there for a bomb drop, and some had various ailments like leukemia, cataracts, and cancers that were never admitted to be as a result of the H bomb tests.

A display of the memorabilia that Gary had collected on his travels at the time provided some interest, while refreshments were taken at the end of the evening.

Gary would like to thank those of you who attended on the evening.

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The MC's view of the Christmas Dinner – 3rd December

At about 6:30pm members of the committee and other helpers started to arrive at the Hamworthy Social Club. The catering squad started laying tables and the hub-hub gradually increased. The MC had hoped to see the band set up on stage already but that was not to be. So nervously he prepared his 'just in case' CD player and microphone. Fortunately the band did arrive just after seven as his personal microphone failed to work! About 7pm people started to congregate, buy a drink and chat with old friends. In the meantime an introduction was made with the catering manageress to check all was well from her point of view and things progressed to 7:30pm by which time the band had set up and a mic was available to make a few announcements in a bit of a rush. The plan had been to make announcements such as please buy your raffle tickets etc. But George W was already well ahead on that job and George O had set up the prize stall. In all there were 67 prizes – nearly half each!

Diners were asked to take their places at 7:30pm. 142 PHSG members and guests sat down to dinner. Guests included Dr. Boos, four Rehab nurses, and five of our trainers. It is hoped that all enjoyed at least part of the evening.

Rita had done a splendid job with the seating plan as there were no "discussions" observed over which seat was whose. An impromptu Grace was said as the Reverend Terry was not able to be with us and serving of the dinner commenced. A hot soup was followed by the main turkey dinner and the pudding with cream or custard or both! (The MC enjoyed his custard). Coffee came along at 8:50pm so all was going to plan. The meal was very reasonable and service at table by the catering staff was excellent.

And so the entertainment started. The seven-piece band of Peter Pod and the Peas certainly gave it a bit of welly (or more properly, volume), and in short time people were on the dance floor having fun. Sounds of the sixties seemed to go down well with a lot of the party. In short time we got to the interval at 8:45pm. In the meantime the 2 Georges sorted out the raffle tickets and prizes and the MC marked the table quiz as he had nothing better to do.

The interval started with a visit from Father Christmas. Jingle Bells in the snow – imagine that! Prizes for the Table quiz – table 8 the winners. Prizes for the "Ho-Ho-Ho" under the chair" – 14 excited winners. And then came the raffle. After a few moments of confusion the two Georges managed to distribute the 67 prizes from the draw prize table. Nearly a prize for each couple at the dinner – and all in a good cause - £240 raised for funds which helped pay the bills.

Some people did leave after the interval but a goodly percentage of the crowd stayed and enjoyed more of the sixties music from the band and also danced the night away. All in all "Peter Pod and the Peas" provided a very lively evening of entertainment for which we had to thank them with a rousing cheer at the end, just after 11pm, and pay them of course.

To conclude: the MC enjoyed himself, the food was very reasonable, the entertainment was good, and most people went home happy.

So it was goodnight from him and a Merry Christmas to all !

Here's to the next time! (Do you remember Henry Hall?).

PS. A great big thank you to all who helped make the evening a success, particularly Rita, Robin, Alan and the two Georges.

Gary Lee Social Events Secretary

The Practice Development Unit (PDU) Quality Service Group

PHSG has a voice on the group representing Heart Support Group members. This exciting group, under the very capable chairmanship of Geoffrey Walker OBE, Matron Cardiology and Medicine, really gets things done! Positive changes are made to hospital procedures, as a result of patient feedback given to PHSG patient representatives. All PHSG members can feed back information to Poole Hospital in complete confidence about their treatment. So if you want to say anything good or bad about your experience in Poole Cardiac Unit, or its related departments, please forward your comments. You can comment by e-mail, letter, telephone, or via the web-site. All information will be treated in confidence. Looking forward to hearing from you.

Alan Bristow e-mail alan@poolehsg.org.uk.

Jim Waine e-mail jim@poolehsg.org.uk.

Do you have computer problems?

We can resolve your problems for you. Are you unsure what you are doing, do you need assistance, a helping hand or training? We can assist with home PC security, internet connection problems, advice and installation of Broadband, PC networks and supply and/or installation of secure wireless networks in your house. We undertake virus, spyware and ad-ware removal and can supply or install security programs to make your PC safe. Is your old PC slow, is it worth upgrading? We provide impartial advice and can perform upgrades or help with any new PC purchase and accessory quotes. We supply new PCs, install, configure your system and can transfer your existing data. Why not give us a call! Contact Efficiency Solutions — **Jeff on 01202 741881**

The Diabetes Poole Group – talk given by Mr. Bob Moberly 21st January

Fortunately the rain during the day stopped about an hour before the start of the talk and it was pleasing to have 26 hardy souls turn up on quite a cold evening. But the talk, more a presentation, was full of factual information and interest, not only because at least a quarter of the audience suffered from heart conditions and diabetes at the same time.

Mr Moberly, currently Chairman of Poole Diabetes Group, started with a rather disconcerting statement that there appear to be no real answers as to why people become afflicted with diabetes. There are associations with heredity in families but no really proven links with anything specific other than the generation of insulin in the pancreas. Not like most of us heart sufferers where aspects of lifestyle often cause our own demise.

Bob explained the difference between the two major diabetes types – 1 and 2. Type 1 is the serious condition which overtakes a person in a short period of time, sometimes weeks and if not diagnosed is fatal. Dramatic weight loss and coma result when the pancreas stops producing insulin and glucose cannot get to the cells in the body for energy release. About 10% of diabetic people have Type 1.

Type 2 is the common type ,affecting nearly the rest of the 90%. This type gradually overcomes the sufferer and can remain undetected for many years until a blood test for some other condition is done.

Fortunately the control of diabetes by injection or tablet is now commonplace and most sufferers can achieve a reasonable lifestyle, but only by sticking to a very controlled regime of diet and intake of insulin.

Bob went on to stress the importance of dietary control and suggested that the dietary regimes which are prescribed for the likes of us with heart conditions and other ailing people was evolved many years ago for diabetes sufferers.

Having dealt with the medical side of diabetes, Mr Moberly went on to explore the social aspects of what is being done to help diabetes sufferers and explore the differences between their social activities and what happens in groups such as PHSG. The presentation became a discussion group with a lot of participation from the audience members who have both a heart condition and diabetes.

(As a member of the audience I can only suggest some of the inferences of common ground and differences).

Both groups have local committees which attempt to organise meetings and social events and exercise activities. PHSG has a very well organised exercise regime whereas PDG does not. This is probably because regular

exercise is stressed as a continuing thing after the stress of a heart attack and hospitalised treatment and rehabilitation, whereas diabetes in most cases is dealt with on an out patient basis and only light exercise is recommended. Thus heart patients have a much closer relationship with the hospital and its follow up in general. For the more social activities like walking, once again heart patients tend to have come through the regime of hospital, rehab and exercise sessions, at which friendships have grown, whereas diabetes patients tend to keep going with whatever they were doing before. So it appears that PHSG people have a much more active association with group events than do Diabetes people.

A major difference is that PHSG is only affiliated to the BHF and is not controlled by it and is financially self sufficient, whereas PDG is actually part of and subscribes to Diabetes UK and is not allowed to fund raise for its own local activities.

PHSG members did volunteer to raise the possibility of promoting joint activities for both groups. But this would have to have a full airing and support of the main committee and other officers of PHSG.

The meeting continued with many personal views and experiences and finished with a chat and a hot drink and, of course, a raffle.

With thanks to all who attended and made it a very pleasant evening“–
Gary Lee

There is a booklet, “Understanding Diabetes” produced by Diabetes UK which gives the basic information for anyone who wishes to know more.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Future PHSG Meetings and Events

All events here are at Poole Hospital Postgraduate Centre –7.00pm for 7.30pm and will include raffle and refreshments.

March 18th. - “Flowers of the Dorset Coast” - Felicity Woodhead - Dorset Wildlife Trust

Cometh the Spring, cometh the botonist. Our speaker this month is Felicity Woodhead a member of Dorset Wildlife Trust and author. Her book, “The Flora of Christchurch” will be available at the talk (discounted price £3), but this evening Felicity comes to give a talk on the “Flowers of the Dorset Coast”, in time to enthuse us to get out and about in our beautiful county.

April 15th. The AGM

The AGM – don’t it come round in quick time? Fill the Lecture theatre, listen to the committee members and maybe pose them a question or two!

May 20th. - “Tales of the Minster” - Christine Oliver - Wimborne Minster guide

Tales of strange happenings are brought to life in the talk to be given by Christine Oliver. As a guide and supporter of Wimborne Minster, Christine will expose some of the myths and tales that surround our wonderful local Minster with it’s roots in Roman times. Some say they can feel the presence of kindred spirits in the place – but more of that from Christine.

June 17th. - “The Beauty of Stourhead” - John Hallett - Dorset National Trust guide

Some of us remember the excellent talk that John Hallett gave us on Kingston Lacy. Well, John returns to tell us about his third love, (after his wife and KL that is), Stourhead. As a devotee of Dorset National Trust, John is assured to give an equally good account of the history and detail of the House and Gardens of Stourhead. Just the thing for a summer’s evening.

Did You Know that in the early days of the NHS, before streptomycin was available, a holiday in Switzerland could be prescribed and paid for by the NHS for people with TB.

And Did You Know that the Health Service regulations of 1948 state that GPs should *“ordinarily prescribe not more than 7 days supply of tablets at any one time.”*

HEARD ON THE LONDON UNDERGROUND TUBE

Actual announcements that London Tube train drivers have made.

1) 'Ladies and Gentlemen, I do apologize for the delay to your service. I know you're all dying to get home, unless, of course, you happen to be married to my ex-wife, in which case you'll want to cross over to the Westbound and go in the opposite direction.' 2) 'Your delay this evening is caused by the line controller suffering from E & B syndrome: not knowing his elbow from his backside. I'll let you know any further information as soon as I'm given any.' 3) 'Do you want the good news first or the bad news? The good news is that last Friday was my birthday and I hit the town and had a great time. The bad news is that there is a points failure somewhere between Stratford and East Ham, which means we probably won't reach our destination.' 4) 'Ladies and gentlemen, we apologize for the delay, but there is a security alert at Victoria station and we are therefore stuck here for the foreseeable future, so let's take our minds off it and pass some time together. All together now.... 'Ten green bottles, hanging on a wall.....' 5) 'We are now travelling through Baker Street ... As you can see, Baker Street is closed. It would have been nice if they had actually told me, so I could tell you earlier, but no, they don't think about things like that' 6) 'Let the passengers off the train FIRST!' (Pause) 'Oh go on then, stuff yourselves in like sardines, see if I care - I'm going home....' 7) 'Please allow the doors to close. Try not to confuse this with 'Please hold the doors open.' The two are distinct and separate instructions.' 8) 'Please note that the beeping noise coming from the doors means that the doors are about to close. It does not mean throw yourself or your bags into the doors.' 9) 'We can't move off because some idiot has their hand stuck in the door.' 10) 'To the gentleman wearing the long grey coat trying to get on the second carriage — what part of 'stand clear of the doors' don't you understand?' 11) 'Please move all baggage away from the doors.' (Pause..) 'Please move ALL belongings away from the doors.' (Pause...) 'This is a personal message to the man in the brown suit wearing glasses at the rear of the train: Put the pie down, Four-eyes, and move your bloody golf clubs away from the door before I come down there and shove them up your arse!'



PHSG Cycling Club

The “Goodbye Christmas Pud” this year was really goodbye PHSG riders. It wasn’t a bad day, but for some reason only Mike and I turned up. Others had lame excuses about family gatherings and the like. Mike and I had a nice ride which skirted Hurn airport and then afterwards had to eat all the **homemade** mince pies ourselves! January was much better as ten of us set off from Wimborne Square and headed up towards Shapwick and around on wet and probably icy roads. We took great care, especially as we were able to welcome new members David and Susan Sanford to the group.

Next ride dates are:

21st March - Meet Ringwood Underpass - Moyles Court and Environs

25th April - Meet Wimborne Layby - Cranborne

23rd May - Meet Wareham Quay - Purbeck Pottering.

Rides are about 15 miles long, they are open to all members of the PHSG as long as your doctor approves. all starts at 10 a.m. For help, advice, weather check and bike maintenance call Keith Matthews on 01202 855001

We don’t do RAIN!! If the weather looks “iffy”, call before 9:00am to see if the ride is going ahead.

Organisers: David Anderson, David Curtis, Keith Matthews

Regularly updated details on www.poolehsg.org.uk and www.bournemouthctc.org

Sign in a Restaurant

This week’s specials
Tuesday – Fried Chicken
Wednesday— Pork Chops
Thursday— Senior Citizens
Friday – Roast Beef

The £1.99 Senior Special

We went to breakfast at a restaurant where the 'Seniors Special' was two eggs, bacon, hash browns and toast for £1.99. "Sounds good," my wife said to the waitress, "but I don't want the eggs." "Then I'll have to charge you £2.49 because you're ordering a la carte," the waitress warned her. "You mean I'd have to pay for not taking the eggs?" my wife asked incredulously. "Yes," replied the waitress.

"I'll take the special then," my wife said. "How do you want your eggs?" the waitress asked. "Raw and in the shell," my wife replied. She took the two eggs home and baked a cake. **DON'T MESS WITH SENIORS !** We've been around the block more than once !

FOR SALE AND WANTED

Found —At the Christmas Fun and Games at Canford School, various crockery items, including a six and a half inch bowl, eight inch square plate, eight and a half inch plate, nine inch glass plate and a nine and a half inch plate. Will the owners please contact George O'Leary on 01202 743978 or e-mail george.oleary@lbsq.org

For Sale - PHSG Shirts. They are grey with our new logo (as on the front cover of this magazine) on the left hand side breast pocket area.

The sizes are small, medium, large and extra large in the T-shirts, the Polo shirts and now Sweatshirts. The T-shirts cost £6, the Polo £10 and the Sweatshirts £12.

They will be on sale at each social meeting or event and also at Canford School on Mondays and Thursdays. You can contact me, George O'Leary on 01202 743978. email george.oleary@lbsq.org

Wanted -Your old greetings cards/postcards/calendars and used postage stamps. I share these between two charities – The M.S. Society and the Hearing Dogs for the Deaf. Both these charities have written thanking PHSG for the support we give them. It's another way of recycling and at the same time it makes money for two worthwhile causes.

DON'T BIN 'EM – SAVE 'EM! Also please **DO NOT CUT THE STAMPS OFF THE POSTCARDS. THE POSTCARD IS WORTH MORE THAN THE USED STAMP.**

The M.S. Society makes note pads from these cards. I have received from them a receipt for £18.80 from the sale of mini notepads in December. Please contact me at any of the monthly meetings, or at Canford School exercise class each Monday and Thursday. Or phone George O'Leary on 01202 743978.

***Something wanted? Something to sell?
Give the Editor a bell on 01202 694886.***

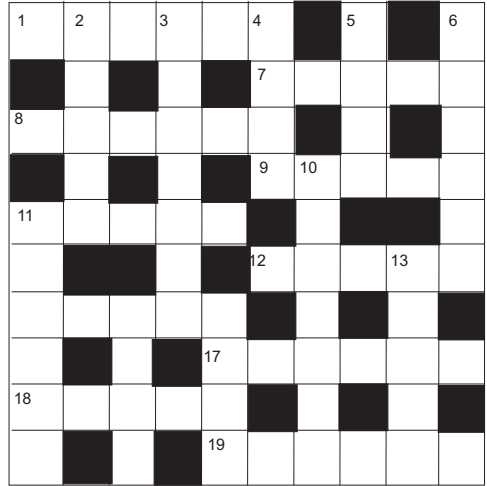
Crossword

Across

1. Wellbeing (6)
7. One a day keeps the doctor away (5)
8. & 9. Cholesterol reducing compound (6, 5)
9. See 8.
11. Louisiana cooking style (5)
12. Between yesterday and tomorrow (5)
14. Donor (Anagram) (5)
17. Vitamin B 3 (6)
18. French farewell (5)
19. Plan (6)

Down

2. More than standard (5).
3. Slugish (7)
4. & 6. ———and———: in fine fettle (4, 6)
5. Stain (4)
6. See 4.
10. Digestive organ (7)
11. Breakfast food (6)
13. An accepted truth (5)
15. Part of finger or toe (4)
16. Burden of responsibility (4)



Answers page 30

**For Further Information
On Our Services Call:
01202 620200**

Contact: 565 Blandford Rd
Poole · Dorset · BH16 5BW

*Offering A Wide Range
Of Automotive Services...*

**FIRST CHOICE
Motor Engineers Ltd**

Where shall we meet for dinner ?

A group of 40-year-old buddies discuss where they should meet for dinner. Finally it is agreed upon that they should meet at the Ocean View restaurant because the waitresses there have low cut blouses and nice breasts. Ten years later, at 50 years of age, the group once again discuss where they should meet for dinner. Finally it is agreed that they should meet at the Ocean View restaurant because the food there is very good and the wine selection is good also. Ten years later at 60 years of age, the group once again discuss where they should meet for dinner. Finally it is agreed that they should meet at the Ocean View restaurant because they can eat there in peace and quiet and the restaurant had a beautiful view of the ocean. Ten years later, at 70 years of age, the group once again discuss where they should meet for dinner. Finally it is agreed that they should meet at the Ocean View restaurant because the restaurant is wheel chair accessible and they even have an elevator. Ten years later, at 80 years of age, the group once again discuss where they should meet for dinner. Finally it is agreed that they should meet at the Ocean View restaurant because they have never been there before.

CANCER SCARE

Customer: "Worcester Sauce crisps please".

Shopkeeper: "Sorry, can't, it's off the shelves, cancer scare".

Customer: "Oh right, Chinese Chicken Wings?"

Shopkeeper: "Ah, that's the same, cancer scare".

Customer: "Hamburger Relish?"

Shopkeeper: "Cancer scare".

Customer: "Sausage and Mash?"

Shopkeeper: "Cancer scare".

Customer: "Cottage Pie?"

Shopkeeper: "Yes, ...no, wait, Cancer scare".

Customer: "So they're all off the shelves because of a cancer scare?"

Shopkeeper: "Yes".

Customer: (sigh) "Just give me a packet of fags then".

Shopkeeper: "Certainly, £5.00 please".

Customer: "Thanks".

QUOTABLE QUOTE

"I enjoy convalescence. It is the part that makes illness worth while."

George Bernard Shaw

From a Retired Bee-keeper

Sing a Happy Song !



When I kept bees I used to talk to them, indeed sing sometimes, and they gave me lots of honey. The next time that you do a Supermarket Collection for the British Heart Foundation sing (quietly) to yourself, or talk to yourself, so that your facial muscles are moving. You will collect more money in your box, people will come across to give you cash ! But, you say, “I don’t collect for the BHF”. Why not ? Do you realise the work that the BHF has done for you ? Over 80% of the research into heart problems, and treatments, are funded by the BHF – where would you be without your pacemaker, or BHF Nurse ? Did you know that the BHF send your GP a monthly Update Sheet of the latest developments in heart treatment ? Did not the BHF help set up the Poole Heart Support Group ? Your local BHF Shop has contact details of the local fundraising group, so contact them, and–“Its Easy to Sing a Happy Song, If you’re Singing After Me “ Try it ! (but quietly.....)

In Praise of collecting money

In Poole High Street, it is a very cold morning indeed, but plenty of “woollies” under my BHF red teeshirt will keep me warm. But still more warmth will come from the people around me. They know what the BHF stands for, they recognise the effort and want to be part of it.

When I started volunteering for the BHF I thought that it would be necessary to approach the people, talk to them, may be to shake the tin on their faces? But no, nothing like that, they recognize the name BHF and the teeshirt you are wearing and they come to you, smile and while digging for some coins in their purses, sometimes they tell you a short story : “My husband died last year from a heart attack”, a whole drama in a few words.

The few hours I spend collecting for BHF are moving, pleasant experiences, it is like touching hearts and spirits of people who know sickness, suffering and hope. When I finish and return the tin to my supervisor, I am so happy and satisfied that my next question is “When is our next collection ?” Forget me being frozen and hungry, collecting money for the BHF as a volunteer, is the most rewarding job I ever had, and a good exercise for my body and soul.

Iris Roethke, Poole BHF and Poole Heart Support Group.

HEART ATTACK RESPONSE PLAN WOULD SAVE HUNDREDS MORE

Hundreds of lives would be saved each year under plans to introduce a method of emergency treatment for heart attacks, the Department of Health has said. Heart attacks kill one person every six minutes in Britain. Every year about 146,000 people suffer an attack.

A government study has concluded that switching emergency treatment to angioplasty, a procedure that involves inserting and inflating a small balloon in the blocked coronary artery, is more effective in treating heart attacks than thrombolysis, the most common treatment. Thrombolysis involves the injection of clot-busting drugs.

Alan Johnson, the Health Secretary said that:

“Primary angioplasty is at the forefront of clinical innovation and it is a testament to staff and management in the NHS that it can be offered quickly and expertly in specialist centres across the country.”

Inflation of a rigid support balloon could prevent about 260 strokes a year, according to the National Infarct Angioplasty Project. The report by the project concluded that 97% of the population in Britain could receive angioplasty within the 120-minute treatment window. Any treatment outside this time-scale would involve thrombolysis.

The British Heart Foundation welcomed the move to switch to an angioplasty strategy. But it gave warning against replacing a “first-class thrombolysis service, which is proven to save lives, with a second-class angioplasty service, which might not.”

Peter Weissberg, the medical director of the British Heart Foundation, said: “The challenge now is to turn this recommendation into a reality. Primary angioplasty requires expert centres to be open 24 hours a day and close co-ordination between hospital and ambulance services.” He added that: “The health service must ensure that sufficient resources are committed for this.”

Although in cities it is common for patients to be given angioplasty immediately after a heart attack, this has not been the routine treatment across the whole of Britain. Angioplasty is already a routine procedure for patients with angina. About 45,000 such operations are carried out in Britain every year. Giving primary angioplasty immediately after a heart attack would reduce the number of possible complications, the likelihood of another attack or a stroke, and the time patients spend in hospital.

The Times — *courtesy of Hearts and Minds Newsletter.*

Are Home Printers a Scam ?

Computers were supposed to herald a paper-free world. Instead, many of us have printers churning away. We all know that inkjet printers are relatively cheap, but why is replacement ink so expensive ? It has been calculated at over £3,000 a litre – more than four times the price of Chanel No 5 Perfume.

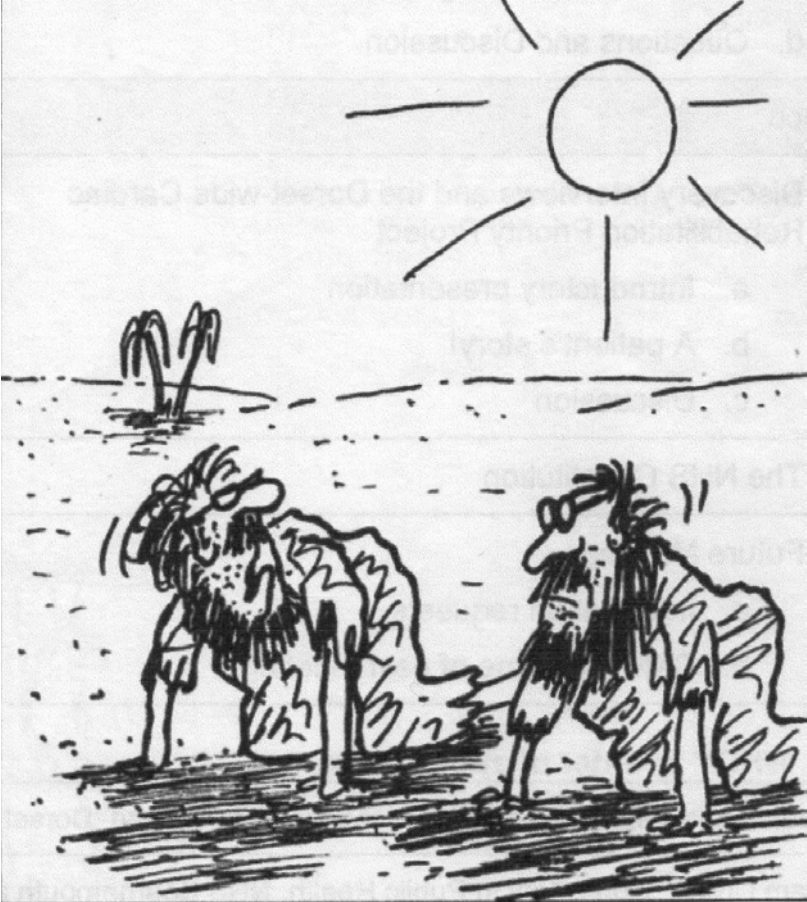
Manufacturers have borrowed the famous razor blades business model, as invented by Mr Gillette, to sell the public a cheap razor to hook them into buying expensive blades for it. And, as with some supermarket own-brand razor blades, those tempting cheaper compatible ink cartridges are never quite as good as the printer manufacturer's own. Either the print quality is poor, or, you receive messages saying the cartridge is empty when it's not, or the printer ceases to work. When you buy the manufacturer's own over-priced ink, all the problems end. Most of us tend to give up and accept that in the battle of wits with the printer maker, there can only be one winner.

Among dodgy practices, some documented, others strongly suspected, are selling new printers with cartridges containing only enough ink for a few pages, rigging the smart chip in cartridges so they signal 'empty' before they really are and, in some cases, designing the inside of cartridges with a dummy ink reservoir, so when you try to refill them, the ink cannot reach the print head. There is also evidence that some manufacturers stealthily reduce the ink content of replacement cartridges. Few state the ink content or printing capability of their cartridges. And all charge the highest price for ink for the cheapest printers.

Manufacturers continually change cartridge design to frustrate makers of 'compatibles.' There are other sins of omission, such as that ink levels fall gradually when the print head is 'parked' for long periods (tip: print in batches where possible and turn the printer off when not in use). Also, when you print in black only, you still use colour ink to make the black look richer. Even simple black-only documents are far more expensive to produce than most people realise.

Research has put the ink-only cost of black text documents produced on the average inkjet printer at 4.3p per page, colour documents at 9.3p and 10 x 15cm colour photos at 22p each. The average printer costs on average £152 a year to keep fed with ink and some cheaper printers cost more than £200 a year. Only a handful use less than £100 worth.

Walking Group



“Next time we go on a Walking group walk, we bring a map, right ?”

Walking Group Books, containing maps of all Summer Walks, are available from Cyril, price £3. (01202 733956)

For those who are interested in the Walking Group, we walk every 10 days on Wednesdays and Saturdays from 2 to 5 miles. Some of us round off the day's walk with a Pub lunch – Pleasure after pain! If you require more information or the Walking Book (£3) please contact me on 01202-733956.

Cyril - Walks Co-ordinator.





Arrhythmia Awareness Week 7th-13th June 2010

Following the success of the Awareness Week, we will continue the Know Your Pulse campaign, and it will be the theme for Arrhythmia Awareness Week 7th – 13th June 2010. In the UK, the 'Know Your Pulse' campaign will aim to raise public and medical awareness of the pulse as a means of identifying potential cardiac arrhythmias. The long-term goal is for pulse checks to become routine procedure when someone visits their GP surgery. By raising awareness of this simple health check, more people can be diagnosed and treated for potentially lethal cardiac arrhythmias.

During AAW 2010, events will take place to highlight the need for people to be 'pulse aware'. Your local initiatives are so valuable to raise awareness of the campaign amongst those with no prior knowledge of how important it is to 'Know Your Pulse'.

What you can do.....

Pulse Check Cards

For individuals, friends and family. The Pulse Check Card is a public self-educational tool that teaches the reader how to take their pulse, what it means and when they should seek further advice for an irregular heartbeat. Order Pulse Check Cards from joanna@heartrhythmcharity.org.uk

Posters and Leaflets Pack

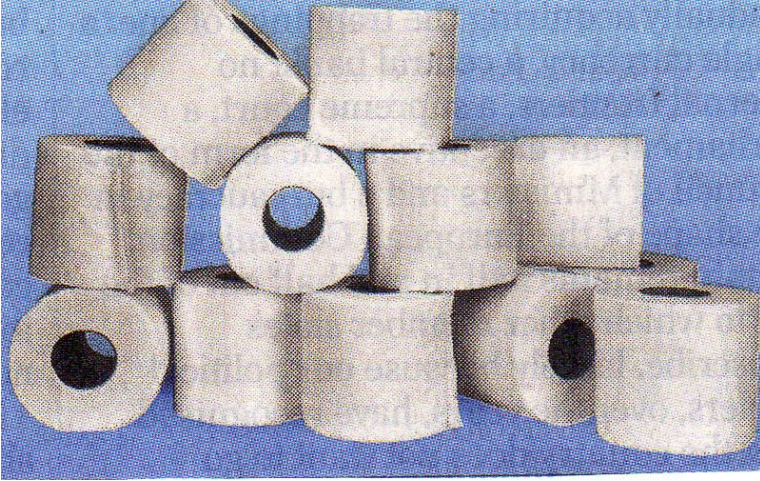
—Ideal for distributing information and promotional items, individuals can take this pack to their GP surgery, hospital, medical centre, care home, local school, work place, and community centre. Order your Posters and Leaflets Pack from—joanna@heartrhythmcharity.org.uk

Pulse Check Pack

—With a selection of information and promotional items, this pack is for those holding a Pulse Check Clinic teaching people how to take their pulse. It can also be used for those holding a display stand—at your local hospital, shopping centre, GP surgery or community centre. We have Pulse Check Cards, checklists, and promotional materials you can use. Order your Pulse Check Pack from joanna@heartrhythmcharity.org.uk

We are determined that with your help, AAW 2010 will be even more successful than in previous years. We want to have greater impact on the key issue of pulse checks in GP surgeries to ensure that more people receive the correct diagnosis and treatment. For more information about how you can get involved and to order your Awareness Week materials visit www.aaaw.org.uk or email joanna@heartrhythmcharity.org.uk / telephone 01789 451 823

Why consumption is on a roll



Years ago, the great E.F. Schumacher, author of “*Small is beautiful – A study of Economics as if people mattered,*” had a seminal experience on the M6. He passed a lorry load of biscuits travelling north, only to see, minutes later, an almost identical one trundling south.

As an economist, he struggled to understand what society gained for the fuel used and pollution emitted in the process. Failing, he shrugged; “Oh well, I’m not a nutritionalist. Maybe the quality of biscuits is enhanced by transporting them from Manchester to London and London to Manchester.” In September, a report by the New Economics Foundation – slogan:– ‘Economics as if people and the planet mattered,’ updated Schumacher’s thoughts. Every year, it discovered, Britain exports 5,000 tons of toilet paper to Germany and imports more than 4,000 tons from there. Some 27,000 tons of potatoes go to Egypt and 22,000 tons come here. Surprisingly, 4,400 tons of ice-cream are transported to Italy, with 4,200 tons coming the other way. Isn’t this all a bit ridiculous ?

This is not an argument for protectionism, or an attempt to deny consumer choice. “British bog rolls for British bottoms,” may have something of a ring to it, but even the BNP might balk at campaigning for votes on it. But how does the market work ?

As the report ‘*The Consumption Explosion,*’ puts it: “Because we do not pay the full environmental cost of transport, all around us are ships, lorries and planes wastefully carrying often identical goods from city to city around the globe and back again.”

So, where do your toilet rolls come from and is it time to wipe the slate clean by purchasing locally manufactured goods?

Crossword Answers from page 22

Across

1. Health
7. Apple
8. Stanol
9. Ester
11. Cagun
12. Today
14. Rondo
17. Niacin
18. Adieu
19. Scheme

Down

2. Extra
3. Languid
4. Hale
5. Spot
6. Hearty
10. Stomach
11. Cereal
13. Axiom
15. Nail
16. Onus

What to do if you become unwell When your GP surgery is closed

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.

Call the **Dorset Out of Hours Medical Service** on **0845 600 10 13** if you are unwell but not facing a life-threatening emergency and you think you cannot wait until your GP surgery opens.

Go to an **NHS Walk-In Centre or Minor Injuries Unit** with a minor injury or illness. Find your nearest one by calling **NHS Direct** on **0845 46 47**.

You can also call **NHS Direct** on **0845 46 47** if you are feeling unwell and are unsure what to do, or need information about finding a pharmacist, dentist or other service.

**REMEMBER IF YOU HAVE CHEST PAIN
DIAL 999 WITHOUT DELAY**



Women behaving badly

A drop of wine never hurt anyone - the whole bottle makes you feel a whole lot better !

I only drink wine when there's a 'Y' in the day.

Let's not age...let's just marinate.

I never drink water - I've seen what it does to the bottom of boats.

The best way to enjoy your self is very, very badly.

Cooking is like making love - it should be indulged in with abandon.

At your age, people expect you to be mature, wise and sensible - disillusion them.

I spend 99% of my money on alcohol, chocolate and shoes - the rest I waste.

If God had meant me to touch my toes - he would have put chocolates on the floor.

If you're looking for happiness, it's in the dictionary under shopping.

The Tourist's Prayer

Heavenly Father, look down on us your humble, obedient tourist servants who are doomed to travel on this earth, taking photographs, sending postcards and buying souvenirs. We beseech thee, O Lord, to see that our plane is not hijacked, our luggage is not lost and our overweight baggage goes unnoticed. Give us this day divine guidance in our selection of hotels. We pray that the telephones work, and that the operators speak our language.

Lead us to good, inexpensive restaurants where the wine is included in the price of the meal. Give us the wisdom to tip correctly in currencies we do not understand. Help the natives love us for what we are and not for what we are to the local tourist trade. Grant us the strength to visit museums, cathedrals and palaces and if we skip an historic monument to take a nap after lunch, have mercy on us for our flesh is weak.

Dear God, protect our wives from "bargains" they don't need or can't afford. Lead them not into temptation for they know not what they do. Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Save them from making fools of themselves in night-clubs. Above all, please do not forgive them their trespasses for they know exactly what they do.

And when our voyage is over, O Lord, grant us the favour of finding someone who will look at our holiday snaps and listen to our stories, so our lives as tourists will not seem in vain. Amen.

Christmas Fun and Games – 17th December – Canford School

It was the usual jolly japes, with prizes for the winning teams, followed by a super buffet, that made this traditional PHSG event the success that it always is.

Thanks are due to Robin who organised the games, to all who brought food, to George and Millie who created a magnificent display with it and ran the raffle and to our glamorous trainers for helping to make the games more fun. See you there next year !

Paddy and Mick

Paddy asks Mick, "Why do Scuba divers always fall backwards off their boats ?"

Mick replies, " don't be stupid - If they fell forwards they would still be in the bloomin' boat ! "

Two thirds of heart attack survivors miss out on Cardiac Rehab

Two thirds of heart attack patients do not take part in a cardiac rehabilitation programme, despite the fact that this could save their lives. This worrying find was made by the British Heart Foundation, whose researchers found that just 38% of heart attack survivors, 30% of angioplasty patients and 68% of those having a coronary artery bypass operations, attend cardiac rehabilitation.

The charity's Associate Medical Director said that progress on increasing cardiac rehabilitation is 'flatlining' and the number of heart patients taking part hasn't increased since the last report. Referral to cardiac rehabilitation should be a routine part of treating heart patients and until this happens, they will continue to miss out.

The latest statistics from the BHF show that around 146,000 people suffer a heart attack every year in the UK, while some 90,000 die as a result of this event.

Have a Heart !

Male patients fall out of hospital beds twice as often as female patients. The risk of a heart attack is higher on a Monday than any other day of the week. By age 70, your heart will have pumped 55 million gallons of blood round your body.

A giraffes heart is 2 feet long



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LETTERS TO THE EDITOR

Dear Editor

Thank you to all the Committee
for the Christmas Party 2009:



The band got our feet tapping
And just a few minutes more,
Then everyone was clapping
They swarmed on the floor.

Abstainers got into a tizz
With ears cocked to another table,
Working out the clever quiz
As fast as they were able.

Father Xmas got off line
With two sacks as his load,
Rewarded winners with a shine
Then rushed back to the road.

Things quietened as we had our
meal,
Bottle levels creeping down,
Well fed lethargy began to steal,
Faces glowed under paper crown.

The mega raffle gave a chance
For surreptitious beltline easing,
But the band got us up to dance
And hurried feet in shoes were
squeezing !

Leaning there upon the bar,
They asked who had dicky hearts ?
The greater proportion perhaps by far
But they sure function in other parts !

Di Bagshawe

Dear Editor,

Please explain to your correspondent Avid Reader in the last issue that there is only one reason why I do not take up beekeeping again – my wife would not risk it. You see tradition has it that if a swarm of bees lands on your property, you will have an increase in the family. Its true, I've proved it'– but although that was welcome 40 odd years ago, not now !

Yours regretfully,

A Retired Beekeeper

Dear Editor

I recently heard this and wonder if it is true. Does any reader know about this, I wonder ?

Only a Court can issue a Fine, therefore Councils issue Penalty Charges, which are a contract between you and the Council. If you pay you have agreed to the contract. Refuse to pay and they threaten you with Court action.

Write to them and say:

“I demand that my rights, as set out in the English Bill of Rights, be adhered to, namely a trial by a jury of my peers. I shall not accept the partial and unjust rulings of an administrator appointed by and acting on behalf of the Council.”

It is said they take no further action against you.

Blair Watson

From the Editors Desk



Hearty Greetings from your Editor as we go live with the Spring Magazine !

Did you know that PHSG has over 1,000 members, including partners ?

Some go to our exercise sessions, some to our social meetings, some to our walking group, some to our cycle club, but what about our silent majority ?

We are starting an initiative to get more people to take part in new activities, by first of all asking you what you would like to do ! So please see pages 8 and 9, where Gary and Gerry discuss some ideas for daytime meetings and special events and ask you for your ideas !

So please do tell us what you think is a good idea and we'll do our best to use it !

@l@n

All letters, e-mails and other submissions received are assumed to be for publication and free of copyright restriction. They may be edited for space or clarity and are not necessarily the views of the Editor or PHSG

Poole Heart Support Group operates under the umbrella of the British Heart Foundation who rely on voluntary help for fund-raising events.

We urgently need a Treasurer- can you help please?

We also need occasional supporters for fundraising.

Please contact:
Pam Bailey BHF Rep.
4 Knighton Heath Close
Bearwood BH11 9PP.
Telephone
01202 574944

We would be pleased to hear from any members who would be prepared to play a more active role in the Poole branch of BHF. We meet once a month at Poole Hospital to plan forthcoming events.

**Volunteers wanted
to help
in our
P.H.S.G.
Head
Office
for only
2 hours
per month**



Please Telephone
01202 683363 ext. 133
(9am-4pm answerphone)
Manned 1.30 - 3.30pm.
Mon & Thurs

You can always call the Office !

You can always call the office
We're a happy little bunch.
On a Monday or a Thursday,
We're there just after lunch.

If you need some information,
Exercise or walking club,
(Cyril says they ramble
and then end up at the pub!).

We distribute magazines
and sign in each new member.
We are on the go all the time
from January to December

Jan Meshier
PHSG Office Co-ordinator.