



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 74

2018

COMING EVENTS

February 2018 – Onwards

Quiz Night

Wootton Community Centre

Saturday 12th May

HCC AGM

Riverside Centre

Thursday 28th. June

Starting at 15.30

Race Night

Wootton Community Centre

Saturday 13th October

Starting at 19.00

All events will be advertised by posters in classes or visit our website:

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DEDICATED ISLE OF WIGHT FITNESS INSTRUCTOR WHO HAS HELPED HUNDREDS RECEIVES NATIONAL HONOUR

A dedicated fitness instructor who has helped hundreds of heart attack survivors regain their fitness over the last 25 years has been recognised with a national honour.

Lynda Smith, of Whippingham, has been given a British Citizen Award for her services to healthcare.

The British Citizen Awards (BCAs) were launched in January 2015, to recognise exceptional individuals who work tirelessly and selflessly to make a positive impact on society. BCAs are awarded twice annually, and recognise 'everyday' people whose achievements may otherwise be overlooked.

Lyn, aged 65, was a founder member of the Isle of Wight Heart Care Club in 1991 and since then has gone on to help hundreds of people recover their fitness after having heart attacks.

Lyn was one of three instructors asked to provide ongoing support and help for heart attack patients who had already completed a cardiac rehabilitation programme within the physiotherapy department at St Mary's Hospital.

Lyn was so dedicated to the club that she even studied for additional qualifications and passed the British Association of Coronary and Pulmonary Rehabilitation after realising that her keep fit qualifications were inadequate.

Over the years, this totally self-funding organisation, which is affiliated to the British Heart Foundation, has twice been awarded the prestigious Government-awarded Charter Mark.

Lyn now leads three dedicated instructors, who take 14 different classes between them – with Lyn leading 12 of them herself. Their aim is to encourage, support and improve the fitness of club members - who range in age from those in their forties to people in their nineties - through exercise.

Each class starts off with a warm up, followed by gym circuits of varying difficulty, and ends with a cool down.

Lyn is one of 35 medallists who will be honoured at a prestigious ceremony on January 25, at the Palace of Westminster. All BCA recipients have selflessly undertaken various activities in support of a number of worthy causes. Each will receive a Medal of Honour, inscribed with the words 'For the Good of the Country'. Medallists are also invited to use the initials BCA after their name.

Speaking about her nomination, Lyn said: "I was very shocked when I found out about the award. We started very small all those years ago, but we now have 220 people registered. I keep doing it because it's lovely to see the progress made by those who come to the classes

“The groups I take are predominantly men and we have a lot of fun and banter. They keep telling me I can’t retire - I’m 65 now but I have no plans to retire any time soon!”

The awards are sponsored by the world’s largest optical retailer, Specsavers; one of the largest property and leisure management, development and regeneration companies in the UK, Places for People; leading ethical law firm Irwin Mitchell; specialist PR, branding and communications agency, Nathan Rous PR; and worldwide leader in IT and networking, Cisco. Each will be presenting the awards in January, alongside TV star host, Bradley Walsh.

Nathan Rous, from BCA sponsor Nathan Rous PR, said: “It’s an absolute pleasure to be involved with the British Citizen awards and to hear inspirational stories such as Lyn. There’s so many good people doing great things across the country and they deserve to be recognised in this way.”

Lyn was nominated for a BCA by Stephen Hancock, who attends one of the classes she runs. He said: “She has shown her dedication to the club for over 25 years and in that time, she has not had any time off. I know from my own experience that without the regular and correct exercise a large number of us would no longer be here. She has helped hundreds of people recover their sense of equilibrium, their joy for life and their confidence.

“Lyn has been responsible for extending the lives of hundreds if not thousands of people on the Isle of Wight over the last 26 years and I feel that her dedication, commitment and unselfish vocation should be rewarded.”



Press Release from BCA



WHAT A DAY

By now you will all know I was awarded the British Citizens Award, the ceremony to take place at the Palace of Westminster, on Thursday January 25th. What an honour. Only 200 people in Britain have been recipients.

Gary and I decided to travel up to London on the Wednesday, after taking the West Wight classes. I was thrilled that Gary could come with me as he helps me, and the Club, enormously. I couldn’t do everything without him! Steve Hancock, who wrote the nomination, was unable to travel up, unfortunately, and that was a great shame.

We stayed at the Park Plaza Hotel, Westminster, right by the Westminster Bridge. We were on the eleventh floor with a view of the London Eye, brilliant.

On the Thursday morning we had a wander round Covent Garden, it was a beautiful sunny, if chilly, day. I was very nervous! I can’t remember being that nervous and anxious for a very long time.

After changing into our smart clothes we walked across the bridge and along to Black Rod’s Garden Entrance for 15.15, where we were checked in. We then had to go through the equivalent of airport security and wait to be escorted to the Cholmondeley Room and Terrace. There was a lot of security, as you would expect.

We were seated at tables laden with afternoon tea, after being given a glass of prosecco. Lovely delicate sandwiches, cakes and scones, with a view over the Thames. It really was stunning.

The Rt Hon Lord Dholakia spoke first about the award being for ordinary people doing extraordinary things. The Master of Ceremony was Matt Allwright who has presented Rogue Traders, Watchdog and appears on the One Show. The sponsors of the award were also there, the lady who started Specsavers, Dame Mary Perkins spoke about being on board with this award from the beginning and how important it is.

There were 35 recipients of the award there and we were called up individually to receive our medal and have a photo taken.

At around 17.00 we left to have a group photo taken on the Green opposite Parliament, it’ll be interesting to see how this turned out as it was pitch black!

We all then boarded a branded open top bus for a Lap of Honour. This was good fun and very interesting. Our tour guide was quite hilarious.

We were deposited at Church House at 18.15 where we had another glass of wine. We all took our seats and Matt again, with the sponsors, took the stage. We were called up individually to receive a certificate and have

continued.....

another photo taken (I find it very difficult to smile in those circumstances !). We were stood under a rather large photo of ourselves! Matt then interviewed us, by far the most stressful part, and talked about our achievements.

It was really interesting to hear what everyone else had done and we each have a booklet with information about the 35.

The whole event concluded at around 20.30 and we wandered back to the hotel - for more wine!

What a really fantastic day, full of things that will never happen again, so many memories.

Thank you so much to those who nominated me for such a prestigious award. I feel I've received it on behalf of our Club.

When I got home there was champagne, chocolates and flowers from members! What a lucky person I am, to do a job I love and with such lovely people.

Lyn Smith BCAh....

"It takes a special kind of person to dedicate themselves in the way that Lyn has done for more than a quarter of a century to the Isle of Wight Heart Care Club.

She tells us that the Club is her 'baby' and the amount of time, enthusiasm and energy she commits amply demonstrates this and is way beyond the 'call of duty'.

The British Citizens Award that she has now received is a small recognition of what she has achieved over the years, for without her involvement the Club would most probably not be in existence today. I am sure that all the IWHCC members would join with me in congratulating Lyn on receiving this accolade and thanking her for all she has done."

Robin Burnett

I had my heart attacks in 2011 and in common with many others I'm sure, was very uncertain about what came next.

I became a member of the Heart Care Club and discovered that there was a way forward. Lyn was so positive, helpful and caring I was able to regain my confidence. She is extraordinarily professional and cares for all of us.

The Heart Care Club is at the heart of my recovery and Lyn is the beating heart of the club.

Her award is a reflection of her total commitment to her 'patients' over more than 25 years and is totally, totally deserved. There are many who receive awards some of which are questionable. Lyn's is absolutely earned and deserved. I am thrilled for you both.

Don Appleby

Well done Lyn, I couldn't be more proud of you!

Your dedication, inspiration and professionalism has steered the Heart Care Club on its journey over the last 27 years, so that the members - old and new- have benefitted from your encouragement and unfailing support.

It's brilliant that this has been recognised and a privilege to be part of this vibrant organisation.

Barbara Brown

TRIBUTE TO LYN

The news of Lyn's Award has been greeted with great enthusiasm in her West Wight classes. Lyn's cheerfulness, encouragement, and positive demeanour at all times with each attendee are legend.

Her sense of humour makes even the most painful exercise bearable, along with the voice and look that strikes fear in the most recalcitrant of pupils in her class.

Long may she reign.

Clive Fleury

WELL DONE!

My first meeting with Lyn and Gary was at the 2011 Island Games, where I was one of the volunteer helpers in their charge. It was shortly after the great event that a "locum" doctor decided to change my usual cholesterol pill to a different statin, whereon my body had a violent reaction and my heart and muscles decided to misbehave.

At a chance meeting with Lyn, she suggested that I should attend the Heart Care Club, with my regular G.P.'s approval and get my system working in unison again. It took about a year or so before I felt my body was back in proper order, but in that time I had begun to look forward to the regular exercise, and social aspect of the club.

I sometimes feel a bit of a fraud at my Wednesday meeting, being one of the few people there not to have had actual surgery for my heart problem, but I do feel that the selected exercises, the discipline in attending and the general togetherness, all contributed to my recovery. Sometimes, during the 15minute warm up session, I think that whereas we're doing this once a week, Lyn is doing it a dozen or more times, and I'm reminded of Sir Terry Wogan's description of a particular athlete as "being built like a Pedigree Racing Snake". I don't think the expression "running to fat" is in Lyn's vocabulary! Oh well, I don't suppose I'll ever achieve that now.

Seriously Lyn, your award is fully deserved. I don't think you realise just how much your dedication and professionalism has improved the lives of not only the Club Members but of their wives and families too. Please keep up the good work...and keep those feet moving.

Derek Harvey

THE HEART CLUB CHRISTMAS LUNCH

This year, as in previous years, the annual dinner was held at the Channel View Hotel. It appeared to me that with 118 diners (including 7 guests), it was better attended than last year and, I understand returned a small profit.

Unfortunately, the Heart Club Chairman Mr Harry Lawrence was not well and, therefore, unable to MC the event. Fortunately, Gary was able to step in and carried the proceedings admirably, apart from his jokes of course.

However, the meal provided by the hotel was splendid. I have to compliment them for the manner in which the meals were served; a very efficient operation. It was nice that each table got their food and were able to eat together. I also think that the place names, showing the ordered food, were very efficient. Thanks must go to whosoever gave their time and skill to do this.



The raffle prizes were amazing and I couldn't believe the size of the first and second prizes. Congratulations to all those lucky enough to win and thanks to everyone, who sold or purchased the tickets. I believe the raffle

made a healthy profit of £1652.50, which all helps to keep the Heart Club going.

The weekly sessions not only help us to keep fit (those that are not talking) but, through them, new friendships have been fostered. They give us the opportunity to have a change in our daily routine and provide good levels of banter. I believe this was evident during the Christmas Dinner and good to see everyone enjoying themselves with their partners. A big thank you to all those who make it all happen. We salute you.

Hopefully this year will be kind to us all and that the next Christmas dinner will be even better attended.

Paul Shillings

GRACE

Our weekly Heart Care classes need an enterprising attitude

With Lyn's superb tuition we've acquired a bit of aptitude
And accomplish every circuit with a moderate exactitude

Today is rather different and we claim a bit of latitude
But just before we start the meal - and this is no platitude
For your many gift to us, O Lord, we offer you our gratitude

*written and read out by
Canon Graham Fuller*

QUIZ NIGHT

After a break we're holding a quiz night. This will be very different from any we've held before.

One of our members, Sue Young, has volunteered her husband to be the quiz master!

I'm told the questions, some visual, will not be too hard so we needn't think we'll feel stupid. On that basis Gary and I will be attending!

We've decided to hold it at Wootton Community Centre as there's plenty of parking and we're used to holding our Race Nights there.

Please put Saturday May 12th in your diaries, it promises to be fun. Start time 19.00.

See you there!

Lyn Smith BCAh



ALISTAIR LAIDLER PHOTOGRAPHER

Being a keen photographer and perhaps, not too shabby at it, I was persuaded to share some of my efforts by offering them for sale in order to raise some sorely needed funds for our club. We are all conscious of the efforts made by club committee members, so I decided to show support and some of you will have seen the pictures offered up.

I've done some fund raising in the past for local organisations such as Beaulieu House where my late wife worked, so for a few weeks a small number of pictures have been available. BAE Systems kindly helped with sales at their Cowes site, then Lyn and Barbara helped at the Fitness Factory sessions by kind permission of Steve.

I also sold a small number of more specific individual pictures to some Pubs along with some commission photos to friends. My targets were always rather modest of course and I'm very pleased to say with everyone's help and hard work I have exceeded that target and reached a total of £205 which has been passed to the club. Thanks to all of you that have purchased and helped in the challenge and I hope you will get as much enjoyment looking at the pictures you have, as I had in creating them, after all, it's not what you look at that matters, it's what you see.

Alistair Laidler



RYAN AIR

Spare a thought for poor ole Michael O'Leary, Chief Executive of Ryanair. After arriving in a hotel in Manchester, he went to the bar and asked for a pint of Guinness.

The barman nodded and said, "That will be £1 please, Mr. O'Leary." Somewhat taken aback, O'Leary replied, "That's very cheap," and handed over his money.

"Well, we do try to stay ahead of the competition", said the barman. "And we are serving free pints every Wednesday from 6 pm until 8 pm. We have the cheapest beer in England". "That is remarkable value", Michael comments.

"I see you don't seem to have a glass, so you'll probably need one of ours. That will be £3 please." O'Leary scowled, but paid up.

He took his drink and walked towards a seat. "Ah, you want to sit down?" said the barman. "That'll be an extra £2. You could have pre-booked the seat, and it would have only cost you £1."

"I think you may be too big for the seat sir, can I ask you to sit in this frame please".

Michael attempts to sit down but the frame is too small and when he can't squeeze in, he complains "Nobody would fit in that little frame".

"I'm afraid if you can't fit in the frame you'll have to pay an extra surcharge of £4 for your seat sir".

O'Leary swore to himself, but paid up. "I see that you have brought your laptop with you" added the barman. "And since that wasn't pre-booked either, that will be another £3."

O'Leary was so incensed that he walked back to the bar, slammed his drink on the counter, and yelled, "This is ridiculous, I want to speak to the manager".

"I see you want to use the counter," says the barman, "that will be £2 please." O'Leary's face was red with rage. "Do you know who I am?"

"Of course I do Mr. O'Leary." "I've had enough! What sort of a Hotel is this? I come in for a quiet drink and you treat me like this. I insist on speaking to a manager!"

"Here is his e-mail address, or if you wish, you can contact him between 9.00 am and 9.01am every morning, Monday to Tuesday at this free phone number. Calls are free, until they are answered, then there is a talking charge of only £1 per second, or part thereof".

"I will never use this bar again".

"OK sir, but do remember, we are the only hotel in England selling pints for £1.00

WILD WEST TOUR SEPTEMBER 2017

Back in 2011 I was going to be 60 years old and not being one for big party's I decided to do something different which was to ride Route 66 on a Harley Davidson.

My wife hadn't been on a bike for about 30 years but said she like to come with me,

So I booked the trip with my wife. The trip was amazing there were about 30 bikes with riders from all around the world plus the support vehicle that took our luggage, it started in Chicago and 2700 miles later we finished on Santa Monica pier in Los Angeles on my 60th birthday. My bike at home is a Yamaha but fell in love with the Harley Davidson Heritage Softail so we bought one when we got home.

In 2013 my wife and I decided to do another bike trip the Canadian Rockies and Yellowstone with the same company and met up with some friends we made on the route 66 trip. It started in Seattle and went up into the Canadian Rockies then back down through Yellowstone to Denver another great trip.

In 2015 I was diagnosed with a heart problem my mitral valve was leaking so I thought this would be the end of my motorcycle trips etc. I had my heart operation and was told it all went well. Given I had a second chance as soon as I got home I made a decision that I would get as fit as possible so started with the walking etc which the doctors said to do but I also did step aerobics at home starting easy and then building up every day not missing a day for months. After about 3 months I joined Lyn's fitness classes and haven't looked back.

In 2017 I felt strong enough to do one more motorcycle trip with the wife so we booked the Wild West tour for the September 2017 with the same tour company.

We flew to Los Angeles on the Monday with the trip starting on the Thursday so it gave us a couple of days to explore LA in which we went to universal studios and Santa Monica. We used public transport the buses and metro trains were so cheap 35 cents a ride in which you could go for miles.

On Thursday we met our tour guides and all the riders from all around the world that were on our tour.



First thing Friday we all set off 16 bikes and 26 people most had wives on the back plus the tour leader and support vehicle with our entire luggage in, the sun was shining and about 30+ degrees. There was lots of traffic in LA 4 to 6 lanes but soon we were out of the city. We made our way through Cleveland National Forest to Lake Elsinore where we stopped for lunch. After lunch we made our way up through some mountainous roads to San Bernardino National Forest then on to San Jacinto Peak about 10,000 ft up with some fantastic views. Then it was time to make our way back down to Palm Springs and our hotel. A total of 196 miles

Saturday we all set off to Laughlin in Nevada. We went through the Joshua Tree National Park which was full of funny looking trees and rock formations, then on to the Mojave Desert where we picked up part of Route 66 and stopped at the famous Roy's in Amboy. We stayed on Route 66 into Nevada then on to Laughlin and our hotel the Aquarius a big hotel with bars restaurants and casinos by a river that had water taxis to go between other casinos and hotels. A total of 229 miles

Sunday at 8.am we all set off from Laughlin to the Grand Canyon in Arizona

We made our way through Oatman an old mining town with donkeys wandering in the road, then on to Kingman. Next stop was Seligman for lunch, From there we went to the Hualapai Indian Reservation. Then we carried on to the Grand Canyon and our hotel the Red Feather Lodge. After we had all checked in we rode to a view point looking over the Grand Canyon to see an amazing sun set. A total of 260 miles



Monday another 8.am start we left the Grand Canyon to Kayenta in Arizona.

We made our way along the South Rim of the Grand Canyon to where we had a helicopter ride over the Canyon some fantastic views. From there we made our way to Monument Valley where a lot of cowboy films were made. This was Navajo Country we had a Land Rover tour with a Navajo Guide that told stories of their spiritual land. Then we went on to our hotel the Kayenta Monument Valley Inn. A total of 213 miles



Tuesday an 8.am start again we left Kayenta with a long drive to Bryce Canyon in Utah.

We went to a place called the Sleepy Mexican Hat then past the Valley of the Gods where "Thelma and Louise" was filmed and then crossing the Colorado River to the Capitol Reef National Park through the Escalante Wilderness and on to our hotel in Bryce Canyon the Best Western Ruby's Inn. A total of 333 miles

Wednesday leaving Bryce Cannon now on our way to Las Vegas in Nevada

We had time to visit the canyon an amazing site then we went on to Zion National Park to see some great rock formations. Then a drive to our hotel the Golden Nugget in Las Vegas, inside the hotel was like a town on its own with restaurants bars and lots of one arm bandits black jack tables etc. But the swimming pool in the centre of the hotel was huge in the middle of the pool was a really big fish tank with fully grown sharks and other large fish in it and a flume slide going through it. A total of 254 miles



Thursday there was no riding today a whole day to ourselves to explore Las Vegas. So we took a tour bus up the strip getting on and off to explore the sights we ended up on the night tour back to the hotel seeing all lights. Once back to the hotel went to Fremont Street another sight worth seeing- shops, bars, live music with all the lights and over head show fantastic.

Friday another 8.am start we are making our way to Mammoth Lakes in California and have some new riders that have joined us. The route took us through Death

Valley the hottest place on earth (a bit warm) leaving Death Valley we skirted the foothills of the Sierra Nevada Mountains. Then onto our hotel which was the best Western High Sierra in Mammoth Lakes where it was snowing as we arrived. A total of 328 miles

Saturday was a late start as after breakfast we all went for a coffee over the road from the hotel while we waited until it warmed up a bit and the roads were cleared it only took about an hour to warm up a bit and the roads to clear

before we left Mammoth Lakes to make our way to the Yosemite National Park. The western side of the Sierras have some spectacular twisty roads and spectacular



scenery and back into the hot weather then on to our hotel the Yosemite View Lodge. A total of 114 miles

Sunday 8.am start from Yosemite National Park to San Francisco.

We descended through the foothills and mining towns of the Gold Rush County then the Bay side

region of Marin County. Then we get our first look at the Golden Gate Bridge. Going over it for the first. time was a bit of a challenging as there was 6 lanes converging into 4 then into 2 we started queuing about 3 miles away

from the bridge travelling at walking pace on a big Harley Davidson with a pillion in over 30 degrees was a bit of a challenge. At last we arrived at our hotel the Hilton Financial in the middle of San Francisco. A total of 241 miles

Monday no riding today a whole day to explore San Francisco in the morning we had a limousine car to take us to the ferry for our trip to Alcatraz which was really interesting to here the story's from the inmates and officers and their families and the attempts to escape. On the water front was trolley buses a bit like the Blackpool trams but we went on the cable cars the ones you see in films etc. I didn't know they were pulled along by cables under the road then went to the cable car museum really fascinating how it all works. After a walk through China town and a nice meal it was back to the hotel for a rest and get ready for the next day's ride.

Tuesday we left San Francisco to go to Monterey

We headed south on the legendary Pacific Highway 1 travelling along the breathtaking coastline with the views of the coves and inlets stopping at Devonport for lunch. Then we saw lots of pelicans on our way to our hotel the Abrego in Monterey

A total of 131 miles.

Wednesday 8.am start from Monterey to Pismo beach.

We continue along Highway 1 alongside the cliffs of the Big Sur Coast 90 miles of rocky cliffs, redwood groves and river canyons. Then we went past San Simeon and Hearst Castle then on to the Elephant Seal Rookery at Piedras Blancas. Another great part was riding through Cambria and Morro Bay on our way to the Hilton Garden Inn in Pismo Beach. A total of 248 miles.

Thursday early start again from Pismo beach to Los Angeles.

This is our last full day on the Bike with a ride through Santa Barbara, Malibu beach and to Santa Monica pier the official end of Route 66. Then all too soon it was time to take the Harley back and book into the Westin hotel. That evening we all went to a farewell party put on by the tour company a great evening but sad to say goodbye to some new friends we have made on the ride. A total of 180 miles.

We stayed on in Los Angeles until our flight home on the Sunday to do some more sightseeing



Lloyd & Gill Hall

MOST DON'T KNOW HOW TO USE A DEFIBRILLATOR

People are dying of cardiac arrest because the majority of the public have no idea how to use a defibrillator, St John Ambulance has said.

Most people in the UK do not have the knowledge to respond if someone's heart stops beating, a survey by the charity found.

Nearly two-thirds admitted they would not know what to do if faced with a cardiac arrest and seven out of 10 people said they would not feel confident using a defibrillator, according to the YouGov poll.

Defibrillator

Defibrillators are increasingly common in public places
CREDIT: TELEGRAPH

The first aid charity warned that lives were being put at risk as it launched its campaign to educate the public how to deal with a cardiac arrest.

More than half of people do not know where their nearest life-saving equipment is and 62 per cent wrongly believe a defibrillator would cause harm to a patient, the survey also found.

But up to seven out of 10 people who suffer a cardiac arrest could survive if they are treated with a defibrillator within the first five minutes, St John Ambulance said.

The charity urged people to find their closest defibrillator, be ready to spot the signs of cardiac arrest, know how to perform CPR and remember that early defibrillation gives the best chance of survival - grouped under the acronym C.A.R.E.

James Radford, director of St John Ambulance, said its research showed Britain has "a long way to go" in educating the public.

He said: "None of us want to find ourselves in a situation where we couldn't save a loved one's life, any more than we'd want them to stand by helpless if we suffered a cardiac arrest.

"That's why we are urging everybody to learn the four simple steps of C.A.R.E today; so that if the worst happens tomorrow, we can all act quickly and confidently, especially when every second counts."

Defibrillators are increasingly available in busy public spaces.

Earlier this year a study in Sweden found defibrillator-carrying drones could dramatically boost survival after a trial showed they could reach patients four times faster than an ambulance.

Daily Telegraph 4th December 2017 Henry Bodkin

MIDDLE-AGED COUCH POTATOES CAN REVERSE HEART DAMAGE WITH REGULAR EXERCISE

Exercising five times a week can reverse damage to ageing hearts and prevent heart failure for middle-aged couch potatoes, even after a lifetime of inactivity, a new study suggests.

Researchers at the University of Texas said the results were so 'extraordinary' that the regime should be 'prescribed for life' and become an habitual part of living, in the same way as brushing the teeth.

More than 900,000 people in Britain suffer from heart failure, which occurs when the heart is too stiff to properly pump blood around the body, causing breathless, fatigue and wheezing.

A fifth of those diagnosed will die within a year, while the majority will be dead within a decade.

But the new research showed that middle-aged people can reverse damage to their hearts through exercise, even if they have never been active.

Brisk walking can help the heart become more elastic
CREDIT: GETTY

Participants who stuck to a regime for two years showed significant improvements in how their body used oxygen and more elastic heart muscle, both signs of a much healthier heart.

"The result was a reversal of decades of a sedentary lifestyle on the heart for most of the study participants," said Dr Levine.

The study found that exercise must begin before the age of 65, when the heart still has enough plasticity to repair itself.

The regime includes one hour a week of tennis, cycling, running, dancing or brisk walking, as well as two or three 30 minute sessions of moderate exercise, such as swimming and a session of strength training.

"That's my prescription for life, and this study really reinforces that it has quite extraordinary effects on the structure and function of the heart and blood vessels," added Dr Levine.

"I recommend that people do four to five days a week of committed exercise as part of their goals in preserving their health.

"I think people should be able to do this as part of their personal hygiene - just like brushing your teeth and taking a shower."

The researchers monitored the hearts of 53 adults ages 45-64 who did no exercise at the start of the study and who spent large parts of their day sitting down. Sedentary behaviour is known to cause heart muscle to shrink and stiffen in middle age, and those taking part were at high risk of developing heart failure.



27 participants were asked to take part in high and moderate intensity aerobic exercise, such as walking, swimming and running, for at least four days a week, as well as strength training. While the other control group engaged in yoga and weight training three times a week but did no aerobic activity.

The amount of exercise was increased over time, starting out with just three sessions a week and slowly increasing.

The exercise programme not only made people fitter, increasing the amount of energy used during exercise by 18 per cent, but also improved heart muscle stiffness by 25 per cent meaning that the heart could pump blood far more efficiently.

Dr Levine compared the change in the heart to a stretchy, new rubber band versus one that has gotten stiff sitting in a drawer.

"Exercising only two or three times a week didn't do much to protect the heart against aging," added Dr Levine.

"But committed exercise four to five times a week was almost as effective at preventing sedentary heart aging as the more extreme exercise of elite athletes."

The research was published in the American Heart Association's journal *Circulation*.

Sarah Knpton, science editor Daily Telegraph

LISTED BELOW ARE THE WINNERS OF THE GRAND CHRISTMAS DRAW

Prize	Ticket	Prize	Winner	Donated By
1st	2971	£500 Cheque	Gavin Newman	Heart Care Club
2nd	1508	£200 Cheque	Angela Jetten	Heart Care Club
3rd	1276	£50 Cheque	Janet Cape	Heart Care Club
1	1260	Christmas Hamper	Di Cottell	Social Committee
2	2293	Grants Whisky	Vicki Sparey	Jean Carver
3	1496	Sainsbury's Chocolates	Betty Dhillon	Lyn Smith
4	1636	Waitrose Voucher	Bob Hodge	Barbara Brown
5	1991	Bottle of Red Wine	Eddie Rolfe	Peter Jackson
6	1751	Christmas Crackers	Myra Harris	Karen & Mike Pitman
7	3092	Hand Bag	D Saunders	Enid Aylward
8	313	Tray & Sweet Nuts	Dave 863138	Stella & John Page
9	198	Bottle of Rose Wine	Susan Sheard	Jean Brindley
10	173	M & S Voucher J	John Simpkins	David Lankshear
11	3393	Silver Salver	Ashley Gordon	Nicholas Coventry
12	2588	Bottle of Chardonnay	Sandy Bolton	Jean Brindley
13	3453	Glass Fruit Bowl	Don 567082	Barbara Brown
14	2305	Temptation Tower	Louise Green	Bookers
15	300	Laura Ashley Classic	Dave Aitken	Kathy & Ian Pugh
16	436	Photo Album	Shelagh Humber	Club Member

TRAVEL INSURANCE

Congratulations – you have survived your first few weeks of 2018, hopefully relatively unscathed. But with many more weeks to go this year, and some pretty dreary weather outside, you're probably planning your next holiday. Digital nomads: what are they and how do I become one? The first Saturday of the year is often dubbed Sunshine Saturday because so many people book their breaks for the coming year, but it's also a good time to think about something else important – travel insurance. So while you're planning your next trip, here's a guide to why you might want to take out travel insurance, whether it's worth the money and things to look out for when you're paying for cover.

Do you need travel insurance? And is it worth the money? Whether to buy travel insurance is a very personal decision. There is no legal requirement for having travel insurance before you travel but like other types of

insurance, it's there for peace of mind – you never know what might happen and it's better safe than sorry. Some bank accounts and credit cards offer free European or worldwide travel insurance so you may not need to take out a separate policy but it all depends on what you're planning to get up to.

When it comes to whether travel insurance is worth the money, it all comes down to what you want to cover and how often you travel. Travel insurance can range from less than £5 to double and triple numbers depending on the type of cover you need.

Obviously you need to buy your travel insurance before you go away, but some experts actually advise you should buy your insurance as soon as you book your holiday.

A couple of our members have recently used StaySure who specialise in Insurance for the over 50's, check them out online, other options are SAGA who also offer deals.

continued.....

Gary Smith

CPR TRAINING UPDATE

An opportunity not to be missed, with professional tuition from the NHS we were part of a group of Island Heart members who would like to take advantage of learning how to help, should the situation arise, where you are in a position as a first responder of a heart attack patient.

We were a group of twelve and our patient Bert was really not well, before we tried to revive said Bert, Duncan our instructor told us about DRAB?

D to check if there is any danger, never to put yourself in a position that isn't safe

R response, ask, shout, shake, pinch, no response, Bert's out cold

A airways, there may be an obstruction, clear

B breath, to see over a ten second period if the patient is breathing?

Thankfully, because of shouting for assistance we have help on the way, our co helper has phoned 999, they have been given the location of the nearest Defibrillator and are hot footing to acquire it.

You have assessed poorly Bert and have checked there are no obstructions in the mouth, start CPR, place one hand in the centre of chest, entwine fingers over first hand and lock arms. 30 quick compressions then tilt patient's head and give a breath. Breathe in yourself, then another to the patient. Repeat 30 chest compressions then 2 breaths

Co helper has arrived, opened Defib and using the scissors has released clothing. A razor is included in the kit, if we have a hairy bloke, a quick removal of chest hair is needed. The Defib now is your absolute friend, by following the clear information we're able to place the electro pads on chest and side, tell your co helper to stand clear, and administer shock when told to do so. Help is on its way, and will take over.

For myself I thought, with this knowledge, should I be out and about and be in a position that I came across Bert I'd be on hand to help. Never in my thoughts did I ever think that I might need my skills should I be at home and my other half be the one laying unconscious on the floor. I'll do my best not to panic, I'll phone 999 and start my CPR training

Dorothy Telford-Bailie



FIRST HAND DEFIB EXPERIENCE

When Lyn asked me if I wanted to do a CPR/Defib Course, I must admit my first thought was "Oh no do I really want to do this - what are the chances I'd ever need to actually use a Defibrillator?" Hopefully this didn't show in my face. However, knowing that Lyn always has the good of the community in mind, I changed my mind and said "Yes".

When I arrived for the course I found that I was in for two hours of intensive training. Duncan talked to us quickly, very clearly and almost non-stop, only pausing long enough to let us ask questions and show what we had learnt on the manikin.



He enlivened his lecture with interesting and relevant examples from real life, including references to a famous footballer and incidents from his own experience. His key point was the need for a speedy response in heart stopping situations, preferably by people who had some idea of what to do, the confidence to get stuck in without delay and the necessary equipment available (such as a defibrillator). At this point I found myself thinking:-

Oh no - he's going to mention that teacher on the Island a few years ago who collapsed unconscious in his classroom with a massive heart attack and who only survived because a pupil went immediately for help, the teacher in the next room who knew how to do CPR, the school nurse who had a mobile Defibrillator and knew how to use it and the speedy arrival of paramedics - meanwhile my wife (this teacher was me) was already at St Mary's where the consultant was saying "I have to tell you that the survival rate in this situation (cardiac arrest outside a hospital) is only 5%".

5% - a figure that Duncan mentioned in his talk and a statistic that could change significantly if PADs (publically available Defibrillators) became much more widely available. I learnt on this course that the Island is making good progress in this area, funded in part by the Course fee. More importantly, as a result of attending this course, I feel that I now would have the confidence to make good use of a PAD should there be one available in a cardiac arrest situation.

I heartily recommend this course to everybody - you never know when the person next to you may suddenly collapse like I did (and lived to tell the tale).

Tristram Stack

DONATION FROM ST. BONIFACE LODGE

I was fortunate to have been the master of the St. Boniface Lodge 8790 last year and during that time my partner Theresa and I arranged and hosted three Sunday lunches and a ladies Night in order to raise some charitable funds for local causes.

Thanks to the generosity of many masons and their families we raised around £2,110 and dispersed the majority of that sum between our two nominated charities IWHCC, EMH and a smaller donation to Multiple Sclerosis. We are aware that funding is necessary to help anyone who is in need of rehabilitation after any medical episode and know this donation will be put to good use.

I cannot thank Lyn and the team enough for hers and their efforts to trying to keep us active and to enjoy the social banter at our weekly sessions.



This cheque was for
£750.00

Total donated was
£1,035.00

The Club would all like to thank
Jim Hanson from the Fitness
Factory Class, for his generous
donation

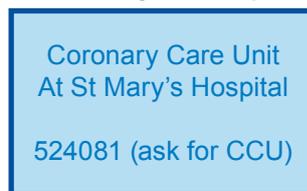
Health Questions

Answered by NHS 111 or your Coronary Care Unit

If you are at all worried by an ache or pain which you do not understand – professional help is at hand, just telephone:



OR



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The next issue of Ticker Tape is due out on the 25th May 2018. The latest date for copy to be included in this issue is 2nd May 2018. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word or PDF to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.