

Hearts and Minds

THE HERTBEATS NEWSLETTER



St Albans and District Cardiac Support Group
Established 1997

Affiliated to the British Heart Foundation and Arrhythmia Alliance
hertbeatscsg@hotmail.com



DECEMBER 2015/JANUARY 2016

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FORTHCOMING EVENTS

19 th December	Christmas Party
	Booked Meetings 2016
19 th January	Dr Richard Harrington Flying in the Face of Change The Rothamsted Insect Survey
16 th February	Dr John Versey The Spy who is Buried in Harpenden The Dreyfus Affair and the consequences
15th March	Doctors' Evening <i>This meeting will be in the Hall of St Mary Marshalswick</i>
19 th April	Dr Brian Quinn CBE Retired Deputy Governor of the Bank of England 1995 – 1996 Review of the current economic situation and the way ahead.
17 th May	Hertbeat AGM

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

So, who can we believe nowadays to tell us the real facts? As a scientist I created and reported information from my experiments which were real facts – and they can be re-measured and confirmed by other scientists.

This is where VW have failed us. Independent scientific authorities in the USA repeated emission tests and found discrepancies. Undesirable materials, such as nitrogen oxides, were greater than VW claimed, for a large number of its cars. For customers who wanted to do their best for the environment they might have chosen the car with the lowest emission – only to find that the real figures were, in fact, higher.

To do these tests correctly costs a lot of money and so rarely is there a challenge to some dubious measurements. So, when manufacturers produce figures, by-and-large, they are taken as definitive. But our trust has been stretched, once again I am tempted to say.

We are all getting cynical about figures in general and especially where they are generated by manufacturers and not independently. But you will find examples in other scenarios and you have to be on the *qui vive*. My pedantic *bête noir* is the use of “up to”. You have all seen sales where there is “up to 50% off”; what does it actually mean? It means any number which is no greater than 50; so it can be 25%, 10% ... And so it is often difficult to find the articles which are, in fact, really 50% off.

So, *caveat emptor*.

Alan

NEWS FROM THE CHAIR

I do believe the old adage that ‘time goes faster as one gets older’ to be true. Can it really be Christmas time yet again? It may be that commercial interests are trying even harder to get us to spend our money (on items we don't actually need?) with some shops and sellers starting Christmas in August. I may have told this story before, but it is absolutely true. We used to have neighbours who believed that time was passing so quickly that they never took the decorations and lights off their artificial Christmas tree, but just put it in the cupboard under the stairs until the following December when they put in a hand, pulled it out and plugged it in. No bother, but isn't it part of the fun decorating the tree and finding out why the lights are not working!

Well it is certainly not long before we once again have our Hertbeats Christmas Dinner (9 December) at Woollams. Your committee did explore the possibility of having the meal at lunchtime, but Woollams and Saracens could not accommodate that arrangement. We will look at it again for 2016.

Unfortunately Norman Heathfield's health prevents him from continuing to distribute the magazine and leaflets (and sometimes exercise T-shirts) which we receive from the British Heart Foundation. I will endeavour to fill the gap, but we must thank Norman for all of his unstinting efforts for a very long time in getting BHF publications to us.

We have just experienced a year of memorable trips organised by Michael and Corrine Utteridge. Our thanks go to them. The most recent theatre visit, to see ‘The Curious Incident of the Dog in the Night’ at Milton Keynes, for all who went, I think, was to experience an outstanding National Theatre production which brought tears at the end. Michael is organising a trip to see ‘Guys and Dolls’ at the same venue next June, but the booking needs to be made **now**. **Please contact Michael**.

Also next year is our annual meeting with the cardiologists. It will be on 15 March and on this occasion held at our usual meeting venue of St Mary's Church Hall, Marshalswick (not Christchurch).

Although Dave Tarrant, as our Treasurer, keeps Hertbeats' finances healthy, we could always do with increased funding to extend the opportunities for members and improve what we do. Accordingly the Committee is submitting a bid for a grant to the ‘St Albans Fund for the Future’. It will be some time before we know whether we have been successful.

I mentioned in the last Newsletter that we had been promised access to ‘prehabbers’, people at risk of a heart incident. The promise came from Dr Richard Pile of the Parkbury House Surgery. It may be that our repeated follow-up emails and delivery of the Hertbeats DVD have not got past the practice manager at that surgery, so if any Hertbeats member does see Dr Pile, I would be grateful if you might tactfully remind him of his positive response to our request at the AGM of the CCG last September and our willingness to brief people of the advantages of joining Hertbeats.

A very Happy Christmas and wonderful New Year.

Brian Y

SECRETARY REPORT

Current Membership. As at 13th November 2015, Hertbeats membership stands at 353.

New Members. Since the last newsletter Jane May, Irene Cowan and Tara Wright have joined Hertbeats – Welcome aboard.

Meet the Doctors. As you will have seen elsewhere in Hearts and Minds, the **Meet The Doctors** evening is set to take place on

15th March 2016 at 8 PM in

St Mary's Hall , 1 Sherwood Ave, St Albans AL4 9QA.

If you have any questions on heart issues that you would like to put to the doctors please let me know within the next couple of weeks. This will enable me to warn the doctors so that they can prepare the fullest answers to your questions. Questions should not relate to a particular patient case which should properly be dealt with at a consultant appointment.

Roger Miller
Secretary

HERTBEATS CHRISTMAS DINNER REMINDER

Message from Jim Green,

We will soon have to finalize our numbers for the Christmas Dinner with the caterers at Woollams. With this in mind if you are intending to come would you please return your booking form to the treasurer Dave Tarrant as soon as possible.

I know sometimes we mislay forms, if you require another booking form please ring Dr John Versey 01582 764852.

The details for the dinner are:-

Date 9th December 2015

Time 7pm for 7.30pm

Venue Woollams Playing Fields
160 Harpenden Road
St Albans

Cost Members £22.50 Guests £27.50

OUT AND ABOUT – TRAVEL

CHISWICK HOUSE TRIP ON 22ND JULY 2015



Our guide for the tour of Chiswick House gives us some insight into the architectural history and splendour of the House.

HERTBEATS PROGRAMME FOR OUTINGS FOR 2016

For 2016 we have put together a varied programme of outings which we hope will appeal to all of our Members, including those who are interested in joining us but have yet to come along. The outings are planned to reflect the weather, hence the indoor activities at the start of the year, and moving to more outdoor destinations in the Spring and Summer.

The outings are summarised below and full details of each is emailed to everyone on the emailing list for outings several weeks in advance together with a Booking Form. Unfortunately, for the theatre trips we have to commit to paying for tickets as much as nine months ahead although I try to get this reduced wherever possible.

If you are not on the list for emails please let me know at michael.utteridge@btinternet.com and I will add you to it. If you do not have a computer I am happy to send you a hard copy provided you give me the stamps to cover the postage cost.

All the quoted prices cover the cost of the Coach, Admission Tickets and Driver's Gratuity.

The 2016 programme of outings is shown below:-

- Tuesday, 5th January "Aladdin" Matinee performance at Milton Keynes Theatre with Priscilla Presley, Gary Wilmot and Wayne Sleep. There are two tickets available at £24.
- Thursday, 25th February Evening Greyhound Racing at Henlow. The cost is £23 and includes a Fish & Chip Supper, your first Drink for £1 and Gratuities for the Tote Ladies.
- Wednesday, 16th March Morning visit to The Bank of England Museum and "The Crime Museum Uncovered" exhibition in the Museum of London in the afternoon. The cost will be £18 per person.
- Thursday, 7th April "Tom - The Musical" for the Matinee performance at the Waterside Theatre in Aylesbury charting the career of Tom Jones. The cost will be £23 per person.
- Saturday, 14th May Chartwell House, the home of Winston Churchill from 1924 until his death, and an afternoon visit to Emmetts Gardens located nearby. The cost will be £11 for National Trust members and £30 for non-National Trust members.
- Wednesday, 15th June Milton Keynes Theatre for a Backstage Tour in the morning followed by the Matinee performance of "Guys and Dolls". The cost per person is £35 per person and the **deadline for booking is 11th December**.
- Wednesday, 20th July Visit to Eltham Palace in the morning followed by a Guided Tour in the afternoon of The Ranger's House in Blackheath which contains the Wernher Collection including many items previously housed at Luton Hoo. The cost will be £11 for English Heritage members and £27 for non-English Heritage members.
- Wednesday, 17th August Windsor and Windsor Castle for a visit to the State Apartments, Queen Mary's Dolls' House, St. Georges Chapel and the exhibition in The Drawings Gallery. The cost of the outing is £27 per person.
- Saturday, 10th September Visit to Waddeson Manor located in the Vale of Aylesbury and the home of the Rothschild family until it was bequeathed to the National Trust. The cost will be £10 for National Trust members and £24 for non-members of the National Trust.

The pick-up points for our outings are Marshalswick and Chiswell Green normally at 9.30 a.m. and 9.45 a.m. respectively.

I hope that the outings in 2016 are of interest and we look forward to you joining us in 2016.

Michael Utteridge
Email: michael.utteridge@btinternet.com
Tel: 01582.460880

MEDICAL MATTERS & NHS NEWS

A NEW HOSPITAL?

As both the current CEO of the West Herts Hospital Trust and her predecessor have described the three ageing acute hospitals they run at Watford, St Albans and Hemel Hempstead as being not fit for purpose, this has clearly been a priority issue for the *Your Care, Your Future* Strategic Review set up by the Herts Valleys Clinical Commissioning Group (HVCCG). 10 options for possible changes in hospital provision have been developed and considered. Subsequently three of the options have been selected for further investigation and discussion with interested people and organisations.

The acute services that hospitals provide can be split into two categories, unplanned emergency services (A & E, immediate doctor referrals and maternity services) and planned elective surgery such as Day Surgery and replacement hip and knee replacements already taking place at St Albans Hospital.

The options now published and being considered are:

Option 1 All these acute services to be provided in one new hospital on a new site.

Option 2 All these services to be provided on the Watford site.

Option 3 Emergency unplanned services at Watford and planned elective surgery at St Albans.

The elective surgery service at St Albans has recently been enhanced.

Clearly much capital investment will be needed to build a new hospital or bring the hospitals at Watford and St Albans up to current standards.

The second major initiative mentioned in the review is the creation of local Health and Social Care Hubs in several localities in West Herts. These would include some services previously provided at Watford and Hemel. Such hubs are already operating in other parts of the country. The aim is to bring Health (including Mental Health), Social Care and Voluntary Services working together ideally on the same site. In my opinion, the Red House Hospital site at Harpenden would be an ideal place to establish one and St Albans Hospital another if Options 1 or 2 are chosen. Out of Hours and walk-in treatment centres, out-patient appointments and diagnostics could be provided there. It is possible that a GP surgery with limited accommodation might choose to move into a hub.

Travelling to Watford is a big issue for patients but the need to travel there will be reduced by providing these hubs with diagnostics available locally. Other initiatives are the Rapid Response Unit already set up and working in St Albans and Harpenden and the introduction of the Home First service already working successfully in Hertsmere. These two services will enable people to be treated in their own homes rather than going to hospital or A & E clinics. The dual carriageway already under construction from Bushey and passing Watford Hospital will also help. In the past it has been said that if turn-round facilities were to become available on the Watford site, Arriva Bus Services would be prepared to extend the Watford bus service to terminate at the hospital.

More detailed information on the Strategic Review including mention of Hubs and Rapid Response Units can be found in the document *Vision for the Future* available on the internet at

<http://www.yourcareyourfuture.org.uk/vision-for-the-future/>

John Blandford

A LANDMARK STUDY

Sep13 2015

The following article was published in the Huffington Post, on a US study of blood pressure. Thanks to PHSG member Clive Morris for forwarding this information –



Blood pressure monitoring

A landmark study on blood pressure management set to conclude in 2017 has shown such significant results that the National Institutes of Health is announcing its findings today, reported the New York Times.

The study found that reducing systolic blood pressure down to 120 mm Hg, as opposed to the traditionally recommended 140 mm Hg, resulted in dramatically reduced rates of heart attack, heart failure and stroke. Called the Systolic Blood Pressure Intervention Trial, or SPRINT, the study involved more than 9,300 racially diverse participants aged 50 or over.

Systolic blood pressure measures the pressure in the arteries during a heartbeat and is the larger of the two numbers typically used to measure overall blood pressure. The smaller number — diastolic blood pressure — measures pressure in the arteries between heartbeats. Treating high blood pressure requires more focus on systolic blood pressure because it has strong associations with health conditions like the hardening of the arteries, heart disease and vascular disease.

High blood pressure, or hypertension, affects one in three Americans and can lead to heart disease, stroke and kidney failure; systolic hypertension is the most common type. In the past, clinical guidelines recommend that a systolic blood pressure of less than 140 mm Hg is a good target for healthy adults, while 130 mm Hg is recommended for those with kidney disease or diabetes.

To see if hitting a target of 120 mm Hg would be more beneficial, SPRINT researchers randomly divided the participants into two groups: a control group who took medication to achieve 140 mm Hg, and an intervention group who took medication to achieve 120 mm Hg.

Over the course of three years, the researchers found that rates of heart attack, heart failure and stroke for the 120 mm Hg group were down by almost a third of the numbers of the control group. Their risk of death was also reduced by almost one quarter.

"Our results provide important evidence that treating blood pressure to a lower goal in older or high-risk patients can be beneficial and yield better health results overall," said Dr. Lawrence Fine, chief of the clinical applications and prevention branch at NHLBI, in a statement. "But patients should talk to their doctor to determine whether this lower goal is best for their individual care."

On average, it took two medications for the control group to achieve 140 mm Hg, while it took an average of three medications for the intervention group to achieve 120 mm Hg. Non-medical ways to achieve lower blood pressure include weight loss, exercise, a healthy diet and a diet low in sodium.

"We are delighted to have achieved this important milestone in the study in advance of the expected closure date for the SPRINT trial," said Dr. Gary H. Gibbons, director of NIH's National Heart, Lung and Blood Institute, in a statement, "and look forward to quickly communicating the results to help inform patient care and the future development of evidence-based clinical guidelines."

Source: [Blood Pressure Should Be Much Lower, According To Landmark Study](#)



A national **Stay Well This Winter** campaign launched in October. This is aimed at helping people stay well during the winter months when people are often more vulnerable to becoming unwell. The campaign is particularly aimed at those with long-term health conditions, people over 65, pregnant women and parents of young children.

We are supporting the campaign here in west Hertfordshire and encouraging people to:

- Seek immediate advice and help from a pharmacist as soon as you feel unwell, before it gets more serious**
- Make sure you get your prescription medicines well before pharmacies close on 24 December**
- Always take prescribed medicines as directed**
- Keep yourself warm - heat your home to at least 18 degrees C (or 65F)**
- Get your flu jab if you are eligible**
- Keep an eye on elderly or frail friends, neighbours and relatives**
- If you need medical help fast or you are not sure where to go, call NHS 111**

The campaign activity will raise awareness so together we can help everyone **stay well this winter**.

**Best wishes,
Heather Aylward
@HeatherHerts
Public Engagement Manager**

EXERCISE GROUPS

EXERCISE CLASSES UPDATES

MAPLE UNIT

At this time of the year we remind exercisers of the rules.

MEMBERSHIP RULES – MAPLE UNIT HERTBEATS EXERCISE CLASSES

- 1 Must be fully paid-up members of Hertbeats.
- 2 Evidence must be provided confirming your fitness to exercise, e.g. your discharge note from Cardiac Re-hab or a doctor's note.
- 3 You are required to sign a Hertbeats Disclaimer Form. As a support group Hertbeats is unable to accept responsibility for your medical condition.
- 4 A 'medical condition/medicines taken' form must also be completed. The physiotherapist in charge of each class will determine whether to allow any member to exercise especially at his or her first attendance, or following illness or injury.
- 5 Potential members may attend for two initial exercise sessions, on a trial basis without payment, before deciding whether to join a class permanently.
- 6 Maximum number of 12 members is permitted in each class.
- 7 Fees are payable in advance for each 13 week period and payments will only be returned because of a member's sickness or injury beyond the first three missed sessions.

ADDENDA

All exercise classes are undertaken by qualified instructors as approved by Hertbeats. Each class has an agreed representative to provide a link with the Hertbeats Committee.

Could I ask co-ordinators of the classes (Ralph Skuce, Brian York, Frank Brooke, Ralph Evershed) to ensure, in liaison with the class physio/instructor, that all exercisers update their 'Hertbeats Exerciser Medical Form' in January.

Currently there is one vacancy for the Tuesday 6.00pm class, one for the Thursday 6.00pm class and six for the Thursday 7.15pm class. It is this last class which remains an issue for gaining adequate income for the 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

(Note free parking for the first two hours but you must display a ticket on windscreen)

Numbers for the last 10 weeks up to 5th November, 2015 :-

Monday class averaged at 9, highest 11 lowest 8; Thursday class averaged at 7, highest 10 lowest 4.

We would like to welcome Bess Chow who has recently moved to St. Albans and has joined our Monday Class.

Unfortunately at the beginning of October our instructor for the Monday Class, Sonia, could not continue taking the class after 4 years; she will be very much missed. Chris Bourne has taken her place; he has settled in very well and is getting to know us all and continuing the hard work that Sonia put in over the last few years.

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
The full list of Antonella's classes is:

Group classes:

Batchwood Tuesday 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 Y

JERSEY FARM

Jersey Farm exercisers continue to have a healthy number attending, with people working at their own style and tempo, it is a fun evening. Mainly aerobic with movement to music and weight workouts. Any member wishing to come and view the class is more than welcome. Just give me a ring first. The hall can take many more.

Dave T

GOLF REPORT

GOLF SOCIETY - AUTUMN MEETING

We started our Autumn meeting at Stockwood Park Golf Centre on Tuesday 6 October under dark threatening skies. Within half an hour the heavens had opened and the course soon became unplayable.

Play was temporarily abandoned and the shelter of the club house sought. But an hour or so later we were heading back out onto a drying course to play a reduced 9 hole competition.



We played a "Texas scramble" competition in teams of three and four. Only 6 points separated five teams with Adrian Greenlees's H2H team winning with Andrew Bell's & Val Clough's teams coming joint second.

John Burt won Nearest the Pin. A day that started badly finished well in pleasant sunshine and was concluded with an excellent meal and prize giving.

We now go into hibernation and look forward re-emerging in Spring '16.

Anybody who would like find out more about our informal golf section please contact Vernon Clough on 01582 713080 or at

vclough@ntlworld.com.

Vernon

USE OF WII FOR EXERCISE

I use the Wii play station for all my exercising, which includes 1 hour of tennis which is difficult at first to achieve any kind of hitting balls - but I play for over 1 hour most days, then I go onto exercises which include step-ups which have to be judged perfectly in time to the rhythm to get a point, but again practice makes perfect - the Wii also gives you the method of core work and I have achieved 53% left and 47% right which is almost perfect (but I don't think I have ever been perfect...)

Various games all have a base of teaching one to - stand and walk - jump and run - all to their patterns... which make you puff at times but I consider that a good thing, done in moderation. If I am not feeling well then I don't also have the stamina to even try - but I have impressed my family and grandchildren who I often beat which isn't bad considering they are 36 and 34 years of age...

Gladys Pearson

YOUR GARDEN

GARDENING REPORT

Christmas may be on the horizon, but you cannot slacken off yet. The unusually mild spell of weather has allowed weeds to continue to grow so you must continue to dig them out. Be careful if you use a hoe to control them because the shoots of the spring bulbs are now close to the surface. I cleared a bed of French marigolds a couple of weeks ago; forked the surface gently and now some bulbs are three inches high suggesting a pre-New Year of flowering.

Regretfully, the grass continues to grow and more and more worm casts are appearing; better than mole hills I suppose. If you are suffering like me, it means that the lawn has to be raked before cutting, both jobs which I am not enthusiastic about. Finish trimming shrubs and hedges as soon as possible. This includes trees and ornamental yews. It is a good idea to put wire bands around yew bushes to hold them compact and neat.

All the leaves are now down. Don't let them hang around on your lawn or let them float on the surface of the pond. Also clean out the weed from the pond to give the frogs swimming room during their mating season. I am happy that there will be more frog spawn next spring.

As the weather becomes damper and colder, check your geranium cuttings regularly, removing dead or dying foliage. Keep the cutting compost almost dry. Any

geranium plants that you wish to save through winter should also be kept reasonably dry. In the right environment they will continue to flower, for instance, in an enclosed porch. Plant sweet pea seeds in pots. They may be left outside in a sheltered position. Plants grown in autumn have a strong root system and will reward the growth with better flowers. Plant bare-rooted roses and shrubs as soon as possible to give them time to settle and start new rooting systems before they have to support new top growth in spring.

When you are banished from the kitchen, clean and sharpen your tools ready for the next spring. Take the blade from the rotary grass mower; sharpen it with a file and replace it. It makes a vast difference to the mow.

Finally, look after your indoor plants over the Christmas period. Keep them out of draughts, and do not over-water, particularly cyclamen and amaryllis.

Bill

PUBLICITY

PUBLICITY

As some of you will be aware we now have a professionally produced DVD which we would like to be seen by as many people as possible. It will be featured on YOU TUBE but we would like as many of our members as possible to take a copy and endeavour to have it shown in any club or organisation with which they are involved. It only lasts two and a half minutes but we believe it shows what Heartbeats has to offer. Please contact BRIAN GIBSON to obtain a copy: (07702887623) or 01727859127.

WAITROSE COMMUNITY PARTNERS

In January 2016 the St Albans store will be featuring HERTBEATS as one of their chosen charities to support. For those of you who are not aware customers are handed green tokens which they then place in one of the chosen charity containers on exiting the store. There is money to be made from this venture so fingers crossed that our publicity on the container will entice customers to put the green plastic token in the HERTBEATS box.

ST ALBANS COMMUNITY GARDEN PROJECT

Waitrose are also helping in a venture with which I am involved and that is the St Albans Community Garden project. Heartbeats are planting a tree in the garden and our involvement with this very worthwhile project will hopefully spread the word about our work to other groups across the area.

Brian G

REFLECTIONS

PUBLIC INFORMATION

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Valuable Piece of information Let's say it's 6.15pm and you're going home, after an unusually hard day at work. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far. You have been

trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives!!

A cardiologist says if everyone who gets this mail sends it to 10 people, you can bet that we'll save at least one life.

Penni Giles

*Continuing Care Administrator
NHS Cornwall & Isles of Scilly
Keep coughing!*

MISSION PARADISE

by Marjory Rae Lewis (Author)

At the beginning of the Second World War, Marjorie and her brother are invited to live with an elderly, childless couple in their grand house near Winchester.

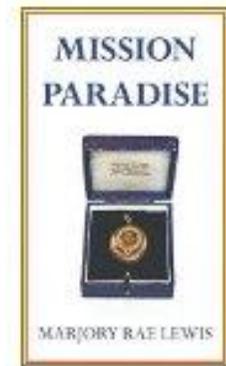
Their mother, needing to earn her living remains in London. By chance, she finds herself working with the Belgian Resistance who are engaged in secret and dangerous work.

Christmas arrives and there is a lull in the bombing, Marjorie, now 15 years old comes to stay with her mother who decides to throw a party for her Belgian protégés. Marjorie is invited to dance by a young Belgian officer and the attraction for both of them is instant.

They spend a month together until Marjorie returns to school in Winchester. She wonders what will happen: will he write? Or was he just amusing himself with her?

This atmospheric and touching story reveals the outcome of a tender relationship...

Marjory's book is available from Amazon in both Hardback and Paperback.



OTHER REFLECTIONS

After reading this, I realize why they stopped door-to-door delivery!!!

Dear milkman:.....

I've just had a baby, please leave another one.

Please leave an extra pint of paralysed milk.

Cancel one pint after the day after today.

Please don't leave any more milk. All they do is drink it.

Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.

Milkman, please could I have a loaf but not bread today.

Please cancel milk. I have nothing coming into the house but two sons on the dole.

Sorry not to have paid your bill before, but my wife had a baby and I've been carrying it around in my pocket for weeks.

Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way round.

When you leave my milk please knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.

Please knock. My TV's broken down and I missed last night's Coronation Street. If you saw it, will you tell me what happened over a cup of tea?

My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle?

Please send me a form for cheap milk, for I have a baby two months old and did not know about it until a neighbour told me.

Please send me details about cheap milk as I am stagnant.

Milk is needed for the baby. Father is unable to supply it.

From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk.

My back door is open. Please put milk in 'fridge, get money out of cup in drawer and leave change on kitchen table in pence, because we want to play bingo tonight.

Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

When you leave the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. P.S. Don't leave any milk.

No milk. Please do not leave milk at No. 14 either as he is dead until further notice.

OFFICERS & COMMITTEE MEMBERS – 2015/2016

HONORARY OFFICERS

LIFE PRESIDENT	Brian Gibson	01727 859127
LIFE VICE-PRESIDENTS	Dr John Bayliss	
	Dr John Versey	01582 764852
VICE PRESIDENTS	Dr Masood Khan	
	Dr Philip Moore	
	Dr Niall Keenan	

OFFICERS

CHAIRMAN	Brian York	01727 854072
TREASURER	Dave Tarrant	01727 858396
SECRETARY	Roger Miller	01727 766278
	memberhb@gmail.com	

COMMITTEE MEMBERS

CARE AND WELFARE	Anne Gibson	01727 859127
MONTHLY SPEAKERS	Jim Green	01727 830191
INFORMATION & PUBLICITY	Brian Gibson	01727 859127
REHAB LIAISON TALKS	Dave Tarrant	01727 858396
TRIPS AND VISITS	Michael Utteridge	07931 342808
NHS LIAISON	John Blandford (Co-opted)	01727 859913
AND..	June Gibbs	01582 763526
	Roy Titchmarsh	01582 792247

EXERCISE CO-ORDINATORS

MAPLE UNIT	Brian York b.york@btinternet.com	01727 854072
WESTMINSTER LODGE	Christine Hill	01727 852610
HARPENDEN & BATCHWOOD	Antonella McMillin	01582 715615
JERSEY FARM	Dave Tarrant	01727 858396
	tarrantdave@hotmail.com	

OTHER ACTIVITIES

RECOMMENDED TRADERS	Maureen Negus	01727 850539
GOLF SOCIETY	Vernon Clough	01582 713080
NEWSLETTER EDITOR & PUBLISHER	Dr Alan Brittain	01727 865593
	3 Alverton, Green Lane St Albans AL3 6HB	

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 January 2016 for publication in the February 2016/March 2016 issue.**