



Spring 2018

Notes from the Chairman

Here we are in yet another year. I know it is said that as we grow older the years go faster but I never realised how true that is! Still we can all look forward now to longer, warmer days and hopefully less mud and wet. I have noticed it all far more during this winter as walking a dog, whatever the weather, has meant a very muddy dog and equally muddy boots.

I do hope that all those who joined us for the Christmas Party had an enjoyable time. Once again the Committee worked hard on the evening so a big thanks to you all. I know that Heather has something in her contribution about this but I just want to give a special thank you to Mary for leading us in the Line Dancing and Katie for her musical input. I know several of you were amazed at how quickly we could all sing in harmony and create a really nice sound in 'Follow to the Christmas Tree'. We are very fortunate to have such talented people prepared to give their time to our group. I understand that we had a problem with the bar at the event and there was a rather long queue but unfortunately there was an unavoidable problem as one of the bar staff was called away to cover another event. I was not notified of this until the end of the evening. If I had been aware I could have announced the problem and informed those in the hall.

The New Year started on a very sad note with the loss of both Terry Worbey's wife Margaret and Terry Pickett. As so many people knew Terry Pickett and he had played a very active part in Cardiac Friends we have decided to have a separate eulogy for him. His funeral was well attended by Cardiac Friends members many of whom came to the Wake. Terry Worbey was my predecessor and we thank him for his time with Cardiac Friends and pass on our sympathies.

Here are a couple of dates for your diaries starting with a Medical Talk on the 16th April at Christchurch in Hitchin from 3-5pm and the AGM on the 23rd May from 2-4pm. The decision to hold the AGM in May has been made to avoid clashing with as many holidays as possible. As usual the AGM will be held in Fortescue Hall in Letchworth. I believe there have been some comments regarding the use of venues mainly in Letchworth or Hitchin for our events. The main reason for this is availability but we are going to look into using halls in Stevenage. It is not easy to find what we require with sufficient parking, easy access for those who are not so mobile and use of a kitchen. However we still intend to use Woodside hall in Hitchin for the Christmas Party as we all agree it is the nicest venue we use and has a bar.

I do hope to see many of you at the events over the year and give you all my best wishes for the future.

Jackie Quinn

Exercise Group



We continue to be a friendly, lively group with numbers varying over the winter months due to seasonal illness and other commitments but always needing extra members. It is a fun class and we are a very friendly group so please come along if you can. We even have our own film star as Agostino has been spotted on the TV and has been an extra in adverts

and films, not many groups can claim that. Our Christmas class was amusing with some of us dressing up for the occasion followed by a delicious buffet provided by the members. I am not sure it was healthy eating but it is just once a year!

Jackie Quinn

Notes from the Secretary

Dear Friends,

It was lovely to meet so many of you at the Social Evening and the Christmas Party. I know everyone who comes appreciates the work put in by Jackie and by Jan and Jan's team to make them so successful. We are lucky to have such energetic Committee members and Group Leaders. And Ruth and Gaynor's efforts over the past year have raised £328 worth of Raffle money. The Committee have made this up to £350 which we are sending to an appeal by Harefield Hospital. They want to buy 10 sets of kit which can repair Mitral Valves more easily and with less trauma.

Many of our longest- joined members are unable to attend these events, or take part in our activities.

Transport can be a problem. That is why I am suggesting this. Most of us shop at the same store on the same day most weeks. Some of us run into other members there and talk in the aisles.

If you knew who was using your shop on your day, that morning or afternoon, would you like to meet up and have a coffee or tea in the cafe before you shop? I am happy to hear from you if you want to do this. Send me your name, your shop, your day and your usual time.

If enough people do this, I will circulate a list for each shop giving the people who use it the names and telephone numbers and preferred times of other users. If it works, maybe 6 people or so in each shop would meet once or twice a month for half an hour or so in a few supermarkets. I hope, once started, it would just be something you do.

Don't forget, most of us have phones, and are happy to be contacted by another Cardiac Friend.

Lastly, we have said goodbye to two founder members. Margaret was the wife of our former chairman, Terry Worboys. We also lost Terry Pickett, much loved and valued by all for his beaming smile, his friendliness and his way of quietly doing what was needed. He was one of the best.

Heather Cotton

Line Dancing



Thank you to everyone who joined in the line dancing at the Cardiac Friends Christmas party. It was a great opportunity for us to show everyone what happens on our Saturday morning fortnightly sessions at the Willian village hall. As you could see from the demonstration it is an excellent way to get some good exercise, stimulate the brain cells and have fun at the same time!! The cost is £6 per person which includes refreshments of tea/coffee and cake,

Why not come and join us? We are a friendly group and you would be made very welcome. If you would like further information please contact me.

Janet Savage:

London Walks.

Contributed by Barry Brown

The London Walks season has just been announced. For those of you who have not until now considered a pleasant walk in our capital city, with guiding services provided by a first class London Blue Badge Guide, and topped off by a leisurely pre-ordered lunch at the Wetherspoon pub 'Sir John Oldcastle', we are transported by 'Richard Taylor Travel' of St. Ippolyts, and you will be amongst friends all day! Cost is a modest £16 each including headphones, plus the cost of your meal - superb value!! Why don't you give us a ring or drop us an e-mail at the contacts below. The details are also on the Cardiac Friends website.

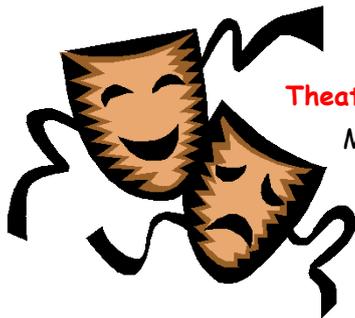
2018 Season

Sunday 15 April	Votes For Women - In the footsteps of the Suffragettes
Sunday 13 May	Lousy Limehouse
Sunday 10 June	Royal Parks Galore
Sunday 29 July	King's Cross - Google that Station!
Sunday 9 September	Hyde Park Corner
Sunday 8 October	Around the Tower!



Ruth & Barry Brown
Gaynor & Barry Tinsdale

cardiacfriendswalks@outlook.com



Theatre Group An evening theatre trip has been arranged to see '42nd Street' on Monday 21 May. We currently have 44 persons that have booked for this trip. Disappointingly only 23 (out of the 44) are Cardiac Friends Members. However the trip will definitely go ahead. I still have 4 unsold tickets in case anyone still wishes to book or if anyone wishes to bring a friend(s).

Places of Interest

There have been no 'Places of Interest' trips since the visit to Chartwell on 21 September last year. However I do plan to organise another day trip later this year. Watch this space.

In addition there is a possibility that an overnight trip can be arranged next year. As this would require quite a bit more organising I am trying to gauge if there would be sufficient interest in an overnight trip. There is obviously no commitment at this stage but could I ask the Members that would consider going on such a trip to let me know by email (adam@kuzminski.co.uk) or telephone (01462 620317). Thank you.

That's all folks!



Bits and pieces from Dinah

Preparing Fresh Flowers

All flowers benefit from being soaked in tepid water for at least two hours before being arranged in a vase. For most flowers nearly the whole length of the stem should be submerged, BUT flowers from spring bulbs prefer COLD, SHALLOW water.

Adding cut flower food to the vase water will help to preserve the blooms. Alternately, add a splash of household bleach or a dash of bicarbonate of soda. Remove any wilted flowers and foliage and recut stems every three to four days.

Reviving wilting flowers

Woody stemmed flowers can be helped by placing them in 1" of near boiling water for one minute. Protect the flower heads by covering them with a paper bag or wrap with a tea towel.

Large leaved plants e.g. roses, hydrangeas and violets; can benefit from being completely submerged in tepid water overnight.

Drooping tulips can be revived - by using a pin to prick through the stem just below the flower which releases air blockages. To help straighten tulip stems, wrap them in newspaper up to the flower heads and submerge in water overnight. NB Make sure the flower heads are clear of the water.

Dinah Mackellar

Wednesday Walking Group

We were sad to lose another member of our original walkers in Terry Pickett who died recently. Terry had not walked with us for some time as he was caring for his wife June. Many of his 'Friends' attended his funeral to say goodbye to him.



In December we had our usual excellent Christmas lunch at 'The Rising Sun', I note that Natalie and Nigel have been catering for us since 2012; I was surprised to realise it was that long!

Once again I have to thank my walkers for their kind generosity to Joyce and myself.

We have not gathered any new members recently but we still manage a good turn out each time usually between 18 and 25.

At this time of year I try to take the group into

Letchworth, no not for 'retail therapy' but to keep us all out of the mud which is inevitable in January.

I am pleased that we still attract a merry band of walkers who although they are unable to walk the whole route, still come and do their bit and join us for lunch.

I have to thank my band of helpers and especially Mike Morley, I have been unable to lead two walks recently, having had a chesty cold and attempting to play football with my bedside cabinet - my little toe came off worst!

Let's look on the bright side - **"if Winter comes can Spring be far behind"**

I look forward to continuing to lead you all, if any of you fancy joining me at 'The Lee Valley Park' let me know I will put a walk in Spring.

Fred Maryon

Heartsong

Our last session was on Friday February 2nd and we had a record turnout of 19 people attending which was very good considering the cold weather and the number of viruses and infections going round at the moment.

After our usual gentle warm up to relax the body and vocal apparatus we sang a variety of songs from across the world including:

Thina Simunye or 'We are Together' as famously sung and performed by the Children of Agape Orphanage from South Africa in the documentary 'We Are Together'. To watch the video go to "You Tube" on your computer and search for "Thina Simunye" to see what we were aspiring to. It's amazing how three or four simple harmony parts which don't seem much when sung on their own, can become really powerful when put together.



As we are still remembering the sacrifices of World War 1 one hundred years ago, we sang 'It's a Long Way to Tipperary'/'Pack up your Troubles' as a medley because by a strange musical coincidence you can sing them together at the same time and they 'fit' so one half of the group sang 'Tipperary' while the other half sang 'Pack up your Troubles' for a few rounds then we swapped songs so everyone could sing both songs.

As an antidote to war we then sang 'Peace Like A River', an African-American spiritual and finished with 'My Love For You' by Ali Burns, contemporary Scots composer, both very moving songs in their own way.

Katie Rose, my daughter who leads the group, does a lot of work with singing groups where the focus is on the health benefits of singing for hospital patients, carer's groups and at a hospice where the choir is a mixture of residents and their families and carers.

She tries to keep up with some of the research that increasingly seems to confirm the health benefits not only of singing but of a whole range of 'art activities'.

Lastly, the 'Campaign to End Loneliness' has found that the health and strength of our social network has a greater positive impact on life expectancy than stopping smoking or drinking. This report stresses the importance of doing some art activities to reduce loneliness in later life which also improves our quality of life as well as our health generally.

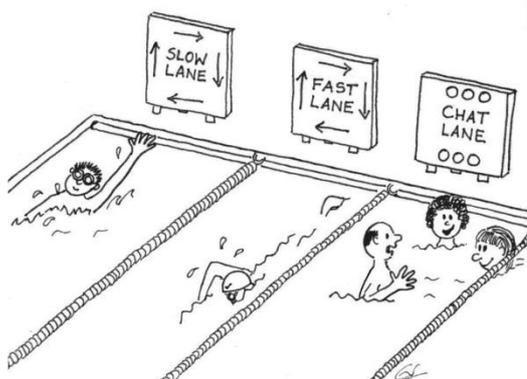
<https://www.campaigntoendloneliness.org/wp-content/uploads/Tackling-Loneliness-A-Role-for-the-Arts1.pdf>

John Burden

Monday Walkers

The Monday Walking group is now a strolling group (due to new knees, hips and of course heart conditions), but we usually manage a good turnout for an enjoyable walk around the local countryside.

We stay on hard level paths to accommodate most of the group, we have lots of laughs and have good fun, most importantly being with other people, it is so important to socialise plus have a good walk. We meet every other Monday for a local walk at 10.30 am.



Tuesday Swimmers

The Tuesday swimmers meet every other Tuesday at the Letchworth Leisure Centre. We meet in the coffee shop just before entering the pool just before 2 p.m. If any of you hearty members would like to join us, you would be most welcome.

Maggi Bullen

STOP PRESS!

Quizzers All...

In this year of 2018 on 27th February our next CARDIAC FRIENDS QUIZ NIGHT takes place...
and I'll be in the hot seat..

CARDIAC FRIENDS QUIZ NIGHT
TUESDAY, 27th FEBRUARY 2018
at St John and St Hugh's Church Hall
Mobbsbury Way, Stevenage SG2 0HL
7.00pm prompt

Entrance £FREE per contestant
(includes tea/coffee and cake at the break)

Ian Sanders

Terry Albert Pickett 2nd February 1935 - 27th December 2017

I first met Terry and June on the London Walks and shortly after that as a member of the Committee of Cardiac Friends on which he served until he felt he could no longer commit to the meetings and giving time to run events, as he needed more time with June. I know he had served on the Committee for many years and had run the golf group and places of special interest outings. I always found him a calm gentle man with a good sense of humour and fun. He and June attended as many activities as possible in the later years and it was on the Monday walks while chatting to him that he told me that when arranging the visits to places of special interest he and June used to work together to ensure that each person going was able to get a lift or share a car to make the trips as open as possible to all. I mentioned that it must have been a lot of work but he assured me he and June enjoyed all the planning together. I was also privileged to be at the last famous barbeque held at the par3 golf course in Letchworth.

Terry was a kind hardworking man who was devoted to Cardiac Friends and for that we are for ever grateful, thank you Terry for everything.

Jackie Quinn

I danced next to Terry at line dancing many times, enjoying a good laugh especially when we went wrong and faced each other! Also he made a delicious moist fruit cake, adding lots of cherries so I now always do the same thinking of him as I do it.

Shirley Williams

We feel privileged to have known Terry and pleased we were able to share and enjoy his company on many occasions over the years being members of Cardiac Friends. We found him to be kind and caring always ready to give a helping hand whenever needed. Terry will be sadly missed by everyone who knew him and our thoughts are with June and family at this time.

Cyril and Janet Savage

Dave and I first met Terry and June at the very first 'get together' at Hitchin Town Hall, which Dinah had initiated. We went to sit with them and remained friends from then onwards. We always found Terry to be a very kind and thoughtful gentleman. He came to see us after we had a house fire whilst away on holiday. I remember that he phoned to ask us if he and June could visit and was there anything they could bring with them as we were in rather a state, I jokingly replied 'a bag of donuts please'. When they arrived they insisted on taking off their shoes, even though the carpets had gone, and we were walking on burnt boards! We sat cramped in our dining room eating jam donuts, what a treat and laughed, which we very much needed. Many other members of Cardiac Friends visited with cakes, flowers etc., but we never forgot Terry's kindness.

Maggie and Dave Bullen

Finally - From Terry's Son-in-Law

Dear Cardiac Friends

A total of £243 was collected at Terry's funeral. We donated £123 to the British Heart Foundation and £120 to Cancer Research UK in accordance with Terry's wishes.

Once again all Terry's family thank you and the rest of the Cardiac Friends for attending, sharing your memories of Terry and the donations to the two charities.

Unfortunately, June is still in hospital and seems to be gradually declining. We think she misses Terry too much as when she is fully lucid she is visibly upset. I'll keep you informed if there are any significant changes.

Thanks again for being such good friends to Terry and June over the last few years.

Kind Regards, Tom Jeffries

Art Group

This group meets on a Tuesday morning 10-12, in Christchurch, Bedford Road, Hitchin. The 'pay as you go' charge is £3.00 per session. There is always room for a few more members to join this friendly and relaxed group. Why not come along and see what goes on, and if you like it, join! Different art media are used- it is a 'self- help' group, and the group leader Mrs Muriel Davis is hoping to further develop the group. For more details;contact Muriel Davis.



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.

Cardiac Friends invites you to a talk on

Heart Attacks, Cardiac Arrest, CPR etc



By Maggie Hackney MBE

of Heartstart Hitchin (a BHF initiative)

At Christchurch, Bedford Road, Hitchin SG5 1HF

On Monday April 16, from 3.00 to 5.00pm

Tea, coffee and biscuits will be available

The talk is free but a £1 voluntary donation for refreshments is suggested.

Please note that this talk may include uncomfortable topics for some people.

Topics covered:

- What to do in a medical emergency that is possibly heart related.
- Signs and symptoms of a heart attack.
- Dealing with an unconscious person.
- Recognising a cardiac arrest and performing CPR.
- Dealing with choking and serious bleeding.
- A questions session to discuss any concerns.

To take part, please contact (by 16th March) our Secretary, Heather Cotton by e-mail at cardiacfriends@hotmail.co.uk Number of places is limited.

