

THE NEWSLETTER FOR CARDIAC FRIENDS



Winter 2016

Notes from the Chairman

Hello Everybody

I will once again thank all the group leaders who do a wonderful job running all the activities we have. This year has seen the number of people attending the London Walks grow and they have been a great success. I think the introduction of headphones has been a contributory factor as even in a large group we can all hear everything. There has been one group that has decided not to continue which are the games afternoons during the winter. Unfortunately there are no longer sufficient people who are able to attend to make it viable. Thanks to those who have run this event over the years.

Sadly for myself and Peter, having looked forward to having a relaxing holiday in Majorca for two weeks, things did not go as planned and I am sure most of you know that in the middle of our holiday Peter suffered a major heart attack. He underwent a double bypass in a hospital in Palma and was not expected to survive. Subsequently after five weeks he was brought back to the UK by Air Ambulance and taken into the ICU in the Lister. He fought on valiantly but on the 15th of August he lost the battle and passed away. I wish to thank all Cardiac Friends who sent Get Well cards and subsequently Condolence cards and to those who have supported me through this ordeal. It was so nice to see so many of you at Peter's funeral. Thanks also to those of you who are still giving me ongoing support. It has shown me that Cardiac Friends is a wonderful group in many ways and it means so much to me at this time.

Now looking forward, Janet Willsher is holding a Flower Arranging workshop on the 19th of this month. This time the theme is 'Autumn and the Harvest'. Thirty people will be attending. Then on the 25th of November we will be celebrating our Christmas Party at Woodside Hall in Hitchin. Due to various contributions we have received we have decided this year's party will be free to all members. We are hoping to see lots of you there. We also will be looking at putting on another event in the spring so watch this space.

Jackie Quinn

Notes from the Secretary

Dear Friends,

Sadly we have lost two stalwarts of the group, Bernard Reilly and Peter Quinn. Our thoughts are with Olive and Jackie and their families, and we offer them all our sympathy and support.

You will see that the Afternoon Games cannot continue, because transport problems mean that not enough members can make the meetings. It is sad to see a group close, especially for this reason. Their funds will go to the Xmas Party/ our General Fund.

Petanque is still running, throughout the summer only, so I can pass on your details if you would like to join this group. The Line Dancing and Exercise Groups would also welcome new members.

The **Christmas Party** is on 25th November and is free, however the Raffle will be for the British Heart Foundation, at £1 per strip. We are offering 9 prizes, and the first prize is afternoon tea for two at a venue to be confirmed. I am circulating the members who have told me they are coming, and those I know are not coming. If you wish to come, but I have not contacted you by the end of the month, please contact me at cardiacfriends@hotmail.co.uk or via the 'contact us' page.

Jan Willsher asks that anyone who is willing to donate a cake should contact her on 01707 332607, or I will pass on your names.



The British Heart Foundation has some new booklets out which I will order if you want them.

The website is: <https://www.bhf.org.uk/publications> or call 0870 600 6566.

They are; "Cardiac Rehabilitation booklet", which is the main one for us. "Cardiac Rehabilitation - Your quick guide; Information for healthcare professionals"; "The National Audit of Cardiac Rehabilitation - Annual statistical report 2015" and "Active heart, healthy heart - Exercise pack." are aimed at professionals - the exercise pack is a DVD and exercise sheets with a warning that they should not be used without professional guidance, at least until you know what to do.

BHF are also holding a raffle with £1 tickets. <https://raffle.bhf.org.uk/> will take you to the online site, but again I can order some if leaders want them, and also bring them to the Christmas Party. We have a week to get the tickets in after the party, as the draw closes on 2nd December.

If you wish to raise any concern at a committee meeting, just tell any committee member what the problem is and it will be brought to the next meeting, or you will be invited to that meeting. Your group leaders have no hesitation in calling the committee to account when it does not meet the club's standards.

The role of the Committee is to look after the club's fund, to spend its money wisely, to support its activities and to act for the benefit of its members.

Sorry this is all factual this time. Can I offer you my best wishes for a Happy Christmas and a Happy, Healthy and Uneventful New Year.

Heather Cotton

Line Dancing

Since the last newsletter in June we have had 2 new members join the group bringing our total now up to fourteen. On average, 8 of us have been attending the line dancing sessions which is good, but we would really like to increase our numbers further. So why not come along and join us?

We have a great teacher, Mary, who always takes us slowly through all the steps before each dance. So there is no problem if you have never been line dancing before. We meet fortnightly on a Saturday morning at the Willian village hall from 10am - 12 midday. Halfway through the morning we stop to have a well-earned break of tea/coffee and cake, together with a friendly, relaxing chat.

We pay £6 per session which includes the refreshments.

If you are interested or want further information please contact me:

Janet Savage: cardiacfriends@hotmail.co.uk or via the 'Contact us' page

London Walks. *Contributed by Gaynor Tinsdale*

Another year and six great stimulating walks with Kim.

Firstly our thanks go to the support we have had this year from our members. We have had lots of thanks and comments which has persuaded us to keep going!

The big change this year was the introduction of the headsets. This has reduced the strain on Kim's vocal chords and enabled all of us to hear with ease. So the headsets are here to stay.

We met with Kim in January and put together a wide range of visits, using some suggestions from the group.

We started the year with **SCANDALOUS LONDON**. Who would have thought they were so promiscuous in earlier centuries? The **CHILDREN, CHARITIES AND CHEERS, WALK** ended with Great Ormond Street, so important today as well. Great weather made exploring the ever changing area of the **OLYMPIC PARK - REVISITED** one of our most popular walks, and a new one for Kim was **STREET ART**, centred in a very busy area around Brick Lane and thank goodness we had headphones there! Kim gave us a very new way of looking at the **DOCKLANDS, OLD AND NEW** where we finished at a new roof garden and finally to **FLEET STREET, READ ALL ABOUT IT** where we found out about the way our legal system has grown and where newspapers were printed.

So looking forward now to next year 2017. Any ideas of new venues or old ones to be revisited will be gratefully received. Just remember that our brief does not include paying admission fees.

Below: Some photos taken on the 'Street Art' Walk.



Best wishes to all,

Gaynor and Barry, Ruth and Barry

For further details cardiacfriendswalks@outlook.com

Theatre Group and Places of Interest

News from Dinah

cardiacfriends@hotmail.co.uk

In 2014 a group of 47 members enjoyed a special visit attending the -

Thursford Christmas Spectacular. This has been described as the ultimate Christmas Musical Experience with a cast of over 120 professional singers, musicians and dancers. Prior to this many of our members had been to Thursford and wanted to go again, they asked whether I could organise a visit for Cardiac Friends. Leaving a gap of a few years seemed a good idea before organising another visit. So the plan is to go again in **November 2017**.

My Plan for the day - we will leave Hitchin or Stevenage between (9am and 10am) with the idea of stopping at Elvedon Estate for something to eat (lunch).

Then on to Thursford (Norfolk), we will arrive in time to use the toilets etc. before finding our seats. The show starts at 2pm and we have to be in our seats by 1.50pm. The show lasts approx. 3 hours.

I will pre-order fish and chips, to pick up from Mother Hubbards in Swaffham on the way home - we will be eating on the coach OR you can bring a sandwich if you prefer.

Cost: The cost of tickets for 2017 is unknown at present. It is thought they will be a few pounds more this year. Approx. £42 perhaps.

Plus the coach: This will depend on the number wanting to go, if only 35 people go the cost will be £15 per person, but this could be reduced if many more are eager to come.

Friends and family will be able to come with you, but obviously members of Cardiac Friends will have first call on the seats.

If anyone is interested in joining me and going again, please let me know. (Number of tickets requested and whether you will be able to come on either of the dates given below). I will be booking soon after Christmas in order to get the best seats

available. This show is extremely popular, over 50 coaches per day come from all over the country and it can be difficult to be allotted any places! I will keep my fingers crossed we are lucky.

For those who contact me to say they would like to go, I will contact in the New Year with further details regarding price, the date and the timetable for the day. I will be looking to book for **Tuesday 21 OR Wednesday 22 November 2017**. (It will be necessary for you to commit to come on both of these dates as I will have to buy the tickets as soon as the Box Office is open without contacting you again.)

Heartsong

Our most recent session was on Friday 30th September at Holwell Village Hall as usual. After our usual warm-up of stretching and short vocal exercises to get the singing apparatus working smoothly, we sang a short South African song in the Sotho language and then, just for a bit of fun, we sang a specially arranged version of the 'Ying Tong Song' (this is a serious singing group folks) made famous 60 years ago by the Goons, but, sadly, minus the sound effects....

Katie then led us in her arrangement of the Beatles' song 'Penny Lane' in memory of Peter Quinn who was a core member of the group. Beatles songs are more difficult than you might think (!) but Peter, a Liverpudlian by birth, thought the words were witty and clever.

We were lucky to have John Morrow (a member of one of the cardiac exercise groups at Letchworth Leisure Centre) to take some photos of the group some of which we hope to put on the Cardiac Friends website. It was a bit of a challenge for John as he usually takes photos of jazz or rock groups in dark cavernous conditions.

Our next session is **Friday 25th November, 2-4pm at Holwell Village Hall** (3 miles north of Hitchin. £5 donation to cover costs). Do come along for a couple of hours of relaxing and sociable fun. Coincidentally it is the same day as the Christmas party.

If you would like to attend then contact me on burdjohn@hotmail.com or phone 01462 712187

John Burden

Wednesday Walking Group

We were all sad to learn of the death of **Bernard Reilly** who was one of our stalwart walkers for a number of years. I sent condolences on behalf of the walkers to Olive.

The group continues to prosper, attracting new members most months. We had a new walk in mid-September from Barkway which is the other side of Royston. Recently we dedicated one of our favourite walks from the 'Plume of Feathers' at Ickleford to the nationwide call by the BBC's programme 'Countryfile' for a mass ramble on 8th/9th October. Ours took place on 28th September to coincide with one of our regular Wednesday walks. £110 plus 'Gift Aid' was donated due to the generosity of the walkers.



We continue to get walkers who can no longer do the whole walk but come for the social aspect and to have lunch with us.

Mac Varley has had to have further treatment for his heart at The Brompton Hospital. He had further ablation completed satisfactorily on 11th October and was expected to go home the following day. We hope that he will be back with us soon. The photos are: Mike Morley settling the old argument about how far we have walked! And our welcome plate for lunch at the George and Dragon pub at Gravelly.



Fred Maryon

Monday Walkers/ Tuesday Swimmers

These groups are still running and if you would like details of either of them, contact details are below.

maggianddavebullen@talktalk.net

Exercise Group

We are looking for additional members to join our exercise group. For all new members I can say that we are a friendly group and the exercise is fun as well as good for us. You are only expected to do what you can but at the same time enough to be beneficial to your whole body and heart.

During the summer the numbers were very low this year and although every year the numbers drop as people go on holidays, this year was marred by long term illness and minor procedures I am sad to say. This causes a problem for the group as we can't cover the cost of the room and Emma the Instructor, as we do not charge those on long term sick or those who have to have surgery.

Exercises are important to all of us and as long as you are fairly mobile and would like to stay that way why not give us a try. It only costs £4 a week paid six weekly and if we get sufficient numbers we can drop the price accordingly. Once a month we have tea and biscuits after class and have a good old chin wag and a laugh.

If you do decide to join us and you have had a heart incident you will be required to have proof from a doctor to say you are fit to exercise. The reason for this is that should you collapse in class the Leisure Centre must have this to cover themselves and to comply with Cardiac Friends insurance. All of you should have done rehab. after your heart procedures or events and are issued with an exercise clearance. If you have this letter it will be proof that you can attend our class. If not you can take the required form to the doctors and get it signed off. If you get a Doctors letter it may incur a cost but people have had the form signed for free. Please give us a try. We meet every Thursday at 2.00 pm in the Pembroke Suite on the first floor.

Jackie Quinn

STOP PRESS!

Cardiac Friends Quiz evening - contact details below

Our next Quiz is on Tuesday Nov 8th - hopefully that won't change....

Ian Sanders

"THE BEST DEAR JOHN LETTER EVER"

A young girl on a year's training course in South Africa, received a "Dear John" letter from her boyfriend back home.

It read as follows:

Dear Mary,

I can no longer continue our relationship. The distance between us is just too great. I must admit that I have cheated on you twice since you've been gone, and it's not fair to either of us. I'm sorry. Please return the picture of me that I sent to you.

Love, John

Mary, with hurt feelings, asked her colleagues for any snapshots they could spare of their boyfriends, brothers, ex-boyfriends, uncles, cousins, etc. In addition to the picture of John, Mary included all the other pictures of the pretty lads she had collected from her buddies. There were 57 photos in that envelope, along with this note:

Dear John,

I'm so sorry, but I can't remember who the heck you are. Please take your picture from the pile, and send the rest back to me.

Take care, Mary

Gandhi ... A lovely little anecdote about one of life's more interesting characters

When Mahatma Gandhi was studying law at the University College of London, a professor by the name of Peters disliked him intensely and always displayed animosity towards him. And because Gandhi never lowered his head when addressing him, as he expected, there were always "arguments" and confrontations.

One day Mr Peters was having lunch at the University dining room when Gandhi came along with his tray and sat next to him. The professor said, "Mr Gandhi, you do not understand. A pig and a bird do not sit together to eat."

Gandhi looked at him as a parent would a rude child and calmly replied, "You do not worry, professor. I'll fly away," and he went and sat at another table.

Peters, red with rage, decided to take revenge on the next test paper, but Gandhi responded brilliantly to all questions. Unhappy and frustrated, Mr Peters asked him the following question: "Mr Gandhi, if you were walking down the street and found a package, and within was a bag of wisdom and another bag with a lot of money, which one would you take?" Without hesitating, Gandhi responded, "The one with the money, of course." Mr Peters, smiling sarcastically, said, "I, in your place, would have taken the wisdom." Gandhi shrugged indifferently and responded, "Each one takes what he doesn't have."

Mr Peters, by this time, was fit to be tied. So great was his anger that he wrote on Gandhi's exam sheet the word "idiot" and handed it back to him. Gandhi took the exam sheet and sat down at his desk, trying hard to remain calm while he contemplated his next move. A few minutes later, Gandhi got up, went to the professor and said to him in a dignified but sarcastically polite tone, "Mr Peters, you autographed the sheet, but you did not give me a grade".

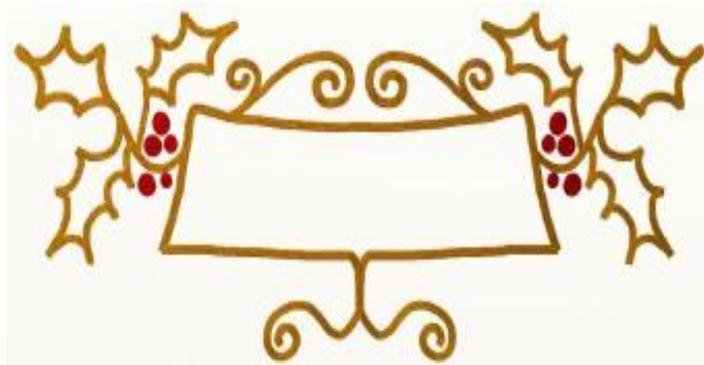
Christmas - some interesting facts

- ✚ The traditional period to sing carols is from St Thomas's Day (21 December) until the morning of Christmas day.
- ✚ For many centuries Christmas trees were decorated with candles, apples, cakes and sweets.
- ✚ In 1647, the English parliament passed a law that made Christmas illegal. Anyone caught celebrating was arrested. The ban was finally lifted in 1660.
- ✚ In Victorian times Postmen were known as 'robins'. This was because their uniforms were red.
- ✚ The world's biggest ever Snowman measured over 122ft - that's a really, really big snowman!
- ✚ Did you know that Santa Claus was originally illustrated as wearing green and not red?
- ✚ The first ever Christmas card was designed by John Callcott Horsley in 1843 and sold for one shilling each.
- ✚ Thomas J. Smith invented the cracker in London, 1847. His son Walter Smith would later introduce the idea of small gifts and paper hats.
- ✚ One of the most famous trees is the Rockefeller Centre Christmas tree. The lighting of the tree has been a New York tradition for over 75 years.
- ✚ Queen Elizabeth I would have gingerbread figures made and presented in the likeness of some of her important guests.
- ✚ If you translate the names of 'Donner and Blitzen' from German into English they mean 'Thunder and Lightning'.
- ✚ The largest Christmas stocking was produced by a volunteer emergency services organisation in Italy, on 5 January 2011. It measured 51m 35cm long and 21m 63cm wide!

From the Newsletter Editor

I do hope you have found the newsletter informative, and I look forward to receiving your contributions in the future. If you feel you have something of interest to add to the newsletter, please do send it to me. Also, if you change your email address please let the Secretary have your new address and if you are unable to **open attachments**, then you can have a printed copy, by letting either the secretary or myself know. Due to the cost of postage and printing, and the time it takes to run off printed copies, it is preferable to use email.

Ruth Brown



You are invited to the
CARDIAC FRIENDS Christmas Party
On Friday 25th November from 7pm to 10pm
at The WOODSIDE Hall, Walsworth Road Hitchin SG4 9SP
Licensed Bar - Raffle - Entertainment.



I/We will/will not be coming to the Christmas Party.

Mr/Mrs/Ms:

Number of Attendees:.....

To: The Secretary
31 Lawrence Ave,
Letchworth Garden City, Herts.,
SG6 2EY

May we have your replies by **31st October**, which is our caterer's deadline to order food.
(Nil replies would be appreciated, it makes possible numbers clear).