

THE NEWSLETTER FOR CARDIAC FRIENDS



Summer 2018 Chairman's Report

Hi to all of you. I hope like me, you are all enjoying the lovely warm weather we have been experiencing for the last few weeks. The weeds in the garden love it but in fairness so do the flowers and shrubs which have been so beautiful this spring.

I would like to thank all of you who attended the AGM. It is always nice to see so many of you giving your support to the present Committee and taking an active part in the future of our organisation. I appreciate that it is not always convenient for everybody to attend and thanks to those who gave apologies. There was a point when a queue formed at the door to come in and Adam our Treasurer said: 'it was the first time I have seen people queuing to come into an AGM'. That is a tribute to Cardiac Friends. I think it is also nice to be able to collectively thank the group leaders for their hard work during the year, we all appreciate that these groups are the essence of Cardiac Friends and the work that goes into preparing and organising the successful running of them is substantial.

There are no changes to the Committee this year as we all decided we would stand again and we all received a majority vote by those attending to continue. However, I did announce that I will be standing down as Chairman next May. Please consider filling the vacancy and if anyone would like to come to one or more of our committee meetings get in touch with Heather for the dates and venues. You would be made very welcome. If you would just like to meet with me and have a chat, then please contact me and we can arrange a date. It is essential that Cardiac Friends continues to run in accordance with the constitution with the three officers.

Looking forward to the year ahead we have once again decided to run a Social evening on the 29th of September at St. Michaels Hall Hitchin. The evening will have the same format as last year with a chance for everyone to have a good chat with an addition of a little bit of fun. We have also booked the Christmas party for Saturday the 1st of December at Woodside Hall. This venue suits our needs with plenty of parking and the provision of a bar. I hope to see as many of you as possible at both events.

I was saddened to hear of the passing of Les Brown. I believe there was a good number of members who attended Les's funeral which is an indication of the affection many had for him.

Fred Maryon sent the following in memory of Les: 'I remember when I first joined Cardiac Friends Les occasionally led us on one of the Wednesday walks. Apart from that I saw him rarely at our social evenings and AGM's. I was very interested to hear more of his life, including his dedication to St. George's church when attending his funeral.'

Shirley Williams said: 'Les was always such a gentleman, a pleasure to sit next to and have a chat with. He was always very grateful for any help offered no matter how small.'

I remember Les a kind and friendly man with a warm smile. I know his daughter, Chris Walker, misses her dad very much and our thoughts and prayers are with her.

I would also like to mention that Peter Howard lost his mum and offer our condolences to him and his family for their loss.

I hope that all of you have a pleasant summer and that I will see as many of you as possible in the Autumn at our Social evening.

Jackie Quinn

Notes from the Secretary

Dear Friends,

I have ordered 100 new badges, which I hope will be identical to the old ones. They cost £1.65 each, and will be available to existing members at cost, and given free to each new member.

If you receive this Newsletter, you have renewed your membership. Thank you for joining us again and thank you for the kind comments on some renewals. I am very touched!

Our current membership is 112 Members and 63 Associates, but more are always welcome. Last year we lost eight members, and we acknowledge Les Brown elsewhere. Charles Haynes, Bill Lawrence, Terry and June Pickett, Veronica Pond, Mac Varley and Margaret Worboys have also passed away.

The British Heart Foundation, which we have rejoined, advised us that holding your personal information did require us to comply with the new General Data Protection Act. Many of you have returned your forms, but a quick e-mail or note is enough. Just say that we can hold your data for use only within Cardiac Friends.

Enjoy your summer, best wishes,

Heather Cotton



Monday Morning Walkers

The Monday walking group is now a slow strolling group (because of ages, new hips, knees and heart conditions) but we usually get a good turn out for a very enjoyable stroll around the countryside. We have to stay on the level with hard paths to accommodate most of the group but we again have such fun and laughter and it is so important to socialise and enjoy about an hour of walking. We meet every other Monday at 10.30 am. and try to keep the walks local.

Please contact either Dave or myself by email to: cardiacfriends@hotmail.co.uk

art Group This group meets on a Tuesday morning 10-12 am, in Christchurch on Bedford Road, Hitchin. The pay as you go charge is £3.00 per session. Different art media are used- it is a self-help group, and the new group leader Mrs Muriel Davis is hoping to develop the group further. The group could do with a few more members; it is in danger of folding if more members do not come forward to join this relaxed and friendly group. Why not come along and see what goes on, and if you like it, join!

For more details; email to muriel-davis@tiscali.co.uk

Tuesday Afternoon Swimmers



The Tuesday swimming session is every other week at the Letchworth Leisure Centre meeting in the coffee shop to go into the pool just before 2 pm. If any of you hearty people would like to join us you would be most welcome as we are a very happy and friendly small group with much laughter and nattering. It was reported that this is a small group; they would really like some more Cardiac Friends to join them.

Please contact either Dave or Maggi at cardiacfriends@hotmail.co.uk

Wednesday Walking Group



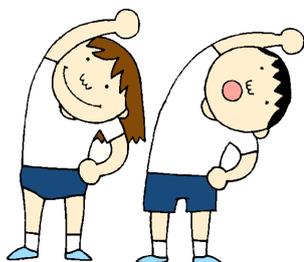
As ever the support for our walks is excellent. We 'lost' one day when we had snow and consequentially icy roads and I had to cancel the walk. Occasionally we have 'grotty days' when we are doing our 'proving' walks (see picture on left).

Fred Maryon emailto:cardiacfriends@hotmail.co.uk



The photographs above are from the last walk from 'The Waggon and Horses' at Steeple Morden.

Exercise Group



I raised the issue of the exercise class at the AGM. Unfortunately, we are not in a great position at this time. We have lost five members of the group now and this will mean that we must draw on some Cardiac Friends funds to remain active. It does appear that we have a new member, Norman, who came along to try us out last Thursday, but we desperately need two more members to join us to make us self-funding. Why don't you come along and join us for an hour of fun and exercise at the leisure centre in Letchworth on a Thursday afternoon at 2.00pm. We even have tea and buns at the end of each month to catch up on the gossip.

At the AGM it was agreed that funds should be used to support ailing groups until the problem is resolved. We will do all we can to attract new members to the class but if this does not happen in a few months we will have to close. It is ironical that in a group of people with heart disease and other ageing problems such as diabetes that this class should be in jeopardy. It has been running for about thirteen years and it would be a great shame for it to fold.

Jackie Quinn cardiacfriends@hotmail.co.uk



Heartsong

We continue to have enjoyable and fun sessions with attendance regularly between 10-20. We meet every couple of months in Holwell Village Hall a few miles north of Hitchin and the group is led by my daughter Katie who leads choirs in south London and is involved in singing and arts projects with a strong health or community angle. Our most recent session was on 1st June. After our gentle but always amusing physical and vocal warm-up, we woke our brains up as well with a tongue twisting song, with actions, 'Swan swam over the sea' which reminded me of the old Frankie Howerd song, 'Three Little Fishes' ('and they swam and they swam back over the dam...'). This led logically (??) into 'Wild Thing' where we imitated 'The Troggs' in three parts and wondered afterwards how we did it. Then Katie took us through one of her own songs, 'Wilderness', and we finished with the 'Anthem for Peace' in two parts, tune and bass, which is being launched at an arts festival in Croydon in June.

It doesn't matter whether you've sung a lot or not, can read music or not (all the songs are taught by ear and memory) or been told you can't sing in the distant past. Just come along have some fun - with some healthy side effects! Our next sessions are on **27th July, 28th September and 30th November** (all Fridays), 2-4pm at Holwell Village Hall. If you would like to join in please contact John Burden on 01462 712187 or email to:

burdjohn@hotmail.com

John Burden



Petanque - The new season starts once again at 'The Waggon and Horses' in Steeple Morden. The first session will be on Friday 22nd June, followed by Friday 20th July. Further dates will be announced at these sessions or by telephoning Ginger and June Prentice on **01763 852706**.



Line Dancing Since writing about the group in the spring newsletter we have had 6 line dancing sessions - there should have been 7 but the 'Beast from the East' had other ideas and due to the snowfall and road conditions on 3 March it was decided to cancel that day!!!!

We are extremely lucky in that when we need to cancel the hall we are not charged for that booking and Mary, our excellent instructor, refuses to take any payment too meaning we have no cancellation costs that would otherwise drain the funds in our kitty.

As we have not had anyone new join us this year we still only have 14 members. I mentioned at the AGM we want to welcome more of you to come and enjoy the line dancing with us. We are a very friendly group of all abilities. Even if you have never line danced before that is no problem. It was also pointed out at the meeting that exercise is so important.

We meet fortnightly on a Saturday morning at the Willian village hall from 10am - 12 noon at the cost of £6 per person which includes refreshments of tea/coffee and cake.

Please contact me if you would like any further information:

Janet Savage: cardiacfriends@hotmail.co.uk

London Walks.

The 2018 season began with a 'Votes for Women' walk to recognize the centenary of the Suffragettes movement. The Limehouse walk in May had to be changed at very short notice to Literary Bloomsbury and guided by Kim's husband Rex as Kim had suffered an injury and advised by her doctor to rest. Walk 3, 'Royal Parks Galore' saw Kim back in charge albeit with the help of a crutch. Re-boarding our coach was delayed by the Suffragettes procession but we got there eventually and it's amusing to think that the Suffragettes can still cause such traffic mayhem 100 years later!!

We will walk around Kings Cross in July (full with a reserve list), Hyde Park Corner in September and will finish year's walks with 'Around the Tower' (only a few places left). Details can be found on the Cardiac Friends website. Transport to London is by coach - 'Richard Taylor Travel', and we always stop for coffee and a toilet break before starting our walk. A pre-ordered/paid for lunch at 'Sir John Oldcastle' a Wetherspoon pub in Farringdon is enjoyed after the walk, and we're usually home by 6 p.m.

If you wish to join us on Walk 5 or 6, we recommend you book and pay for them soonest to secure your place as the walks are proving very popular.

The London Walks Team

For further details: Ruth & Barry Brown

or

Gaynor & Barry Tynsdale at
cardiacfriendswalks@outlook.com

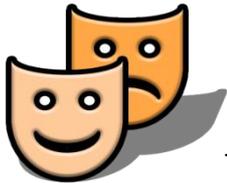


Pictures of the London Walks are left: Emmeline Pankhurst, right: the Suffragette Scroll and below: Outside Buckingham Palace on the Walk 'Royal Parks Galore'.

Places of Interest. In the last Newsletter I asked Members to contact me if they would consider going on an overnight trip. Only 6 Members did contact me to say that they would consider such a trip. As a consequence no overnight trip will be arranged.

However on a more positive note a daytrip has been arranged to Stratford upon Avon on Friday 29th June. This has been very popular and a total of 53 have booked of which a more promising figure of 30 are Cardiac Friends Members. The cost is £13 each and there are still 2 places available. Contact information is the same as for Theatre Group below.

Adam Kuzminski



Theatre Group On the 21st May we went to see '42nd Street'. What a fabulous musical. There were a total of 44 people that had booked of which 23 were Cardiac Friends Members.

Another musical has now been booked for Wednesday 3rd October. This will be a matinee show to see 'Chicago' at the Phoenix Theatre in London. 'Chicago' is the longest running American musical in Broadway history. The ticketing company have set an early date by which I must inform them of the number of tickets that we require. An early booking is therefore essential. You will find details on our website or alternatively you can contact me by email (adam@kuzminski.co.uk) or telephone (01462 620317).

Adam Kuzminski

For the Record – some amusing quotes and items from the press.

A would-be burglar was apprehended by Dundee butcher Ian Robertson and subsequently arrested after he broke into the house in the early hours of Tuesday morning by forcing a downstairs window, climbing in, and unfortunately for him, stepping onto Mr Robertson's bagpipes! (*Dundee Courier*).

'Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.'
(*Miles Kingston*).

Firefighters were baffled when they were called out to rescue a horse stuck knee-deep in mud. Eleven firefighters, two fire engines, a multi-role vehicle, a rural officer and a fire officer turned up to help with the rescue in Southampton, only to discover that it was a pony with short legs! (*Wiltshire Gazette*).

Lewisham Council has decided to charge £25 for replacement bins after a series of other measures failed to stop its bins disappearing. Officers have so far failed to solve the mystery of a Lewisham wheelie-bin that was found floating in the Sea of Galilee! (*The Surveyor*).

A salmon, tagged with a satellite tracking device in an attempt to monitor its breeding routes, was logged travelling down the M4 motorway. Poachers were delivering it to a restaurant in South Wales. (*The Sun*).

From the Newsletter Editor

I hope you have enjoyed this edition of the newsletter, I note that many of our groups would like new members, please do think about joining one or two, as members are necessary to keep these activities viable. Please feel free to send me items for the newsletter, anything you think may interest our friends.

Ruth Brown cardiacfriends@hotmail.com

18/06/2018

You are invited to an



Autumn Social Evening

On Saturday 29th September 2018, 6:30pm to 9.45pm.

At St Michael's Road Community Centre, St Michael's Road, Hitchin, SG4 0QA.

£5 per head with a Ploughman's supper, desserts and a Welcoming drink.

(Then bring your own).

Raffle, entertainment.

Cheque payable to 'Cardiac Friends', or on the door.



I/We will/will not be coming to the Autumn Social Evening

Mr/Mrs/Ms:

Number of Attendees:.....

To: Mrs Heather Cotton
31 Lawrence Ave,
Letchworth Garden City, Herts.
SG6 2EY

(Nil replies would be appreciated, it makes possible numbers clear).

May we have your replies by **14th September**, which is our caterer's deadline to order food.