

# 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)



*Tea at Kathy Brown's Secret Garden*

**October/November 2017**

## FORTHCOMING ATTRACTIONS

- 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 Explosives Search Dog
- No Meeting in December**
- 16<sup>th</sup> January **Ralph Evershed**  
Family Business
- 20<sup>th</sup> February **Hedley Jenkins**  
Climate Change
- 20<sup>th</sup> March **Doctors' Evening**

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

Members tuck into delicious tea and cakes after a fascinating tour of Kathy Brown's Secret Garden (see "Out and About")  
[Photo by Michael Utteridge]

**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 a variety of outings, exercise classes, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Hertbeats does not offer formal medical advice, but members often learn much about their ailments, and the practical means of coping with them, by talking to other members who have had similar experiences.

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

As well as the usual contributions, this issue contains a piece by member Ken Tuck, describing the upsetting experience he and his wife suffered at the hands of opportunist burglars. Have you heard of OWL? It stands for Online Watch Link and is a joint venture between Neighbourhood Watch and the Hertfordshire Constabulary, with links to Herts CC trading standards. By joining OWL you will receive regular emails telling you about current crime issues, eg there might be a spate of thefts from cars or break-ins in a particular part of Harpenden. You will also get tips on things like the latest security devices available. To join OWL, go to the website, owl.co.uk, and sign up.

What a strange summer it's been – a short searing heat-wave sandwiched between squally winds and patchy sunshine. For cricket fans, it's been a feast, so long as you have been watching on television and not sitting out in the cold!

Now that the silly season is over, we're back to the serious business of gourmet dining at The Stables. If you're not already a member of our group and would like to join us, drop me an email or give me a ring. Likewise, if your name is on the list but you don't want to continue to receive the schedule of future meal dates.

**John Coad**  
*Editor*

## NEWS FROM THE CHAIR

As I write these notes in the second week of September I am wondering if it is time to turn on the central heating, though a more aesthetic thought is that we are into the 'season of mists and mellow fruitfulness' (Keats). One of our members asked: 'why is it that summer passes so quickly, but winter can seem to last for ever'? It could be that many of us are getting on, I suppose. Another member expressed our predicament so well with: 'it's great being able to get old. The trouble is what goes with it!'

Looking back to the summer everyone tells me how excellent was the boat cruise on the River Ouse. We were on holiday, but, not to be outdone, we had a cruise on the Norfolk Broads on the same day. We had never seen so many small craft in one place. I began to wonder if we were back in the days of Dunkirk! We may not have 'outdoor' visits arranged by Michael Utteridge during this winter, but as usual Michael has organised several trips to the theatre including 'An American in Paris' in mid-October.

Many of us, and certainly including me, are bedazzled (to put it politely) by what is happening (or not happening) in our NHS locally and nationally. The Hertbeats meeting we had back on 1 August did not leave me particularly enlightened and the Herts Valleys CCG has not responded to some of the questions we submitted.

John Blandford and I attended a meeting on 11 September in which we were given an update on the CCG's proposals, though this too was not enlightening as the consultation period had still not finished. Still Hertbeats got a mention as having provided a very helpful meeting on 1 August. The CCG still has to find savings/cuts of £45 million in the current year. Hertfordshire and West Essex together have to find £550 million over a four year period.

At the same meeting was a very good presentation made on how 'patients', when appropriate, can use their local pharmacies more, rather than trying to book GP appointments or go to A and E. The bad news again was over funding. While pharmacists are trying to assist and expand their work for the NHS, Jeremy Hunt, Secretary of State, is attempting to reduce considerably the number of pharmacies in England (as opposed to the opposite which is happening in Scotland).

We were also told that the 'Private Ambulance Service' (that's its actual name), which has failed so many patients in transport to and from hospitals, is not having its contract renewed from next March. Let's hope that its replacement, which will be another private company, can do a much better job.

Hertbeats did receive some publicity in the *Review* on 9 August, mainly about how to join us. Our membership stands at about 350. Please sign up others to our cardiac support group – and if they, or you, wish to exercise, please join the Hertbeats' walks and/or the Maple Unit (Hospital gym) exercisers at 6.00pm on Tuesdays or Wednesdays where we have vacancies. (For my contact details please see the back cover.)

**Brian York**

## SECRETARY REPORT

**Current Membership:** As at 11<sup>th</sup> Sept 2017, Hertbeats membership stands at 350. We have gained 16 new members since the 1<sup>st</sup> April 2017.

**New Members:** Since the last newsletter Richard & Margaret Oliver, David Trowbridge and John Bell have joined Hertbeats – Welcome aboard.

**Member email Addresses – A Plea from the Secretary:** In the last newsletter I explained that 57 of our members are not reachable by email. I asked if those members without email could provide me with the email address of a friend or relative who would pass the contents on to you. Several of our members already do this. However, that I did not receive any further email addresses is disappointing. This past year I have been asked to forward more information by email than in previous years. It worries me that most of those without email do not receive the same service as the majority with email.

**Roger Miller**

## HERTBEATS WALKING GROUP



The 24<sup>th</sup> August was a good day for the Hertbeats 5 mile walk. As you can see we gained a bit of height to gain an overview of Hertfordshire. I suspect we were all glad to pause for the photo as it was a long slope to this point.

The next walks proposed are as follows:  
**3 mile walks (Wed 10.30am)**

6th September  
4th October  
8th November

No walks in December

**5 mile walks (Thurs, 10am)**

20th September  
18th October  
22nd November

If you want to join the walks please contact:  
Ed Jones – Hertbeats Walk Organiser  
Tel: 01727 850165 Mob: 07745 295691  
Email: [etnajones@gmail.com](mailto:etnajones@gmail.com)

And while I am on the subject of young Ed Jones! Ed and wife Tina have been planning two walks a month (except December) since September 2014. With very few walks called off and only three or four duplicated, we worked out that Ed has planned and tested over 60 different walks. He then walks each walk again prior to the day to confirm that they are still viable for our walking standard.

On 17<sup>th</sup> August twenty people from the walking group enjoyed a splendid evening meal at the Wicked Lady as a mark of appreciation for the terrific effort by both Ed and Tina on our behalf. Thank you Ed and of course Tina, from the walking group.

**Roger Miller**

## EXERCISE CLASSES – UPDATES

### MAPLE UNIT

Currently we still need to fill the vacancies for classes at 6.00pm on Tuesdays and Wednesdays in the Maple Unit. 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/instructor, Elaine, Sarah, Catherine, Debbie, Eleanor.

### ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes. The Hertbeats classes at Westminster Lodge on Mondays at 2.30pm and at the Harpenden Leisure Centre on Wednesdays at 1.00 pm. Antonella's other classes include:

#### Group classes:

Batchwood	Tuesday 11.30 am
London Colney	Wednesday 11.00 am
Harpenden	Wednesday 1.00 pm

#### Gym classes

Harpenden	Monday 12.20 to 13.50 and Friday 12.30 to 14.00
-----------	---

**Brian York**

### WESTMINSTER LODGE

Monday 2.30 to 3.30, £3.40 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 4<sup>th</sup> September, 2017 -

Highest 15, lowest 4, averaged at 10

Numbers for the last 5 weeks have been lower than usual due to holidays and looking after grandchildren during school holidays!

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

**Christine Hill**

### JERSEY FARM

The summer is drifting to a close, the kids are back at school, and this seems to be the right time for several members of the JFCC class to take off for warmer climes. Recent sessions have shown a lower attendance than of a few weeks ago when 18+ regularly turned up. This might therefore be an excellent time 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 (and some of our members occasionally do). If you are interested and want to find out more, give me a ring, the number's on the back page.

**Tony Day**

## HERTFORDSHIRE HEALTH WALKS

The brochure from Hertfordshire Health Walks outlines the free, regular and volunteer-led walks offered across Hertfordshire actually up to the end of December 2017. The brochures are available from Doctors' surgeries as well as Information Points at St Albans District Council and Harpenden Council offices. Online information is at the website [hertfordshire.gov.uk/healthwalks](http://hertfordshire.gov.uk/healthwalks), or telephone 01992 588433. If you are a twitterer try: [twitter.com/hertshealthwalk](https://twitter.com/hertshealthwalk).

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.

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].

**Wheathampstead:** Meet at the public car park behind The Bull, East Lane, AL4 8BL:

Every Tuesday at 10.30am First steps plus B to C - up to one hour. Local transport and refreshments nearby.

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" Tour Guide Walks

There is a wide range of guided walks around St Albans. Each starts from either the Clock Tower or the Verulamium Museum and costs £5 for adults and £2 for children between the ages of 5 and 15. An extra £2 is charged for entry to the Roman Theatre. Payment is made to the guide. Each walk lasts for approximately 90 minutes.

Here are some for the next two months:

Sat Oct 7th: 2.30pm: A Roman City Revealed: The brochure promises revelations about the lurid past of Roman Britain's third city, revolting Celts and a fire to rival the Great Fire of London - plus the architectural wonders of the time. Meet at the Museum.

Sun Oct 15th: 11am: Historic St Albans: The tour covers well known and lesser known sites of the city - hear about revolting peasants, martyrs, heretics, monasteries and monks.

Sun Oct 15th: 2.30pm: Aristocrats, Paupers and Philanthropists: This walk concentrates on the St Peter's area. This walk is around the lesser known historic features of St Albans.

From Oct 25th to Oct 31st there are 7 walks entitled "Ghosts and Ghouls". See a brochure for details!! On Oct 31st at 7.30pm there is a "Haunted Harpenden" walk and tickets will be available from Harpenden Town Hall from October 1st.

The full brochure is available from Information Points or the website for [stalbanstourguides.co.uk](http://stalbanstourguides.co.uk).

**John Versey**

## OUT AND ABOUT - TRAVEL

### OUR CRUISE ON THE OUSE AND KATHY BROWN'S SECRET GARDEN

Our July outing took us to Bedfordshire for a cruise on the MV "John Bunyan" along the River Ouse followed by an afternoon with Kathy Brown in her Secret Garden at Stevington.



The "John Bunyan" is a community boat with a maximum capacity of 50 passengers owned by Bedford and Milton Keynes Waterways Trust with the objective of raising enough funds to build a canal connection from Bedford to Milton Keynes and the Grand Union Canal. If successful the journey would then take three days instead of the current three weeks.

Our cruise took us into the centre of Bedford navigated by our Skipper, Chris Taylor, and his crew through an unusual "Guillotine Lock" before turning back as the recent heavy rain had raised the water level to the point where there was insufficient headroom under the bridges to make any further progress upstream. Undeterred, we cruised downstream enjoying a Ploughman's Lunch and watching the countryside as the odd drop of booze was also enjoyed. We reached Barns Hotel, once the home to some of the Whitbread family, before returning to the Marina and the end of our cruise.

After a short journey north of Bedford we were greeted in Stevington by Kathy Brown and her husband who took us on a tour of their gardens. Their house dates back to the 14th Century when it was a pilgrims stop for Nuns to take the waters. Henry VIII put paid to that with the Reformation and the house and grounds fell into disrepair until a member of the Duke of Bedford's family rebuilt the house in the 19th century in its original style.



The gardens have been created and nurtured by the Browns over fifteen years mixing the formal with the informal. Our visit concluded with some marvellous Tea and Cakes. The Cakes used produce, flavours and colours from her garden and the "seconds" went down in a similar time!

## FUTURE OUTINGS

Unfortunately the outings to see "An American in Paris" in October and "Hedda Gabler" in February 2018 are all booked as we have to commit to paying for tickets in advance to qualify for the special prices.

Details have been sent out to everyone on our emailing list for the outing to Milton Keynes Theatre on 21st March to see "Crazy for You". The show stars Tom Chambers (Top Hat and Strictly Come Dancing) and Charlotte Wakefield (Chitty Chitty Bang Bang and Sound of Music) and features a fabulous score from the Gershwin Brothers' songbook.

The cost of the outing is £35 per person which includes the theatre ticket, coach to the theatre and the driver's gratuity. Unfortunately, we have had to confirm numbers and pay for the tickets in early October.

If you would like to receive details of future outings please contact me. Details are on the back cover.

I am working on the programme for 2018 outings and as soon as it is finalised I will publicise it in the Newsletter.

*Michael Utteridge*

## IN THE GARDEN

**A**t this time of the year we must start clearing away the dead plants and think next season.

There is still quite a while before the summer flowers are finished so we must give them a boost by regular dead heading. This small task will also keep the garden looking tidy. As perennials die down it is a good time to divide the clumps and replant pieces from the outside, discarding the centre.

Look critically at the shrubs. Ask yourself if you will be able to maintain it when you are a year older. If you are not sure do something about it while the plant is dormant.

It will soon be time to prune the roses. I find that many people are wary of this job, thinking that hard pruning will kill the plant. My advice is not to worry, it won't die but reward you with vigorous growth next year. This applies to bush roses. Climbers and ramblers need a different approach but I have none so I am staying quiet on them.

It is not too late to repair the lawn. The ground will remain warm enough to allow seed to germinate for a couple of weeks yet. If you think that it is too cold, put a handful of compost into a transparent plastic bag together with some grass seed, give it a shake and lay it flat on a window cill. After a few

days you will see shoots on the seed. It is ready to be spread on the prepared ground and gently raked.

Try to keep the pond clear of falling leaves, possibly using a net to cover the water. If you have a lot of fallen leaves, put them in a black bag or an old compost bag and store for a year to produce leaf compost.

Make sure that the shed roof is in good condition and that the bird boxes are empty and clean.

A final warning, don't tread on the garden when it is wet, use a board to spread the load.

**Bill Whitehead**

## **An Expensive Summer Weekend: A Cautionary Tale**

**By Ken Tuck**

On a recent Saturday afternoon Brenda and I walked up to the city centre and called in at our bank. Using the ATM we withdrew £300, had a coffee and then walked home. An uneventful start to the weekend?

On the Sunday with a leisurely start beginning at midday I began tidying up the front garden beech hedge. Brenda joined me shortly afterwards. This meant we were both in the front garden, fully occupied with the hedge. However, there was access to the back garden, then to the house via a side door into the conservatory and an exit door which were both open. Our kitchen door was also open. We were busily engaged in trimming and clearing the debris using our electrical implements and finished around 5 p.m. So a useful Sunday afternoon was spent by the pair of us.

Fast forward to Monday morning around midday again. I was getting ready to go to Westminster Leisure Centre for the afternoon exercise session. I opened up my wallet, which had been beside the bed since Saturday. There had been £380 in it - all gone. Brenda then checked her handbag only to find her paper money was no longer there and on further examination found two rings had also disappeared. We had been robbed!

I fear we had been the victims of a swift and audacious burglary of money and items from our bedroom by someone who knew what was easy to take and dispose of.

Following what we had thought to be a quiet weekend I then spent three hours trying to report the robbery by using the 101 phone service. After being rebuffed by the answering machine I was told to contact the Police by using the email service using their reporting form. This I attempted to do but on Section 2 of 5 I was locked out as the information I was trying to submit did not conform to a standard robbery. For example, the time of the event was not known and covered a period of more than one day.

Eventually contact was made. Police were supposed to come to our house on Tuesday but failed to turn up. A 'phone call was received late that evening telling us to expect a visit by a PC on Wednesday.

A Detective Constable arrived around lunchtime and apologised profusely for being late. The tale of woe was related to her while her colleague examined the garden for signs of entry. Two photos of the missing rings were given to them.

Following this initial visit and two letters later - one detailing services available for Victims of Crime, the other on how to contact Crime Compensation Scheme Authorities - a final visit was made on the Friday. It was confirmed that house-to-house enquiries had been conducted but to no avail. It would appear unlikely that the miscreant would be found. Therefore, the case remains open.

Meanwhile, our claim for the rings is progressing and we hope to have these replaced but no claim can be made for the missing money as there were no obvious signs of a break-in.

So this is our cautionary tale. Never leave any doors open for unwanted visitors even if you are nearby!

## **HERTBEATS GOLF SOCIETY**



We had our late Summer meeting, hosted by Heart to Herts, at Little Hay near Bovington on Wednesday 6th September. Thankfully the rain held off for most of the time we were playing.

The team competition was a combined stableford and yellow ball challenge. The team stableford element was won by a Hertbeats team and the yellow ball challenge was won by a Heart to Herts team. Honours even. Nearest the Pin was won by Ginny Jesson.

An excellent late lunch was followed by prize giving and a vote of thanks to the Heart to Herts organiser, Adrian Greenlees.

Our golf numbers have declined and we are now in need of new players, of any standard. If you are at all interested in golf please contact Vernon Clough on 01582 713080 or at [vclough@ntlworld.com](mailto:vclough@ntlworld.com).

## Some Reminiscences

By John Coad

It's me again. The first thing to say is that this is unashamedly a space filler. After entering the various contributions to the newsletter, together with the usual humour on the inside back cover, I found that I still had two blank pages to fill. Therefore, I would like to make a plea to you members out there. Please let me have some material for future issues. Anything that you think would be of interest to fellow members, especially if accompanied by good quality photographs, will be considered for publication.

Anyway, as I do have the space to fill, I thought I would take the opportunity to look back on my 14 years of Hertbeats membership and how I came to be a member in the first place.

After being thrown off St Albans District Council by the electorate in 2002, I cast around for something to do with my time. It was just then that a colleague was about to move on from her role as transport liaison officer for the then Council (now Centre) for Voluntary Service (CVS) in St Albans. I applied for the job and was accepted. I enjoyed the job tremendously, even though it was difficult to make much progress in the thorny business of trying to improve public transport services. However, I was rudely interrupted by a heart attack early (at about 3.30am) on Christmas Day 2002. A few months after returning to work at the CVS, I was told that there was a gentleman downstairs who wanted to do something about transporting the members of his group to various events. The gentleman in question was none other than our Life President Brian Gibson. When Brian told me about Hertbeats, I mentioned that I had had a heart attack and the rest, as they say, is history.

During my time as a member, I have enjoyed countless moments – I even got satisfaction from producing a set of well-turned-out minutes! But the things I have treasured most are the outings organised by Brian and Ann Gibson, Jill Higgs, Brian and Rita Atkins and now by Michael and Corinne Utteridge, to all of whom I am truly grateful for organising some delightful and memorable occasions, both day trips and weekends away.

If you haven't fallen asleep already, perhaps I can bore you with some of the photographs I took on various trips.

### Honfleur – Normandy

This was the base for an unforgettable visit in September 2008 that included emotional visits to war graves, the D-Day landing grounds and Mulberry Harbours and also a trip to Monet's garden at Giverny.



### Abingdon, Berkshire

This delightful spot was the starting point for a cruise on the Thames to Windsor in June 2010

A trip to Tyneside in October 2009 took in Antony Gormley's "Angel of the North"



and a glimpse into times gone by at the "Victorian" town of Beamish. The trip also included a visit to Alnwick Castle and Garden.



These are just a few of the many Hertbeats outings that Sue and I have thoroughly enjoyed over the last ten years or so.

## OFFICERS & COMMITTEE MEMBERS – 2016/2017

### “Dear Milkman”

I've just had a baby, please leave another one.

Cancel one pint after the day after today.

Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.

Sorry not to have paid your bill before, but my wife had a baby and I've been carrying it around in my pocket for weeks.

Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way round.

When you leave my milk please knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.

Please knock. My TV's broken down and I missed last night's Coronation Street. If you saw it, will you tell me what happened over a cup of tea?

My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle?

Please send me a form for cheap milk, for I have a baby two months old and did not know about it until a neighbour told me.

Milk is needed for the baby. Father is unable to supply it.

From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk.

My back door is open. Please put milk in 'fridge, get money out of cup in drawer and leave change on kitchen table in pence, because we want to play bingo tonight.

Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

When you leave the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don't leave any milk.

No milk. Please do not leave milk at No. 14 either as he is dead until further notice.

### 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 <a href="mailto:chairman@hertbeats.org.uk">chairman@hertbeats.org.uk</a>	01727 854072
TREASURER	Dave Tarrant <a href="mailto:treasurer@hertbeats.org.uk">treasurer@hertbeats.org.uk</a>	01727 858396
SECRETARY	Roger Miller <a href="mailto:secretary@hertbeats.org.uk">secretary@hertbeats.org.uk</a>	01727 766278

### COMMITTEE MEMBERS

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

### EXERCISE CO-ORDINATORS

MAPLE UNIT	<a href="mailto:exercise@hertbeats.org.uk">exercise@hertbeats.org.uk</a>	
WESTMINSTER LODGE	Brian York	01727 854072
HARPENDEN & BATCHWOOD	Christine Hill	01727 852610
JERSEY FARM	Antonella McMillin	01582 715615
	Tony Day	01727 866751

### OTHER ACTIVITIES

GOLF SOCIETY	Vernon Clough <a href="mailto:golf@hertbeats.org.uk">golf@hertbeats.org.uk</a>	01582 713080
HERTBEATS WALKS	Ed Jones <a href="mailto:walks@hertbeats.org.uk">walks@hertbeats.org.uk</a>	01727 850165 07745 295691
RECOMMENDED TRADERS	Maureen Negus	01727 850539
NEWSLETTER EDITOR	Dr John Coad 30 Tuffnells Way Harpenden AL5 3HQ <a href="mailto:johnrcoad@gmail.com">johnrcoad@gmail.com</a>	01582 764826

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