

Hearts and Minds

THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group
Established 1997

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



July/August/September 2018

FORTHCOMING ATTRACTIONS 2018

17th July	Fiona Harrell A Talk on Dementia
August	No Meeting
18th September	TBA
16th October	St Albans Fire Station Personnel A talk on Fire Safety

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).

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.

In the last issue of *Hearts and Minds*, John Coad stated that that issue would be his last one as Editor and that Gareth Huxtable would be taking over the role. Well. Gareth has decided not to do this and so I have volunteered to take over for the present. We send our thanks to John, now in Edinburgh, for the sterling work he has done for us over the past years not only as Editor but Secretary as well. Also thanks to Sue for all her support over the years.

As I am new to the game if there are errors or omissions I must take the blame. But, here goes, a three-month issue with all the usual announcements but also news and views. I might even find space for a funny or two which I know are much appreciated.

John Versey

NEWS FROM THE CHAIR

We have said 'au revoir', but not 'goodbye' to two of Hertbeats' longest serving members, Dr John Coad and Dr Sue Coad. They have moved to Edinburgh, but will always be welcome at Hertbeats' activities when coming 'down south'. Sue was a stalwart in all of her participation in Hertbeats' events (and was heavily involved in other Harpenden and Hertfordshire activities). John was the secretary of Hertbeats over a very long period and, having eventually retired from that key role, came to our aid by taking on the editorship of the Newsletter after the 'retirement' of Alan Brittain. Your Committee arranged suitable send-off presents for Sue and John and, on behalf of all Hertbeats members wished them all the best in their new 'Scottish lives'.

John's departure left us with the job of finding a new editor of *Hearts and Minds*. Into the breach, as he so often has done with Hertbeats's activities, stepped our Life Vice-president, Dr John Versey. We are grateful to John V. Like all of us, John is not getting any younger and I can confirm this from personal knowledge as he was one of my lecturers when I was a student! In one way sending out *Hearts and Minds* is the central activity of Hertbeats, as it is the one thing which all members receive and for some their only benefit of Hertbeats membership.

Whilst finalising these notes for this Newsletter I received the sad news of the death of John Blandford, a long-term stalwart of Hertbeats. John had just celebrated his 92nd birthday. He had recently stepped down from your Committee. For years John was our 'expert' and informant on developments in the NHS, especially locally. He asked me to take over his role, but, I am sure, I will need to be informed by his legacy. Our thoughts go out to John's family and friends. We also have to report the passing of another long-term Member, Karin Burnett-Godfree.

Gareth Huxtable has taken over as our lead member for publicising Hertbeats, though he will continue to be supported by Brian Gibson, and Dave Tarrant will continue to give talks to patients about exercising and other Hertbeats activities to patients going through cardiac 'rehab' at St Albans Hospital. Overall all seven of Hertbeats' exercise classes are experiencing 'healthy' membership and the problems encountered earlier in the year following the privatisation of the physiotherapy service have disappeared.

Michael Utteridge continues to organise successful outings and we look forward to summer visits to Newmarket and Althorp. My last visit to the latter was as a student working on my undergraduate dissertation. On that occasion I met the then Earl Spencer, grandfather of the current Earl and of Diana. Let's hope the weather remains kind for these trips.

Brian York

Minutes of the Hertbeats Annual General Meeting 15 May 2018

1. Apologies for absence were received from twelve Members.
2. Minutes of the 2017 AGM were accepted as read.

3. Chairman's Report. (Follows below)
4. Treasurer's Report. In the absence (on holiday) of the Treasurer, the Chairman read a report from Mr. Tarrant. The accounts overall indicated their healthy condition.
Questions were put by Mr Glyn Lewis and Mr Brian Atkins regarding losses on Exercise Classes and the lack of time to consider the accounts and future budget. After assurances the accounts were received and the Budget for 2018-19 noted.
5. Election of Officers and Committee: The Officers and Committee as listed on the back page of this issue of Hearts and Minds were elected nem.con.
6. Appointment of Hon Auditor.
Mr Steve Lindsay was re-appointed (nem. con) as Auditor
7. Any Other Business. Note: Items raised here are dealt with elsewhere in this issue. After the close of the Meeting as the expected speaker from Connect Health was absent through personal reasons Jim Green gave a talk on *Magna Carta*.

Chairman's Report at the Hertbeats AGM 15 May 2018

Hertbeats can claim to have enjoyed another successful year. The highlight of course came on 8 June 2017, not because of the General Election on that day, or even my birthday, but the much more important 20th birthday of Hertbeats. The weather was not fine so we could not enjoy the gardens of Hatfield House too much, but many of us visited the House after a splendid meal in the Old Palace. The Treasurer cannot be here tonight, but he wanted me to point out that there was considerable, but justified, subsidy for this most splendid of celebrations. The finances remain healthy with the annual subscription remaining at £7.50. We received the third £1k instalment (of £5000 in all) for 2018 from the Community Fund for Hertfordshire.

I could next report that Hertbeats' routine activities also continued successfully, but in many ways they are not just routine. Michael Utteridge has to put an enormous amount of work into each individual trip, whether to theatre or venue of interest, from booking the venue to publicising, receiving payments, catering with last minute withdrawals of members and trying to replace them, right through to organisation on the day. He and his wife, Corinne, do a magnificent job in looking after us and making each trip run smoothly. On occasion Michael has not been available for a trip on the day and Jim Green has stepped in as 'leader' of the trip.

Talking of Jim Green, he has not just booked 'routine' speakers. His programme and organisation are different each time. He too puts in an enormous amount of energy and enterprise into finding speakers. Dogs have been a recent feature with, what some members called, 'the exploding police dog' talk and 'dogs for the deceased' talk! If you know of an interesting speaker whom we would like to hear, please do contact Jim.

I won't mention all Members of your Committee, but they are the lifeblood of an organisation like Hertbeats where all activities – and their organisation – are conducted by volunteers. A kingpin is Roger Miller as our Secretary. Our

finances are in capable hands as can be seen from the published accounts. Committee Members are also responsible for publicising Hertbeats, gaining new members, care and welfare of members, CPR courses and liaison with various organisations which now constitute the NHS. John Coad and John Versey have put an enormous amount of time into producing our Newsletter. Other members lead exercise classes, golf and walking activities.

Membership of the group has remained around 360. Some members just receive the Newsletter. Others join in some of the other Hertbeats' activities, but it is the *Hearts and Minds* Newsletter which every member receives. You may have noticed that the current edition covers three months rather than two. One of the reasons is a lack of copy. You may have noticed too many pieces from Committee Members who have come to the rescue of the Editor. We have about 360 members of Hertbeats and we must not just rely on Committee Members to try to produce copy. We are grateful to Bill for his gardening advice and to Frances Tarrant for her recipes, but we do need other contributions to be sent to the editor. Everyone has interesting happenings in their lives, whether medical, professional, family, or friends. Rosemary Walton, now living miles from St Albans, used to write fascinating letters to the Newsletter. Marjorie Lewis wrote of her life in 1930s Germany. Can you please emulate their examples.

One innovation during the year was not to have a December Christmas Dinner, but 'move it' to a New Year's Dinner. I don't know who chooses the dates for our major meals with that at Hatfield House on my birthday, and then the New Year's Dinner on my granddaughter's birthday, so I was unable to attend that meal at Woollams, but by all accounts it was a great success.

Hertbeats' biggest problem during the year arose from the privatisation of (out-patient) physiotherapy by Herts Valleys CCG. A consequence was that the physiotherapists who take Hertbeats' exercise classes in the Hospital's Maple Unit Gym had difficulty in getting back in time in the evenings to take our classes. This was particularly true for the Tuesday class who lost 7-8 weeks when there was no class. I feel that I had 'to go to war' with the CCG before it eventually found a physiotherapist to take the Tuesday class. He, Simon, has turned out to be very popular and we are grateful to him, as we continue to be to our stalwarts of Eleanor, Sarah and Debbie, and not forgetting Elaine who took the Tuesday class before she was 'privatised'. Otherwise, Exercise Classes at Westminster Lodge, Jersey Farm and Harpenden have continued to run successfully with numbers generally increasing.

Once again in March we had a successful meeting with the cardiologists. Dr Niaill Keenan has resigned as a Hertbeats Vice-President (as he no longer takes clinics in St Albans), but I am pleased to announce that Dr Joban Sehmi, whom we met in March, has agreed to take his place alongside Drs Khan and Moore.

Can I finish with one more plea and one more set of thanks. The plea is for active volunteers to stand for membership of the Committee. The thanks are to those who make our meetings in this Hall work, not only organiser Jim

(who would welcome more help in putting away chairs) and 'technical wizard' John V, but Ron Brown for his custodianship of the Hall as we use it – and Iris May and her team of 'tea ladies'. We look forward to another successful year taking us into 2019.

Brian York

SECRETARY'S REPORT

Current Membership: As at 10th May 2018 Hertbeats membership stands at 351.

New Members.

Since the last newsletter Diana Graham, John & Elaine Manyard, Pauline Kiff, Michael Diggins, Clifford & Janet Johnson, Norman Davison, Pamela Johnson, Patricia Askham, Joban Sehmi, together with Veronica & David Moth, Denise Law, Rob Hindley and Ken & Jane Waldram have joined Hertbeats – and you are all very welcome. (To save you counting that makes eighteen new members.)

Cardiopulmonary Resuscitation (CPR) Training

We are all aware that if someone stops breathing for more than three minutes then they die. Thus it is desperately urgent to be able to apply CPR to someone who has stopped breathing.

The first of two courses arranged by Jean Sharpe has taken place as I write. The second course set for the 18th June will have taken place by the time you read this.

Personally, I am worried that so few Hertbeats members, particularly partners to those with a heart issue, have taken CPR training.

It is always possible that members have taken courses elsewhere. Even so, if the last course was more than say two years ago a refresher is justified since the recommendations change every few years.

Since 2010 I have identified only 46 members who have completed one of our free courses. This is only 13.1% of our members. On the 9th May there were 10 people on the course but only 4 are Hertbeats members

We are doubtful about setting up further courses. If you would be interested in a CPR course in, say, October 2018, would you please pass your details to Jean Sharpe. 1 Birklands Park, London Road, St. Albans, AL1 1TS. (01727 838193 - jayms500@gmail.com)

Roger Miller

A Case of Fortunate Timing – No this is not a Joke!

During this last month Jean Sharpe received a most encouraging email:

Hi Jean,

Just thought I'd send a quick email to say life is strange.

Fri – did the excellent CPR course, Sat – put it into practice!

We were at a BBQ when a lady started choking & turning blue. I knew exactly what to do.

I also now understand the force needed as I was unable to dislodge the blockage but fortunately another (stronger) guest was able to. The lady is fine. Regards Xxxxxxx

EXERCISE CLASSES – UPDATES

MAPLE UNIT

Currently we need to fill three vacancies for the class at 6.00pm on Tuesdays and there is one vacancy at each of the two classes on Thursdays. 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 are on the back page.) All exercisers go at their own pace, supervised by an appropriately qualified physiotherapist/instructor

Brian York

ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes.

The Hertbeats classes are at Westminster Lodge on Mondays at 2.30 and at the Harpenden Leisure Centre on Wednesdays at 1.00.

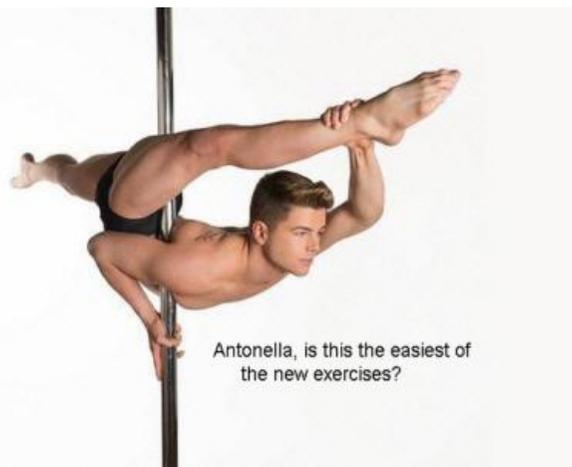
Antonella's other classes include:

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



WESTMINSTER LODGE

Monday 2.30 to 3.30, £3.50 per session held in Dance Studio 2.
(Note: a price increase of 10p from April 2018!)

Free parking for the first two hours, but you must display a ticket on your windscreen.

Numbers for the 11 weeks to 4 June 2018: Highest 17, lowest 11, averages at 13.

I would like to welcome Agnes Cloherty who joined the class at beginning of March.

If anyone is interested in joining our happy friendly class, please contact me for a chat on 01727 852610 or email: cjh@stalbansherts.myzen.co.uk.

Christine Hill

JERSEY FARM

Attendance in the last month or two has been a bit erratic with people on holiday the other side of the world or laid up temporarily, but members have begun to drift back in recent weeks. A bonus for us has been the installation of a state of the art sound system by the Sandridge Parish Council, so it's goodbye to tinny tranny and hello to full on stereo (it's now possible to distinguish Brenda Lee from Dusty Springfield). 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. We aim to improve and maintain your cardiovascular system and also help with your overall body condition. 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 more of a night of it (and a few occasionally do). If you are interested and want to find out more, give me a ring, the number's on the back page. Or just turn up a few minutes early on the night.

Tony Day

HERTBEATS WALKING GROUP

The Hertbeats walks are planned to start at 10:00 a.m. on the first and also on the third Wednesday of every month except December.

A Walk Report: On Wednesday 2nd May, in the morning, just hours before the really good hot spell began, it poured with rain and we had to cancel our bluebell walk.

By the time of our next walk, later in May, the bluebells had faded away so instead we went on our rhododendron walk which took us through the Childwickbury estate. They were in full flower and looking spectacular.

If you would like to join us on future walks please contact myself, Ed Jones, or Roger Miller and I'll add you to my mailing list. My contact details are: -

Mob: 07745 295691 Tel: 01727 850165

email: etnajones@gmail.com

If you would like to make a note of the walking dates they are as follows:

3 mile walks

4th July

5 mile walks

18th July

1st August 15th August
5th September 19th September
3rd October 17th October
7th November 21st November

There are no walks in December.

I hope you can join us!

Ed Jones (Hertbeats Walk Organiser)

HERTFORDSHIRE HEALTH WALKS

The present brochure from Hertfordshire Health Walks no longer details the individual available walks. All information is now available only online, by telephone, Facebook or Twitter. There is also an e-mail address for queries and, I assume, for information by reply.

The contacts are:

Online: www.hertfordshire.gov.uk/healthwalks

Tel: 01992 588433

E-Mail: healthwalks.cms@hertfordshire.gov.uk

Facebook: www.facebook.com/hertfordshirehealthwalks

Twitter: @hertshealthwalk [Note: no 's' at the end!]

It would seem a cost-cutting exercise of some sort but the brochures, without the usual information, are available at doctors' surgeries and other information points.

John Versey

HERTBEATS GOLF SOCIETY

We had our Spring meeting of the Golf Society on Wednesday 6th June at Stockwood Park Golf Centre, near Luton.

We were blessed with a beautiful warm sunny day, much better than forecast. The golf course was in excellent condition.

We played a fun team competition, a Texas Scramble, in teams of three and four. The winning team, led by Adrian Greenlees came from Heart to Herts. Hertbeats teams came second and third. Andrew Bell & Neil Crossley's team narrowly pipping John Burt & Vernon Clough's team.

Nearest the Pin was won by John Burt's guest Ken Dix.

An excellent dinner was followed by prize giving and votes of thanks to both Stockwood Park and Hertbeats.

Our next meeting will be at Little Hay, near Bovingdon, in late summer on a date yet to be announced. Please watch this space!

Our golf numbers have declined and we are in need of new players, of any standard. If you are at all interested in our informal golf group please contact Vernon Clough on 01582 713080 or at vclough@ntllworld.com

Vernon Clough

ICE In Case of Emergency ICE

Many Hertbeats members carry with them the Hertbeats Patient Identity Card and/or other information about their medical condition and medicines

taken. These are obviously important in the event of an accident or sudden illness.

However, the emergency services, especially Ambulance (as well as organisations such as St John's Ambulance), urge us all to carry information which is easily accessible to them about whom to contact on your behalf.

These should be your next-of-kin, other close relatives or friends, who can be contacted immediately. Their names and telephone numbers should be, e.g. on your Patient Identity Card and clearly marked 'ICE'.

In particular your contacts should be recorded as 'ICE' on your mobile 'phone.

For example, I have on my 'phone under the letter 'I' **ICE 1, ICE 2 and ICE 3.** These are what anyone looking after you will need.

Brian York

OUT AND ABOUT – TRAVEL

Since the last newsletter we have been busy with two more theatre outings and a day in St. Paul's Cathedral and the Postal Museum in London.

Our first of these was to see "Crazy for You" at Milton Keynes starring Tom Chambers, remembered as a recent winner of "Strictly Come Dancing", with some memorable songs from the Gershwin Brothers. Judging by Tom's performance, particularly his tap dancing, he must have learned a lot from "Strictly" as he was the consummate professional dancer. The setting for the show was moved to a mid-Western small town and involved a relocation of the orchestra from the pit to the stage. All the music was performed on the stage and the musicians must have ideas for "Strictly" as well as they not only played their instruments but also sang and danced. The show was full of energy with some tremendous dancing, especially from Tom, and musical support from the "orchestra".

The April Outing was to St. Paul's Cathedral and the Postal Museum. The Cathedral was as magnificent as always and there was plenty of time and space to take in all the features of the Cathedral which we are so familiar with from many televised State occasions. The Postal Museum, however, is a recently opened attraction and comprises two elements. The first covers the history of the mail service from Henry VIII's messengers covering the country on horseback to the Royal Mail stagecoaches to the modern day service. As you can see there was even the opportunity to dress up and be a Postman. Did you know that light blue postboxes were provided exclusively for Airmail letters? Included in the exhibits is the original plaster cast portrait of The Queen which appears on our stamps.

The "Mail Rail" is the second element of the Museum and comprises a restored section of the six and a half mile underground rail service run by The Post Office connecting sorting offices from East London to the West End and Paddington. It was opened in 1927 and closed in 2003 when mail was increasingly moved by road. It is now possible to ride on the train stopping at the platforms where the postal workers loaded the sacks of mail onto the driverless trains. Fortunately the track is a circuit and returning us to Mount

Pleasant at the end of our journey. The train is shown on the front page of this Newsletter.

"The Case of the Frightened Lady", a murder mystery by Edgar Wallace, provided our third visit to Milton Keynes for something of a period piece. The cocktail of a wealthy family, an unscrupulous physician and dubious family retainers involved in a murder kept the detective and his slightly gormless assistant busy.

FUTURE VISITS

Our next outings are a) to the National Stud and Heritage Centre at Newmarket on 18th July and b) Althorp House and Gardens on 15th August.

Booking is therefore open for the following outings:-

National Stud and Heritage Centre at Newmarket 18th July 2018

Our visit to the world centre of horse racing at Newmarket takes us on a tour of The national Stud followed by a "Soup and Sandwiches Lunch" before our visit to The national Heritage Centre covering the history of horse racing and bloodstock development. The cost of what will be an interesting day is £42 which includes the Coach, admission to both venues and Lunch.



Althorp House and Gardens - 15th August 2018

In August we will be visiting Althorp during its brief opening period to see the House and Gardens. Althorp came into the public eye when Diana Spencer married the Prince of Wales but has a longer history dating back to its initial construction in 1508 since when it remained the Spencer's family home. The House contains one of the finest collections of art, furniture and ceramics including paintings by Rubens, Lely, Gainsborough and Van Dyck

The Gardens contains a Doric temple which acts as a memorial to Diana, Princess of Wales who is interred on the island in the lake.

The cost of the outing is £30 which includes the Coach, admission to the House and Gardens and a Cream Tea in the afternoon. **Please note that payment for this outing must be made before 23rd July 2018.**

If you are not on the mailing list for Outings and are interested in any of these outings please contact me (details on the back cover).

Michael Utteridge

PUBLICITY PROGRESS

The publicity team have continued with an experiment to spread the word at GP surgeries around the Heartbeat district of our work in supporting and

also for preventing heart problems. To achieve this we have created what is termed POPUP PRESENTATIONS, consisting of taking a stand into the surgery for the annual dates for Heart & Stoke clinics, but not necessarily limited to these.

At this point over the last year 10 such POPUP's have been conducted at two surgeries and more planned. The co-operation with surgery Practice Managers and Doctors have been good and in June we conducted a Presentation at the invite of the Maltings Doctors which was very well received.

In order to develop this further, if considered useful, we are requesting volunteers to act as ambassadors and conduct POPUP's in other surgeries around the district. We would like to form a small team of ambassadors to spread the load and also stimulate a team environment. Is there anyone out there of 350 members interested? If the answer is YES please contact Brian Gibson or Gareth Huxtable as per details on the back of the magazine.

PUBLICITY TEAM – Brian Gibson – Gareth Huxtable

A (fairly) Recent Visit to Mount Vernon Hospital

I was booked in for a scan at 8.30 am, so left home at 7.00 due to the 'rush hour'. Mount Vernon is about 20 miles from St Albans. I entered the car park which has a big notice at the entrance: 'Staff must not park in this Car Park'.

It was pouring with rain. A new parking ticket machine had been installed and a lady was trying to operate it without success. There was no cover or roof. We were both getting soaked. I asked if I could have a go and tried to follow the instructions. I pressed 'Start' and was given, like the now very wet lady, two options/buttons: 'Staff' or 'Blue Badge Holder'. We were neither. We tried putting in money (or in my case a pre-paid token), but the machine would not take them. However, it did start pumping out tickets at 8.13 am. They stated: 'Amount paid £0.00. Departure time 7.13 am' (which was one hour earlier). The machine had obviously not been changed from GMT to work on British Summer Time!

The lady said that she must go to her appointment and I set off for the 'Car Park Office' inside the hospital. I explained our difficulties and asked why there was an option button labelled 'Staff'. 'Dunno mate, they're not supposed to park in there'. I asked how to operate the machine, not being a blue badge holder, and he said that everyone has to push the blue badge button, then you could put in the money. I said 'but there is nothing to say that everyone should press the Blue Badge Holder button' He replied: 'I know mate but that's what you have to do!'

Having been assured that my car would not be given a parking ticket, I departed for my scan. This went quite well. However, one is attached to a cannula so a dye can be infused. You then have to raise your arms (where the cannula is attached) behind your head. When the dye was infused I felt a spray on my neck as the injection was obviously leaking. At the end the technician apologized and said that the dye would come out of my jumper and shirt in the wash. It did! On the way home my hair stuck to the collar of my

coat as the back of my head was sticky from the dye! As soon as I got home it was clothes in the wash and me in the shower!

But the treatment itself from the NHS is wonderful.

I almost forgot to mention, as I drove out of the car park there was a huddle of six people, getting soaking wet, around the ticket machine!!

Brian York

THE ST. ALBANS COMMUNITY GARDEN

An Update By Brian Gibson

I have mentioned previously that I have been working in a private capacity, but wearing my Hertbeats Presidential hat, with the development of the community garden in Hixberry Lane. Over the past few years under the auspices of CDA (Community Development Association) a garden has been "growing" for the benefit of the community in general.

This year it has now become well established and I am writing this article to let members of Hertbeats know that we have a permanent site which I hope will be appreciated and used by members.

HERTBEATS are now partners in this wonderful community partnership and during the recent Sustainability week in St Albans we were well represented in the publicity associated with this worthwhile cause.

Background to the project

CDA manages the community garden which was formed when Oaklands College donated the land. Since 2011 CDA has been successful in obtaining various grants and assistance to enable the organisation to produce a worthwhile garden. On the site there is hard standing, office accommodation, shelters, storage, toilet facilities etc.

The role of CDA is to bring together people and communities to build a sustainable community. The garden is open to local communities to learn about horticulture and share their knowledge and skills with other non-gardeners. There are a number of diverse local groups who share and leverage their knowledge and experience with others. To date the groups are a mix consisting of students, groundwork trainees, disability teams such as MIND, plus Asian ladies, toddler groups and so on.

One of the recent additions is Food Smiles who are being particularly proactive in planting trees. There is also an orchard and a group of beekeepers (with hives of course) The garden provides a safe place for vulnerable adults and young people with space for community cohesion and integration. A great place to relax!!!

Thus, a place has been developed for people/communities to come and enjoy the open air, talk and work with people who they would not necessarily meet in everyday life. Here, people from marginalized groups have an opportunity to work alongside non-marginalized society. The garden has created a meeting place for greater integration and a learning space for all.

I was recently asked to write a few words for the CDA magazine in respect of volunteering week. I think that a brief extract of what I wrote will give members a flavour of what I have been doing on behalf of Hertbeats:

"I became involved in a personal capacity when I saw what the group were trying to achieve. As I became more involved I saw that there was a possibility that Hertbeats could benefit from involvement in such a project. With the agreement of The "management" we decided on a plot which could ultimately be a meeting point for visitors.

A tree was planted and, with the help of funds raised through the Waitrose community partnership scheme, a tree seat was installed. With the continuing "graft" involved a very inviting seating area is now in pride of place in the garden. Over the past few years a wonderful team spirit has evolved and my personal role involves being the plantsman. There are a number of dedicated helpers under the watchful eye of Christine Nairn."

My hope is that, as the garden has become worthy of being shown off, members can take advantage of this facility. This is a piece of land being held in perpetuity by Hertbeats and whilst the original Tree which was planted, in memoriam of one of our former Members (an anonymous donor) has now flourished, perhaps in the future there may be other trees/shrubs planted in memory.

I am hoping to arrange a visit for Hertbeats Members sometime during the summer. However, it is, of course, available to visit any other time. The directions are somewhat difficult to follow but are as follows: Hixberry Lane: From St. Albans go along the A1057 (Hatfield Road) turn right into Colney Heath Lane, (just after the turn opposite for Oaklands). At the roundabout take the right fork into Hill End Lane. At the next roundabout the right hand exit is Hixberry Lane. Go down Hixberry Lane. Pass Earthworks (signposted) and Highfield Park allotments. About 200 yards, keep straight on and you are there.



Ann Gibson and our gardening correspondent, Bill Whitehead.

SUMMER RECIPES

Now that fresh tomatoes and courgettes are plentiful, either shop bought or home grown, these two recipes are winners.

Gazpacho

2 slices white bread	2 tbs olive oil
1 tbs red wine vinegar	2 lbs tomatoes
1 red pepper	1 shallot
1/2 cucumber	2 garlic cloves
Sea salt	1 tsp sugar to soften acidity

Whizz everything together in a food processor and add a cupful of cold water to loosen. Taste and adjust seasoning if necessary. Refrigerate and serve very cold with the addition of ice cubes. Most recipes advise to skin the tomatoes but I find this an unnecessary chore!

Courgette fritters

1lb courgettes grated	1 shallot finely chopped
100g feta crumbled	50g plain flour
1 egg beaten	Lots of chopped mint & 1tsp sumac if available

Place the grated courgettes in a colander with some salt and let drain for an hour. Rinse and squeeze all liquid out. Combine with the other ingredients then put dollops into a non stick pan and fry on both sides until golden brown, about 5 minutes. Delicious on their own with some tasty chutney or a slice of ham or lamb chops. Enjoy

Frances Tarrant

Education, Education,... not here! *Weakest Links*

Anne Robinson: In the City of London, the Monument commemorates which seventeenth century event?

Contestant: Er... the First World War?

Anne R: Which month in the Gregorian calendar is named after Augustus Caesar?

Contestant: June.

Anne R: 'Achtung' is the word for 'warning'; in which European language?

Contestant: Chinese.

Anne R: Single combat is a fight between how many people?

Contestant: One person.

Anne R: King Priam was associated with which besieged city?

Contestant: Newcastle.

Anne R: In the eighteenth century, when Scottish crofters were evicted from their cottages, it was known as the Highland what?

Contestant: Fling.

OFFICERS & COMMITTEE MEMBERS – 2018/2019

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 Joban Sehmi	

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WESTMINSTER LODGE	Antonella McMillin	01582 715615
HARPENDEN & BATCHWOOD	Tony Day	01727 866751

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RECOMMENDED TRADERS	Maureen Negus	01727 850539
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Please send contributions for the next issue by **15th September at the latest** – to Dr J Versey, 41 The Deerings, Harpenden, AL5 or by e-mail to jversey@jversey.free-online.co.uk, if possible as **Word** or **Excel** attachments rather than embedded in emails. Thank you.