

CARDIAC NEWS-BEAT



2021

Official Newsletter of the
CARDIAC SUPPORT GROUP
(Nottingham)

Supporting Cardiac Rehabilitation

SPEAKER PROGRAMME 2021

January 28th	Tiffany Jones	Director of Communications and External Relations NUH Trust
February 25th	Dr Nicole Atkinson	General Practitioner
March 25th	Richard Terrington	Linby Ward
April 29th	Kevin Hole	ENT & Audiology
May 27th		Rehabilitation Services
June 24th	Andy Rogers	Medical Physics
July 29th		"Birthday surprise"
August 26th	Rosie Huckle & Philip Britt	Sustainability and Transformation partnership
		"Tomorrows NUH"
Sept 30th	To be confirmed	"NHS Patient Participation"
October 28th	CSGN Members	"The Way Forward"
Nov 25th	To be confirmed	
Dec	To be confirmed	

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

Due to the regulations regarding Coronavirus we are also controlled by the ability of the Speakers to access the Zoom platform so we are only working on 4 months ahead and the next 4 month programme will be advertised in the "Winter" 2021 News-Beat which will be out in December 2021..

Editorial

A SPECIAL WELCOME TO ALL NEW MEMBERS

Once again, I would like to welcome all readers to the Autumn issue of the official quarterly magazine of 2021 of The Cardiac Support Group (Nottingham).

One year and 6 months on, who would have thought we would have missed 18 members face to face meetings due to a pandemic! This seems to go on and on and we still cannot positively plan the next face to face meeting. I know we are under a certain amount of pressure to "Get back to normal" But, we must protect ourselves and our loved ones, and if we have to wait a little longer, so be it.

In this issue, I have included a poem from Mick from Sheffield who is a friend of the group. May I also extend our best wishes to Mick for a speedy recovery from an "event" and surgical procedure he has recently undergone.

Also, Christine, our Treasurer, has produced her half year report on the accounts, under the current circumstances this is a reassuring statement.

I have also included an item based on one members experience on booking a meal in a restaurant, which makes us look at what we need to do when continuing our social programme.

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

email:- secretary@heartsupport.co.uk

Just to inform you that everything in this issue marked with © "copyright", has received permission from the author to be included in the News-Beat.

Chairman's Bit

Hello Everyone

My goodness doesn't time fly, Christmas is coming up very fast so we had better start thinking about it in case we get limited with the shops we can go to etc.

Just before the first lockdown we booked to go to the Royal Concert Hall to see "A Question of Sport", well on the 7th September I got an e-mail saying (We hope you're looking forward to your visit to the Royal Concert 1/09/21 at 7:30 PM.) that was a surprise. Best of all they had allocated the same seats as before, no increase in price so they had kept to their promise.

We started out from home around 6:30pm, arrived at Talbot Street carpark at 7:05pm, then came a problem for us both, walking to the theatre with the new-fangled things called walking sticks, yes, we both need them now, anyway we made it sitting down just before the start, the stage was just like the TV set and when Sue, Matt and Phil walked onto the stage I thought the roof was coming off, it really was that loud, from then on it was laughing all the way especially as Phil was making his usual Gaffs. I can honestly say it was the best show we have been to.

A nice thing happened, sat in front of us were four young people and to their left were some empty seats and they moved to them this gave us a great view of the whole stage. not only that but one of the young ladies joined us as we walked back to the Carpark chatting away, she said that she knew we were sat behind them as she recognised the noise that Hazels stick made.

Not only that but there were four youths, obviously had a drink or two came directly towards us with their heads down when one of them looked up, saw us and pushed the others to one side and could not say sorry enough, are times changing? or just a one off, I believe most of them are growing up.

We hope you enjoyed reading about our night out that started in February 2020 when we booked it for a night out to start our celebrations of our anniversary, I'm pleased to say it was worth the wait.

`All the Best to you all,

Barry and Hazel

Secretary's Slot

This was not a message I would have ever thought I would be writing but, 18 month on from the start of this pandemic I sit here and write a similar message to you all and it is very frustrating for us all.

Looking back to this time last year, this year seems to be a mirror image of 2020, that is as far as the group is concerned. I know we all want to move on from this situation and back to "normal" but, what will be the new "normal"? The question still stands, Do we, don't we, can we, can't we, this is as far as the group is concerned. At the end of the day, do you feel safe meeting other members in a group environment, and where can we meet, to suit you all?

This is the question that the Trustees have to consider! At the present time from the first lockdown in March 2020 all meetings have been held via the Zoom platform so we have managed to maintain the meetings in some form. We know that everyone has not got the technology to join us but, we are looking forward to a situation when we can see you face to face.

A lot of local Charities are based in local towns and are starting to have face to face meetings but, we cover the whole of Nottinghamshire, so, where do we meet? At this point in time a central location eg;- the City Hospital may not be possible due to NUH regulations imposed at this point in time. This we can understand as they want to protect the staff and patients.

As you are aware, the group was founded back in 1991 to help cardiac patients and families to meet together to provide moral support. This was in the form of social activities and of course, has been put on hold for the past 18 months which as created a setback to the yearly programme of events we have enjoyed. Hopefully, we can start planning for these to resume in 2022.

Please let me have your thoughts as we do need a plan forward, your input would be a great help. At this point in time the situation is still "up in the air" and regulations may support one way but not another! You can contact me via the secretary's email secretary@heartsupport.co.uk

You may have noticed that there are two names missing from the Trustees list. Ian and Sue Dale have stood down from Trustee duties due to personal reasons. I would like to thank them for their work as Trustees of the group which included the fundraising programme This now reduces the Elected Trustees to nine.

Elected Trustees can only be selected at an AGM by you the members and of course they must be a member themselves.
Could you be a working Trustee?

We are moving into a new era so, who knows what is ahead, we can only work to what we require to help fellow patients and their families!

Mike Wagstaff
Honorary Secretary



Cardiac Support Group (Nottingham)

Treasurer's Report for Half Year Ending 30th June 2021

I started my June 2020 report by saying that it was the strangest year I had ever known. Although there is certainly more freedom for most of us now, it doesn't feel anywhere near like normal does it? I do hope you are all keeping well.

Once again, we are having a very quiet year but I am pleased to report that we have just over £18250 in the bank.

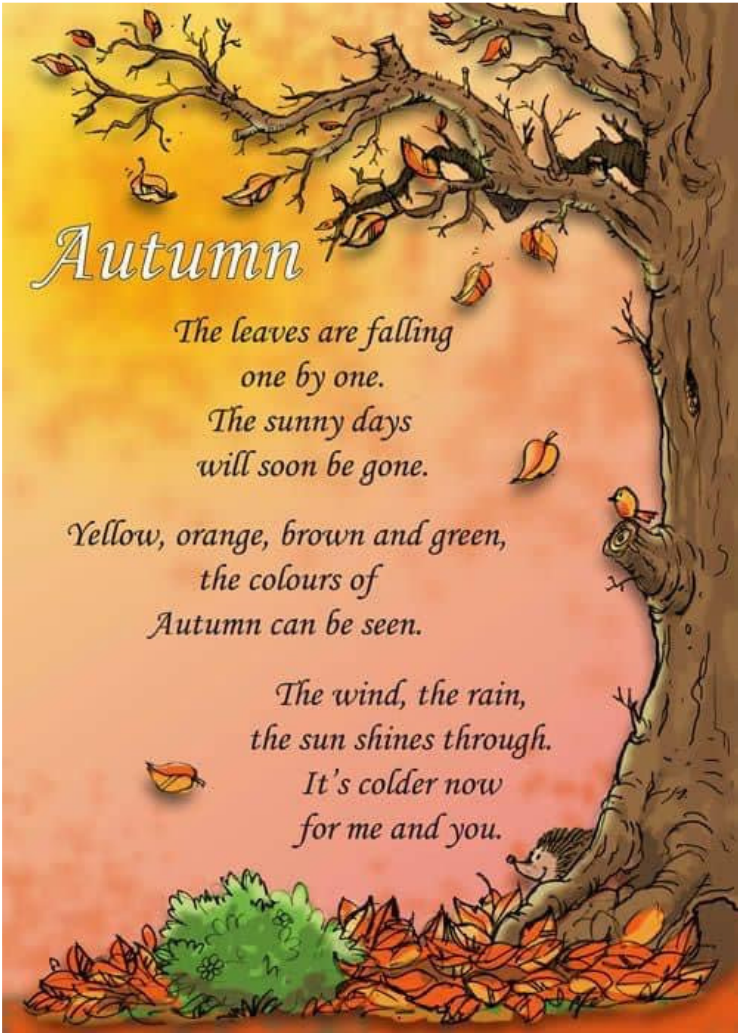
Donations to June amount to £3764.25. Our income received a considerable boost in April from the Co-operative Community Fund who donated £2467.46. We have built up a good relationship with the people who represent this Fund locally and this amount was a very welcome addition to our funds. The balance came from members and others who continue to support the Group. As we are unable to meet or organise supermarket collections at the present time, our income is reliant on people's good will and we are so grateful to all who donate.

As you will appreciate, our outgoings make no allowance for Covid and our payments out amounted to nearly £700.00 up to the end of June.

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. As I reported at the end of 2020, 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.

I hope you find this half year information useful and I will of course prepare a full report for the year end 31 December 2021. In the meantime, do take care of yourselves and we all look forward to the day when we can greet each other in person.

Best wishes, Christine



Autumn

*The leaves are falling
one by one.*

*The sunny days
will soon be gone.*

*Yellow, orange, brown and green,
the colours of
Autumn can be seen.*

*The wind, the rain,
the sun shines through.
It's colder now
for me and you.*

DON'T FORGET YOUR FLU JAB

Contact your Doctor's Surgery for Clinic Times

You will find that this year's programme is much the same as last year based on an appointment basis and it will be important that you arrived at your appointment time.

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

Also, this year many of us may be entitled to the Covid 19 booster jab. Please check if you are eligible, please note:- you cannot have your covid -19 booster until 182 days after your second jab.



Although regs regarding covid may change or lifted please do what you are comfortable with to stay safe.

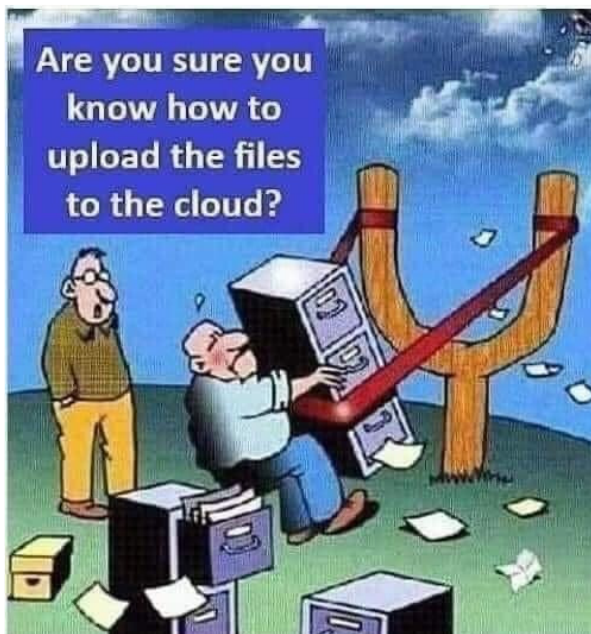
Donations Received

August 2021

Anonymous	Donation	100.00
Anonymous	Donation	10.00
Virgin Money Giving	Donation	62.50
John & Pauline Vickers	Donation	200.00
		<u>372.50</u>

Total Donations Received £372.50

Many thanks to everyone for their donations and support.



Are You Sitting Comfortably ?

Eighteen months of COVID19 and numerous lockdowns and the debate over vaccines has meant the normal routines of our lives had of necessity to be changed. However, the oddity about routines is that when they are changed for long enough they feel like the new “normal”. We all started off thinking “how odd” the world had become with social distancing and the wearing of masks. Today, I don’t think many people now give it a second thought.

The success of the vaccination program the NHS has provided for us seems to have produced some amazing results in terms of uptake and the effect it has had on the prevalence of the disease and the severity with which it affects vaccinated people. Its good news but we shouldn’t become too complacent and let our guard down too early.

I am hoping that in early 2022 we will be able to meet again and that the readers of News-Beat will feel comfortable enough to join us again and to try and carry on as before. The interesting word is “comfortable”, it no doubt means different things to different people. I recently experienced a very good example of this and how one hospitality business helped ALL of their customers feel comfortable in a manner that was relaxed but that didn’t detract from the experience they wanted to deliver. Let me tell you about it.

Sara, my wife, surprised me by booking a meal out to celebrate my birthday. It was a special surprise as we had followed all of the advice and had not been out for over eighteen months. Having had a few days notice did leave me feeling a bit apprehensive and slightly uncomfortable. I didn’t need to, two days before our meal, the Restaurant emailed us to advise of what the Restaurant was doing for its clientele and also what it expected of us during the visit so everyone felt OK and sufficient steps were taken to keep us all safe.

It might be best to let you read the email:

“We are all set and the team are ready and excited to look after you.

There are a few ‘things’ we will need to cover before your arrival so that once here, you can relax and enjoy your time with us.

Social distancing is still a must for us . We haven't put arrows all over the floor or barrier tape on everything but we must remind you to be conscious of distancing when you're with us.

The team will still be wearing masks, something simple to match their new uniforms. They know to speak clearly and loudly if necessary and will be smiling with their eyes.

We would still ask that you also continue to wear a mask until you are sat at a table, be it in the lounge, garden or restaurant. It needs to be worn whenever you are not seated so en route to the toilet, at the desk to pay, I'm sure you get the gist.

All tables will have a small spray bottle of sanitizer, 99% alcohol, and we have placed various dispensers around too, pump away!

Having air flow is a big plus in the fight of COVID so we will be having windows and doors open. It won't be cold but ladies, you might want to bring a wrap with you.

We will be presenting you with an actual menu and drinks/wine list, no phone codes necessary. The wine list is now on a tablet rather than our usual 'book' format so you know no one has been flicking through.

Once everything's ready we will greet you at the table but won't be pulling your chair or placing your napkin as we usually would, the last thing we want to do is crowd you straightaway, I'm sure you understand.

We will pour your first glass of water then we shall leave it to you.

So you will see, we've made only small adjustments but they all matter.

We are all happy and geared up to work with the new normal and hope you are too.

Looking forward to seeing you."

I am sure you will agree, they have really tried to make their customers feel comfortable and special before they even arrive. Equally, when we did arrive the staff went out of their way to welcome us and to present the restaurant as if COVID had never happened (apart from them wearing a mask). What is more very table (only tables of two, three or four were bookable) appeared to have read and respected the rules.

Every “comfort break’ was preceded by the wearing of a mask. What was odd is that you noticed it but didn’t think twice about it, if anything you thought “how considerate”.

Long story short, I look forward to when we can meet again and I hope we can do it in a similar fashion to that I have described above so that everyone can feel comfortable. Meeting in the post COVID environment will be different but that doesn’t mean it can’t be as good as it was before.

The Trustees would love to hear from our members to find out what they think about how we should plan to meet again in the future and any reservations that you might have so these can be positively addressed in our planning. Then we might be able to write out to you, inviting you to our first meeting back in a style like that above, warm friendly with safety always present.

Any comments please to The Secretary by phone, email or post.



Sharing

An elderly couple entered a McDonald's restaurant and sat next to a table where some young people were having dinner.

The old man had ordered 1 hamburger, 1 order of fries and one drink. He unwrapped the hamburger, cut it in half and put one half next to his wife; very carefully he counted all the fries and did the same.

He dipped two straws into the soda and put it between himself and his wife.

The elderly Lady began to eat her half hamburger, people stared at her compassionately.

A young man approached them politely and offered to buy them another portion of food.

The old woman thanked him but replied that wasn't necessary as they were used to sharing everything.

People realised that the old man had not eaten, he only watched as his wife ate and from time to time he drank a little soda.

The young man approached again and repeated his offer.

This time it was the old man who explained that no, they were used to sharing everything.

The young man then asked the old man and what are you waiting for then?

The old man replied:-

THE TEETH !!!!!

Movie Quiz

1. Which song played every morning when Bill Murray woke in "Groundhog Day"?
2. The best selling song "Everything I Do, I Do It For You" features in which 1991 movie?
3. Who played Robin Williams' estranged wife in "Mrs Doubtfire"?
4. Which 1996 movie won nine Oscars including Best Picture and Best Director?
5. Who played Private James Ryan in "Saving Private Ryan"?
6. Who starred in the 1990 movie "Kindergarten Cop"?
7. From which TV show was the movie "Wayne's World" developed?
8. Which "Friends" actress starred alongside Jim Carey in "Ace Ventura - Pet Detective"?
9. For which 1997 movie did Robin Williams win the Best Supporting Actor Oscar?
10. Which singer made her acting debut in 1992's "The Bodyguard"?
11. Who played "The Man in the Iron Mask" in the 1998 movie?
12. Which song from the animation "Tarzan" won the Oscar for Best Original Song?
13. Which teen comedy released in 1999 starring Jason Biggs and Alyson Hannifin has spawned countless sequels?
14. What breed of dog was Frank, the alien informer in "Men in Black"?
15. Who directed the 1991 remake of the 1962 movie "Cape Fear"?
16. What was the title of the 1995 movie where Robin Williams is trapped in a board game?
17. In the movie "Home Alone" to which city did the Mcallister family fly to for their Christmas vacation?
18. How many US Presidents did Forrest Gump meet in the 1994 film?
19. Who starred as Morpheus in 1999's "The Matrix"?
20. On whose novel was the 1996 Disney movie "The Hunchback of Notre Dame" based?

Answers on page 20

A September in paradise.

Linger long, my sweet September, if but another day,
Give to me the sweetness, of your warming Autumn ray,
And let me bask in peacefulness, when all is calm and still,
Among the pine and the wilderness, of the heather, on the hill.

Oh, stay with me sweet paradise when nature`s gifts endow,
With blackberry and damson there, and apple on the bough,
With bilberry still growing, and pear upon the tree,
And swallows swooping gaily, a wondrous sight for me.

Lie softly sweet September, with gentle loving breeze,
A ripple of a whispering among leaf - laden trees,
And sing your gentle song to me, as in your arms I lie,
Amid the calming wonder of a vast and open sky.

Oh stay with me September and let me hold you long,
Before the Winter`s bitterness, sings a sharper song,
Before the hardened frost and darkness, sweep your love away,
Please, - stay with me September, - if but another day.

Mick Westwood.

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.

Public Collections 2021

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.

Do you know where one of these is located nearest to You?

Not the gaffiti of the heart? (Not exactly “Banksy” but quiet relevant) but the Defibrillator.

It may be handy to know!!!!



Thank you to Sam for providing the picture

The Answers are all related to sweets, chocolate and confectionary (Past or Present)

1. Party Time (12)
2. Talk Quietly (5)
3. Content of Conversations (5)
4. Bright Kids (8)
5. Small Dog (6)
6. Holds our Solar System (6)
7. Snow Particle (5)
8. The Co-op man's Round (5,3)
9. Ruffled Water (6)
10. They Torment Little Malcolm (9)
11. A Carrier for Dairy Products (4,4)
12. Doers of Brave Deeds (6)
13. Where Big Cats go to Drink (4,3)
14. Nine, Ten, Eleven (5,6)
15. Edible Fasteners (9,7)
16. Dark Conjuring (5,5)
17. Pirates Loot (6)
18. City Transport (6,6)
19. 100% Precious Metal (3,4)
20. Between the Two (4)

Answers on page 19

THE HARVEST FESTIVAL

St. Withit's Harvest Festival attracted quite a crowd.
The ladies of the Fellowship had reason to be proud.
They'd decorated all the church with flower, fruit and veg
Assisted by the vicar, a modern "Call me Reg"

Now at the morning service with his Sister, Dad and Mum,
Was little Willie Whatsisname who wished he hadn't come.
Squashed in between his mother and the tall end of the pew,
Against the wall, right at the back, he had a rotten view

But on the wall beside the pew a bunch of grapes was hung.
They really looked exciting to a lad who was so young.
And as the service started and they all stood up to sing.
Then little Willie Whatsisname did such a silly thing.

He tried to touch the lowest grape, that's all that he had planned,
And he was quite astonished when it came off in his hand,
But little Willie Whatsisname was such a lucky lad.
His Mother did not notice, she was talking to his Dad.

When little Willie Whatsisname had found what he had done,
And found he could not stick it back and could not turn back and run.
He simply popped it in his mouth - what else could he do,
Then when he thought the coast was clear he popped in number two.

Now when the service ended and they all went home to lunch,
Well little Willie Whatsisname had finished off the bunch,
But though he'd done it on the sly, he owned up like a man
When later that afternoon he went to see his Gran,

He told her that he'd been to church and heard the choir sing,
He told her about the grapes, he told her everything.
I know you've told me lots and lots the words fell from her lips.
But what you have not told me dear is where you put the pips.

Then little Willie Whatsisname looked Granny in the eye,
And just before he answered her, he gave a great big sigh.
I didn't use my pockets Gran or drop them on the ground.
Cos just as I had finished, the collection plate came round.

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.

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.

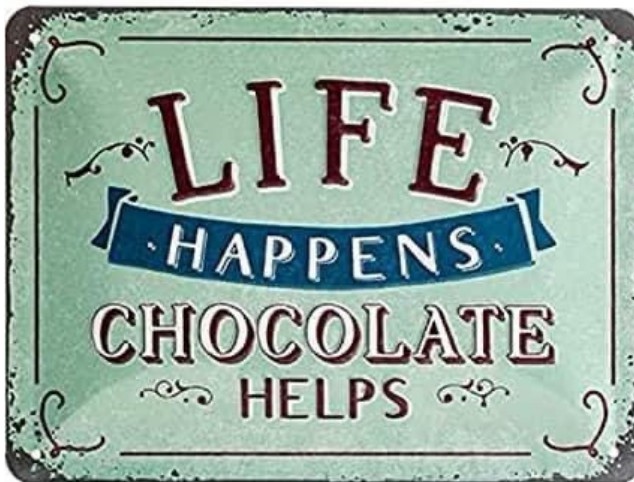
This year especially has been a very lonely time for many people due to the lockdowns we have gone through, so please spare a thought for all, Don't forget.



Give Someone a call !!!!!

Answers to Confectionary Quiz

1. Celebrations.
2. Wispa.
3. Topic.
4. Smarties.
5. Yorkie.
6. Galaxy
7. Flake.
8. Milky Way.
9. Ripple.
10. Maltesers.
11. Milk Tray.
12. Heroes.
13. Lion Bar.
14. After Eight.
15. Chocolate Buttons.
16. Black Magic.
17. Bounty.
18. Double Decker.
19. All Gold
20. Twix.



Answers to Movie Quiz

1. I Got You Babe" - Sonny & Cher.
2. Robin Hood - Prince of Thieves.
3. Sally Field.
4. The English Patient.
5. Matt Damon.
6. Arnold Schwarzenegger.
7. Saturday Night Live.
8. Courtney Cox.
9. Good Will Hunting.
10. Whitney Houston.
11. Leonardo di Caprio.
12. "You'll be in my Heart"
13. American Pie.
14. Pug.
15. Martin Scorsese.
16. Jumanji.
17. Paris.
18. Three (Kennedy, Johnson and Nixon).
19. Laurence Fishburne.
20. Victor Hugo

SUNDRY SALES

Sweatshirts	£18.00
Polo Shirts Short Sleeves	£14.40
Tee Shirts	£11.94
Baseball Cap	£10.20

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.

OBITUARY



*Michael Charles Cooling
"Mike"*

21st April 1940 – 18th July 2021

Mike and Anne joined the CSGN in 2007 and soon got involved in the activities of the group. Mike was also a member of the "jumpstart" group and I was pleased when he agreed to give me support with the new members to our group who required support and help with their concerns and fears regarding pacemaker and ICD's. Not forgetting Anne, who provided both Mike and myself full support with this task.



John Ernest Rand

1938 - 2021

John and Gil joined the CSGN in March 2006 and soon got involved in the activities of the group. John and Gil were keen fundraisers, not only doing projects to raise money for the group but also helping with supermarket collections to raise money for the group and assist with providing funds for equipment for the NUH.

Both Mike and John were very keen supporters of the group and also were participants in the Nurse training programme. Not only they will be a great loss to their families but also a loss to the group. Our condolences go to and their partners Anne and Gill and families on their great loss

Mike Wagstaff

Also, I have to inform you of the death of Mr Wilf Dale on the 7th September. Further information and obituary will be in the "Winter" issue of "News_Beat".

*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*



The Measure of a Man.

Not – How did he die? But – How did he live?
Not – What did he gain? But – What did he give?

These are the things that measure the worth
Of a man as a man, regardless of birth

Not – What was his station? But – Had he a heart?
And – How did he play his God-given part?

Was he ever ready with a word of good cheer?
To bring back a smile, to banish a tear?

Not – What was his church? Not – What was his creed?
But – Had he befriended those really in need?

Not – What did the sketch in the newspapers say?
But – How many were sorry when he passed away?

These are the things that measure the worth
Of a man as a man, regardless of birth.

Anonymous

Thank you to Anne and family for providing this.

Your Committee

2020 - 2021

CHAIRMAN	Barry Brentnall
HON. SECRETARY & NEWS-BEAT EDITOR	Mick Wagstaff
HON. TREASURER	Christine Edwards
MEMBERSHIP SECRETARY	David Shelton
FUND RAISING OFFICER	David Shelton
PROGRAMME SECRETARY	John Judson
LIAISON OFFICER	Roland Malkin
ELECTED TRUSTEE	John Mason
ELECTED TRUSTEE	Chris Kelly
ELECTED TRUSTEE	Christian Mulchay
APPOINTED TRUSTEE	Dr William Smith
APPOINTED TRUSTEE	Helen Marsh Cardiac Rehab Lead



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

Registered Charity Number 1076567

~~~~~

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)***

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

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

Volume 29 Issue 3



Telephone: 0115 978 2409