

THE NEWSLETTER FOR CARDIAC FRIENDS



Autumn 2019 Chairman's Report

Well, all of those lovely long light evenings that we enjoyed in the summer are already behind us and so we are getting used to those activities that occupy us for the winter months.

I took the opportunity a few weeks ago to attend the Pétanque group that has been organized by June and Ginger Prentice for some while and have to say that after having the rules explained to me and trying a few tentative boules on the 'piste' at the Wagon & Horses pub in Steeple Morden, I am quite frankly hooked!

A peculiar Gallic pastime that's a sort of cross between skittles and bowling, it demands skill, a marksman's eye and more than a little degree of luck to be successful, but played in teams of 2 or 3 is also highly sociable and very enjoyable.

The afternoon's play is completed with a pre-ordered meal and a drink and a pleasant chat amongst friends.

Frankly, I can't wait until next summer when we can all meet up and play again!

On the home front, we held our autumn social evening on Saturday 5th October, at the St Michael's Hall in Hitchin, a venue that was specifically chosen for its ease of access for the less mobile. It proved to be a very successful evening again with some 63 Cardiac Friends attending.



A welcome drink settled everyone in for an evening's natter with their friends and my 'Singers past and present' table quiz exercised the grey cells and tested the memory. The activity was rounded off by a ploughman's supper and a selection of desserts provided by Janet Willsher's catering which I have to say, was up to its usual impeccable standard. Lashings of tea and coffee, a very successful raffle that raised some £132 and the attraction of a shuffle board for those who wanted to test their skill was also available.

A very successful evening and made more so by the attendance of so many members.

Following on from my Summer Chairman's report, it was decided at the last committee meeting to ease the workload of Secretary by splitting its functions into two separate areas of responsibility that would be known as Membership Secretary and General Secretary. I am delighted to report that Heather Cotton has graciously decided to continue as Membership Secretary, providing a continuity that will be highly valued. We still look to recruit any interested member to the General Secretary position however, a job that would involve attendance at committee meetings to take minutes and to deal with the Group's incoming and outgoing mail issues. If you feel you might be interested, please contact me.

A further initiative that has been discussed by the committee is the possibility of holding future events such as the AGM and social evenings at a variety of locations within our three main population centres, making it more convenient for those who live locally. It is our intention to vary the venue between Hitchin, Letchworth and Stevenage (and their villages) to achieve this goal and inquiries are being made on possible venues, their availability, parking facilities and prices. If any member feels they can recommend such a venue, we would appreciate the details for consideration.

For those who find their Sundays a bit of a quiet day, particularly after the London walks season has come to an end, we are starting a 'coffee morning' get together at a variety of locations in order to meet up with friends for a relaxed drink and a chat.

Locations will be garden centres, coffee houses, pubs or supermarkets: anywhere really where there are a few tables and chairs and somewhere to purchase a tea or coffee. This offers the opportunity of meeting your friends and going on to do a bit of shopping afterwards or even staying on to lunch and furthermore, it gets you out of the house to meet people during the cold wet and miserable winter months!

The first one will be on 17th November at the Hitchin Garden Centre (once Wyevale, but now taken over) between 10.30 and 12.00. If you've nothing else to do why not join us?

Barry Brown

Notes from the Secretary

Dear Friends,

This will be my last letter as Secretary. I have agreed to continue as Membership Secretary, but I am not meeting the duties as Secretary as I would wish to, and I have decided to quit. The post of Secretary is open and I hope it will be taken by someone who really enjoys connecting to people and helping them with their concerns. I am so grateful to all of you for all the kind words and messages of support you have sent me. I hope to see you still at Exercise, at London Walks and at social events.

The Social evening was very successful, with Janet's catering as superb as ever. The next event is the Christmas Party, which is FREE! All the details are at the back of this newsletter and I am taking names for it now.

On a sad note, one of our newest members, Mr Keith Atkinson has recently passed away. Keith was until recently a 'London Walker' and attended the social events. Keith's funeral will be at North Herts Memorial Park and Crematorium on Thursday 7th November at 2.00 p.m. Our condolences go to his family and friends.

Kind Regards,

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.

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.

Wednesday Walking Group

Where has the year gone? It seems only yesterday that we had our Christmas Walk and Lunch, here we are almost in November and contemplating the next festive outing!

Our last walk, which was from 'The Plume of Feathers', was our 4th Annual walk in aid of 'Children in Need'. We usually get our best turn out at Ickleford and were promised some young recruits who were on half term holiday!

Thinking of the past months, the weather has generally been dry and the numbers over 20. We have trodden 'pastures new' at Stotfold and Braughing as well as returning to walks not attempted for probably 10 years at Wareside & Therfield (counting Telegraph poles) which keeps my 'Monday walkers' happy!! My thanks go to Cyril, Kingsley and Ian, for leading when I am away. I have to mention, that Ian was unfortunate enough to lead his walk on the one wet day we had this year. Imagine the 'stick' he got for that! Don't think he will volunteer again. Still they all look like they enjoyed it!



'Ian's walk'



'Children in Need'

We are still keeping our 'short walkers' happy, they come along and walk according to their ability seeking out other venues for a coffee before returning for lunch and chats with us all. May I be the first to wish you all

A very happy Christmas and a Healthy 2020.

Fred Maryon

Exercise Group

The exercise class is doing well. Although we have fluctuating numbers the arrangement we have with the Leisure Centre is working to our advantage. We have a lovely caring group who have great fun while exercising. The exercises we do are based on a complete body work out aimed to keep us supple. All exercises are performed within the limits of the individual. Please come along on a Thursday from 2.00-3.00pm, we meet up in the cafeteria at about 1.45 come along and you will get a great welcome. Jackie Quinn

Heartsong



Our last session was on September 27th which happened to be the 5th Anniversary of the group. Many thanks to Katie Rose for her leadership and expertise and for always making the sessions fun and unpressurised. Well, I am her father so I'm biased.

The songs we sang this time were: the Chorus from pop song Dynamite as a round; Freedom is Coming; the very moving hymn from the stage play and film, War Horse - Only Remembered - and Lizela - an African song which was one of several songs sung at the Sing for Water concert in mid-September (part of the Thames Festival) which was a fund-raiser for Water Aid.



We meet on average every two months on a Friday afternoon, 2-4pm, in Holwell Village Hall just north of Hitchin. There is no need to read music or to have had much experience in singing. We are not a 'performing choir' as such. The purpose of the sessions is to have fun and improve our sense of well-being doing a group activity such as singing which also happens to improve heart and lung health. So it's a win-win.

Each session costs £5 to cover expenses and the next sessions are on November 1st (rearranged from October 25th at short notice) and November 29th.

John Burden

Places of Interest

Since the last Newsletter we have visited two places of interest.

In June we had a very enjoyable trip to Peter Beales Roses in Norfolk. It turned out to be a very interesting visit for keen gardeners and also those who may be not so keen. There was plenty to see and admire and the time spent passed all too quickly. Well worth a visit.



In July we had another trip to Norfolk. This time it was to Norwich. What a beautiful city with plenty to see for everybody. Again well worth a visit.

Adam Kuzminski

Theatre Group

In October we had a theatre a well-known musical but for



trip to see 'Waitress' in London. Perhaps it is not such those of us who saw the show it will remain in our

memories a long time for good reason. It was a little 'naughty' but not out of character for the show. Everybody thoroughly enjoyed it.

Other Information relating to Trips

Early in 2020 I plan to arrange two more trips. One will be a Theatre trip (probably a matinee in London) and the other a Place of Interest trip to a popular city.

Adam Kuzminski

Cardiac Friends Quiz Nights - A plea from our organiser

The Quizmasters Lament

Oh Woe, oh woe, oh woe is me

At our last quiz, we had but three

To cover cost of hall, I pen

We must attain the number two and ten

Our quizmaster for each quiz doth strain

To compose a quiz to test the brain

But when attendance is so small

The contest is no test at all

So to all those quizzers reading here

May I request to take your ear

And think again to join the quest

Of proving who is the brainiest best

Cardiac Friends Quiz Nights NEED YOU!



Only three more line dancing sessions left for us before the end of 2019!!!
It has been a great year for the group with good attendance and we only had

to cancel two dates, one of which was the Saturday that fell over the Easter weekend.

More good news. After talking to Mary, who is very happy to be our instructor for yet another year, I have gone ahead and booked the Willian Village Hall with dates for all our line dancing sessions for the coming New Year 2020. So we are all set for more continued enjoyable dancing and exercise. We would love to welcome more of you to join us.

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 refreshment break of tea/coffee & cake, as well as a friendly, relaxing chat. We pay £6 per session which includes the refreshments.

London Walks

Another very enjoyable set of London Walks for Cardiac Friends. Firstly many thanks from the team of four for your support and enthusiasm about these walks. As usual our wonderful London guide and friend Kim was there to direct us around and give us history and stories and anecdotes and We were virtually full for all the walks and with size of group the headsets that we use make it so much easier for one and all.

We were once again so lucky that the rain held off and we didn't lose or gain any extra bodies.

Our aim is to choose a variety of themes and destinations. We started off in April in the area around the Royal Albert Hall. Here the story of Prince Albert and the Great Exhibition unfolded before us but it was a pretty cold day! In May, a totally different theme as we walked around the city looking and learning about the new architecture of concrete and steel and glass. And the spider men window cleaners even turned up to show us their skills! The area of walk three in June was in the east at Woolwich. So now the story of guns and warfare and even a football team. A first too as we used the Woolwich free ferry to get across to board the coach. Unfortunately I was unable to go on the July walk to Columbia Road and Shoreditch but lots of flowers and masses of people. Walk 5 was booked as our second attempt to get to Limehouse. But not to be, as Kim fell on her way to see us and fractured bones in her left arm and instead went off to hospital. Fortunately we were in sunshine and at the beautiful destination of docklands. So people went their own way and explored the docks, gardens and the Dockland museum. And finally, to walk 6 in October. Yes, we **were** a month early for our theme of Guy Fawkes but we don't arrange walks in November, so wandering around the area of Westminster Kim was able to build up the picture about these traitors who tried to blow up Parliament and the consequences of their treason. All Pretty gory!



Columbia Road Flower Market - Woolwich Pedestrian Ferry

The London Walks Team

From the Newsletter Editor

As you have read we are in danger of losing our Cardiac Friends Quiz nights; that would be a shame! The exercise group would welcome new members too! And we are still in need of a Secretary, so think about this post, the group needs one to operate - that is in our Constitution. But on the plus side there is a new initiative for a Sunday morning coffee morning, let's hope that is a success.

Ruth Brown

29/10/2019



Stop Press!

The AGM is booked for Wednesday 27th May at 2.00 p.m. - 3.45 p.m.

St. John's Community Centre

St. John's Road

Hitchin

Herts

SG4 9JP