

THE NEWSLETTER FOR CARDIAC FRIENDS



2019 Chairman's Report

Hi everybody

I have just come back from a lovely session of Line Dancing with eleven other Cardiac Friends members. What a lovely way to spend a Saturday morning! This week I have also attended Maggi's Monday walk and Fred's Wednesday walk both were very enjoyable in the sunshine and on Thursday I went to stretch the other muscles at the Exercise group. It is so nice to meet and chat with so many of you.

As you all know this is the last time, I shall be writing to you as the next Newsletter will be published after the AGM. I have very mixed feelings about this. I have loved being so much part of the group and watching over all that happens with a keen eye to ensure that we give you all the best we can as a Committee. I have been lucky to be able to meet so many of you and enjoy your company at so many events and activities which of course I will continue to do but I would not know so many of you so well if I had not been Chairman.

I have to say I really enjoyed the Christmas Party this year. It was lovely to see so many of you and especially those of you who have had health issues and not been to events of late. The food as usual was excellent thanks to Janet and the catering team and thanks to Mary for the Line dancing. As usual we had the fun table quiz so thanks to Peter. John Burden organised some of the singers from Shannon Express to come to entertain us which was very well accepted. It is the dedication of those who are members of this special support group that makes it so special.

At the party we asked everyone to nominate who they would like the Raffle monies from previous raffles to go to and BHF came out on top. As the singers gave their time to us with no fee, we asked them to nominate who they would like the party raffle money to go to and they also nominated the BHF. At our last Committee meeting we agreed that we should add £300 to the donation, so we sent £646.22 and they sent a very nice letter thanking us all. We can print this letter for you all to see at the AGM.

Just a note of sadness, during my time as Chairman I have attended quite a few funerals to say goodbye to our members. The last of these was for Ivan Grimwade. Ivan and Connie were both active members when I first joined Cardiac Friends and attended the Exercise group. Unfortunately, Ivan became more and more disabled, but Connie nursed Ivan to the last. We have also been notified of the passing of Christine Boosey. My condolences go out to Connie and Dennis for their loss.

The AGM will take place on Wednesday 15th May @ 2.00 p.m. this year and I would invite as many of you as possible to attend this meeting to welcome my replacement and for me to thank you all for your support over the past five years. The venue is as before at the Fortescue Hall in Letchworth.

I will still be taking part in all the activities provided for us by our marvellous group so I will see you all about.

Jackie Quinn

Notes from the Secretary

Dear Cardiac Friends, first, we have two talks on Tuesday 19 March 2019, from 2.00 to 4.30pm, which should be very relevant for us, Maggie Hackney MBE of Heartstart will talk first about emergency first aid and demonstrate that if you can open a defibrillator, it can save a life. And Keith MacBryne (a member of the Diabetes Society) has good advice for us.

They are at Christchurch, Bedford Road, Hitchin SG5 1HF, and I am taking numbers.

Secondly as the next Newsletter will go out after the AGM, we would like your input on several matters.

Several groups under our umbrella have members who are not Cardiac Friends, but attend several times a year. This breaches the instruction in our Constitution that:

- "Group outings where there is limited space, members/associate members of the group will take priority. If guests wish to attend further sessions they are required to become members of Cardiac Friends.
- Subject to the payment of the daily cost members may invite guests to attend those activities held on a regular basis to a maximum of three sessions per annum. "

Obviously the first point applies to the London Walks, who also need the protection of our insurance policy, which only covers members. But the Art Group is effectively totally independent, Heartsong has non-members, and neither Places of Interest nor the Theatre group could run without at least half the seats taken by non-members. The Exercise class is also open to non-members.

1. Do we continue to promote these attractive groups to our members, accepting how they are run?
2. Can we ask that they enrol non-members as Cardiac Friends? It is only £5 after all. The Groups may leave if we did.
3. Do we say we will only accept groups of full members?
4. There was also a suggestion that non-members should be surcharged - The Constitution does not say this. £2 per session was suggested. All first sessions are free.

Do we rewrite the Constitution to delete "guests should be required to " and insert "guests should be encouraged to become members, and should pay an additional £2 per session as non-members." We would also need delete "to a maximum of 3 sessions per annum."

This is a major change to our way of doing things so the Committee would not be right to decide for you. It needs to be decided by the whole group .

Next, we are changing the renewal form, so that it is clearer to Group Leaders which members are actively attending, and who never does. Our Treasurer has more to say about this, but the idea is to tick only the groups you are attending currently, and to contact the Leader of any group you wish to start attending.

Also we need to incorporate the Data Protection provisions in the form.

May I wish you all a happy and healthy spring season.

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 at 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

We had, our now annual walk, in aid of 'Children in Need' in October, this year we raised £240 on the day. I also arranged a 'mini' ramble with my Great Grandchildren and this increased the total to £280, most of which was 'Gift Aided'.

Our Christmas Walk and Lunch at 'The Rising Sun' was enjoyed by 36. Joyce and I were very touched by the generosity of the walkers who as well as beer for me gave Joyce a plant, and paid for our lunch. We donated the (£50) to the British Heart Foundation.

2019 has so far been kind to us, though on one of our walks we encountered a mild drizzle (see pictures with the 'unnecessary gate') however as we got back to the pub the heavens opened. It made it quite challenging trying to remove our outer clothing worn for the walk and keep dry!

I am now most fortunate to have a number of 'minders' to make sure that I do not stray from the 'straight and narrow'. Mike Morley, Ian Druce and Peter Dawes who accompany me on the 'proving' walks and often we

walk 3 days each week, Ian and Peter are sometimes accompanied by their wives which means we have to be on best behaviour!

We were sad to hear of the loss of Ivan Grimwade, many of us went to his funeral, and recently we have heard that Christine, Dennis Boosey's wife has died. Our thoughts are with Connie and Dennis at this difficult time for them both.



Exercise Group

I am sad to say that as a group we made the decision to pay Stevenage Leisure directly, as the numbers of the group had declined to twelve of us which meant the class was no longer financially viable. However, Emma our instructor approached her manager, Mark; with the idea if we paid directly to Stevenage Leisure we could continue as a group with open entry to anyone who wished to join us on a Thursday afternoon. The arrangement is working well at the present time and in spite of Emma trying to encourage others to join us, this has not happened.

The main advantage of this arrangement is that we are no longer obliged to cover the cost of the room we are using so will only have to pay only a small rise, if anything, for the annual price increase. It has not affected us in anyway and the group is a great way to have fun and exercise so please join us.

We had a funny Christmas Party this time where we played traditional party games as our exercise. How many years has it been since any of you danced the Hokey Cokey? Well believe you me that is excellent Cardio Vascular exercise. We also played musical chairs and balloon racing holding the balloon between our knees. This was followed by our traditional party spread and lots of chatter.

Please contact **Jackie Quinn** at cardiacfiends@hotmail.co.uk

Heartsong



'Our most recent Heartsong date was 1st February but, as luck would have it, this was the only day it has snowed significantly this winter - so far... During the morning it became evident that several of the Heartsong regulars did not want to venture outside their front doors let alone drive to the village hall venue where the car park looked extremely tricky underfoot. So we

cancelled and if Katie, our leader, can find some time in her busy diary we will arrange an extra date to make up for the cancellation.

So, our pre-Christmas session on November 30th is still our last Heartsong 'sing'. It seems a very long time ago now. But still at the time of writing there are only 311 shopping days left to Christmas. It'll go by in a flash. My abiding memory of that festive session was a series of 'mash-ups' that Katie had chosen. A 'mash-up' is where two or even three songs can be sung together because they 'fit' like 'It's a long way to Tipperary' and 'Pack up your Troubles'. 'Rudolph the Red-Nosed Reindeer' and 'Have a Holly Jolly Christmas' go well together as does 'Good King Wenceslas' and 'Here we come a Wassailing'. So it's worth remembering that if you get fed up with hearing one of these tunes at Christmas you can always hum or sing the other tune. This could happen as early as September...

Our next Heartsong session will be on Friday March 29th 2-4pm at Holwell Village Hall just off the A600 a few miles north of Hitchin. Please contact John on 01462 712187 or via burdjohn@hotmail.com if you would like to attend. The suggested donation is £5 per session.

Research Priority Setting Partnership for Advanced Heart Failure

On February 13th, I attended a day workshop in the Woodbrooke Quaker Conference, Birmingham on finalising the setting of research priorities for patients with Advanced Heart Failure. It's part of a fairly new initiative of involving patients and carers in deciding research priorities along with a variety of medics such as GPs, specialist nurses, consultants and researchers. Historically it's only been the medics involved in setting research agendas, plus pharmaceutical companies, but over the last 10 years or so it has been found that by involving patients and carers, a much richer range and diversity of research questions are generated better suited to the needs of the end user - the patient. The whole process has lasted 18 months since we first met and sent out requests far and wide for some questions to investigate. The original list had 476 questions before it was whittled down to 25.

With the assistance of some very skilled group facilitators from the James Lind Alliance, who made everyone feel at ease, we were able to reduce the long list of 25 questions down to a top 10. These will be refined and then sent to funding bodies, such as the Government and the BHF, to choose which research questions they will fund.

As the results are still embargoed, I can't reveal the top 10 but some of the issues we discussed are around palliative care; the appropriate level of exercise; communication between health care professionals and their patients and even mobile phone apps!

It's been a very interesting exercise and I would encourage CF members to get involved in these sorts of projects because you learn so much. This one was headed by Oxford University but as often as not they come from BHF. [John Burden](#)

Line Dancing



It is incredible how time flies by - 2 months into 2019 already!!!

Thank you to everyone who got up and joined us line dancing at the Christmas party. We wanted to demonstrate how much fun and good exercise we get in our 2 hour Saturday morning sessions. As you could see we still have our amazing instructor, Mary, taking us through our paces.

I wrote in the last newsletter that we had 14 members in our group and that no-one new had joined during 2018 and, unfortunately, this is still the case today. It would be really great if we could increase our membership total during the coming months of this year.

WHY NOT JOIN US?

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.

If you would like any further information please Janet Savage at cardiacfriends@hotmail.co.uk

London Walks

We have all enjoyed our usual winter break from the London Walks after completing the last walk of 2018 around the Tower of London in October, but in preparation for the 2019 season of walks we met with Kim at Sir John Oldcastle for our usual working lunch at the end of January.

We discussed several ideas for the new season and have eventually settled on the usual 6 walks, the dates of which are included:

14 April, 12 May, 23 June, 14 July, 1 September and 6 October.

Full details are in the process of being finalised ready for posting and e-mailing to those interested once the confirmation of prices from our coach company has been received.

Unfortunately, as was expected this year, the costs of both transport and VOX headphone hire have increased, but we hope the inevitable increase in cost for our Sunday walks will not deter anyone from enjoying these enjoyable days out in the capital.

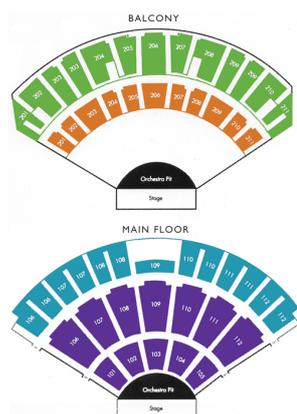
We will retain the use the Wetherspoon pub "Sir John Oldcastle" for our pre-ordered and pre-paid Sunday lunch and also the services of our first-rate London Blue Badge Guide and if anyone wants to join us on these walks, contact Ruth & Barry Brown at cardiacfriendswalks@outlook.com

The London Walks Team

Places of Interest

Another trip has been arranged. This will be to visit 'Peter Beales Roses' in Norfolk on Thursday 27th June 2019. The coach journey should take less than two hours each way and I envisage that we will have approximately five hours on site. As there is no entry fee into Peter Beales Roses the total cost for this day out will be £13 to cover the coach cost. There is a tea room and restaurant on site.

Why not join us? A day trip in the summer to a great location with some of your friends for only £13. WOW!



Theatre Group

At the end of January we had a theatre visit to London to see a comedy titled 'The Play That Goes Wrong'. What a great play. Yes it was 'slapstick' but extremely high quality 'slapstick' and it was thoroughly enjoyed by the 37 people (of which 29 were CF Members) in our Group. Interest and enjoyment was maintained throughout and at the end your jaws ached from the constant laughter. Highly recommended.

I plan to arrange another theatre trip later in the year.

Other Information relating to Trips

I have now run the Theatre and Places of Interest trips for the last two years. During this time substantially less than half of those who expressed interest in coming with us have done so. Due to the time and cost of letting all on the 'interested' list know of these outings, I shall in future only contact those who have attended at least one of the eight trips that have taken place in the last two years.

Everyone will still be aware of the trips as they are all on the Website and advertised in our regular Newsletter. If you would like to attend at any time please contact me to arrange taking part.

Adam Kuzminski

01462 620317 adam@kuzminski.co.uk

Untaught Laws - A humorous look

Law of Close Encounters: The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

Law of the result: When you try to prove to someone that a machine won't work, it will!

Law of Biomechanics: The severity of the itch is inversely proportional to how far you can reach.

Law of the Theatre & Sports Arena: At any event, the people whose seats are farthest from the aisle always arrive last.

The Coffee Law: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Murphy's Law of lockers: If there are only 2 people in a locker room, they will have adjacent lockers.

Law of Physical Surfaces: The chances of an open faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

Law of public speaking: A closed mouth gathers no feet!

Law of Commercial Marketing Strategy: As soon as you find a product that you really like, they will stop making it.

Doctor's Law: If you don't feel well and make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick.

Law of Gravity: If you drop something, it will invariably roll to the least accessible place in the known universe!

Law of Mechanical Repair: After your hands become coated with grease, your nose will itch and you'll need to go to the toilet.

Law of Probability: The probability of being observed is directly proportional to the stupidity of your act.

Law of Random Numbers: If you dial a wrong number, you never get a busy signal; someone will always answer.

Variation Law: If you change traffic lanes, the one you were in will always move faster than the one you are now in. This is also true of checkout queues in the supermarket.

Law of the Bath: When you are fully immersed in the bath, the phone will ring.

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 [20/02/2019](#)