

CARDIAC NEWS-BEAT



2021

*Official Newsletter of the
CARDIAC SUPPORT GROUP
(Nottingham)*

Supporting Cardiac Rehabilitation

SPEAKER PROGRAMME 2022

January 27th	Tiffany Jones	Director of Communications and External Relations NUH Trust
February 24th	Pete Dexter	J P
March 31st	Dr William Smith	Cardiologist NUH
April 28th	Henry Straw	Equity Release
May 26th	Peter Bryce	Pulmonary Fibrosis
June 30th	Lisa Holloway	Trent Cardiac Centre
July 28th	TBA	
August 25th	TBA	
Sept 30th	Rosie Huckle & Philip Britt	"Tomorrows NUH" "NHS Patient Participation"
October 28th	TBA	
Nov 25th	John Judson	Brief History of Resuscitation Techniques
Dec	TBA	

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



*Wishing You All, a Merry Christmas
and a Happy and a Healthy New
Year*

*From the Trustees of the Cardiac
Support Group (Nottingham)*

Editorial

A SPECIAL WELCOME TO ALL NEW MEMBERS

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

One year and 10 months on, who would have thought we would have missed 22 members face to face meetings due to this pandemic! This seems to go on and on and now another variant has arrived on our doorstep so, the brakes have been put on our plans to resume face to face meeting in early 2022. 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.

Due to the regulations regarding Coronavirus we are also controlled by the ability of the Speakers to access the Zoom platform. As you can see from the Speaker programme the AGM has also been deferred again from it's normal spot in February but it will be arranged at the earliest date possible.

In this issue, I have included two poems from Mick in Sheffield who is a friend of the group. Also, there are two quizzes to stretch “those little grey cells”, one from Jean our proof reader and one from an earlier issue of News-Beat.

Also thanks to Jean for once again proof reading for another year.

Mick Wagstaff, News-Beat Editor.
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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 2021

Here we go for another News-Beat and it will soon be another year gone, but never mind we are still here and still getting around, if people behave we may have a chance of getting back to normal?

Enough of the doom and gloom, we are having a zoom meeting tonight (Thursday 25th November) and I hope it all goes well as usual. To keep the group going we have had some very good meetings and we have had some very good speakers on some various subjects, so you can see the Committee are trying very hard to keep things going for the future, with good luck and a following wind it could be early next year.

We have not been very far just lately, a round trip to Tesco – Aldi – M&S and sometimes we add the CO-OP plus the small shops, then I throw in some small jobs around the place (whatever I get detailed to do) and sometimes we go out for a meal or just a snack so it isn't too bad, if you want somewhere different I can suggest Millie's Restaurant that's in Armstrong Mills near Ilkeston Railway Station but beware, don't let the good lady loose with your Credit Card? As it is a factory shop where they sell shoes clothes etc. In addition, I must warn you there are stairs but there is a lift to different floors.

Something to look forward to is of course Christmas, we should get a few days off then, but I'm forecasting we shall get some of the white stuff! so it won't all be Good News.

Hazel and Myself would like to wish you A Brilliant and Happy Christmas and New Year and all the best for 2022

Cheers Barry and Hazel



Secretary's Slot

That time has arrived when we enter the loft and bring down the Christmas Tree and the "Decs" (Unless you go for a real one) to display in the front room and then find that most of the lights don't work! 9 times out of 10 we cannot find any spare bulbs and no one has any spares, So, a quick visit to the local Garden Centre for replacements, ring any bells? The good thing is that we resolve the issue and enjoy another Christmas period, next year is twelve months on!

As we reflect on 2021 we all have endured another year of mixed emotions. My heart goes out to all of you who have tried to get back to "Normal". Plans we have made only to be dashed by another variant (you know what I mean) which has been followed by one instruction after another! I appreciate this is to try to protect all of us but, it doesn't help our group to move forward, it only keeps us in limbo.

Saying all that, we are still trying to make plans for the future but, as I write this report we are hearing of a new variant appearing in Nottingham and the rest of the country. This, of course creates another air of caution to our plans, but rest assured, we are still planning for the group to move forward in 2022 regardless.

As you can see from the Speaker programme February, will not be the AGM again for the second year, but we are looking for possible members to co-opt onto the Committee with the possibility of them becoming future Trustees, so if you think you will fit into a Trustees position please contact me and I will put your request to the Trustees for consideration.

On a more positive note we have recently received a community grant for 2021 from the local Co-op group (Hucknall and Kimberley) of £5125.87. This was paid in two amounts, the first payment in April of £2467.46 and the second payment in November was £2658.41

Our Chairman Barry Brentnall and myself were invited to the Store off Maws Lane at Kimberley to receive the official presentation for the final amount.



Thank you to the local Hucknall and Kimberley Co-op branches and of course, all their customers for making this happen.

Mick

I Wish you all a Merry Christmas and a very Healthy and Safe New Year for 2022



December.

A `Christian` month, December,
Our happy time of year,
When `Christian` folk remember,
With carols ringing clear.

A time of all thanksgiving,
With presents from a tree,
A blessed time for living,
For all there is to be.

For children in the morning,
With eyes so open wide,
And parents who are gifted,
With thoughts of tearful pride.

A time to whisper, quietly,
To loved ones gone before,
" I love you". Whispered silently,
Is heard at heaven`s door.

A time of hope fulfilling,
As the closing day draws near,
And with the help of man, - God willing,
A happier New Year

.

Mick Westwood

FLU JAB

Hopefully you have had your flu jab

Now another Coronavirus variant is with us please protect yourselves as much as possible



Although regs regarding covid may change so please do what you are comfortable with to stay safe and protect others.

Donations Received

October to November 21

Mr & Mrs Impey	Donation	10.00
Rand Family	Collection at the funeral Of John Rand	185.00
Co-op	Co-op Community Fund	2658.41
Linby Ward	Collection Box	42.39
		<u>2895.80</u>

Total Donations Received £2895.80

Many thanks to everyone for their donations and support.



Warzone

Yesterday was `tin - hat` time, for shopping for the food,
The `big - shop`, down at `Morrisons`, really wasn't good,
Loads of people down there, scurrying about,
All prepared to kill you, for a little bag of sprouts.

I saw people loading trolleys high,
And pushing them away,
With so much stuff, I wonder why,
They're only closed one day?

Arguments developed, over silly little things,
" Give me them, - I saw them first, - I want those chicken wings ".
Those things didn't worry me, - I did it with aplomb,
I tripped a lady over, - to get "MY " chocolate bomb.

I took my trolley to the line, with patience I did wait,
"It's 3 o'clock already, - I should be out by half past eight ".
" I'll just stand here waiting quietly, - I've nothing else to do,
But I won't be taking prisoners, - if anyone jumps the queue".

I was attended to, when my turn came, by a lady from the store,
She was pleasant and efficient, - I couldn't have wanted more,
I paid her what I owed her and I bought my `goodies` home,
So grateful that I had made it, through `Morrisons warzone`.

To all those yet to go there, can I this tale impart,
And ask that you give `charity` from the bottom of my heart,
Treat people with civility, and do not give them hell,
And that includes the staff in there, they're `one of us`, as well.

Mick Westwood.

**We must
keep on protecting
each other.**



HANDS



FACE



SPACE

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES



General Knowledge Quiz

1. In which month is the Ascot race meeting held?
2. What is the last letter of the Greek alphabet?
3. In Cockney rhyming slang, what does "frog & toad" refer to?
4. On the four Jacks in a pack of standard playing cards, how many eyes appear in total?
5. Which Beatles' album features a zebra crossing on its cover?
6. Who played "James Bond" in the film "Moonraker"?
7. Name the two most expensive properties in the game of "Monopoly"?
8. What was "Mickey Mouse" originally called?
9. Who was the first man in space?
10. How many "Von Trapp" children were therein the film "The Sound of Music"?
11. Who discovered the tomb of Tutankhamun in 1922?
12. What is the name of the racecourse near Chichester in West Sussex?
13. How many scoring holes does a cribbage board have?
14. In the series "Are You being Served" what character does John Inman play?
15. Which Jazz musician had the nickname "Satchmo"?
16. From which country did chocolate originate?
17. Which TV series featured the character "Hotlips Hoolihan"?
18. How was William H Bonney better known?
19. How many men have walked on the Moon?
20. What food was originally used by the Aztecs as currency?
21. Where was the world's biggest gold nugget found?
22. When was the first artificial satellite launched?
23. What is visible to people on Earth once every 76 years?
24. In which fictitious Town is "Dad's Army" set?
25. What were accidentally discovered in some jars in Jordon in 1947?

Answers on page 17

Two Steps Forward

For all those affected by heart disease, whether as a patient or as a carer, our first is almost instinctive to look back over our shoulders to work out what has happened. This is done at the same time navigating a course to see us through the day to day tasks and to keep ourselves safe and well. When not doing the day to day stuff, we spend our time thinking about the past and how that might have influenced the events we have just gone through.

As we progress, we start to get used to the new reality and the day to day tasks become automatic once again. We don't seem to need to think about them as much. With the thoughts of the past still fresh in our minds, we begin to wonder what we can achieve and start to plan for the future. It might be a holiday or a new pastime or even the return to an old one. Whatever our plans we approach things more cautiously and take one step at a time.

This is where rehabilitation classes help. Through the combination of a little health education and some physical activity, we are taught about those things that “usually” cause heart problems and some strategies to cope with them as well as being challenged to be more active than we were before. Certainly, when I had finished my rehab, I left looking forwards at what was coming next and how I could deal with that. Independence if you like. With independence comes confidence.

In all of the above, I have made the same mental shortcut that we all do. I guess it is hardwired into our brains. In looking to the future we always imagine a very straight and smooth line leading directly from where we are to our ultimate objective. I guess that's because its what we would like to happen, the ideal if you like. But how many times have you experienced just that type of journey?

Even though the answer is rarely, we never seem to overcome our optimism of how our plans will progress.

On top of our planning optimism, we don't prepare ourselves whether for the inevitable "off road" excursion on our journey. That bit where we are going down a dusty track we didn't see on map. It always comes as a surprise and takes a bit of time to work out why we are where we are. Our first feeling is one of disappointment and it is all too easy to give up as we feel we have failed in our attempt. What we have to do is pause and realise that this is normal on every journey. Then we can take our time to figure out why we are where we are, and what is the most sensible option to get us back on track to where we want to be. It may be that it was totally out of our control or that possibly we have underestimated exactly how long it would take us. If it is somebody else that seems to be holding you back now is the time to sit down with them and share your plans, who knows you may have a companion join you on your adventure.

In writing this I have naturally taken the optimistic view of life which I am lucky to have. I'm not ignoring those who might not be so optimistic, in fact that is my final point. If you find it hard right now to move on from day to day, you can't do better than find somebody who has been through the same and have a good long chat with them. It is often the small successes of others that can lift and inspire us to do those things we had held ourselves back from. And doing something once gives us the experience and grows our confidence and soon we will be looking to challenge ourselves with the next thing on our list.

Don't just survive, thrive.

Roland

Public Collections

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.

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 !!!!!

The First line of a Christmas Carol or Song.

- 1 G. K. W. L. O.
- 2 H. T. H. A. S.
- 3 I. D. O. A. W. C.
- 4 G. R. Y. M. G.
- 5 R. T. R. N. R.
- 6 S. N. H. N.
- 7 S. B. R. A. Y. L.
- 8 I. T. B. M. W.
- 9 O. I. R. D. C.
- 10 I. S. M. K. S. C.
- 11 O. L. T. O. B.
- 12 R. A. T. C. T.
- 13 L. J. S. S.
- 14 G. C. M. R.
- 15 W. S. G. S. U. T. C.
- 16 D. D. M. O. H.
- 17 W. W. Y. A. M. C.
- 18 T. H. A. T. I.
- 19 O. C. A. Y. F
- 20 J. T. T. W. T. L. I. C.



Answers on Page 18

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.



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.

Answers to General Knowledge Quiz

1. June
2. Omega
3. Road
4. 12
5. Abbey Road
6. Roger Moore
7. Park Lane & Mayfair.
8. Mortimer Mouse.
9. Yuri Gagarin.
10. 7
11. Howard Carter
12. Goodwood
13. 121
14. Mr Humphries.
15. Louis Armstrong
16. Mexico
17. M.A.S.H
18. Billy the Kid.
19. 12
20. Cocoa Beans
21. Australia
22. 1957
23. Halley's Comet.
24. Walmington-On-Sea.
25. Dead Sea Scrolls.

Answers to the Christmas Song Quiz.

1. Good King Wenceslas looked out.
2. Hark the Herald Angels Sing.
3. I'm Dreaming of a White Christmas.
4. God Rest Ye Merry Gentlemen.
5. Rudolf The Red Nosed Reindeer.
6. Silent Night, Holy Night.
7. Sleigh Bells Ring are You Listening.
8. In the Break Mid Winter
9. Once in Royal David's City.
10. I Saw Mummy Kissing Santa Claus.
11. O Little Town of Bethlehem.
12. Rocking Around the Christmas Tree.
13. Little Jesus Sweetly Sleep.
14. Good Christian Men Rejoice.
15. When Santa Got Stuck up the Chimney.
16. Ding Dong merrily on High.
17. We Wish You a Merry Christmas
18. The Holly and the Ivy.
19. O Come all Ye Faithful
20. Joy to the World the Lord is Come.



OBITUARY



Wilfred Dale

18th July 1923 – 7th September 2021

Wilf along with his wife Iris, joined the CSGN in October 2007 and was keen to help with group activities. Sadly Iris passed away in late 2013.

Wilf continued with the group getting involved with the members meetings, he was always at the raffle desk assisting Jessie Thornhill. Wilf was also a keen member of the Luceon Club which took place at "The Willow Tree" on a monthly basis.

Most of all Wilf was always available to listen and give advice to anyone who required it

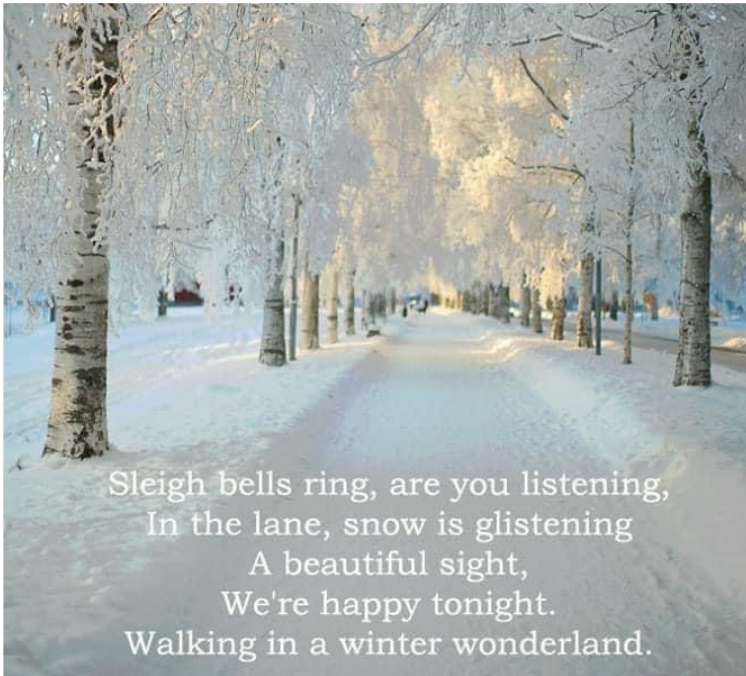
Sadly Wilf passed away on the 7th September 2021.

Our sincere condolences to Ian, Sue and family.

Mick



*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.*



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
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ELECTED TRUSTEE	Chris Kelly
ELECTED TRUSTEE	Christian Mulcahy
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

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