

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

Website: www.hertbeats.org.uk



Four Committee Members on Hertbeats Walk

Left to right Mike Wiseman, committee; Graham Imber, Secretary; Richard Belt, Chairman, Steve Gledhill, Hearts and Minds Editor and Webmaster

June to July 2021

Finale from past Chairman Brian York

Firstly we must wish all the 'new' officers and Committee members well in getting Hertbeats' activities moving again after the pandemic. Secondly, thank you for the kind expressions of thanks made in the last edition of *H&M* to retiring officers and Committee members. Before moving on, however, I would just like to correct a couple of inaccuracies. Reference was made to 'Brian's (ie my) Mr Jeremy Corbin (sic)'. I don't know where this came from. I have never met him, thought his 'leadership' appalling and certainly did not vote for him! Secondly there should not have been any comparison with 'Trump supporters'. One thing that has come out of comments on Hertbeats and Politics, probably started by my article about the shortage of nurses, is to encourage much-needed letters to the editor.

Hertbeats is an apolitical organisation. We could not take a Hertbeats' view, for example, on whether it is better to build a brand new hospital (near St Albans) rather than modernise the main hospital at Watford, due to the differing opinions of our members. The editor is right to state in every edition that 'opinions expressed in *Hearts and Minds* are those of the authors and not necessarily those of the Editor nor of Hertbeats'.

On the other hand there are occasions when political decisions can have direct consequences for Hertbeats' members to the point where expressing a Hertbeats' view is justified. We have done this, for example, over the effects on our exercise classes of physiotherapy being contracted to Connect Health, our local cardiac rehab now the responsibility of *Central London* Community Healthcare NHS Trust and, of massive importance, the 'closure' of the Maple Unit in St Albans Hospital to our exercise classes. On broader issues also I am sure we would not hesitate to express our concern if, for example, there should be any threat to the supply of medicines from abroad.

Note from the Hearts and Minds editor

The article above was originally submitted as a 'Letter to the Editor' and is published as received with minimal editing as requested. Following recent letters the decision was made to stop publishing controversial letters in Hertbeats. I now hope that we can all be constructive rather than negative.

After this – no more politics in Hertbeats please!

Chairman, Richard Belt



New Hertbeats Chairman, Richard Belt

I am delighted to be your new Chairman. I thank you for your support and look forward to building on all the excellent work of the previous Chairman and Committee.

My first job, therefore, is to thank on your behalf Brian York and Roger Miller who are standing down as Chairman and Secretary. I thank James Green for his work on the Committee and his sterling work. He has given superb service to Hertbeats. I also thank all members of the committee without whom Hertbeats could not continue to develop and move forward.

Graham Imber is your new Secretary, I can assure you that he and I and all members of the new committee will continue to work in the best interests of all our members.

Michael Wiseman and Steve Gledhill newly volunteered to join the committee and were elected at the AGM.

I look forward to receiving any comments or suggestions from you as we get our feet firmly under the table. I trust you are all keeping well in these dreadful times but now with some rays of hope as things continue to re-open and life moves back to some kind of normality and I look forward to meeting more of our members as we move forward.

To contact Richard, see details on the back page.

Editor, Steve Gledhill

The new chairman and secretary, along with other committee members, were voted in by using a combination of postal and electronic ballot at the Annual General Meeting which was held on Zoom at 8:00 pm on Tuesday 18th May 2021. All members of the new committee are featured on the back outside page. Not all event organisers are on the committee, for example Ed Jones who oversees the walking group, but they are all included for completeness.

Sadly, we do not have a gardening section in this issue. I repeat the request made in the last issue, “Our Gardening contributor will be standing down sometime soon. If you enjoy gardening why not volunteer to take over? Contact the editor.”

Another missing section in this issue is the Cycling Group. The two organisers, Graham Imber and your editor, have been busy doing other Hertbeats matters! I will be contacting those who were members last year and will organise something – but wait until better weather. To join the group email the editor.

The old Hertbeats committee is joined by our new Chairman, Richard Belt, for the final meeting prior to the election of a new committee. Captured on Zoom.



Hertbeats Volunteer Team Changes

In the last issue we reported on forthcoming changes of personnel in the Hertbeats Volunteer Team and gave information on some of the new team.

The old proclamation “The King is dead, long live The King!” springs to mind. We will be sad to see the outgoing committee members leave but we welcome the new members.

Several committee members had served for many years and quite reasonably they need a break after so long. The key posts of chairman, secretary and treasurer (effective last year) have excellent volunteers to pick up the reins.

We asked two of the senior outgoing volunteers to provide a short biography out of interest for our readers.

Outgoing Chairman Brian York



I have lived in St Albans since 1968, have two grown-up children and one granddaughter. I went to Manchester University, followed by postgraduate study at institutes/colleges of London University. My PGCE year was spent at ‘Marjons’ (University of St Mark and St John) where I was taught by Dr. John Versey -now Hertbeats’ Life Vice-President.

I taught and was Head of Department for eight years at Orange Hill Grammar School, Edgware, before moving into higher education, firstly as a teacher trainer at Borough Road College, then academic teaching and research, finally as Senior Lecturer at Brunel University.

I took early retirement in 1997 (under a long-forgotten measure of John Major’s government) then immediately returned to Brunel part-time and as Archivist of the British and Foreign School Society, whose collection is probably one of the most important on 19th century education.

I also became a Principal Examiner for ‘A’ Level History, which involved years of visits back to my alma mater at Manchester University. I have always travelled widely including trips to support the England cricket team overseas!

I have always been a 'political animal' from early days on Aldermaston Marches to later spending 20 years as a member of Hertfordshire County Council where, when in power, I chaired the Environment Committee. I was also a Hertfordshire representative on the Assembly of European Regions, turning me from someone who voted 'no' in 1975 to an 'ardent European' - which I remain!

Whilst this was going on, suddenly in 1999 I had to undergo open heart surgery. After rehab I joined Hertbeats, initially to exercise, but was seduced into its wider activities before Roger Miller and accomplices put me on the committee, becoming chairman in about 2012. I don't blame this for a deterioration in health, but I could never persuade that supportive committee I should stand down whilst needing new hips, battling cancer, and coming through second open heart surgery in 2019 spending 11 weeks in hospital.

Now, just a few weeks short of becoming an octogenarian, it is time to look to the 'youngsters' in Hertbeats to take us forward from the ravages of the pandemic.

Outgoing Secretary Roger Miller



I went to 15 schools in several countries. I joined the RAF at 17 to train as Aircraft Fitter (Airframe). In 1985 I resigned as a Squadron Leader in the Engineer Branch. There followed 10 years in the aerospace industry and 10 years in information technology (IT). I met my wife Pam, when she was an Air Traffic Control watch commander, at age 19 on a fighter station. We married a couple of years later. After Pam left the service we were lucky to have two sons and a daughter and now three grandchildren who live within a 20-minute drive. This says a great deal for Sandridge and St. Albans where the family have grown up in this most peaceful of places.

Post my heart bypass St Albans provided a truly excellent cardiac rehab course. My London surgeon recommended Hertbeats to me and I joined in 2005. Later being browbeaten into joining the committee, I met Jill Higgs and took on the job of membership secretary. Just one of her three main roles. Jim Green took on monthly speakers and Michael Utteridge took on outings. With these stalwarts and Dave Tarrant as treasurer you had a really sound committee for many years.

Following Pam's death in 2011 I took on other duties forgetting I now had ALL the housework to do (smile ladies). I have been handing off most of these extra activities ever since. My departure from the role of secretary is part of this. I am delighted and greatly relieved to be handing over to Graham Imber. He is proactive and thorough and will bring new ideas into play. I hope to remain a member of Hertbeats for the next 25 years or so. Well 78 is the old 53 after all. I still have much to do, places to be.

Secretary Report, Roger Miller

Current Membership. At 18th May 2021 Hertbeats membership stood at 219. New members are Mrs Meris Vancin and Cyril Dennemont. Welcome aboard both of you. I hope you will find activities to your liking.

I am no longer secretary of Hertbeats. The latest membership number is 1234. This goes to show how many people have benefited from this organisation over its existence. Some people have moved away, we had a member in Canada for years. Quite a flog for him to get to exercise classes. Further, as fitness is regained, some people have outgrown Hertbeats and joined other organisations such as the U3A. But all from the springboard offered by Hertbeats.

I believe there is a saying, "May you be cursed by living in interesting times." Please remember that Hertbeats success depends entirely on unpaid volunteers. The lack of volunteers has made life "interesting".

Outside committee membership there are nine or ten roles where members have taken ownership and run them quietly in the background. Your new committee deserves all the help it can get to continue and develop Hertbeats. I know some think they may not be competent enough. But that is so seldom the case in our generation(s). As the saying goes "Every Little Helps." Wishing Hertbeats members all the best.



Jersey Farm Exercise class reopened on Tuesday 18th May with social distancing

Treasurer, Rowena D’Rosario

Main Account @ 31 March 2021		Deposit Account @ 31 March 2021	
	Actual		Actual
Bank Balance B/Fwd	£5,187.49	Balance B/Fwd	£2,703.06
Income		Annual Interest	0.69
Membership	2286.50	Donation from Doris Carwell Cooke (Dec'd)	1,000.00
Donations to costs	308.00	Bank & Cash Book Balance	£3,703.75
Expenditure			
23/4/2020 Donation to Watford General Hospital	-500.00		
Magazine Costs - Printing & Stamps	-1458.35		
Outings - Refunds to members for cancelled trips	-1009.45		
Stationery	-59.50		
Transfer from Exercise Account (now closed)	3500.30		
Repayments of prepayments in respect of Exercise Classes	-192.00		
Net Balance 2020/21	2875.50		
Cash Book Balance =	£8,062.99		

The Hertbeats accounts for 2020/21 have been audited, approved and signed off by the auditor.

Rowena D’Rosario, Treasurer.

Exercise Classes, Graham Imber

Exercise classes are restarting after the lockdown break. To book yourself onto a class contact Richard Belt, see back page.

Greenwood Park

The two one-hour classes on a Thursday evening at Greenwood Park in Chiswell Green, which were postponed by lockdown last November, were scheduled to restart on Thursday 3rd June.

There are still plenty of places on Thursdays starting at 6:15 pm or 7:50 pm. Contact Richard Belt if you would like to join one of the classes. First session will be free for you try before you commit. Cost is £5.00 per session payable a quarter of the year in advance by either cheque or bank transfer.

Jersey Farm Community Centre

These sessions restarted on 18th May, see photo on previous page. Contact Richard Belt for details and how to join.

Harpden Leisure Centre, Batchwood Sports Centre, Westminster Lodge and Cotlandswick Leisure Centre (London Colney)

These are the daytime exercise sessions run by 1Life and Everyone Active for Hertbeats Members and others. We are still awaiting confirmation as to when and if these classes will restart.

We will keep members updated on all these classes via the website and email.

Outings, Michael Utteridge

The brilliantly successful vaccination programme has brought down the COVID rates to low levels that would have been unimaginable at the start of the year and it is the envy of the world.

The current indications are that all COVID restrictions should hopefully be removed at the end of June and our programme of outings can be implemented.

As soon as we have the go-ahead full details of each outing will be circulated with Booking Forms in the normal way to everyone on the emailing list. In the meantime, do not send me any cheques or requests for places on any outing.

The current list of planned outings is detailed below: -

Ham House and Gardens - Wednesday, 14th July 2021

Cost will be £12.00 for members of the National Trust, £22.00 for non-members.

Thames River Cruise & Bekonscot Model Village - Wednesday, 11th August 2021

Cost will be £46.00 including lunch on the cruise and cream tea at Bekonscot.

City of Ely - Cathedral and Cromwell's House - Wednesday 15th September 2021

Cost will be £33.00 including coffee and biscuits on arrival and entry to both.

"Waitress" musical, Milton Keynes Theatre - Wednesday, 6th October 2021

Cost for the matinée performance will be £51.00 with seats in the stalls.

"Singin' in the Rain" musical, Milton Keynes - Wednesday, 13th April 2022

Cost for the Matinée performance will be £52.00 with seats in the stalls.

If you are interested in joining us on any of the outing and are not on the emailing list please contact me. Details are on the back cover.

Wheelchair for use on outings

Finally, I am pleased to let you know that our Life President, Brian Gibson, has very kindly donated a brand-new wheelchair to Hertbeats for use on our outings.

The wheelchair will be stored by me and brought to our outing for use by anyone who has a mobility problem, particularly in getting from the coach to the place that we are visiting.

If anyone wishes to make use of the wheelchair, they will need to notify me in advance as well as confirm who will be taking responsibility for pushing it. Also, please be aware that the wheelchair is used at your own risk.

Walking Group, Ed Jones

Hertbeats organises two supervised health walks in a month, both are held on Wednesdays and start at 10:00 am.

First week of the month is 3 miles, third week of the month is 5 miles.

Walks resumed in April 2021 with start points at Wheathampstead, Sandridge and Marford. The second April walk took in the bluebell wood at Heartwood Forest as shown in the photograph. Walks in May were from 'The Crooked Chimney' at Lemsford and from St Leonards Church in Sandridge.

Dates for the rest of 2021 are shown. Normally there are no walks in December.

*June 2 & 16, July 7 & 21, August 4 & 18, September 1 & 15,
October 6 & 20, November 3 & 17*

To join in the Hertbeats walks contact Ed Jones, see back page.

Monthly Meetings & Talks James Green

We plan to resume Hertbeats monthly meetings. St Mary's Hall, Marshalswick, have advised that the hall will not be open for meetings until September.

The new committee may consider holding some Zoom meetings.

Like Brian and Roger, I am also handing over my responsibilities. There are three aspects of my meetings responsibilities that need to be filled. Can you volunteer to help with one or more of the following please?

1) Speaker Finder. We have ten meetings a year, and it is to these meetings we invite speakers/entertainers. The job of the Speaker Finder is to engage interesting and informative people to entertain our members. To help a new Speaker Finder we have the names of some speakers who were unable to come to our meetings because of the lockdown. I am sure some of them will still want to come and entertain us.

2) Meetings Organiser. We meet in St Mary's Hall once a month, not August and December. The job is to book the hall and set it up for the meetings. There is some audio visual equipment you may have to bring to the hall if the speaker has a PowerPoint presentation. Finally make sure the hall is left in good order.

3) Party Organiser. Twice a year we have a party Summer and Christmas. With the help of other committee members you will need to find a venue and set up the event. These parties recently have been a summer Strawberry Fayre and a winter Christmas lunch.

Distribution Organiser, James Green

Another task I am leaving is 'Distribution Organiser'.

We currently distribute 270 'Hearts and Minds' newsletters every two months to our members. The newsletters are delivered to the distributor by the printer, the membership secretary supplies the address labels. Your part would be to label the envelopes, enclose a newsletter and see they are posted.

Volunteers to replace James Green

Jim has described the areas where volunteers are needed, 'Monthly Meetings and Talks' and 'Distribution Organiser.'

You may only want to be involved in one of the tasks above. We are happy if more than one person helps in any of these four tasks. If you are interested, or want more information, please contact Jim.

jamesgreen.6@hotmail.co.uk or 01727 830191 or 07866 737847

Book Group, Elaine O'Brien

Hertbeats Book Group meets monthly on the second Thursday of the month, starting at 2.00 pm. At the moment we are meeting on Zoom, and in July, assuming restrictions are lifted, we will be meeting in person.

We are a friendly group, and the discussions are informal. New members are very welcome, *see below for contact details*.

Each month we all read the same book, which is chosen by the members, and then at the meeting we have an informal discussion on the chosen book. It is very friendly, and everyone's views are welcome. We have chosen a variety of books, and the Book Group choices for our next meetings are as follows:

10th June	Where the Crawdads Sing	Delia Owens
8th July	Exposure	Helen Dunmore
12th August	We will be looking at an author rather than a specific book - members will be reading any of the books by Bill Bryson.	
9th September	The Mayor of Casterbridge	Thomas Hardy

To find out more, contact Elaine O'Brien, for details see the back page.

The City of London, its Governance and Livery Companies

This article has been submitted by Hertbeats member Peter Cowland, see photo.



Peter was a fireman for over 32 years and joined the Worshipful Company of Firefighters, a City Livery in 1996 later becoming Master in 2011. He is a keen supporter of tradition and the importance of the City of London. For two years (due to COVID) he was also Master of the Tower Ward Club supporting the local Alderman.

We have heard recently of “Elected Mayors” resulting, for example, in the re-election of Sadiq Khan as the Mayor of London. There is another mayor in the form of the Lord Mayor of London, an appointment which goes back traditionally to the year 1189 when one Henry Fitz-Ailwyn was elected to the role, oh and yes there was a Dick Whittington who served “thrice” in that office. (1397, 1406 & 1419)

The Constitution of the City rests upon the ancient rights enjoyed by London’s Citizens and recognised in a Charter of King William 1 in 1067 and endorsed by a Royal Charter granted by King John in 1215. The Charter goes on to determine that the Lord Mayor shall have previously served as Sheriff. Both the roles of Lord Mayor and Sheriff require the approval of the Sovereign.

The years 2019-2021 will go down in history for the City because the current Lord Mayor and Sheriffs have been in post for two years, rather than the traditional one. As a result of the COVID pandemic the City “shut down” so no elections or meetings could take place. The following persons and boards hold the roles.

The Lord Mayor, Alderman William Russell



The Lord Mayor is sworn in at the “Silent Ceremony” held at Guildhall on the second Friday in November and goes on to swear allegiance at Royal Courts of Justice, to the Lord Chief Justice and Judges of the Queens’s Bench Division, on the second Saturday in November each year. The Lord Mayor’s Show is held on the same day. He/she has a seat in the House of Lords and is the Chief Magistrate in the City. They live in the Mansion House for one year term and can be expected to travel abroad 30-50% of the year.

The Lord Mayor is in fact “UK plc” in liaison with the Foreign & Commonwealth Office whilst also overseeing regional trade developments in UK.

The Lord Mayor takes precedence within the City, other than the Sovereign and will meet the Sovereign at City boundary of Temple Bar when the pearl sword, with point downwards, will be surrendered in token. On its receipt back it is then born erect in front of the Sovereign.

Outside of the City, has precedent over Earls and on the death of a Sovereign will be summoned by the Privy Council to sign the proclamation.

The Lord Mayor attends State Opening of Parliament and presides over the Court of Aldermen and Common Council of the City, is Admiral of the Port of London, Trustee of St Pauls Cathedral and Chancellor of City University and Heads the City Lieutenancy

At Mansion House & Guildhall hosts hospitality to visiting heads of state and foreign signatories, hosting many banquets at the Mansion House, including one for Livery Masters.

There are also two sheriffs:

Sheriff Alderman Prof Michael Mainelli



The office of Sheriff dates back to the 7th Century making it the oldest office in the City and although no longer involved in collection of taxes or administration of justice, they work closely with the Recorder of London and the Judges of the Central Criminal Court.

They live in grace and favour flats in the Old Bailey for their period of office and support Charity including the Lord Mayor’s chosen charities that year. The Lord Mayor often being absent in the year they will deputise at City events.

Sheriff Common Councillor Christopher Hayward.

The two Sheriffs are elected on Midsummer’s Day by City Liverymen gathered in Guildhall, an event to take place under COVID conditions this year on 24 June. Each spring, as part of the Court of Alderman, they will join in the appraisal process as to who goes on to possibly be a Lord Mayor, likewise the future Sheriffs.



Golf Society, Vernon Clough

Golf clubs are now open for play and golf clubhouses are now open for maximum groups of six. So we are getting ever nearer to being able to restart the Hertbeats Golf Society.

Step 4 of the 'Roadmap out of Lockdown' is scheduled for 21st June - it will depend on the review of social distancing. It will hopefully provide the opportunity we need to recommence our golfing activities. So, fingers crossed and watch this space!

If you would like to know more about the Hertbeats golf society please contact Vernon Clough, see the back page.

'Thank You' Iris May from Brian York



Iris has organised refreshments at Hertbeats Group meetings since 'time immemorial'. Coffee, tea and biscuits miraculously appeared just as speakers finished their talks. Iris also purchased everything needed and, if we had not insisted, wouldn't have taken reimbursement.

She did confess that, when we had no meetings during the pandemic, she had to eat the supply of biscuits she already had to stop them going stale! A fine initiative to stop food waste!

She does now feel that she has done her bit, too true, and is retiring from this task she undertook for all of us. Many thanks Iris.

No doubt we will still have volunteers to help in the kitchen with tea and coffee at meetings, but we will need a replacement for Iris to purchase supplies and organise refreshments. This is 2021 so it does not necessarily have to be a lady! Please form an orderly queue and let me know.

Brian's contact details are on the back page.

Recipes, Frances Tarrant

Thai Fishcakes

250 g fresh white fish

250 g raw prawns

1 tsp each of:

- Ground coriander

- Cumin

- Chilli flakes

1 garlic clove and a few spring onions

A small piece of fresh grated ginger

1 tbs fish sauce

1 tbs cornflour

2 tbs chopped coriander

Pulse everything together in a food processor until well mixed but not too mushy

With wet hands form into small fish cakes which should make about 12.

Gently fry in a small amount of oil until brown on both sides.

Serve warm as part of a mezze with sweet chilli sauce or with stir fry vegetables and noodles for a main meal.



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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.

The group is run by volunteers and is guided by a committee. 'Additionally there are a number of Honorary Officers. Life President is Brian Gibson and Life Vice-President Dr John Versey. Cardiac consultants Dr Masood Khan, Dr Philip Moore and Dr Joban Sehmi are Vice-Presidents with Dr John Bayliss (retired) a Life Vice-President.

Hertbeats Committee Members



Richard Belt



Graham Imber



Rowena D'Rosario

Committee Members

Chairman	Richard Belt	07969 558590	chairman@hertbeats.org.uk
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Travel Insurance and CPR (Cardiopulmonary Resuscitation) training			
	Jean Sharpe	07745 593556	

Member	Trevor Gurd	07941 436539	thegurds@btinternet.com
Member	Mike Wiseman	07711 781261	mjwiseman2@outlook.com

Speakers	Vacancy
Publicity	Vacancy

Activity Organisers

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Cycling	Steve Gledhill	07785 381912	editor@hertbeats.org.uk
Exercise Classes:			
	Richard Belt	07969 558590	chairman@hertbeats.org.uk
Golf	Vernon Clough	07768 356975	golf@hertbeats.org.uk
Walking	Ed Jones	07745 295691	walks@hertbeats.org.uk

Care and Welfare:

	Brian York	07814 040944	b.york@btinternet.com
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Please send contributions for the next issue by 10th July 2021 to
editor@hertbeats.org.uk or phone 07785 381912