

# Hearts and Minds

## THE HERTBEATS NEWSLETTER



**St Albans and District Cardiac Support Group  
Established 1997**

Affiliated to the British Heart Foundation and Arrhythmia Alliance  
[secretary@hertbeats.org.uk](mailto:secretary@hertbeats.org.uk)  
Website: [www.hertbeats.org.uk](http://www.hertbeats.org.uk)



Newton's Tree

**April/May 2017**

## FORTHCOMING ATTRACTIONS

- 18<sup>th</sup> April **St Albans Organ Theatre**  
Instead of a meeting at St Mary's, the committee has arranged an evening at The Organ Theatre (see page 6).
- 16<sup>th</sup> May **AGM**  
After AGM, Talks by Members (see page 6).
- 20<sup>th</sup> June **Strawberry Evening**  
With Entertainment
- 18<sup>th</sup> July **Victor Geduld**  
The History of Photography
- No Meeting in August**
- 19<sup>th</sup> September **Jim Crompton**  
A talk on Osteopathy
- 17<sup>th</sup> October **Di Stevens**  
A talk on "Remap"
- 21<sup>st</sup> November **Police Sergeant Martin Proctor (Rtd)  
With Labrador Dylan**  
The Work of an Explosive Search Dog

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary Marshalswick, Sherwood Avenue at **8.00** (Hall available from 7.45).

### COVER PICTURE

The tree, situated in the grounds of Isaac Newton's home, Woolsthorpe Manor in Lincolnshire, is said to be the tree under which Newton was sitting when the eponymous apple fell on to his head and led to the discovery of gravity. Hertbeats members visited Woolsthorpe Manor in June 2015.

PUBLISHED BY HERTBEATS, 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.

Opinions expressed in *Hearts and Minds* are those of the authors and not necessarily those of the Editor nor of Hertbeats.

## EDITORIAL

Many (probably most) of you will know that this year sees the 20<sup>th</sup> Anniversary of the founding of Hertbeats. To celebrate this momentous occasion, Michael has organised a visit to Hatfield House on Thursday 8<sup>th</sup> June. The visit includes lunch and promises to be a memorable experience. Full details appear later in the newsletter. I would like to pay my own personal tribute to the founders of Hertbeats, including those who, sadly, are no longer with us, in having the foresight and tenacity to start up what has now become such a valuable asset to our lives.

Believe it or not, it'll soon be AGM time again, an opportunity for all members to have their say about how they think the officers and committee are doing in running the group's affairs and activities. It is also an opportunity for you to stand for election to the committee or propose someone else for a post. Later in the newsletter, you will find a notice for the AGM on 16<sup>th</sup> May. Please make use of the form, or at least come along to the AGM to have your say.

A bit of controversy has arisen! Steve Gledhill, who co-organises the Hertbeats Walks programme with Ed Jones has asked me why we continue to promote a rival walking group, the Hertfordshire Health Walks programme organised by the Countryside Management Service. My response has been quite simple: I do not see the groups as rivals but complementary to each other. There is no reason whatever why members should not take part in both programmes if they wish and are fit enough to do so. Steve goes on to suggest that we should promote other forms of exercise, such as swimming, dancing, pilates, yoga and cycling, that are believed to have beneficial health effects. He also wonders whether any members have tried the dry ski slope and indoor snow centre at Hemel Hempstead. If you would like to send me relevant material on any of these or any other healthy exercise, I shall be glad to publish it in the newsletter. Having said that, the regular Hertbeats-organised activities will always take precedence in the unlikely event of a shortage of space.

Have you ever thought about writing your memoirs? I have on a number of occasions, but have never got around to it – until now. I am doing a five-week course on the subject organised by Oaklands College. The tuition is top class and it's all free for over-60s. You may have reservations about digging up old regrets, as I did, but, provided you treat them as part of the patchwork quilt of life and don't dwell on them too much, memoir writing can be a rewarding experience. If you are interested in joining a future class, you can obtain details from the Adult & Community Learning Administrator at Oaklands College on **01727 737154** or email **acl@oaklands.ac.uk**.

*John Coad*

## NEWS FROM THE CHAIR

Enclosed with this Newsletter are two flyers with 'forms' for responses:

- 1 Annual renewal subscription for membership of Hertbeats;
- 2 Attendance at the 20<sup>th</sup> anniversary lunch being held at Hatfield House on 8 June.

**Please use the right envelope for each of your responses with just one cheque in each. Two different Committee members are the addressees. (Please do not combine payment in just one cheque if you are responding to coming to the lunch as well as renewing membership.)**

There are 90 places available for the anniversary lunch, but if oversubscribed will, I am afraid, have to be allotted on a 'first come, first served' basis with then a reserve list.

Before then we have the visit to the St Albans Organ Theatre (Museum) to look forward to on 18 April.

The AGM is on 16 May. For entertainment it is proposed that we do our own version of the TV programme 'Would I lie to you'. If you have a statement with only you knowing if it is a lie or true, please let Jim Green know.

For all of our meetings we have now invested in a new projector which should give us excellent displays of visual material on the screen.

The 'Hertbeats' illuminating pens' have been such so successful that Brian Gibson is ordering more. They are useful ways of engaging people in conversation about what we do in Hertbeats. At a recent visit to the Lister hospital in Stevenage a 'junior doctor' was most impressed that we supported each other in dealing with health issues and wished that Stevenage could start a cardiac support group like ours.

Talking of health issues you will recall that we had speakers from the Herts Valleys Clinical Commissioning Group (CCG) on 21 February. Whilst interesting it was disappointing that neither mentioned the announcement made on the very next morning that 39 community beds in St Albans Hospital were to be closed. The CCG has cut the budget to the Herts Community Trust which provided the beds. When we hear consistently about the shortage of hospital beds (once called 'bed-blocking'), on the face of it this sounds like a most unfortunate decision taken without any consultation.

On a more positive note Gareth Huxtable and I attended a meeting for community groups such as Hertbeats organised by the CCG. We made a presentation on Hertbeats' activities using also our DVD video which was well received. A full report on the meeting can be found in this Newsletter.

*Brian York*

## SECRETARY REPORT

Current Membership. As at 13<sup>th</sup> March 2017, Hertbeats membership stands at 377. We have gained 46 new members since the 1<sup>st</sup> April 2016.

Membership Renewal Slips. Please find enclosed with this newsletter your membership renewal slips. Please remember to tick all the "interest" boxes and date of birth.

New Members. Since the last newsletter Patrick & Jenny Kenny, Margaret Frankish, Peter Smith, Janet & David Stanfield, John Botha, Gerald & Mrs Insley, Mr R Peters, David Leigh, and Jenny & Barry Robinson have joined Hertbeats – Welcome aboard.

### HERTBEATS WALKING GROUP

February was an unusual month for the walking group. Ed Jones was to be off to New Zealand for a holiday. So he asked me to lead the 3 mile walks he had planned. I was unable to take on the lead for the 5 mile walk so that was to be cancelled.

In the event I had to move the date of the 3 mile walk from the Wednesday to the Friday. Given the time of year, Ed had planned an all-weather "path-walk" in St. Albans, starting at Morrisons' car park. So 14 walkers strolled and chatted around the streets and across common land on what turned out to be an ideal walking day, particularly as we did not lose anyone on the way round.

Steve Gledhill had carried out the recce walk with me and acted as sweeper After the walk the two of us adjourned to the Green Man. There we decided to try to squeeze in another walk in lieu of the cancelled 5 mile walk. I selected a shorter distance of 4 miles, given the conditions underfoot. Whilst hoping that the nicer weather that had led up to the day of the walk would continue, the weather actually comprised rain interspersed with drizzle and more rain. My confidence that the long out-bound slope would drain well was beginning to wane somewhat.

On the Monday of the walk we set off with 11 walkers on a pleasantly sunny if crisp morning (See Photo). This walk started from the village hall car park in Sandridge West across the paddocks towards



Sandridgebury Farm. Everyone coped very well with the long outbound slope despite the thin surface mud. The walk levelled off and then we turned downhill at Ayres End towards Sandridge. There the path dipped into a little valley leaving one facing a positive uphill slope past Langley Wood. The friendly chatter dried up and I looked back to the railway line thinking I could hear a steam train before realising it was my breathing. The path levelled off to a very pleasant flat walk approaching Bluebell Wood and then the downhill path to Sandridge and the car park again. A head count showed we had not lost anyone. So off to the Green Man for calorie replacement therapy and a bite to eat.

*Roger Miller*

### MORE ON UPCOMING EVENTS

#### An Evening at the Organ Theatre 18<sup>th</sup> April

I am sure you will remember that our April meeting will not be held at St Mary's Church Hall, Marshalswick, but at the Organ Theatre, Camp Road, St Albans. We have had a good response but if anybody still wishes to come will they please let me know immediately, as the Organ Theatre will want to know final numbers. The number to ring to book your place is: **01727 830191**.

#### Annual General Meeting

As mentioned previously, our Annual General Meeting will be held on Tuesday 16<sup>th</sup> May. We never know how long the meeting will last so no speaker has been engaged; it's up to us to entertain ourselves. In previous years, films have been shown, and last year we asked members to give a short talk on their life experiences.

This year we thought we would try something different. You may have seen a television programme called "Would I Lie to You". The idea is that somebody tells a story which may be truthful or it could be a lie. We will then ask the audience to decide if the story is true or false. The best story (true or false) will win a prize. I am hoping that some members will get up and tell a story and fool the audience.

*James Green*

### EXERCISE CLASSES – UPDATES

#### MAPLE UNIT

Currently we still have vacancies for all classes at 6.00pm on Tuesdays, Wednesdays and Thursdays and one for the Thursday 7.15 pm class. 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: Elaine, Sarah, Catherine, Debbie or, for the Thursday classes, by Eleanor, who some will know if they have passed through 'rehab' at the City hospital.

*Brian York*

## WESTMINSTER LODGE

Monday 2.30 to 3.30 @ £3.30 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 to 6<sup>th</sup> March, 2017 -  
Highest 17, lowest 11, averaged at 13.

If any member is interested in joining our happy friendly class please contact me for a chat on 01727 852610 or email (note new) [cjh@stalbansherts.myzen.co.uk](mailto:cjh@stalbansherts.myzen.co.uk).

*Christine Hill*

## ANTONELLA McMILLIN'S CLASSES

All members are welcome at Antonella's classes.

**The Hertbeats class at Westminster Lodge on Mondays at 2.30pm is now being taken by Antonella.**

The full list of Antonella's other classes is:

### **Group classes:**

Batchwood – Tuesday 11.30 – need more members to attend!

London Colney – Wednesday 11.00

Harpenden – Wednesday 1.00

### **Gym classes:**

Harpenden – Monday 12.20 to 1.50 + Friday 12.30 to 2.00

Westminster Lodge – Thursday 10.30 to 12.00

## JERSEY FARM

The JFCC exercise group continues to thrive and has recently welcomed some new members. For those of you who are currently not part of our group but are thinking of joining us for some exercise and fun, we meet for an hour at 6pm on Tuesdays at the Jersey Farm Community Centre in St Brelades Place AL4 9RG where we are loosely controlled by Jacquie, a very experienced instructor, who's been with us for many years. We undertake a variety of exercises, mainly aerobic and waving weights around. The hall we use is very large and we have plenty of room for more members. Each session costs £4 on the night, there's free off-road parking, and we're only twenty yards from Tesco and the pub should you want to make a night of it. If you are interested and want to find out more, give me a ring, the number's on the back page.

*Tony Day*

## “POSITIVE MOVEMENT”

Positive Movement is a series of gentle seated exercises for those of us who are no longer as supple as we used to be. It is designed for older people e.g. those with mobility problems, those at risk of falls, those with long term health conditions etc. The intention is to try to improve the movement in joints, feet, neck, etc without strain in an enjoyable atmosphere.

My wife and I attend a session on Tuesdays at the Jubilee Centre in St Albans although there are sessions in 3 other centres. There is a small registration fee and a £3 fee per session.

These are the times and venues for the sessions:

### **Tuesday: 1.15-2.45**

Jubilee Centre  
Catherine Street  
St Albans AL3 5BU

### **Thursday: 3.30-5.00**

Fleetville Community Centre  
Royal Road  
St Albans AL1 4QL

### **Thursday: 11.00-12.30**

Park Hall  
Leyton Road  
Harpenden AL5 2LX

### **Thursday: 1.30-3.00**

Memorial Hall  
Marford Road  
Wheathampstead AL4 8AY

For further details or to book a place at any of the above sessions **Tele:**

**01462 678804**

**Email: [positive\\_movement@letchworthcentre.org](mailto:positive_movement@letchworthcentre.org)**

*Ron & Helen Brown*

## HERTFORDSHIRE HEALTH WALKS

The brochure from Hertfordshire Health Walks outlines the free, regular and volunteer-led walks offered across Hertfordshire. Co-ordinated by HCC's Countryside Management Service, over 60 walks take place each week. The shortest walks are 20-30minutes [A] on flat and even ground. Longer walks take up to 90 minutes [C]. Health Walks are an ideal way of taking exercise. The brochure notes they are suitable for all ages and abilities; they are local, short and free. Other points are they are social, you meet people and all walks are led by trained volunteers.

The brochures are available from Doctors' surgeries as well as Information Points at St Albans District Council and Harpenden Council offices. On-line information is at [www.hertfordshirehealthwalks.org](http://www.hertfordshirehealthwalks.org), or telephone 01992 588433. If you are a twitterer try: [twitter.com/hertshealthwalk](https://twitter.com/hertshealthwalk). Here are some of the walks listed in our immediate area:

Highfield Park: Charters Health Club car park, Hill End Lane [Opposite Spar]. AL4 0DB: Walks twice a week: Every Monday 9.30am, or every Tuesday at 1.30pm: About 60 minutes [B]. Local transport and refreshments available.

Hatching Green: Redbourn Lane, Harpenden AL5 2JP: Parking on side road: Every Thursday at 10.30am. About 90 minutes with slopes [C]. Local transport with refreshments nearby.

Greenwood Park: Meet at Greenwood Park Community Centre, Tippendell Lane, Chiswell Green, AL2 3HW. Every Friday at 2pm: About 60 minutes [B].

If it is your first walk get a reference number from the web-site or turn up 10 minutes early to see the group leader. Good shoes or boots needed, plus wet-weather clothing, in case. It is recommended one carries a bottle of water.

## St Albans: "Let's Walk"

The City and District Council runs a series of Tour Guide Walks. These are not free but are £5 for adults and £2 for children between 5 and 15. Each lasts about 90 minutes. The brochures are available at various outlets and the website id [www.stalbanstourguides.co.uk](http://www.stalbanstourguides.co.uk)

Here are four for April and May:

Saturday; April 15: 2.30: A Roman city revealed: Meet outside the Verulamium Museum.

Sunday: April 23: 2.30: Victorian St Albans: Meet at the Clock Tower, High Street.

Monday: May 1: 2.30: A Monastery revealed: Meet at the Clock Tower.

Sunday: May 14: 2.30: Aristocrats, Paupers and Philanthropists: Meet at the Clock Tower.

**John Versey**

## LOCAL NHS – A WORRYING TREND

Until now, the partners involved in ***Your Care Your Future***, the strategic plan for health and social services in West Herts for the next 5 to 10 years, have seemed to be working together well. We have been told that the Chief Officers of the Herts Valleys Clinical Commissioning Group, the West Herts Hospital Trust, the Community Health Trust and the Mental Health Trust have been meeting regularly, together with members of the Hertfordshire County Council and its Social Care Services, but recent events give cause for concern.

The proposed closure of two wards at St Albans Hospital, used by the Community Trust to provide care for patients no longer needing acute hospital care but not yet ready to go home, is a widely publicised example of things going astray. The Clinical Commissioning Group decides to cut the money it gives to the County Council, the County Council reduces the money given to the Community Trust, which then proposes to close the two wards.

West Herts Hospital Trust recently published its Strategic Outline Case for the services it proposes to provide at its three hospitals: St Albans, Hemel Hempstead and Watford – in my view a very encouraging document. It was thought this would be approved at the March meeting of the Clinical Commissioning Group which provides the money. Instead the CCG has raised concerns about two points in the strategy and has deferred consideration of it for two months pending further discussion.

***Come on all of you, get your act together and don't waste any more time and money!***

**John Blandford**

PS More news about this and of what else is happening locally can be found on the St Albans and Harpenden Patient Group website: [www.sapg.org.uk](http://www.sapg.org.uk).

## OUT AND ABOUT - TRAVEL

### The Guildhall and All Hallows Church - 9th March 2017

Our visit to The Guildhall and All Hallows Church proved to be a fascinating insight into the history of London and how it shaped the governance of the country. The Guildhall, in common with the rest of The City, has had to survive invasions, fires and bombings and risen each time bigger and stronger.



In The Guildhall we saw the Charter from William, Duke of Normandy, better known to us as The Conqueror granting the citizens the retention of their rights to live and trade without interference from the Normans. The links between The Guildhall and the livery companies were evident from the beautiful stained glass windows, one of which included Dick Whittington, and the silver plate and objects donated by them. More recent political connections were marked by statues of Churchill and Thatcher.

Below The Guildhall are the recently discovered remains of a Roman Amphitheatre. Buried for centuries beneath twenty feet of rubble and rubbish as buildings were demolished and built on to create the London landscape we are familiar with. The Guildhall also managed to influence the English language as the expression "all at sixes and sevens" comes from the time when livery companies were vying for recognition of their importance and one would not accept big placed in seventh position and so the current Mayor decide that it would be in sixth place for one year and then seventh in the next!

All Hallows Church was also full of historical connections ranging from the Knights Templar through the Great Fire of London, American Independence to the founding of Toc H after WW1 as well as possessing a priceless woodcarving by Grinling Gibbons. Parishioners included Samuel Pepys, Sir Thomas More, John Quincy Adams and the Church Crypt yielded up a collection of artefacts.

**Michael Utteridge**

## Hertbeats 20th Anniversary Lunch in the Old Palace at Hatfield House on Thursday, 8th June 2017

Our 20th Anniversary is an historic moment for Hertbeats and our celebratory Lunch will take place in an equally historic venue - the Old Palace at Hatfield House on Thursday, 8th June 2017 at 12.30 p.m.

Built in about 1485 it is one of the foremost examples of mediaeval brickwork in the country and originally formed a quadrangle around a central courtyard. Henry VIII acquired the Palace from the Bishop of Ely in 1538 and used it as a nursery for his three children. It is with Elizabeth I that the Palace is most closely associated. She had a happy childhood here, sharing in her brother Edward's education.

The Old Palace is located a short walk from the Car Park close to the Main Entrance to the House and Gardens.



The programme for the Lunch is:-

12.30 p.m. Welcome Pimms Cocktail or a Non Alcoholic Drink and exclusive access to the Formal Garden.

1 p.m. Welcome from Brian York and Lunch

Main Course (A) Pan Roasted Chicken Breast with Seasonal Vegetables and New Potatoes

or

(B) Spinach, Feta and Pine Nut Strudel

Dessert (C) Eton Mess - Strawberries, Crushed Meringue and Whipped Cream

or

(D) Mosaic of cut Fruits

Tea or Coffee

Beers and a selection of Wines will be available to be purchased separately.

**The cost of the 20th Anniversary Lunch is £10 for Hertbeats Members and £20 for Non-Members of Hertbeats. As the Lunch is being subsidised by Hertbeats we can only allow one Non-Member to accompany a Member.**

After Lunch you can spend time in the Formal Garden or visit Hatfield House and Gardens. In 1611, Robert Cecil, 1st Earl of Salisbury, built his fine Jacobean House adjoining the site of the Old Palace of Hatfield. The House was splendidly decorated for entertaining the Royal Court, with State Rooms rich in paintings, fine furniture and tapestries.



**Tickets for entry to the House and Gardens will be available at a special price of £13 per person, compared to the normal Group Rate of £15, and must be ordered on the enclosed Booking Form**

If you would like to join us for this landmark event and celebration, please complete the Booking Form enclosed with the Newsletter. Send your cheque, made out to Hertbeats, to Dave Tarrant as detailed on the Form.

Remember to state the choice of Main Course - A or B - and Dessert - C or D - for each person attending together with the number of tickets required to visit the House and Gardens.

**Please note that there is a limit on places for the 20th Anniversary Lunch and Booking Forms must be returned to Dave Tarrant no later than 19th May 2017.**

**Michael Utteridge**

## IN THE GARDEN

There have been few dry periods recently to enable us to make much headway with preparing for seed sowing. There are, however, many tasks to keep us occupied. One is to attack the young weeds which are sprouting up everywhere. Take them out with the help of a hand fork rather than just cutting them down with a hoe, because any roots will start growing again.

It is not too late to prune roses now. It is much better than not doing it at all, though flowering may be a little later and they will benefit greatly from a good sprinkle of fertiliser. A general fertiliser like blood, fish and bone will be suitable. Unless you are a show enthusiast, I don't think there is much to gain by using a special fertiliser.

All spring bulbs should be fed with a liquid fertiliser after flowering to boost the bulbs for next year's flowering. The snowdrops are nearly over and it is time to split them. This is good to do every three or four years to get better flowers. Personally I like to see them in large swards and, after splitting, I tend to replant without too much room between the bunches.

The buds on camellias are large this year and will make a nice show, weather permitting. Remember to trim the shrub to shape soon after flowering and feed it with an acidic fertiliser. The same applies to azaleas and rhododendrons.

Lawns are growing well as they normally do at this time of the year. Don't cut it short over the summer and if, like me, you don't like the cutting job, then don't feed it too much, if at all. Short grass encourages moss.

I like growing vegetables, and one of our members mentioned last year at the local flower show that he grew climbing French beans instead of runners. I'm trying it this year.

Keep the birds fed and supplied with clean water.

There's a lot more to talk about but I must give it up for now. Good luck.

*Bill Whitehead*

## "LET'S GET CONNECTED"

### **A Report on a "Community Support" meeting organised by Herts Valleys Clinical Commissioning Group (CCG) on 6<sup>th</sup> March 2017**

This was attended by Gareth Huxtable and me, representing Hertbeats. It was only at the meeting itself that we were told that it was being held as a follow-up to questions put by John Blandford and me previously (at two AGMs of the CCG) asking for Hertbeats and other support groups to have stronger links with, and direction to, NHS staff. The result was this meeting, inviting a range of community groups, such as those for carers, dementia and diabetes

patients – and the Hospice of St Francis (Berkhamsted) to which Hertbeats had donated last summer and at Christmas (instead of the "Jolly Jazzers" taking any payment for entertaining us).

Our own Hertbeats' presentation was brief, but we showed the Hertbeats video (available on our website: [www.hertbeats.org.uk](http://www.hertbeats.org.uk)). A picture is worth a thousand words! Everyone there seemed to be impressed with our range of exercise classes and social activities.

The overall focus was on HertsHelp which lists community groups like ours and is a place to visit on its website ([www.hertshelp.net](http://www.hertshelp.net)) or 'phone (0300 1234 044) to find out what organisations can help with a particular need.

Linking together was seen as crucial and HertsHelp intends to intensify its efforts to get its list of services and organisations into doctors' surgeries. We have been trying for years to get GPs to mention Hertbeats to their heart patients. It was pointed out that our local St Albans Council for Voluntary Service (CVS), to which we affiliate, was also attempting to do this.

A practical example would be that anyone, such as a Hertbeats member, could go to HertsHelp as the first step in seeking support for a partner, other relative or friend with dementia. From June this year, the aim is for 'Local Dementia Support' to have a full-time worker in each of the ten Districts in Hertfordshire.

Overall this was a successful meeting and should lead to Hertbeats (as well as other groups) becoming more widely known as a dynamic group catering for those with heart issues – and for their families and friends. The CCG promised to hold future meetings to keep the communication with us and other groups going.

*Brian York*

## GOLF SOCIETY



The Hertbeats Golf Society will be having their first meeting on **Thursday 4th May** at Stockwood Park golf club. Details of the day, which will take the usual format, will be circulated shortly. Meanwhile please put this date in your busy diary.

New golfers are welcome with only a little previous experience required. Please contact Vernon Clough on **01582 713080** or at [vclough@ntlworld.com](mailto:vclough@ntlworld.com) for more information.

*Vernon Clough*

**HERTBEATS**

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

**Notice of Annual General Meeting**

**Tuesday 16<sup>th</sup> May 2017  
8.00 pm  
St Mary Church Hall,  
The Quadrant  
Marshalswick**

**AGENDA**

1. Apologies for Absence
2. Minutes of the Last Meeting: 17<sup>th</sup> May 2016
3. Matters Arising
4. Chairman's Report
5. Treasurer's Report
6. Election of Officers and Committee
7. Appointment of Hon Auditor
8. 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 16<sup>th</sup> May 2017**

**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 9<sup>th</sup> May 2017**.  
Secretary: Roger Miller, 116 Langley Grove, Sandridge, St. Albans, AL4 9DY.

**OFFICERS & COMMITTEE MEMBERS – 2016/2017**

**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
	<a href="mailto:chairman@hertbeats.org.uk">chairman@hertbeats.org.uk</a>	
TREASURER	Dave Tarrant	01727 858396
	<a href="mailto:treasurer@hertbeats.org.uk">treasurer@hertbeats.org.uk</a>	
SECRETARY	Roger Miller	01727 766278
	<a href="mailto:secretary@hertbeats.org.uk">secretary@hertbeats.org.uk</a>	

**COMMITTEE MEMBERS**

CARE AND WELFARE	Ann Gibson	01727 859127
MONTHLY SPEAKERS	Jim Green	01727 830191
	<a href="mailto:speakers@hertbeats.org.uk">speakers@hertbeats.org.uk</a>	
INFORMATION & PUBLICITY	Brian Gibson	01727 859127
	<a href="mailto:publicity@hertbeats.org.uk">publicity@hertbeats.org.uk</a>	
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
TRIPS AND VISITS	Michael Utteridge	07931 342808
	<a href="mailto:tripsandvisits@hertbeats.org.uk">tripsandvisits@hertbeats.org.uk</a>	
NHS LIAISON	John Blandford (Co-opted)	01727 859913
TRAVEL INSURANCE COLLATOR	Jean Sharpe (Co-opted)	01727 838193
AND...	June Gibbs	01582 763526
	Gareth Huxtable	01582 768004

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Please send contributions for the next issue to me by **15<sup>th</sup> May at the latest** – if possible as **Word** or **Excel** attachments rather than embedded in emails. Thank you.