

Hearts and Minds

THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance

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AUGUST/SEPTEMBER 2015

CONTENTS

	<u>page</u>
Forthcoming Events	2
Editorial	3
News from the Chair	3
Committee Reports	4
Out and About – Travel	5
Medical Matters & NHS News	7
Exercise Groups	8
Membership Secretary Report	10
Obituaries and Eulogies	11
Your Garden	12
Reflections	13
Officers and Committee Members – 2015	16

FORTHCOMING EVENTS

August	No Meeting	
15 th September	Dr Daniel Carlton-Conway (Chair, St Albans & Harpenden Locality, Herts Valleys Clinical Group)	Commissioning
	The title of the talk will be: "Update on the <i>Your Care, Your Future</i> health and social care review in West Herts."	
20 th October	David Lloyd A talk by the Police Commissioner	
17 th November	Robert Barltrop A talk on diamonds and their history	
9 th December	Christmas Party	

All Tuesday meetings (unless otherwise stated) will be held in the Hall of St Mary Marshalswick, Sherwood Avenue at **8 p.m.** Hall available from 7.45 p.m.

HERTBEATS is a Cardiac Support Group formed in 1997 to provide practical advice, information and help to cardiac patients and their families within the St. Albans, Harpenden, Welwyn Garden City and Hatfield areas. It is also an informal social group that arranges for both patients and ex-patients, trips at home and abroad, regular friendly gatherings with interesting speakers and the opportunity to meet new and old friends. Whilst not offering formal medical advice, Hertbeats members often learn much about their ailments and the practical means of coping with these by talking to other members who have had similar experiences.



EDITORIAL

"MUSICK HAS CHARMS TO SOOTH A SAVAGE BREAST" - CONGREVE (1697)

I regularly perform in concerts as a horn player and, over the last 10 years or so, also as a singer, and I know the power of music over emotions. But anyone who has performed knows that it creates stress but ends, hopefully, in euphoria.

The body has a biological response to music and some recent live concert tests were carried out in which both the audience and performers were monitored for hormones. This was done simply by taking swab samples of spittle from each person – and also asking them about their psychological state before and during the performance.

The saliva swabs were analysed to assess changes in five hormones. The audience results revealed that the concert produced a significant decrease in stress hormones, reinforcing audience members' own perceptions that the music made them more positive. The performers, on the other hand, experienced an increased the stress hormones cortisol and cortisone. However, this stress had returned to normal by the interval; the overall impact on the performers was relaxing.

These results have enabled the researchers, together with a composer, to develop an app that uses specially-composed music to aid rehabilitating hospital patients doing physiotherapy. Further research looking at what might improve immune functions among cancer sufferers has been carried out in the USA. Three key factors were identified, and singing offers all three: a strong social interaction, a channel for emotional expression, and a belief among participants in the benefits. Singing is very therapeutic.

These results go to support Congreve's poetic statement. More importantly, they have given quantifiable tools to enable researchers to assess the benefits of music on people's moods, stress levels and recoveries. This should all raise our awareness of the importance of music in our lives.

Alan

NEWS FROM THE CHAIR

NEWS FROM THE CHAIR

For many Hertbeats members summer begins with our 'Strawberry Evening'. This year there were increased numbers attending, but due to the efficiency of Jill Higgs, Audrey Taylor and Jim Green there were still enough strawberries for 'seconds'. Our thanks go to Jill and all of 'her team' for making the event so successful.

At the time of writing these notes we have experienced some British summer weather with a spectacular night of electrical storms and some exceptionally hot days. The latter did enable our family to jump into the outside swimming pool in Hitchin. My granddaughter really was able to swim before she could walk. Now she is five I have difficulty keeping up with her in the pool. Thinking back (to a rather long time ago) we had no swimming pool to go to during the War and I think I was at secondary school before I could swim properly. They weren't called swimming pools then, but rather 'the baths' and for some time after the end of the War that is what they were, actual baths for those who did not have adequate bathroom facilities at home.

Elsewhere in this Newsletter, members will find an article by John Coad. I am certain that we all want to thank John for undertaking the duties of Hertbeats Secretary over the last 11 years. Roger Miller has agreed to succeed him and absorb his current Membership Secretary role into the Secretary's post. We are all grateful to him especially as he has not been in the best of health. We all wish him well on that front, but please don't overtax him.

Due to Michael Utteridge's unstinting efforts Hertbeats summer trips got off to a great start at Belton House and Woolsthorpe Manor. Members are looking forward to the forthcoming trips to Chiswick and Buckingham Palace.

Many members and especially 'exercisers' will know Norman Heathfield. Unfortunately Norman has not been well recently and has had to stop exercising in the Maple Unit (hospital) gym on a Tuesday evening. Norman organised that class for well over a decade and we thank him and his wife, Trish, for doing this so efficiently and for so long. We wish them all the best. Fortunately Ralph Skuce has agreed to succeed Norman as the class organiser.

We do have some very good news about the Maple Unit exercise classes as a whole. We have heard from St Albans Council that our application for a one-off small grant of £700 (from the Health and Wellbeing Fund) to help with the Maple Unit classes has been successful. It is likely that some of this money will be used to give publicity to not only the exercise classes, but also other Hertbeats activities.

I have also asked 'HertsHelp' to include details about Hertbeats on their website. We should appear on it by the time this Newsletter is published. I and Hertbeats have to be 'scrutinised' first to prove that we are a *bona fide* organisation. How's that for use of my 'O' Level Latin!

Brian Y

COMMITTEE REPORTS

WANTED FOUND – NEW SECRETARY!

Those of you who have read my previous pleas in *Hearts and Minds* and/or attended this year's AGM will know that I have been keen to hand over the reins after being your Secretary for just over 11 years.

I am pleased to tell you that Roger Miller, our Membership Secretary, has agreed to add the jobs I have been doing to his portfolio, which also includes publicity. In fact, Roger has become the new **Secretary**, with membership matters and some publicity work subsumed under the post. (It is said that if you want a job done, give it to someone who's already busy!)

So it's *au revoir* to my committee colleagues (at least in the convivial surroundings of John V's home), whose company I have enjoyed immensely over the years, including, of course, those who, sadly, are no longer with us.

John Coad

BEQUESTS RECEIVED

The following members have kindly donated over £3584 towards either the expenses of the Christmas party, or for a memorial project.

A Carter, C Lewis, W Dibbens, J Fordham, D Gibbs, C May, D Simmons, P Smith, R Ward, and L Wilkinson; all of these either provided for Hertbeats in their will, or requested that instead of flowers at their funeral, the amount that would have been spent, should go to Hertbeats. We also received monies from friends of S Kiddle, who had stated that, as an alternative to buying her a birthday present, please send their gift money to Hertbeats.

Of the sum of £3584, £250 went towards the costs of our Christmas parties (a specific request), and of the balance we have provided benches in Clarence Park, and Westfield Road Cemetery, also framed June Gibbs' wonderful tapestries and funded the completion of the DVD which will be at the forefront of Hertbeats advertising drive for more members and possible sponsors. The balance remaining of £87 is being held in abeyance.

We on the Committee of Hertbeats are immensely grateful to these kind hearts, and hopefully they will have approved of our memorial projects.

Dave Tarrant

OUT AND ABOUT – TRAVEL

HERTBEATS - TRIPS UPDATE

Wednesday, 12th August Visit to Buckingham Palace and Gardens.

Just a reminder of this trip which includes admission to the State Rooms in the morning and the Gardens in the afternoon.

If you are not receiving emails with details of the trips and wish to be added to the mailing list please contact me.

Michael Utteridge

Email: michael.utteridge@btinternet.com

Tel: 01582.460880

HERTBEATS TRIP REPORT

Visits to Woolsthorpe Manor and Belton House

On Saturday 20th June Heartbeats' visited Woolsthorpe Manor and Belton House which are near Grantham in Lincolnshire. Michael Utteridge with his usual efficiency organised an excellent day out.

WOOLSTHORP MANOR

Woolsthorpe Manor is a National Trust property, it was the birthplace of Sir Isaac Newton the famous English physicist and mathematician who was born here on Christmas Day 1642 according to the old Julian calendar but there is some ambiguity in this as most of Europe were using the Gregorian calendar (which we use today and has been used since 1752) which means he was born on the 4th January 1643.

The manor house is a fine example of a 17th century farmhouse and is furnished as a house of the time might have looked. The kitchen is quite large and perhaps 10 people would sit down for a meal. There is a room upstairs where Newton worked. In 1666 when he returned home from Cambridge because of the plague, and it was here he made discoveries about light, optics and the law on universal gravitation. You can go into the garden and see the famous apple tree that inspired his thoughts on gravity. Is it the actual tree? Well it is up to you whether you believe it but I think it could be.

There is a Science Discovery Centre; you are able to have hands-on experience of the physical principals investigated by Newton. I unfortunately did not leave enough time to really explore this centre but some of our members told me they had great fun in there.

Isaac Newton never knew his father as he died before he was born. His mother remarried a local parson; he was 65 and she was 23. She moved to the parson's house and they produced 3 children. Isaac was left with his grandparents at the farmhouse. When the parson died his mother moved back to the farmhouse to look after Isaac and the 3 other children. There is a film shown in one of the outbuildings of Isaac's early life through the eyes of his mother.

As well as being one of the most famous English physicists and mathematicians, Newton was the Lucasian Professor of Mathematics at Cambridge, President of the Royal Society and Master of the Royal Mint. He never married. He was knighted by Queen Anne in 1705 and was only the second commoner to be given a state funeral, this in 1727; he is buried in Westminster abbey. He was an extraordinary man. The house is well worth a visit.

BELTON HOUSE

Belton House is a wonderful mansion to explore. It was built by the "Young" Sir John Brownlow. The building was started in 1685 and completed in 1688. Since then very little has changed externally whilst inside each generation has left its mark.

Sir John Brownlow the 3rd later Viscount Tyrconnel owned the house and when he died it passed to his nephew Sir John Cust so the family name became Brownlow Cust. When his son inherited Belton he was created a Lord and took the title Lord Brownlow. Belton was then owned by successive Lord Brownlows for the next 200 years.

The 20th century was difficult for the Belton estate with income tax and death duties. The 7th Baron Brownlow opened the house to the public but financial difficulties were too great and so in January 1984 ownership of the house gardens and some of the contents passed to the National Trust. It has a fine collection of paintings, silver, books, furniture and ceramics. Tapestry lovers will enjoy the 18th century tapestries made at the Mortlake factory and shown in the Tapestry room.

The mansion is regarded as one of the architecturally finest houses the Nation Trust possesses. Standing in 1300 acres it has formal gardens and a wonderful orangery with very interesting plants.

In World War 1 Belton was the home depot and training ground for the Machine Gun Corps. In World War 2 the RAF Regiment was housed in the park.

Something that caught my eye was a cricket match going on in front of the house. Apparently when the house was given to the NT one of the conditions was that Grantham Cricket Club could continue to play there.

So, to the house. My wife is always very organised when we go around these houses and likes to have a plan of all the rooms we can visit and ticks them off one by one. The guides were very helpful and when we were in the Queen's Bedroom I asked which Queen was it named after. It was Queen Adelaide wife of William the Fourth. She was a great friend of the family and was very lonely after the king died as she had no children so spent a lot of time at Belton.

These houses often have a Chinese bedroom. Here the wallpaper is 200 years old. However, it did not come in rolls but small squares. Every one is numbered and every piece is different. It looked magnificent. The guide told me it was the favourite bedroom of the Duke of Windsor. Being nosy I asked the guide if Mrs. Simpson stayed with him and she said she did. I also learnt that the 6th Baron Brownlow, who was a close friend of the prince, was his equerry as Prince of Wales and later Lord-in-waiting when he became King Edward VIII. Baron Brownlow escorted Mrs. Simpson to France during the abdication crisis to escape media attention and tried to encourage her to renounce the idea of marriage to the king. But it was all too late, he had already abdicated.

Another bedroom was called the Windsor room; Prince Charles used this bedroom when he was training to be a RAF pilot at Cranwell which is nearby. It had also been used by the Duke of Windsor.

I always try and pick a favourite room when I visit houses like this and I was coming down on the Chinese Bedroom which also had the history of the Duke of Windsor but, when my wife looked at her plan of the house, we had missed 4 rooms. THIS WAS SERIOUS!! We found 2 rooms together. One was the dining room which was really something to see with wonderful silver and as for the paintings by Melchior d'Hondecoeter these were enormous and spectacular. So I changed my mind and said this was the room I liked most of all. But there were still 2 rooms to be found. By this time I was on Christian name terms with the guides as we were going to and fro so much. We at last found the others. One of the rooms had been used for storage but in there was the most beautiful piece of furniture. I was told it was the most extravagant piece in the house and it was priceless. It was a cabinet inlaid with Lapis Lazuli - a gorgeous blue colour known as the "Stone of Heaven". Prized since antiquity for its intense blue colour, it can be ground up into powder and used as paint. Famous artists like Johannes Vermeer used it. It was also used on the eyebrows of the death mask of Tutankhamen. It can only be found in few countries, one of those being Afghanistan. So I now have a favourite piece of furniture as well as a room.

This ended our visit to Belton which we had thoroughly enjoyed.

Thank you Michael and Corinne for such a lovely day.

James Green

STRAWBERRY EVENING

On the 16th June Hertbeats had their annual Strawberry Evening extravaganza.

This year was a great success. First we had our feast of strawberries, cream and shortbread washed down with either Buzz Fizz or fruit juice. We were then entertained by Jeff Briggs (saxophone) and Noel Roberts (Guitar) who played many foot-tapping melodies and some songs we sang along to. (Perhaps we should form a choir - only joking!!)

We would like to thank Jill Higgs and all the ladies that helped in preparing the food and organising such an enjoyable evening.

James Green

MEDICAL MATTERS & NHS NEWS

HERTBEATS TALK ON SEPTEMBER 15TH

Review of NHS and Social Care Provision Locally

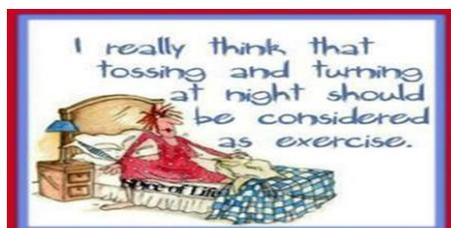
Newspapers reports that NHS and Social Care services are to be fully integrated in Manchester and Cornwall provide examples of reviews that are being undertaken in all areas of the country. Spurred on by an increasingly ageing population and restricted finance available to meet their needs and those of others, a review on a smaller scale is well underway in West Herts and locally in St Albans and Harpenden with a title of *Your Care, Your Future*.

Our speaker on 15th September, Dr Daniel Carlton- Conway (a local GP), will be talking about how this review is going. It has started with a thorough examination of what is currently happening in our area leading on to a detailed presentation of the case for making changes. Proposals for how and where services are provided in future will follow. At all stages there has been and will continue to be a desire by our Herts Valleys Clinical Commissioning Group and its partners, the West Herts Hospital Trust, the Mental Health Trust, the Community Health Trust and the Hertfordshire Council to inform and involve members of the public. Hertbeats members will have this opportunity on September 15th.

Our speaker, Dr Carlton-Conway, is Chairman of the St Albans & Harpenden Locality, Herts Valleys Clinical Commissioning Group of which all the GP Practices in St Albans and Harpenden are members. He is personally involved in the review. His willingness to come and talk to us is appreciated.

John Blandford

EXERCISE GROUPS



EXERCISE CLASSES UPDATES

MAPLE UNIT

Currently there is one vacancy for the Tuesday 6.00pm class, two for the Thursday 6.00pm class and five for the Thursday 7.15pm class. It is this last class which is an issue for gaining adequate income for those classes as a whole. Please do let me know if you would like to join it. (Contact details on the back page.) All exercisers go at their own pace supervised by an appropriately qualified physiotherapist. Both Thursday classes are taken by Eleanor Hughes, who some will know if they have passed through 'rehab' at the City hospital.

Brian Y

WESTMINSTER LODGE EXERCISE CLASSES

Monday & Thursday 2.30 to 3.30 £3.20 per session held in Dance Studio 2

Free parking for the first two hours, but you must display a ticket on your windscreen.

Numbers for the last 8 weeks up to 2nd July, 2015. Monday class averaged at 8, highest 10 lowest 6; Thursday class averaged at 6, highest 8 lowest 5. Attendance has been affected by holidays and the heat, although the Dance Studio has air conditioning.

If any member is interested in joining our happy friendly classes please contact me for a chat on 01727 852610 or email cjh@stalbansherts.demon.co.uk.

Christine Hill

ANTONELLA McMILLIN'S EXERCISE CLASSES

All members are welcome at Antonella's classes.

Group classes:

Batchwood	11.30am
London Colney	Wednesday 11 am
Harpenden	Wednesday 1pm

Gym classes:

Harpenden	Monday 12.20 to 13.50+Friday 12.30 to 14.00
Westminster Lodge	Thursday 10.30 to 12.00

Brian

JERSEY FARM

With the revitalised Jacquie returning from her 2nd hip operation, the numbers attending the Jersey Farm exercise session has had an average of over 12 attendees. Any member who enjoys the more aerobic exercise class with movement to music, and would like to come along to see if they could cope, should give me a ring prior to turning up, but would be welcomed, as the hall can take many more.

Dave

HERTBEATS WALKING GROUP

11 of us enjoyed a 5 mile walk on Thursday 23rd April; the weather was cool at the beginning but towards the end of the walk it was quite warm as the sun came out.

With the start at The Bull PH, in Wheathampstead, Ed took us along the river Lee on a circular and fairly level walk. We headed off towards Brocket Hall, then turned towards the Ayots, then back via Lamer Park, but other than Ed, none of us new exactly where we were.



This being my first walk with the Hertbeat members it was quite a novelty for me to walk for two hours and never get lost once. I found it difficult to believe that it was 5 miles as the conversations flowed, learning a lot about our fellow members and the varied lives they have lived.

Dave Tarrant

HERTFORDSHIRE HEALTH WALKS – AUGUST/SEPTEMBER 2015

The brochure is available at doctors' surgeries and the Information Points at St Albans Town Hall and Harpenden Town Hall. Some days have changed from previous months!

These are graded walks and are led by experienced volunteers who are trained in leading and in basic first aid. Grade 2 is an easy/moderate walk: 45 minutes, about 2 miles; Grade 3: moderate walk, about 1 hour (3 miles), faster walk and possible stiles; Grade 4: like 3 but up to 90 minutes. Suitable footwear and waterproofs, plus water, are advisable. Each of the ones listed here are near where refreshments are available after the walk!

If this is your first walk, either go online and fill in the form there, or turn up 10 minutes early and give your details to the leader. www.hertfordshirehealthwalks.org This site also gives details of all the health walks across the county.

Highfield Park, St Albans: Charters Health Club car park, Hill End Lane, opposite Spar: a) Mondays 9.30am: b) Tuesdays 1.30pm: Grade 2/3.

Hatching Green, Redbourn Lane, Harpenden: White Horse: park on side road: Thursdays 10.30am: Grade 3/4.

Wheathampstead: Meet at the public car park behind The Bull, East Lane: Tuesdays 10.30am: Grade 3/4.

Heartwood Forest: Car park, High Street, Sandridge, AL3 6JB: Sundays 10.30am: Aug 16: Grade 4. [No details for Sep.]

Verulamium Park: Meet outside the Westminster Lodge Leisure Centre, Holywell Hill: Wednesdays 7pm: Aug 12, Aug 26. Grade 3. [No details for Sep.]

JV

MEMBERSHIP SECRETARY REPORT

MEMBERSHIP SECRETARY REPORT

Current Membership. As at 14th July 2015 Hertbeats membership stands at 344.

New Members. Since the last newsletter Gilbert Carswell, Frank Brooke, Pam Martin and Pam Williams have joined Hertbeats – Welcome aboard.

Membership Fees. This year, including those deceased and those who have moved away, 32 members are now lapsed. Whilst they will not be in receipt of this newsletter, members of your committee have not left it there. Each person is being called up to ask what we could have added to Hertbeats that would have convinced them to stay on. As you might guess, this also unearths those who thought that they had paid up or who had simply forgotten. So there may be a slight recovery in these numbers.

As you will all doubtless recall, the last full issue of new membership cards was subject to two economies. First the cards were inserted in a newsletter and not posted separately. This saved over £200 in postage not counting the cost of envelopes. The second saving came from my suggesting to the committee that we do not need to renew every year with a date. Hertbeats never invoke the use of these cards as proof of membership or for entrance to a subsidised event. If membership is in question a call to the Membership Secretary is made and the current list referred to. So the last issue of cards to everyone did not carry a year of validity. This also saved a substantial exercise reprinting, laminating and guillotining a great many cards every year.

Well everyone, this is the last report you will receive from the Membership Secretary. (Hooray Hooray I hear everyone cry!!)

However, elsewhere in this newsletter you may have read that John Coad has at last managed to ~~escape~~ retire gracefully. So John has handed over his duties to me. (Boo Hiss Hiss do I hear?) So I will continue to generate my dry membership statistics for you and the committee and look after our leaflets alongside my new duties as Secretary. (Fame at Last!) But look on the bright side – One Less Report to read.

Roger Miller
Membership Secretary

OBITS AND EULOGIES

JOHN ALFRED GAME

It is with great sadness that I must pass on the news of my father John's passing on 10th June.

He was born and grew up in Kingsbury and went on to work as an apprentice at Handley Page. At the end of his apprenticeship he moved to Frigidare to work as a tool designer where he met my mother Joyce. They got married and moved to St Albans where they have lived ever since.

They lived in the same house all their married life making good friends with many of the neighbours especially Brian and Rita Atkins.

It is some consolation he was able to get to know his grandson (now 9 months old) so well.

He was still able to do most things he wanted to: just the week before his passing going with friends to visit The Shuttleworth Collection.

I would like to pass on my thanks to Antonella for running her exercise classes; he was a regular attendee. It kept him in great shape and able to remain active.

Chris Game

SANDRA HILDRETH BROWN

It is with great sadness that we report the death of Sandra Hildreth Brown. Her husband James says that Sandra had had a very long illness and he that she went peacefully. Sandra's funeral was held at Garston crematorium on 23rd July.

We send our condolences to James and family.

DOROTHY SALISBURY

It is with great sadness that I write to let you that my mother passed away in late May.

Even though she was not recently an active member, she did use to enjoy the exercise class when they were at the hospital. (I think that's where they were, I also remember something about Batchwood). I also think she may have come to some things with my dad, Reginald Salisbury, as he had a heart attack in 1992.

She had a double bypass and a new valve in 1998. Prior to that she had an irregular heartbeat due to rheumatic fever when she was a child. She was of great interest to the doctors and medical students who were all dragged into her outpatients appointments to have a listen.

Thank you to your members for the magazine that you send out. We have had many moments of laughter on reading the joke pages at the end.

Ruth Argent

YOUR GARDEN

GARDENING REPORT

There has been an excellent display of roses this summer and so far there does not seem to be much less than normal at this time of the year, possibly because of the long dry period. Keep the roses flowering by regularly dead-heading. Don't cut too far down the branch because you will remove leaves that are needed to assist the continued growth of the bush.

If you are considering buying new roses this autumn, try to make a visit to a rose nursery and see for yourself how they cope with black spot and mildew. There is one on the Redbourn Road near the Herts County Showground. Certainly worth a visit. The name of the nursery is Godly's Rose Nursery ; he has supplied all my plants over many years.

Everything should be flowering well now. Keep them going with a feed occasionally. When watering the plants remove the rose from the can spout and water the plant alone – don't worry about the earth between the plants. Sweet peas are nice to pick and display but to assure a long-lasting supply do not let any seed pods develop on the plant and keep well-watered and fed. If you are not a sweet pea addict looking for fine flowers on each stem, I recommend you buy a packet of fragrant sweet peas seeds. You won't have so many flowers but the wonderful smell in the house outweighs their looks in my opinion. Near the end of the season allow some seed pods to develop, collect and allow to dry then plant the seeds in pots in late autumn. Leave them in a sheltered place in the garden to grow ready for transplanting next spring.

Watch out for slug and snail damage on the hostas. Growing them in pots is the best way but slugs crawl up the outside. If you see the first inkling of lace-curtain effect, start searching! Think about repairs that may be needed to the lawn. The end of September is a good time to reseed bare patches while the ground is still warm.

Water shrubs well. They tend to dry out under the shelter of the leaves. Encourage them to start producing next year's flower buds. Remove this year's flower residue from azaleas, but be careful not to damage the new shoots at the tips.

Bill



REFLECTIONS

PUBLIC INFORMATION

HELP & ADVICE ON GETTING TO YOUR HEALTH APPOINTMENT

From 1st April 2015 there is a new telephone number to call to book **non-emergency** patient transport: **0300 303 2101 (Calls are charged at local rates).**

The line is open from 8:00am to 8:00pm Monday to Friday and helpline assistants can provide advice and information about transport to hospital or health appointments including eligibility to use the service. Journeys can be booked up to two weeks in advance with two working days' notice. On the day, bookings can sometimes be taken but cannot be guaranteed.

For transport to NHS Hospitals or clinics in Bedfordshire and Hertfordshire: Patients will be assessed and accessible transport will be booked for those patients whose medical need or mobility means that they cannot travel by any other means (including family and friends, taxi or voluntary car service).

For transport to hospitals or clinics **outside** Hertfordshire and Bedfordshire: Advice and assistance for these journeys will be provided by helpline assistants.

Please have your NHS number to hand when booking a journey. You can find this on your appointment letter.

If you are not eligible for this service they can provide you with information on alternative door-to-door transport options, such as the voluntary car scheme. **Please note — there is usually a charge for this.**

EUROPEAN HEALTH INSURANCE CARD (EHIC) – RENEWAL

You can renew your EHIC card **for free** at www.nhs.uk/ehic or telephone 0300 330 1350.

Unofficial websites may charge if you apply through them.

One such website is EHIC direct at www.ehicdirect.org.uk. Tel: 0844 559 1061.

They explain that "the fee that we charge is not for the delivery or the actual card but for the services that we offer and provide. EHIC Direct offer a check and send service which also includes a renewal reminder, we have the option for our customers to download an app for the smartphone to ensure that you will never travel without your EHIC details on our app, we also provide a hospital locator for any emergency treatment that may be required whilst travelling, for this we do charge a fee." (Currently £24.50)

"However, on our website we do state that this can be obtained for free from the NHS and do also have a link which will take you directly to the NHS website to apply. We do clearly state that we are a third party processing agent with no affiliation to the NHS or any other government body."

CAVEAT EMPTOR.

Ed

OTHER REFLECTIONS

CLEVER WORDS FOR CLEVER PEOPLE :

1. ARBITRAITOR
A cook that leaves Arby's to work at McDonald's
2. BERNADETTE
The act of torching a mortgage.
3. BURGLARIZE
What a crook sees through
4. AVOIDABLE
What a bullfighter tries to do .
5. ECLIPSE
What an English barber does for a living.
6. LEFT BANK
What the bank robbers did when their bag was full of money.
7. HEROES
What a man in a boat does
8. PARADOX
Two physicians
9. PHARMACIST
A helper on a farm
10. POLARIZE
What penguins see through
11. PRIMATE
Remove your spouse from in front of TV

12. RUBBERNECK
What you do to relax your wife
13. SELFISH
What the owner of a seafood store does
14. PARADIGMS
Twenty cents

YOUR AGE BY CHOCOLATE MATHS

This is pretty neat. It takes less than a minute

1. First of all, pick the number of times a week that you would like to have chocolate (more than once but less than 10)
2. Multiply this number by 2 (just to be bold)
3. Add 5
4. Multiply it by 50 -- I'll wait while you get the calculator
5. If you have already had your birthday this year add 1765.
If you haven't, add 1764..
6. Now subtract the four digit year that you were born.

You should have a three digit number

The first digit of this was your original number
(i.e., how many times you want to have chocolate each week).

The next two numbers are.....

YOUR AGE! (Oh YES, it is!)

THIS IS THE ONLY YEAR (2015) IT WILL EVER WORK, SO SPREAD IT AROUND WHILE IT LASTS.

HERE ARE SOME CURRENT PUNS

How does Moses make his tea? Hebrews it...

Venison for dinner again? Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crepes.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood, but it was a Type-O.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausages are the wurst.

When chemists die, apparently they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection you know urine trouble.

Broken pencils are pretty much pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I dropped out of the Communism class because of lousy Marx.

All the toilets in New York's police stations have been stolen. As of now, it appears the police have nothing to go on.

I got a job at a bakery because I kneaded dough.

Velcro - what a rip off.

I know a guy who's addicted to brake fluid, but he says he can stop any time.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

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Please send newsletter articles or letters to the address above or by email to brittain1547@btinternet.com. Newsletters are expected to be published in the first week of February, April, June, August, October and December. **The next deadline is midnight of 14th September 2015 for publication in the October/November 2015 issue.**