

CARDIAC NEWS-BEAT



2020

Official Newsletter of the
CARDIAC SUPPORT GROUP
(Nottingham)

Supporting Cardiac Rehabilitation

SPEAKER PROGRAMME 2020

January 30th	Racheal Daffe	Spire Hospital, Tollerton
February 28th	AGM	Sherwood Hall, Sherwood Wing NCH
March 26th	Richard Terrington	Cancelled due to Lockdown
April 30th	Martin & Emma	Cancelled due to Lockdown
May 28th	Kevin Hole	Cancelled due to Lockdown
June 25th	David Newsom	Cancelled due to Lockdown
July 30th	Summer Social	Cancelled due to Lockdown
August 27th	Andy Rodgers	Cancelled
Sept 24th	Will Smith	Cardiologist
October 29th	Dr David Gray (Rtd)	Cardiology Consultant.
Nov 26th	TBA	
Dec	Christmas Party	

The above programme is correct at the time of print but due to unforeseen circumstances this may change at short notice.

Due to the Coronavirus situation we are adjusting the programme Accordingly and will update as the situation changes

Editorial

A SPECIAL WELCOME TO ALL NEW MEMBERS

I would like to welcome all new readers to the third official quarterly magazine of 2020 of The Cardiac Support Group Nottingham.

In this issue, due to the possibility of further restrictions and the prospect of shorter daylight hours I have included two bumper quizzes for you to pass an hour or two on. A “Nature” quiz and one “Around the World”.

Once again, I have also included poems from Tracey in Devon and Mick from Sheffield which you may find are appropriate.

I have included Christine’s half year Treasurer’s report and Roland has provided an item on “Doing nothing isn’t an Option” during the present situation.

If you would like to pass on any stories regarding life during this lockdown period which may help fellow members to adjust to this unusual situation, please do so.

As you can see, the Speaker programme is under constant review so please bear with us as we are continuing to monitor the situation.

Thanks to everyone who has sent in items for publication – if it is not in this issue, it will be in some future issue.

Mick

Mick Wagstaff, News-Beat Editor.
3 Thistle Close,
Newthorpe, Nottingham.
NG16 2DD

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email:- secretary@heartsupport.co.uk

Chairman's Bit

MY ACCIDENT

Here we go again! After the golden wedding fiasco, I have another problem.

A friend asked me to do a small job for him on my combination woodworking machine. I checked the machine over as it hadn't been used for a time and found that the Planer Thicknesser belt kept coming off. I stripped it down to check and found the guards had to come off. I was on my knees looking to see what was wrong, I couldn't get up very well so put my hand on top of the machine and you've guessed it, I managed to put my hand on the working blades.

Our Daughter took me to Ilkeston Hospital but nobody would tackle it, so off we went to the QMC, and received a similar reaction. About six o'clock that evening a young lady surgeon from plastics arrived and booked me into the Treatment Centre Plastics for an operation.

I arrived early, sat down and a young man from plastics said, "I will let them know you are here". A young Chinese lady came, said the same and before I knew what was happening I was taken into the waiting room. They said we are all here, we may as well get started, and I was taken into the operating theatre. I was introduced to all present and it was then that I found out the young Chinese lady was the one going to operate. I was put onto the operating table and into action they went, it took about 1 hour 40mins

I would just like to say the treatment I got was first class and all that was about to happen was explained, and as I was under a sheet, there was always someone there talking to me, keeping me informed which helped to keep me calm.

Next stop was a week later at the City Hospital for re-dressing and that was straight forward. Once again, treated very well, I was actually out before my appointed time. Since then its weekly visits to the nurse at the Doctors surgery and once again I was very well looked after and pleased to say that my hand is coming on fine.

Hope to see you when this Covid19 thing is over, meanwhile, we are having meetings via Zoom. It's not as good as actually having the group together but means we are still able to keep in touch.

Look after each other, until then, keep safe.

Barry

Membership Subscriptions

Our current Members subscription is £5.00 per year and runs from March to February but if you join in January your membership is valid for 13 months until March of the following year

2020 Memberships are now due.

Spare a thought for loved ones and friends who are no longer with us. Also those who are not feeling so well, we wish them a speedy recovery.

Don't forget.

Give someone a call!

Mobile Phones

In an emergency situation, anyone can ring either 999 or **if using a mobile, 112** – the latter is used by the Ambulance service to locate you exactly which aids help arriving in time.



Secretary's Slot

Well! What a year, if anyone had told me this time last year that the group would not be meeting "Face to Face" for the majority of 2020, I would not have believed them.

This time last year we were starting to build the 2020 social and Speaker programme and looking forward to starting our 29th year as a support group which also includes 21 years as a charity – not a bad record!!! Lets hope 2021 is a good year for our 30th Anniversary.

Early in 2020 new regulations regarding the coronavirus were introduced which put all our plans on hold, just hoping for a short delay in proceedings! Not to be, as regulations changed on a regular basis and on the 14th September 2020 reality set in, putting us back to "Square One" regarding the members meetings.

Not wanting to put the group on "hold" your Trustees are looking at using the technology available to maintain contact, continuing with Trustee's meetings complying with the "Constitution". Now with the help of Dr William Smith we are planning a virtual September meeting with a talk "[Cardiology at NUH after COVID](#)", with [questions and answers afterwards](#).

Just to reflect:-

Meetings: We are still unable to access the Sherwood Hall due to ongoing restrictions, ***At the moment, face to face meetings remain cancelled until further notice.***

Online Meetings: As informed above we have embraced the current "social distancing" message and members group meetings will continue via the ZOOM app until further notice. If you wish to "sign in" to these meetings please contact the Secretary (Contact details can be found in the News-Beat – Editorial Page).

Since our last issue of News-Beat we have been informed of the death of one of our postal members, Mr Geoffery Baldwick, Geoff was a very keen member of the group and attended most of the social events and kept in touch with us on a regular basis.

Finally, remembering our previous Chairman and Founder member Maurice Smith it was a year on the 25th of September that Maurice passed away. He has been greatly missed and what he would have thought of the current situation, I can only imagine! God bless him!

Please take care, stay safe and we hope to see you all again in the not too distant future.

Mike Wagstaff

Secretary, CSGN



Our website, leaflets, “News-Beat” and now our Facebook page continue to attract interest in the group along with requests from the public for help on heart matters and we try to respond to every request for help.

We are not medically trained and cannot give medical advice but I am pleased to say we have been able to continually point these requests for help to the appropriate people who can give medical advice to worried heart patients.

You can now contact us through development@heartsupport.co.uk and our Facebook page.

Apart from the News-Beat being produced as a hard copy, it is accessible on the website in P.D.F format; it is also distributed via email and post on request.

Cardiac Support Group (Nottingham)

Treasurer's Report for Half Year Ending 30 June 2020

I have to start by saying this has been the strangest year I have ever known and I am sure most of you will agree with me. I do hope you are all keeping well in these very difficult times and look forward to the time when we can all meet face to face again.

It has of necessity been a very quiet year so far but I am pleased to report that we have just over £15250 in the bank as at the end of June.

Donations stood at £630.00. Although this is a considerably lower figure than last year, as life has more or less stopped for many people, we are very grateful to all who continue to support us.

We were able to hold three public collections in February which raised £389.98. I know that Sue, David and our collectors will be eagerly awaiting the time when we can arrange further collection dates but as things stand at the moment it may be some while before that will be possible. You will all appreciate that the collections provide a considerable contribution to our funds and are very much missed.

One of the Group's aims is to make contributions toward the cost of special items of equipment for the cardiac units of the two Nottingham hospitals. We have not so far received any requests for funding but any we do receive will have to be considered very carefully by the Trustees in view of our much reduced income at the present time.

I hope you find this half year information useful and I will of course prepare a full report for the year end 31 December 2019. In the meantime, do take care of yourselves and most of all – stay safe!

Best wishes, Christine

Honorary Treasurer

Doing Nothing Isn't an Option

When a disaster strikes, adrenaline pumps and reactions are automatic. Focus narrows and movements quicken all with the intent of minimising any potential damage and moving away from the danger before us. We all know this feeling, we have experienced it at least once in our lives and we all have that in common.

Following on in the wake of this period of intensity, is one of silence and relative inactivity. Waiting, waiting to see the outcome and what remains. The longer the time, the more unsettling it becomes. In fact there is relief in just knowing whatever the outcome. Whether it is good news or not so good, knowing is so much better than not knowing. It gives us a foundation from which to view our future and make plans.

Some people say that you make your own future, while others have a total belief in fate. What you think will help you deal with the obstacles life throws at you in two totally different ways. If you believe in fate, you will reflect that this was going to happen and there was no way to avoid it or the subsequent events which you will experience. If you determine that you shape your own future, you will be reflecting on what has happened and modifying your actions to do all that you can to avoid similar happening again. It's a choice between action and inaction.

It has been known for some time that 90% of first heart attacks are caused by a combination of nine modifiable risk factors. Most of them being lifestyle factors and unfortunately some of them involve things you might enjoy. Considering these factors and what you can do to reduce your risk is one way you can shape your own future. Too many people arrive later in life suffering the effects of cardiovascular disease because they trusted in fate, they had chosen.

If you are reading this, maybe you have already had your life lesson and have started to shape your own future by reducing your risk factors. It is easy and can be enjoyable; it doesn't have to be a chore. Finding a way to remind yourself of the benefits will keep you on the straight and narrow and many find the Support Group a way to keep in touch with other patients and to not lose sight of where they have come from and hope to be going.

As a group we are converts to the lessons taught at rehabilitation classes of modifying our lifestyles to reduce those risk factors and to do what we can to increase our physical activity. As a group we should serve as an example of what is possible to the wider community who have the 'invisible monster' of heart disease rampant within it. We have a voice and should use it; people are waiting to hear what we have to say.

In these times of the COVID pandemic, we see daily reminders of those who want to make their own future, those who adhere to social distancing and have no gripes about wearing masks when in the shops. We get daily reminders on the impact the disease is having in the newspapers and on TV. What do you think the reaction would be if the numbers lost to heart disease each year was plotted against victims of COVID?

For too long heart disease has been a forgotten disease, it is invisible in many of its effects as well as the measures many take to mitigate their risks. Perhaps it is time to change that, time to reach out to the community and to engage them in a conversation THEY should be having about the importance of maintaining a healthy heart. We can all play our part no matter how small.

Roland



Harvest.

Early the harvest, sweeter the hay,
Hello to each morning, goodnight to each day,
Long hours of grafting, long hours of pain,
Smell, `is she ready ?`. Then comes the rain.

Long hours of turning, no money here,
Diesel for burning, year beyond year,
Spinning and spreading, mid gathering gloom,
Long hours for turning, under the moon.

Sweeter the daybreak, clearer the day,
Better the chances of making sweet hay,
Higher the glass stays, brighter the sky,
Spirits are soaring chances are high.

Clatter the baler, tight is the string,
Full trailers leaving, empties they bring,
Fields of great beauty gathered with care,
Food for the Winter, for animals there.

Early the harvest, long hours of pain,
For rapeseed and oats, for wheat and the grain,
For hops and for barley, potatoes that feed,
The farmer provides from his knowledge of seed.

Long in the darkness, long in the night,
Challenging nature, with all of their might,
Man and his nature close to confide,
Man and his harvest, ever provide.

God Bless you and keep you all safe.

Mick Westwood

THE TWO DOORWAYS



You've come across two doorways,
That will let you pass through time.
Do you knock upon the doors you see?
Or walk by and just decline?

One will take you forward,
And one will take you back.
The futures through the Blue door,
And the past is, through the Black.

So if you had to choose a door,
Where would you like to go?
What year, what month, what century?
I'd really like to know?

Would you travel back in time?
A hundred years or so?
Or would you travel to the future?
To view the way things go?

But whatever door you choose to knock,
There's one thing you CAN'T do.
You cannot change, the things you see,
As the trip is just to view.

So you're standing by the doorways,
Do you knock upon the door?
Each door will take you to a realm,
That you haven't seen before.

Some places might excite you,
Some views might make you sad.
But whatever you decide to do,
It's a day you've never had.

The choice is yours, what would you do?
Do you knock or stay right here?
Would you fancy an adventure?
Or would your heart fill up with fear?

Do you take a chance and have a look?
Or do you fear what you might see?
And would you be returned again?
As there is no guarantee.

So please, come on and tell me,
Do you knock and would you go?
It's just for fun, a questionnaire,
Leave your answer, down below.

© Written by Tracey Curtis...1/8/20

Know Your Symptoms

Covid-19

- Fever
- Dry Cough
- Fatigue
- Shortness of Breath

Flu

- Fever
- Dry Cough
- Runny Nose
- Headache
- Sore Throat
- Muscle and Joint Pain

Cold

- Cough
- Sore Throat
- Aches and Pains
- Watery Eyes
- Sneezing
- Runny or Stuffy Nose

Allergies

- Sneezing
- Coughing
- Itchy Eyes
- Runny or Stuffy Nose

Please check [gov.uk](https://www.gov.uk) for up to date information regarding Covid-19 information.



Jumpstart

Just for ICD wearers

Jumpstart is a local support group run by the Arrhythmia Nurse Specialists, who work in Cardiac disciplines at Nottingham University Hospitals NHS Trust. The aim of the group is to give help and support to ICD users in Nottingham and surrounding areas. The meetings provide advice and support and are often attended by speakers who offer information on all aspects of ICD use and other topics. The meetings also provide a platform for users to share experiences and information with other users.

We encourage new members and welcome our stalwart members to attend as often as possible. Friends / relatives / carers are warmly invited and welcome, especially if they have any questions/queries.

Jumpstart is co-ordinated by the following healthcare professionals.

Ellen Berry (Arrhythmia Nurse Specialist):

Helen Padgett (Arrhythmia Nurse Specialist):

Cathy Holton (Arrhythmia Nurse Specialist):

To contact Jumpstart,

C/O Cardiac Nurse Specialist Office,

Linby Ward, NUH NHS Trust,

Hucknall Road, Nottingham, NG5 1PB.

Email jumpstart@nuh.nhs.uk

Tel: 0115 9691169 Ext 54482

If you are called by the Pacing Clinic for a check-up you must attend or make alternative arrangements, otherwise you may not be authorised by the DVLA to drive a motor vehicle.

**Please contact the above for further
Information**

NATURE QUIZ

- 1) Brown, Spiny, Norway and Black are what kind of animal?
- 2) Czar, Jefferson and Warwickshire Drooper are popular UK varieties of which fruit - strawberry, pear, plum?
- 3) Which culinary word is used for a rooster that has been castrated before it reaches sexual maturity?
- 4) A Hybrid Tea is a type of what plant?
- 5) Dorper, Texel and Merino are all breeds of which animal?
- 6) Blue Lacy, Chinook, Akita Inu, Dunker, Tosa, Barbet, Saluki and Utonagan are all examples of what?
- 7) What yellow flowering tree is poisonous?
- 8) What colour is a periwinkle?
- 9) To which bird family does the jay belong?
- 10) What is the natural habitat of an arboreal creature?
- 11) What is the proper name for the tail of the fox?
- 12) Dark Cornish and Dorking are breeds of what?
- 13) Animals classified as carnivores eat meat, what do folivores eat?
- 14) Which wild flower is also known as knapweed?
- 15) What name is given to the fruit of a rose bush?
- 16) What name is given to the home of a squirrel?
- 17) Duruc, Landrace and Tamworth are all breeds of which animal?
- 18) Which plant were oast houses built to dry?
- 19) Which tree forms the staple diet of the koala?
- 20) What is the other name for a cavy - guinea pig, hamster, gerbil?
- 21) What is the name for sculpting hedges?
- 22) Which breed of cats, rabbits, and goats have the same name?
- 23) What type of animal is an alewife - bird, snake, fish?
- 24) The yak is native to which continent?
- 25) In nature, what does a dendrologist study?
- 26) Which continent is home to the aardvark?
- 27) What name is given to a male horse between the ages of 1&4?
- 28) What is anthophobia the fear of - farm animals, flowers, people?
- 29) Where on the body of a horse would you find the gaskin?
- 30) Formicology is the study of what?
- 31) Canine refers to dogs but 'hircine' refers to which animal?

- 32) Gossamer is a substance produced by which creatures?
- 33) In terms of height, which is the world's largest dog breed?
- 34) How is 'Atropa Belladonna' more commonly called?
- 35) What colour are budgerigars in the wild?

Answers on page 17

Donations July to November 2020

Mr R Impey	Donation	10.00
Mr & Mrs Gretton	Donation	10.00
Mr & Mrs Denton	Donation	25.00
Cardiac Rehab	Sale of Relaxation CD's	<u>15.00</u>
		<u>£60.00</u>

Total Donations Received £60.00

Many thanks to everyone for their donations and support.

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### **Public Collections 2020**

|     |                        |                |
|-----|------------------------|----------------|
| Feb | Morrisons, Netherfield | 322.60         |
| Feb | Linby Ward             | 42.31          |
| Feb | New Inn, Newthorpe     | 25.07          |
|     | <u>Total to Date</u>   | <u>£389.98</u> |

**Supermarket / Garden Centre Collections.** Sadly, we are unable to proceed with this activity for various reasons. When the outlook is clearer we will be having discussions with Businesses and our collection teams to ensure they are comfortable with the arrangements we can ultimately make in this respect.

## SUNDRY SALES

|                           |        |
|---------------------------|--------|
| Sweatshirts               | £18.00 |
| Polo Shirts Short Sleeves | £14.40 |
| Tee Shirts                | £11.94 |
| Baseball Cap              | £10.80 |

All items carry the Cardiac Support Group logo

Garments are available by special order from our Secretary, Mick Wagstaff also Carole Wagstaff. Payment is required with all orders.

## **DON'T FORGET YOUR FLU JAB**

Contact your Doctor's Surgery for Clinic Times

Now the winter is approaching and the Coronavirus is still with us please protect yourselves as much as possible

You may find that this year's programme will be slightly different to previous years



## **ANSWERS TO NATURE QUIZ:-**

- 1) RATS
- 2) PLUM
- 3) CAPON
- 4) ROSE
- 5) SHEEP
- 6) DOG BREEDS
- 7) LABURNUM
- 8) BLUE
- 9) CROW
- 10) TREES
- 11) BRUSH
- 12) CHICKEN
- 13) LEAVES
- 14) CORNFLOWER
- 15) HIP
- 16) DREY
- 17) PIG
- 18) HOPS
- 19) EUCALYPTUS
- 20) GUINEA PIG
- 21) TOPIARY
- 22) ANGORA
- 23) FISH
- 24) ASIA
- 25) TREES
- 26) AFRICA
- 27) COLT
- 28) FLOWERS
- 29) HIND LEG
- 30) ANTS
- 31) GOATS
- 32) SPIDERS
- 33) GREAT DANE
- 34) DEADLY NIGHTSHADE
- 35) GREEN

## AROUND THE WORLD

1. Which is the most southerly capital city in the world?
2. In which American state is Mount Rushmore located?
3. Zanzibar is a semi-autonomous region of which East African country?
4. What is the capital of Ghana?
5. In which English county would you find Drayton Manor Park?
6. Cape Canaveral was renamed in 1963 by Lyndon B. Johnson and reverted back to its original name in 1973. How was it known between these dates?
7. Which is colder, the North Pole or the South Pole?
8. On which British motorway are the following service stations - a) Thurrock Services b) Medway Services c) Chester Services d) Watford Gap Services?
9. The beach resort of Bugibba is on which island?
10. Alaska is the largest US state by area, but which is second largest?
11. What is the official language of Brazil?
12. In which country would you find Kronborg Castle, known to many as 'Elsinore' from Shakespeare's 'Hamlet'?
13. Timbuktu is an ancient settlement within which country?
14. In which country would you find the Troodos mountains?
15. In which English county would you find Ironbridge Gorge?
16. Held annually in the England in July on what river does the 'Swan Upping' take place?
17. From which country did Lebanon gain independence on 22nd November 1943?
18. In which European country are the beach resorts of Varna, Sunny Beach and Balchik?
19. LA is the zip code of which US State?
20. Name Ireland's longest river.
21. In which London Borough is the London Eye?
22. In which ocean does the island nation of Mauritius lie?
23. Hawaii was the 50th and last state to join the U S A in which year

24. Captain Corelli's Mandolin by Louis de Bernières was set in which country?
25. The annual 'Round the Island Race' is a one-day yacht race around which island?
26. In which city would you find the 'Spanish Steps'?
27. How many member states are there in the European Union now that the UK has left?
28. Which is the longest river in Europe?
29. Easter Island forms part of which South American country?
30. Which is the largest county in Ireland by area?

Answers to "Around the world" quiz on page 20



" That's correct, Doctor. He claims that the specific instructions said to squeeze toothpaste from bottom."

Answers to:- AROUND THE WORLD quiz

1. WELLINGTON
2. SOUTH DAKOTA
3. TANZANIA
4. ACCRA
5. STAFFORDSHIRE
6. CAPE KENNEDY
7. THE SOUTH POLE
8. a) M25, b) M2, c) M56, d) M1
9. MALTA
10. TEXAS
11. PORTUGUESE
12. DENMARK
13. MALI
14. CYPRUS
15. SHROPSHIRE
16. THE THAMES
17. FRANCE
18. BULGARIA
19. LOUISIANA
20. RIVER SHANNON
21. LAMBETH
22. INDIAN OCEAN
23. 1959
24. GREECE
25. ISLE OF WIGHT
26. ROME
27. 27
28. VOLGA
29. CHILE
30. CORK



*Your Committee*  
2020 - 2021

|                                                   |                                               |
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| <b>APPOINTED TRUSTEE</b>                          | <b>Helen Marsh<br/>Cardiac Rehab Lead</b>     |

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Queens Medical Centre	0115 9249924
City Hospital	0115 9691169
NHS Direct	111

Registered Charity Number 1076567

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CSGN Internet Web site:-

***[www.heartsupport.co.uk](http://www.heartsupport.co.uk)***

CSGN Email Addresses

***[chairman@heartsupport.co.uk](mailto:chairman@heartsupport.co.uk)***

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