

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



Chartwell

APRIL 2016/MAY 2016

CONTENTS

	<u>page</u>
Forthcoming Events	2
Editorial	3
News from the Chair	3
Secretary Report	4
Out and About – Travel	5
Medical Matters & NHS News	7
Exercise Groups	7
Golf Report	9
Heartbeats Waitrose Cheque Handover	9
AGM Notification	10
AGM Minutes (2015)	11
Your Garden	13
Reflections	14
Officers and Committee Members – 2016	16

FORTHCOMING EVENTS

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 Members Memories: see details on page 13.
21 st June	Strawberry Evening With 5 piece jazz band to entertain us.
19 th July	NHS Matters John Blandford
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

As we leave Nice Airport the plane turns north and sets course for Luton. Below, in bright sunshine, is the arrière pays, the mountain ranges inland from Nice. With the current weather, the deep valleys are dark green and brown but the mountains form a relief map of white snow caps backed by an azure sky and wisps of cloud.

We are flying at 38000 feet now and ahead of me is the assembly of the Newsletter, rather late in its schedule. So there will be a couple of days of hectic selecting of articles, formatting, paging and proof-reading. Then put some colour in for the website version. I have most of the copy: arrived in a large number of emails. But where is the editorial? Will it be ready before we reach Luton?

Alan

NEWS FROM THE CHAIR

I hope that as this Newsletter is being received by members you are enjoying the Easter period. Print costs mean that the 'paper copy' of the Newsletter has to be in black and white, but it can also be seen in glorious colour on the Hertbeats website. (<http://www.hertbeats.org.uk/newsletters/>). Thanks for how successful the website has already become must go to Roger Miller, Brian Gibson, and Ed Green who has given invaluable technical advice. We are also grateful to the Poole cardiac support group for their help. Its website can be found at www.poolehsq.org.uk

The £700 received from the St Albans Health and Wellbeing Partnership over the last year has now been fully spent with the purchase of two steppers and state of the art weights for use of our members exercising in the Maple Unit gym at the City Hospital.



During the current year we have our 'first' annual grant of £1,000 from the St Albans Fund for the Future: see previous Newsletter. Possibilities the Committee are investigating are whether it is feasible, and we could afford, to enable a defibrillator to be located at St Mary's where we hold our group meetings and/or a mobile one for taking on our coach trips. Those members who attended our January meeting (see page 14) will have witnessed Mr John Peters, chairman of the panel which recommended the award to Hertbeats, handing us the cheque. We did invite the press,

but reporters obviously did not want to turn out for this good news on a cold January evening! Instead you can see a photograph of the occasion above.

I am acutely conscious of the extensive time and efforts which Committee members put into making Hertbeats a success in its activities provided for members. We are a voluntary organisation and I and other Committee members frequently ask for volunteers to assist. Occasionally we receive an encouraging response. Jean Sharpe is working hard, not least in arranging CPR courses for members (at the Fire Station) on 14 and 15 April. Steve Gledhill volunteered to join the Committee and has been co-opted until he can be elected formally, I hope, at our AGM on 17 May. Please follow Steve's example and put your name forward if you would like to be on the Committee. We particularly need lady members. After formal business we are hoping that members will give brief reminiscences of events in their lives. Please volunteer by contacting Jim Green (details on page 13) if you are willing to participate.

We continue to hold interesting group meetings including as usual the annual meeting with our cardiologists in March when we learned a little of the plans for development of local hubs for cardiac care in the community.

I am sorry that I missed Dr John Versey's talk on Esterhazy and the Dreyfus case at the February group meeting. I hear that we had a bumper attendance. At the time I was in Lister Hospital, a day after quite a serious operation, though not, I am pleased to say concerning the heart which I am told is 'tickity-boo'. At the time of writing I am waiting to see the consultant surgeon about what further delights are in store! As usual I can confirm the excellence and care given by all NHS staff with whom I had contact, even the nurse who threatened me with an extra day's stay in hospital if I did not get through the litre of water I was supposed to drink – but 'nurse if I do that I'll be getting up all night!'

Finally, the Committee is appreciative of the input of John Blandford to our knowledge of what is coming out of the review of the West Herts hospitals. A group in Hemel Hempstead has produced a proposal for a new major hospital 'between' their town and St Albans to serve both areas. Presumably both existing hospital sites would have to be sold to fund this proposed new build. Whatever happens, as patients we need to be alert and influence the major changes in NHS services which will be taking place in our area and concerning our treatment.

Brian Y

SECRETARY REPORT

Current Membership. As at 10th Mar 2016, Hertbeats membership stands at 359.

New Members. Since the last newsletter Keith Deal, Constance Goodsell, Michael Flack and Matt Miller have joined Hertbeats – Welcome aboard.

Membership Renewals. The Hertbeats financial year starts 1st April. So unless you are an honorary member or prepaid then you will find a renewal slip within this copy of Heart & Minds. I no longer renew the membership cards each year. If your card needs replacement please let me know. Please complete the renewal slips as I use these slips to make sure the database is correct. It is surprising how many small spelling mistakes, changes of email or even home address show up each year. If you have a mobile phone number please add it in.

Hertbeats Website. The new web site has generated much positive comment. The web address is on the front cover of Hearts & Minds and I have added it to the Hertbeats logo on our leaflets. I will not be sending further copies of Hearts & Minds by email as a copy will now appear on the web site. Hearts & Minds on the website is in **colour**. Perhaps more importantly you can magnify the print size on screen if you find that more comfortable for reading or you can print off your own colour copy. You will also be able to find back numbers more easily than in the magazine rack at home. For those of you without PC or internet connection please refer to grand children (Smile!). Be assured that the printed version you receive by post remains the principal means of communication with the whole membership.

Cardiopulmonary Resuscitation (CPR) Training

As you all know Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including heart attack or near drowning, in which someone's breathing or heartbeat has stopped.

Jean Sharpe has arranged for two training classes to take place 14th April starting at 19:00 to 21:00hrs and 15th April starting 14:00 to 16:00hrs. Each session has a limit of 12 people so first come first served. Both sessions will take place at St Albans Community Fire Station. (The given address of 153 London Road seems to be misleading. However as you come out of Drakes Drive turn left onto London Road and the fire station is on the left in about 176 yards and is well sign posted.) If you wish to join a course, please complete and post the enclosed CPR request slip to:-

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

If you decide to email Jean please make sure you provide all the detail requested on the enclosed slip.

Roger Miller
Secretary

OUT AND ABOUT – TRAVEL

GOING TO THE DOGS

On Thursday 25th February Michael Utteridge organised a Hertbeats trip to Henlow Dog Racing Track.

Hertbeats have been dog racing at Henlow for a number of years, but this was the first time that Doris my wife and I had decided to give it a go. Our knowledge of dog racing, or come to that horse racing, on a scale of 1 to 10 is minus nought. We have only ever been dog racing once and that was in Southern Ireland.

We set off from St Albans at 18.15 on a very cold evening the temperature on the coach was +1°C and made our way to Henlow. We decided on the way up that we would put £2 on each race.

On arrival at the stadium we were shown into a lovely warm building which housed the eatery, bar and viewing gallery of the track, 2 long tables were reserved for us. Michael had organised a fish and chip supper and the first drink would only cost us a £1. On the table was a race card which listed all the races the dogs and many other details. The first thing that surprised me there were 12 races so at £2 a race we were in line to lose £24. We missed the first race as we were still settling into our seats so I thought I have saved myself £2. A very nice young lady came round before each race to collect our bets and deliver our winnings (if you had any!!) So we had nothing else to do but sit there and enjoy the evening.



We were now ready to start betting on the races and what a system Doris and I had. We either bet on the colour the dog was wearing or we liked the name. I will inform you of our luck a little later.

As we were sitting inside it was a little difficult to watch the racing on the track so you watched the racing on a big screen and to the annoyance of the punters in one race the screen failed as the dogs were coming round the final bend. Michael and I decided to go outside and watch a couple of races track side which I found much more to my taste.

It was then time for our fish and chip supper. The

pieces of fish were huge. Everybody was served except our secretary Roger Miller. When at last his supper came the piece of fish that he was given was about twice the size of ours; I thought he was going to need another plate.

I always think that when you really enjoy yourself time goes quickly and I could not believe it when the last race came around. It was a pleasure to go to this venue and spend the evening with Hertbeats friends.

Oh yes how did the betting go? Well, to my surprise we only lost overall 50p. We are now looking forward to next year.

James Green.

PS If you need me as a tipster my details are in the magazine!!!

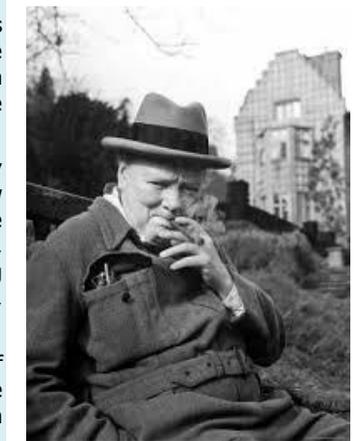
OUTINGS UPDATE

Following our enjoyable, if not financially successful, outing to the Henlow Greyhound Stadium last month our next outing was to The Bank of England Museum and the "Crime Museum Uncovered Exhibition" in the Museum of London on 16th March 2016. We had a record number of Members joining us for this outing and a return visit to The Museum of London.

The next outing for which I am taking bookings is on Saturday, 14th May 2016 to Chartwell House, the principal home of Sir Winston Churchill, followed by a visit to Emmetts Gardens located a short distance away.

Chartwell was the much loved Churchill family home and the place from which Sir Winston drew inspiration from 1924 until the end of his life. The rooms remain much as they were when he lived here, with pictures, books and personal mementoes evoking the career and interests of a great statesman, writer, painter and family man.

The hillside gardens reflect Sir Winston's love of the landscape and nature and include the lakes he created and the kitchen garden. Lunch can be taken in the Landemare Café serving hot and cold food.



In the afternoon we take a short journey to Emmetts Garden which covers an area of about six acres overlooking the Weald of Kent. The garden was laid out in the 19th century and contains many exotic rare shrubs and trees as well as panoramic views over the Weald of Kent. Cakes, bakes and light refreshments are served in the Old Stables.

The cost of the outing is £12 for National Trust members and £30 for non-National Trust Members. The cost includes the Coach and Driver's Gratuity and for the non-National Trust Members the cost of the Entrance Tickets for both properties.

Pick-up times will be 08.30 from The Baton, Marshalswick and 08.45 from the Three Hammers at Chiswell Green. If you would like to join us on this outing please contact me.

Email: michael.utteridge@btinternet.com
Tel: 01582 460880

MEDICAL MATTERS & NHS NEWS

WHAT PATIENTS THINK ABOUT THEIR SURGERY

As reported in the Herts Advertiser, a National GP Patient Survey has revealed shortcomings in some of the 14 GP practices in our area. In the survey patients were asked 23 questions about their satisfaction with the services their GP's provided and some practices were found to be well-short of the standards expected of them. Details of the responses received from patients in each practice can be seen and compared on the website <https://gp-patient.co.uk/>. For those without internet facilities, local public librarians will help you to see them.

LOCAL CARDIAC SERVICES CONTRACT AWARDED

In a previous newsletter readers were told about the Herts Valleys Clinical Commissioning Group's intention to provide some cardiac services such as echocardiograms with consultant involvement in each of its four localities, Dacorum, Hertsmere, St Albans and Harpenden and Watford. These are services that until now have been only available in our local hospitals.

The contract for providing these has been awarded to a London company *Concordia Ambulatory Care Services* and will start on May 9th.

We have received the following statement about these new arrangements.

HVCCG are pleased to announce that the contract for GP Direct Access Echocardiograms and Ambulatory ECG's (including a Consultant Cardiology Clinical Advice Service to GPs) has been awarded to Concordia Ambulatory Care Services. Concordia have got vast experience in delivering this type of service in the community. We are now working closely with Concordia to agree the community sites for the clinics in each locality across Herts Valleys. We are also meeting with Concordia and West Herts Hospital Trust to ensure that patient care is seamless across community and hospital services. The service goes live on the 9th May 2016 and further communications will be sent out nearer to the go live date.

Clearly this is a very significant development and we are hoping to get a speaker to talk to us about it at our meeting on July 19th. Meanwhile, those who have computing facilities will find more information about the cardiac services Concordia can provide on the website

<http://www.concordiahealth.co.uk/cardio-telemedicine>

John Blandford

EXERCISE GROUPS

EXERCISE CLASSES UPDATES

MAPLE UNIT

Currently there are a few vacancies especially for the Thursday 6.00pm and 7.15 pm classes. Please do let me know if you would like to join a Maple Unit class whether you have recently completed 'rehab', or would like to start exercising anyway. If the latter you will need a note from your GP confirming basic fitness to exercise. (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. We have had to say goodbye and thanks to 'physio' Laura Dean who has returned to Australia

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 9 weeks up to 3rd March 2016 –

Monday class averaged at 11, highest 15 lowest 7;

Thursday class averaged at 8, highest 9 lowest 6.

We would like to welcome Arnold Richards and the return of David Zachariah after a couple of years out of area.

I believe that the price of each session is likely to rise in April from £3.20 to £3.30.

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

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. Walks also start at Highfield Park every Tuesday at 1.30pm; Category 2-3.

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 Park: 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 is about to emerge from 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

HERTBEATS WAITROSE CHEQUE HANDOVER

You may remember the initiative to set up a Waitrose contribution to Hertbeats via the tokens deposited in the collection boxes

Well, here is Brian collecting the cheque for £389 from Georgie. Some of this will be used towards the cost of the seat to be placed in the St Albans Community Garden.



AGM NOTIFICATION

HERTBEATS

St Albans and District Cardiac Support Group
Affiliated to the British Heart Foundation and Arrhythmia Alliance

Notice of Annual General Meeting

Tuesday 17th May 2016
8.00 pm
St Mary Church Hall,
The Quadrant
Marshalswick

AGENDA

1. Apologies for Absence
2. Minutes of the Last Meeting: 19th May 2015
3. Chairman's Report
4. Treasurer's Report
5. Election of Officers and Committee
6. Appointment of Hon Auditor
7. Any Other Business

In accordance with the Constitution of Hertbeats, nominations are invited by means of the form below. Offices are: 1) Chairman, 2) Secretary and 3) Treasurer. Up to 9 Committee Members may be nominated.

NOMINATION FORM FOR THE AGM

The nomination form or a copy (photocopied or hand-written) should be completed as requested:

⇒.....<

HERTBEATS

St. Albans and District Cardiac Support Group
Affiliated to the British Heart Foundation and Arrhythmia Alliance

ANNUAL GENERAL MEETING

Tuesday 17th May 2016

8.00 p.m.

We the undersigned, would like to propose and second the following Members for the posts of:

1) Chairman:.....2) Secretary:..... 3) Treasurer.....

Committee Members:

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

Name of Proposer:.....:Signed:.....

Name of Seconder:.....:Signed:.....

All nominations should reach the Secretary by **Tuesday 10th May 2016**.
Secretary: Roger Miller, 116 Langley Grove, Sandridge, St. Albans, AL4 9DY.

AGM MINUTES (2015)



St Albans and District Cardiac Support Group
Affiliated to the British Heart Foundation and Arrhythmia Alliance

Minutes of the
ANNUAL GENERAL MEETING
held on Tuesday 19th May 2015
at St Mary's Church Hall Marshalswick

In the absence of the Chairman, Brian York, the Secretary, John Coad, took the chair and opened the meeting at 8.00 pm by welcoming the 40 or so members present.

1 APOLOGIES FOR ABSENCE

Apologies had been received from Jean Blight; Alan Brittain; Connie Pearson; Jill & Geoff Priseman; Marion Titchmarsh and Marilyn Warminger, as well as from the Chairman, Brian York.

2 MINUTES OF THE 2014 ANNUAL GENERAL MEETING

The minutes of the last AGM, held on 20th May 2014, had been published in the newsletter and were approved *nem con* on a proposal from the Chair.

There were no matters arising from the minutes.

3 CHAIRMAN'S REPORT

In the absence of the Chairman, Jim Green read the Chairman's report, which appears verbatim as an appendix to the minutes.

4 TREASURER'S REPORT

Dave Tarrant presented the audited accounts for 2014-15 and discussed the proposed budget for 2015-16. The former comprised three separate accounts – the Main Account, the Exercise Account and the Deposit Account.

Dave pointed out that, although the overall financial position is satisfactory, the Exercise Account is currently in deficit and is being supported by monies from the Main Account. He is trying to rectify this unsatisfactory situation by seeking sponsorship for the exercise classes held at SACH's Maple Therapy Unit or by obtaining use of the Maple Unit rent-free from the NHS.

On a proposal from the chair, the accounts were accepted unanimously.

5 ELECTION OF OFFICERS AND COMMITTEE

The following Officers and Committee members were elected *nem con*.

	<u>Proposed by:</u>	<u>Seconded by:</u>
Chairman Brian York	John Coad	Michael Utteridge
Secretary John Coad	John Blandford	Jim Green
Treasurer Dave Tarrant	Brian Quinn	Sandra Crossley
Committee Members		
June Gibbs	Brian Gibson	Dave Tarrant
Ann Gibson	Brian Gibson	John Coad
Jim Green	Eddy Roberts	Tony Day
Roger Miller	Neil Crossley	Steve Leese
Audrey Taylor	John Coad	Brian Gibson
Roy Titchmar	John Coad	John Blandford
Michael Utteridge	John Coad	Dave Tarrant

It was noted that Honorary Officers are Committee Members *Ex-Officio*. Of these, Brian Gibson (Life President) and John Versey (Life Vice President) regularly attend meetings of the Committee.

It was also noted that John Blandford was a co-opted member of the Committee as NHS Liaison Officer. John had signalled his willingness to continue in this role.

Finally, it was noted that Jill Higgs, who had served for many years on the Committee, had decided to stand down. Brian Gibson, Life President, would speak about Jill's service and achievements later in the meeting.

6 APPOINTMENT OF HON AUDITOR

The re-appointment of Stephen Lindsay was proposed by the Chairman and carried unanimously.

7 OTHER BUSINESS

- John Blandford spoke about significant current and forthcoming changes to the local NHS structure. He urged members to attend meetings and get involved in decision making where possible.
- Michael Utteridge presented a slide show of forthcoming visits that he had arranged.
- Brian Gibson, as Life President and as a founder member of Hertbeats, spoke warmly about the service and achievements of Jill Higgs over many years and presented her with a bouquet, as a token of appreciation, on behalf of the Group.
- Brian Gibson presented a DVD about the work of Hertbeats that he had produced for distribution as part of the Group's publicity and recruitment drive.

John Coad
Secretary
May 2015

ANNUAL GENERAL MEETING 17TH May 2016

The AGM only lasts about ½ hour (if we are lucky) and then we have the rest of the evening to ourselves.

The committee thought 'What shall we do for the rest of the evening?', and have come up with the idea that perhaps members would like to speak for perhaps 5/10 minutes on their experiences of life. We know that many members would not want to give a 45 minute talk but may be willing to speak for a few minutes on their interests. I list a few examples of subjects, others welcome. Don't forget we have a projector for electronic memories to be portrayed - help on this is available.

My time in the forces - Embarrassing moment - School days - My working life - St Albans 50/60 years ago.

If you are willing to tell of your experiences please contact me on 01727 830191 or email me on

james.green.6@hotmail.co.uk

YOUR GARDEN

GARDEN REPORT

The daffodils have flowered reasonably early this year so I hope that you will not be tempted to cut the leaves off for at least six weeks. In the meantime give them a little liquid feed to encourage the development of next year's bulbs. Transplant bulbs that have been grown in pots or containers into spaces in the borders while in the green stage and you can still see the gaps. Plant them six or seven inches deep, especially tulips if you want them to flower for several years.

The grass is growing well now. I suggest that it is not cut short, (you cut it the same number of times through the season, long or short.) The shorter it is cut, the more it will dry out in drought conditions.

As the spring shrubs finish flowering and new growth appears, trim them to preserve their desired shape. Pruning can be awkward since different varieties flower at different times. Those that flower in spring should have old wood cut out immediately after flowering. Those that flower in April or May should be pruned in June to encourage new growth for next year's show. The late flowering ones should be totally cut back to about twelve inches in March.

Take the shears or scissors to heathers when their flower stems die. If you do not trim them they appear unruly after a few years.

It is time to divide perennials if you failed to do so in autumn. Use the cuttings from the outside of the clump.

So many people just leave roses to look after themselves, but to get a better show give them a handful of a general fertiliser like blood, fish and bone now and once more during summer.

You will soon be busy with pots and baskets so I will let you get on with it. Happy weeding.

Bill

REFLECTIONS

PUBLIC INFORMATION

The members who attended the January 2016 meeting:



**** PRESS RELEASE****

Get Back into The Beautiful Game. Walking Football has arrived in St Albans!

This new initiative is aimed at those who have not played football for a long time but still have a love for the game or for those who would just like to get fitter and meet new people. Walking football is a new concept on the traditional game.

It is designed for men aged 50+ who are no longer able to keep up with the pace of traditional 11 or 5 a side games. All the rules are the same except for one difference - no running!

Eddie Green, St Albans Walking Football Club founder, who is leading the project in St Albans, said "We have approached and are hoping to team up with Watford FC and St Albans FC to offer our community the chance to get back into the game.

Walking Football has the same social environment as traditional football just with the element of walking. We hope to engage over 50s that no longer can keep up with normal football.

The sessions are intended to help players with their balance and co-ordination whilst encouraging individuals to come along and socialise with other like-minded people. Here in the St Albans WFC we like to offer something for everyone!" The sessions will start in Mid April to Early May. The dates to be confirmed so please sign-up at the website www.sawfc.com.

The first session is free, with just a £10 membership registration fee and £3 cost each week thereafter and is open to all men over 50.

Why not come along and give it a go; if you're unsure then why not watch the first session. Anyone who would like to know more details can contact Eddie Green (St Albans Walking Football Club Sports Officer) on [07968 503887](tel:07968503887) or ed@sawfc.com

Ed Green

OTHER REFLECTIONS

LIFE is GOOD

Especially if the water is warm.....

I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the whisky store.

The people I hang around with are not scared of getting pregnant.

And I don't have acne.

Life is great. I have more friends I should send this to, but right now I can't remember their names.



OFFICERS & COMMITTEE MEMBERS – 2016

HONORARY OFFICERS

LIFE PRESIDENT	Brian Gibson	01727 859127
LIFE VICE-PRESIDENTS	Dr John Bayliss	

VICE PRESIDENTS

Dr John Versey	01582 764852
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	Ann 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 May 2016 for publication in the June 2016/July 2016 issue.**