

Hearts and Minds

THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance
hertbeatscsg@hotmail.com

Website: www.hertbeats.org.uk



Bank of England Museum

FEBRUARY 2016 / MARCH 2016

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FORTHCOMING EVENTS

16 th February	Dr John Versey The Spy who is Buried in Harpenden The Dreyfus Affair and the consequences
15th March	Doctors' Evening
19 th April	Dr Brian Quinn CBE Retired Deputy Governor of the Bank of England 1995 – 1996 Review of the current economic situation and the way ahead.
17 th May	Hertbeat AGM
21 st June	Strawberry Evening With Entertainment
19 th July	John Blandford NHS Matters
August	No Meeting
20 th September	Steve Gledhill Prostate Cancer and Prostste Problems What men need to know

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary
Marshalswick, Sherwood Avenue at **8 p.m.** Hall available from 7.45 p.m.

HERTBEATS is a Cardiac Support Group formed in 1997 to provide practical advice, information and help to cardiac patients and their families within the St. Albans, Harpenden, Welwyn Garden City and Hatfield areas. It is also an informal social group that arranges for both patients and ex-patients, trips at home and abroad, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Whilst not offering formal medical advice, Hertbeats members often learn much about their ailments and the practical means of coping with these by talking to other members who have had similar experiences.

EDITORIAL

Over the decades of my career as a technical scientific equipment designer, I have been through an extraordinary revolution of computer technology. Mechanical hand-operated calculators of the early days led to simple computers, the large main-frame computers (for which you wrote your own software programmes) to personal computers on everyone's desk and now some powerful miniature ones which require tiny fingers to operate the keyboard.

It has been an extreme roller-coaster of a ride and very exciting. Being part of the evolutionary process has been exhilarating; hours spent on writing your own software programmes, de-bugging them, testing and refining them and finally building them into real pieces of equipment. These were highly refined, sensitive and accurate pieces of vapour-analysis equipment to detect, inter alia, explosives, drugs and chemical warfare agents. It culminated in a prototype detector (seen here with the astronaut Bonnie Dunbar taking some readings) to a detector which was incorporated into the International Space Station crew-health system to monitor the levels of 18 different specific chemicals in the atmosphere of the cabin.



The last few years has seen the advent of mobile phones, lap-tops, tablets and any amount of small gadgets. I must admit that it has left me behind. It's partly age but also the fact that I can no control what my equipment does and how it does it. There is so much predictive and presumptive software built into the equipment that it leaves me frustrated. And now how you use your equipment is monitored and analysed which is becoming personally intrusive.

The software equipment giants have been falling over themselves so produce smaller, fancier bits of kit which we have voraciously bought in a frenzy of materialism. What is happening now? We, the gullible consumers, are starting to say enough is enough; do I need this widget, what does it do for me?

This is evidenced in the information from the Consumer Electronics Show held in Las Vegas earlier this year. Products of questionable usefulness are being left on the shelves. Apple is scaling back production of its latest iPhones by 30% and Samsung sales are falling below forecasts. Also, surveys have shown that fewer consumers planned to buy wi-fi connected domestic devices and they are falling into dis-favour owing to concerns about:

- New smart devices being too difficult to use
- That they can be hacked
- That technical firms can gather personal data about our lives.

There is increased stress from constantly switching between the actual, real world and the virtual world of the internet and the consequences can be exhaustion, irritability and distraction. We have reached digital saturation and we need to control it.

We have all been there: you just want to check the weather and before you know it, you see an interesting item of news, or a ubiquitous request to install Windows 10, an analysis of your reading habits and a range of unsolicited pop-ups. Thirty minutes later you have forgotten what the weather forecast was!

It is time to sit back and look at what is really useful and time-saving in our world of apps and techie equipment. Does it actually improve our life-style and create a relaxed comfort feeling – or the reverse?

Alan

NEWS FROM THE CHAIR

We have some excellent news for 2016 (actually it came as a 'Christmas present'). Hertbeats has been awarded a grant of £1000 each year for the next five years from the St Albans and District Fund for the Future (Hertfordshire Community Foundation). At the time of writing for this Newsletter, it is intended that Mr John Peters, chairman of the panel which recommended the grant to us, will present the initial cheque at the first group meeting of the year (19 January). The funding can be spent as we wish, provided that it promotes the overriding objective of Hertbeats to provide support to heart patients, their families and close friends. The Committee has already had a preliminary discussion on how this additional money can help Hertbeats. We could enhance existing activities such as our exercise classes, maintenance of our recently established website and publicising our support work through the health professionals. In addition we could take new initiatives, for example providing defibrillators on coach trips and at out meeting venue. The Committee welcomes suggestions from all members. Please let me, or any member of the Committee, know yours. (Contact details on the back page of this Newsletter.)

In order to achieve the grant the Committee had to adopt Hertbeats' policies for Equal Opportunities and Safeguarding. *These can be seen in this Newsletter. Any comments are welcome.*

Hertbeats has just rejoined the St Albans Centre for Voluntary Service, an important step for keeping in touch with our sister organisations in the District.

At its January meeting the Committee was very pleased to have a presentation from two nurses leading the newly established St Albans Rapid Response team. The purpose of this is to keep medical care, when possible, within the patient's own home, rather than in hospital. Referrals to the service are made by GPs, A and E departments and the ambulance service. *More details about this service can be found in the article by John Blandford in this Newsletter.*

The Hertbeats website is now up-and-running. Please have a look at it at: www.hertbeats.org.uk

You will have seen from Michael Utteridge and probably heard from him about all of the brilliant trips he is continuing to arrange for the rest of the year following the 'panto' in January. Anyone short of funds might like to have a **small** flutter 'on the dogs' at Henlow in February!

The Committee still feels that it needs new blood. If you can help, please let me know.

And finally, we will all be pleased to know that Norman Heathfield is now much better and has returned to exercising.

Brian Y

SECRETARY REPORT

Current Membership. As at 10th Jan 2016, Hertbeats membership stands at 359 with two applications in progress.

New Members. Since the last newsletter John Doyle, Pam & Dave Riddick, Jean Benson, John Austin and Susan Diment have joined Hertbeats – Welcome aboard.

Membership Renewals The Hertbeats financial year starts 1st April. So you can brace yourselves to receive a renewals slip in your March/April Hearts and Minds. I no longer renew the membership cards each year. If your card needs replacing please let me know.

HERTBEATS WEBSITE

Those with email addresses will already be aware that HERTBEATS HAS A NEW WEBSITE. So if you meet people interested in Hertbeats, even if you do not have Internet access yourself, you can now direct them to www.hertbeats.org.uk. The website lists all our activities and will include back numbers of Hearts and Minds. IMPORTANTLY there is also an application form under the "About" then "Join" headings.

TRAVEL INSURANCE

Mrs Jean Sharpe has undertaken the task of collating information on Travel Insurers. Jean has collected information from the British Heart Foundation and from other sources. If you have any good recommendations then Jean would love to hear from you.

As we know, the service received from insurers is variable. It is not always the most expensive insurers who provide the best service when needed. So dear members, if you have had the misfortune to need help from your travel insurer, PLEASE let Jean know the pros and cons of the service you received.

With so many variables in medical condition, age, travel destination and so on, we cannot recommend a given company. However, we should be able to

- a. Provide a contact list of travel insurers who accept age and/or pre-existing medical conditions.
- b. Provide comment on possible pitfalls or money saving approaches.
- c. Eventually provide member comment on their experiences with given companies which may steer you towards or away from certain insurers.

These latter depend upon you – our members, sending information on tips, pitfalls and actual experience to:-

Jean Sharpe, 1 Birklands Park, London Road, St. Albans, Hertfordshire, AL1 1TS.
01727 838193 jeanmarys@aol.com

Roger Miller
Secretary

OUT AND ABOUT – TRAVEL

2016 OUTINGS

Following a successful outing to the Milton Keynes for "Aladdin" we are now taking bookings for the next three of the planned outings for this year :-



An evening of Greyhound Racing at the Henlow Stadium - Thursday, 25th February

Reservations have been made in The Winning Post Restaurant for a Fish'n'Chip Supper.

The cost is £23 per person including the Coach, Supper, Racecard, First Drink for £1 and Gratuities for the Driver and Tote Ladies.

The pick-up points and times are 6 p.m. at Chiswell Green and 6.15 p.m. at Marshalswick

The Bank of England Museum and the Crime Museum Uncovered Exhibition - Wednesday, 16th March

We visit the Bank of England Museum (see front cover of Newsletter) in the morning to see the development of our currency and pick up a genuine gold bar. You can discover the events and people who have shaped the Bank's history over three hundred years.

In the afternoon we visit the Museum of London for the Crime Museum Uncovered Exhibition. For the first time, never-before objects from the Metropolitan Police's Crime Museum are on display from Dr. Crippen to The Krays and the Millennium Dome Diamond Heist.

The cost of the outing is £18 per person for the Coach, Driver's Gratuity and Ticket for the Crime Exhibition.



Pick-up times are 8.30 a.m. at Marshalswick and 8.45 a.m. from Chiswell Green.

"Tom - the Musical" at the Waterside Theatre in Aylesbury on Thursday, 7th April

We have tickets for the Matinee performance of "Tom - the Musical" which tells the story of Tom Jones and his climb from the dance halls in the Welsh Valleys to becoming an international superstar.



The story is performed by a phenomenal cast of actors and musicians.

Pick up times are 11.30 a.m. from Marshalswick and 11.45 a.m. from Chiswell Green.

A STORY OF Tom Jones. THE MUSICAL

your theatre ticket, Coach and Driver's Gratuity. **I need to know if you want to join us by 5th February 2016.**

The cost of the outing is £23 per person including

"Guys and Dolls" at the Milton Keynes Theatre on Wednesday, 15th June

We have two spare tickets for the Matinee performance of "Guys and Dolls" reviewed recently by The Times critic as "pure enjoyment and I dare you to leave without a smile on your face". Before the Matinee we will be taking a Backstage Tour off the Theatre.

Pick-up points are Marshalswick at 9.30 a.m. and Chiswell Green at 9.45 a.m.

The cost of the outing is £35 per person for the Ticket, Backstage Tour, Coach and Driver's Gratuity.

If you are interested in joining us on any of these outings, as well as future outings, please contact me by email or 'phone.

Email: michael.utteridge@btinternet.com

Tel: 01582.460880

MEDICAL MATTERS & NHS NEWS

**THE RAPID RESPONSE UNIT
URGENT CARE AND TREATMENT IN YOUR OWN HOME**

Starting last October, St Albans and Harpenden GPs have an alternative to referring you to A & E or an acute admission unit of a local hospital. If you need urgent care or treatment and come into the surgery or phone, your G.P. can now refer you to the St Albans and Harpenden Rapid Response Unit. Members of the unit's team can come directly to your home within an hour, if necessary.

The Rapid Response team includes Senior Nurses, Paramedics, Mental Health Nurses, Physiotherapists, Occupational Therapists, Social Workers, Clinical Support Workers and Homecare Workers.

Referrals can be accepted between 8am and 6pm seven days a week. Ambulance paramedics and hospitals can also refer patients directly. The Rapid Response team can continue treating and supporting patients in their home for up to 7 days. If patients continue to need help after that the team will see that they have the support or treatment they need from other agencies.

The expected outcomes include a reduction in A & E attendances and delayed discharges and transfers of care. It is thought that 85% or more of hospital referrals could be safely managed in the community.

Two senior nurses from the team came to a recent Hertbeats committee meeting to talk about their work. Members were very impressed by what this new service has to offer so much so that they wondered why such units had not been set up before.

John Blandford

[John will always be pleased hear about your NHS experiences good or bad or advise you where to access information or help]

DRINKING THREE CUPS OF TEA A DAY COULD SAVE YOUR LIFE – HERE'S WHY



A Cup of Tea

This week, coffee drinkers thrilled to the news that swilling down multiple cups per day has been linked to a longer life span.

But what about the world's most popular hot drink - tea?

Dr Aaron Carroll, presenter of Healthcare Triage, looked at 15 prominent studies on the benefits of tea consumption.

Carroll said in a column for the New York Times that studies involving more than 800,000 participants had shown that people who drink tea are less likely to suffer from liver diseases including liver cirrhosis and chronic liver disease.

Carroll says that tea also seems to have a positive impact on depression. Carroll says, 'Tea has been associated with a lower risk of depression. A 2015 meta-analysis of 11 studies with almost 23,000 participants found that for every three cups of tea consumed per day, the relative risk of depression decreased 37 percent.'

But the benefits don't end there - people who drink three cups per day have a 21% lower risk of stroke - and drinking an additional three cups was associated with a 27% reduction in coronary heart disease and a 26% reduction in cardiac death.

What are you waiting for? Get the kettle on!

EXERCISE GROUPS

EXERCISE CLASSES UPDATES

MAPLE UNIT

At this time of the year we remind exercisers that they should, in conjunction with the physio/instructor of their class, update their 'medical/medicines' form.

Currently there are just a few vacancies for the Thursday 6.00pm class and Thursday 7.15pm class. Please do let me know if you would like to join either class. (Contact details on the back page.) All exercisers go at their own pace supervised by an appropriately qualified physiotherapist. Both Thursday classes are taken by Eleanor Hughes, who some will know if they have passed through 'rehab' at the City hospital.

Brian Y

WESTMINSTER LODGE EXERCISE CLASSES

Monday & Thursday 2.30 to 3.30 £3.20 per session held in Dance Studio 2

(Note free parking for the first two hours but you must display a ticket on windscreen)

Numbers for the last 6 weeks up to the Christmas & New Year break -

Monday class averaged at 11, highest 12 lowest 10; Thursday class averaged at 7, highest 9 lowest 3.

We would like to welcome Phillip Burt and Rosan Ip to the class and welcome back Alan Bryant, Gordon Negus and Valerie Perkins who have been absent due to illness and "Grandmother duties"!

If any member is interested in joining our happy friendly classes please contact me for a chat on 01727 852610 or email cjh@stalbansherts.demon.co.uk.

Christine Hill

ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes
The full list of Antonella's classes is:

Group classes:

Batchwood Tuesday 11.30am
London Conley Wednesday 11 am
Harpenden Wednesday 1pm

Gym classes:

Harpenden Monday 12.20 to 13.50 + Friday 12.30 to 14.00
Westminster Lodge Thursday 10.30 to 12.00

Brian Y

JERSEY FARM

Jersey Farm community centre had 17 participants following the Christmas/New Year break. The groans and moans were audibly louder as people worked off their festive break excesses.

If you wish to join a friendly group who exercise at their own pace with movement to music, and working out with weights, please contact Dave Tarrant (01727858396), who will discuss the class and give an opportunity to watch a session, prior to joining.

Dave T

HERTFORDSHIRE HEALTH WALKS

Copies of the current programme are available at Information Points at both St Albans Town Hall and Harpenden Town Hall as well as doctors' surgeries.

All walks are accompanied by experienced leaders however before your first walk you should either turn up 10 minutes early to fill in a form or register online at the website - www.hertfordshirehealthwalks.org Don't forget to wear suitable shoes and carrying a bottle of water is also recommended.

Walks are graded and are between 30 minutes to an hour and a half. For example [1] is an easy walk, 20 minutes, about 1.5 miles, gentle slopes, no stiles. [3] is a moderate walk, about 1 hour (3 miles), moderate slopes, a faster pace and possible stiles.

Some examples are:

Highfield Park: Meet at Charters Health Club car park, Hill End Lane. Opposite Spar, AL4 0DB: Every Monday, 9.30am. Category [2-3]; Accessible by public transport and refreshments available nearby.

Wheathampstead: Meet at public car park behind The Bull, East Lane, AL4 8BL: Every Tuesday 10.30am. Category [2-3]; Accessible by public transport and refreshments available nearby.

Hatching Green: Meet on road in Redbourn Lane, AL5 2JP. Car parking in side road. Every Thursday, 10.30am. Category [3]. Accessible by public transport. White Horse pub nearby!

Greenwood Paark: Meet outside Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW: Every Friday, 2.00pm. Category [2-3]. Accessible by public transport and refreshments available nearby.

For those up-to-date with modern technology details are also on: [facebook.com/hertfordshirehealthwalks](https://www.facebook.com/hertfordshirehealthwalks) and twitter.com/hertshealthwalk

John V

GOLF SOCIETY



The Golf Society are currently in hibernation. Our first meeting of 2016 will be in late April/ early May at the Little Hay Golf Centre. Date to be advised.

Anybody who would like find out more about our informal golf section please contact Vernon Clough on 01582 713080 or at vclough@ntlworld.com.

Vernon

OBITUARIES

JOSEPH DOYLE

Dear Editor: It is with great sadness that I have to advise you of the death of my husband Joseph Doyle on 15th December 2015. We always enjoyed reading your publications and found them very informative. The joke page always brought a smile to Joe's face with many of them being passed on to friends.

Unfortunately due to Joe's ill health it was not possible to take part in your activities.

Jennifer Doyle

DEREK LOWTHIAN

It is my sad duty to advise you that Derek Lowthian died very recently of bone cancer.

Our thoughts go to his wife Zara.

YOUR GARDEN

GARDEN REPORT

As this year starts it will be interesting to see how the gardens respond to the unusual weather that we have enjoyed during the last few months. I have a bed of daffodils that normally start to flower at the end of December. This season I had a lovely show during the first week of the month.

It seems appropriate for us to make sure that we are ready for a new year in the garden. Are tools in good shape, especially any electrical or similarly-operated tools? We must also look after ourselves and other members of the family who may assist us in the garden. Goggles should be worn when using hedge trimmers or grass trimmers, and in the latter case, a strong pair of shoes. There is also one important precaution – check with your surgery that your tetanus injection is up-to-date.

The grass has continued to grow during the warm conditions. Although weather conditions may not be right for using the mower, the garden will look much better if the lawn edges are trimmed.

It is time to think seriously about bedding plants for the borders and containers. Buying plants in May is not cheap. Have you tried starting with plug plants? They come in various sizes, from young seedlings to ready- to-plant. I don't buy the smallest ones; they are too fiddly for big fingers, but the second size is manageable. A greenhouse is not necessary; a conservatory is ideal or even a sheltered space in the garden. The plugs cost about 20 pence each.

This is a good time to check plant supports, replacing where necessary and tie in leaders on trailing plants. Look carefully at the shrubs and give them a final prune if needed. Give fences and trellis a look over, and repair before the garden starts growing and makes the job difficult.

Bill

REFLECTIONS

PUBLIC INFORMATION

HERTBEATS SAFEGUARDING POLICY

1. Hertbeats as an organisation is not intended to introduce members to any activity that they would not engage in as part of everyday life. It has long been realised that the strong support of a family or other positive social group has a major contribution to recovery from serious operations or illness. Moreover this support is even more beneficial where a life long medical condition or a change of life style is involved. Any risk assessment is therefore confined to identifying and avoiding any activity that members would not undertake on a daily basis. It is the responsibility of the member, and any companion, to determine that their level of fitness is compatible with a proposed event.
2. One member of the Hertbeats committee is designated as overseeing 'care and welfare' of members of Hertbeats, in particular involving liaison with those suffering illness, injury and bereavement.
3. Organisers of all Hertbeats activities take steps to ensure the safety and welfare of members (and any other participants) during activities. It is the practice of Hertbeats to advise members of the nature of the event, the programme and any noteworthy features.
4. Where appropriate special care will be taken of those with disability.
5. Hertbeats benefits from public liability insurance arising from the affiliation with the British Heart Foundation.
6. At exercise classes the physiotherapist/instructor decides if any member is not allowed to exercise in particular sessions.
7. Separate 'policy' documents exist on 'Rules for exercisers in the Maple Unit Gym at St Albans City Hospital' and 'Guidelines for the Hertbeats Coordinators' of those classes. Under the former all exercisers must complete a confidential form, which is regularly updated, on their medical history and list of drugs taken, for the benefit of the physiotherapist/instructor in charge.

8. On visits to venues, buildings and gardens all participants will wear lanyards (organised by Hertbeats) giving the name of the Hertbeats 'outing', name of the member and mobile telephone number of the leader of the 'outing', as well as other details appropriate to that trip.
9. Several Hertbeats members have been trained for 'heartstart' and can take basic action until emergency help arrives.
10. If any member suspects mistreatment or abuse of any member or participant, s/he should report that either to the relevant safeguarding authority directly or through a member of the Hertbeats Committee.
11. Hertbeats does not and cannot give medical advice.



HERTBEATS NEWS RELEASE

Hertbeats, the St Albans area cardiac support group, celebrates the award of funding from the St Albans Fund for the Future

The group has been awarded £1000 each year for five years to further its support activities for heart patients, their families and close friends.

The grant has been generously given by the St Albans Fund for the Future (Hertfordshire Community Foundation)

The initial cheque will be presented by Mr John Peters, chairman of the panel which recommended the award, to Hertbeats' members at their meeting on Tuesday, 19 January.

Brian York, Chairman of Hertbeats said:

'We are absolutely delighted as this funding will enable us to develop our existing activities such as running eight exercise classes each week, maintaining our recently established website and publicising our support work through the health professionals. In addition we can take new initiatives, providing defibrillators on coach trips and at our meeting venues.'

John Peters said:

"I am pleased that the Fund will help Hertbeats continue to do its good work for years to come. This is one of eight new grants giving long-term support to local groups."

HERTBEATS EQUAL OPPORTUNITIES POLICY

1. Membership is open to all adults over the age of 18 in the St. Albans and Harpenden area, and beyond. Most members will be (ex) heart patients, members of their families and friends, but all may join this Cardiac Support Group.
2. Membership is based on the principle of non-discrimination. There is no discrimination on grounds of gender, sexual orientation, race, colour, nationality, ethnic or national origin, marital or civil partner status, disability, religion or denomination, belief, age, or any other grounds under which it is unlawful to discriminate under the laws of England and Wales.
3. All activities provided by Hertbeats are open to all members, although membership of an exercise group held in the St Albans City Hospital is subject to supporting documentation from Cardiac Rehabilitation or from the member's GP confirming his/her fitness to exercise.
4. All members are eligible for election as officers or members of the Hertbeats Committee at the AGM.
5. All members in attendance are entitled to propose, second and vote on motions proposed at the AGM and any EGMs.
6. Wherever possible and practicable, in conjunction with the venue to be visited or activity organised by Hertbeats, facilities will be made available for attendance by those with disabilities.
7. Guests of members are welcome at some activities, subject to places being available, e.g. the Christmas dinner, theatre trips, monthly group meetings, golf. Normally they will pay for the full cost of their participation, but the non-discrimination stated in point 2 above will apply.

OTHER REFLECTIONS

Subject: Knowledge Test

Which of the following names are you familiar with?

1. Monica Lewinski
2. Tony Blair
3. Robert Mugabe
4. Jeremy Corbyn
5. Jorge Bergoglio
6. Winnie Mandela
7. Vladimir Putin
8. Linda Lovelace
9. Sepp Blatter

You had trouble with No. 5??

Scroll down.....

Typical....., you know the criminals, murderers, thieves, sluts, liars and cheats, but you don't know the Pope??



MORE FUN WITH WORDS

- ☺ "Nurse, I'd prefer to do my own stitches." "Suture self then!"she replied.
- ☺ Due to a fall in the number of people entering the priesthood, the church has cancelled orders from a number of clothing suppliers on the grounds that they are surplus to requirements.
- ☺ I went to see Dr Hook once. It was the worst prostate exam I've ever had.
- ☺ I taught my Dog to play the trumpet on the London Underground . . . We went from Barking to Tooting in about an hour.
- ☺ Why is Peter Pan always flying? He neverlands. (This joke never grows old.)
- ☺ If one brews beer in a bucket, is it classified as a Pail Ale?
- ☺ And if the bucket was expensive, is it In Dear Pail Ale?
- ☺ What do you call a man with a plank on his head? Edward
A man with two planks on his head? Edward Wood
A man with three planks on his head? Edward Woodward
With four planks on his head? I don't know, but Edward Woodward would!
- ☺ A country yokel goes for a job as a Farrier and is asked if he's ever shoed a horse. "No", he says, "but I've told a lot of donkeys to clear off"
- ☺ Silence is Golden. Unless you have a toddler that is. In that case it is very, very, suspicious.
- ☺ My dog was thrown out of his poetry group. His bark ode didn't scan!

Thank you to Poole Heart Support Group

OFFICERS & COMMITTEE MEMBERS – 2016

HONORARY OFFICERS

LIFE PRESIDENT	Brian Gibson	01727 859127
LIFE VICE-PRESIDENTS	Dr John Bayliss	
	Dr John Versey	01582 764852
VICE PRESIDENTS	Dr Masood Khan	
	Dr Philip Moore	
	Dr Niall Keenan	

OFFICERS

CHAIRMAN	Brian York	01727 854072
TREASURER	Dave Tarrant	01727 858396
SECRETARY	Roger Miller	01727 766278
	memberhb@gmail.com	

COMMITTEE MEMBERS

CARE AND WELFARE	Anne Gibson	01727 859127
MONTHLY SPEAKERS	Jim Green	01727 830191
INFORMATION & PUBLICITY	Brian Gibson	01727 859127
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
TRIPS AND VISITS	Michael Utteridge	07931 342808
NHS LIAISON	John Blandford (Co-opted)	01727 859913
AND..	June Gibbs	01582 763526
	Roy Titchmarsh	01582 792247

EXERCISE CO-ORDINATORS

MAPLE UNIT	Brian York b.york@btinternet.com	01727 854072
WESTMINSTER LODGE	Christine Hill	01727 852610
HARPENDEN & BATCHWOOD	Antonella McMillin	01582 715615
JERSEY FARM	Dave Tarrant	01727 858396
	tarrantdave@hotmail.com	

OTHER ACTIVITIES

RECOMMENDED TRADERS	Maureen Negus	01727 850539
TRAVEL INSURANCE COLLATOR	Jean Sharpe	01727 838193
GOLF SOCIETY	Vernon Clough	01582 713080
NEWSLETTER EDITOR & PUBLISHER	Dr Alan Brittain	01727 865593
	3 Alverton, Green Lane	
	St Albans AL3 6HB	

Please send newsletter articles or letters to the address above or by email to brittain1547@btinternet.com. Newsletters are expected to be published in the first week of February, April, June, August, October and December. **The next deadline is midnight of 14th March 2016 for publication in the April 2016/May 2016 issue.**