

HEART THROBS



CARDIAC SUPPORT GROUP
CARING FOR YOUR HEART

The ECHO

Heart Throbs Newsletter December 2023

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CHAIR'S ROUNDUP

Welcome to the bumper Yuletide edition of our newsletter, now under its new title of THE ECHO, and the second edition under the editorship of Catherine McCarthy. In this edition you will find some interesting new features which we hope you will enjoy.

Page 2 lifts the lid on the secret life of Hara, our Monday morning trainer.

Page 3 has a feature on the health of one of our members, Peter Verbrugge, which has been put together by our committee member and former nurse, Barbara Miller. Hopefully this will become a regular feature from Barbara so if you have a health condition you feel might be of interest to other members please get in touch.

We have some interesting coverage of the very varied social evenings we have held this autumn, and thanks go to Jim Yates, our events manager, for putting these together. Jim is currently planning our spring programme so if you have any ideas of social evening, you would like included again get in touch.

Finally, we have a register of some members we have lost recently. I've long felt that our members have led very interesting lives prior to Heart Throbs, and we knew very little about them. This section aims to throw a light on their lives.

FINANCE

In November we had 88 members subscribing to Heart Throbs. This is still not quite enough to cover our operating costs, so we are reliant on our social activities to make good the shortfall. Our Italian evening, organised by Giovanni and Stefano, was not only a great success but also a fantastic money-spinner, generating over £1,000 to bolster our club funds. We had 64 attendees for the evening and thank you to all of them for their generous support.

We started the year with 75 subscribing members, so we have done very well to grow this to 88 during the

year but we need to push on to 100 members for us to feel comfortable that Heart Throbs is sustainable into the future.

CHRISTMAS LUNCH

The Christmas lunch is being held on Tuesday 19th December at Enfield Golf Club. At this event we will be announcing the male and female EXERCISERS

OF THE YEAR 2023 so if you feel you are in the frame for this most prestigious of awards you need to be there! Remember it is not awarded to the person who 'gets the sweatiest' but the persons who give of their best every week both to their exercise and to Heart Throbs. We hope as many of you as possible will join us, it's a most enjoyable way to end the year amongst friends.

HEART LINKS

Many of you will know that Heart Links is our sister cardiac exercise and support group covering the Barnet area. They hold their social evenings at Barnet Hospital on the third Thursday of the month. Our impending move to social gathering on the first Thursday of the month means that Heart Throbs members will now be able to attend their meetings and they will be able to attend ours. Their speakers are dominated by senior medical specialists from the hospital so these can be of special interest to us. We will be publishing their programme shortly.

Finally, I'd like to wish everyone and their families and friends a very happy Christmas and New Year and I look forward to seeing you at the Christmas lunch or in January.



John Golby

Meet the Trainers - Hara Markos

1) How long have you been a trainer with Heart Throbs?

I started working for Heart Throbs during the summer of 2020, when COVID-19 was still rife, and I begged for a job. Unfortunately, I had to leave for about 8 months as I started a new job, but I was luckily welcomed back again in January 2022, and I have been teaching my Monday morning classes ever since.

2) What do you enjoy about being a trainer with Heart Throbs?

Every week, I throw in a new exercise or training method, and everyone seems to trust me enough to do as I say, which I find mad really, especially as some of these exercises are ridiculous! But then I see how everyone improves from week to week both physically and mentally, and it makes me very happy! I started implementing battle ropes recently and the first few weeks was hilarious, but now everyone seems to have got the technique and coordination for it, so that shows persistence and growth!

3) What made you decide to have a career as a trainer?

I have been in the fitness industry since the dark ages (1997) and have seen how things have changed. I stumbled into it because I was lining up to apply for my A Levels, when a friend said I should try this "Exercise to Music" qualification. So I thought I would do it for a laugh and here I am, a thousand years later, not only still teaching, but also delivering courses so other people can be trainers, too.

4) What football team do you support?

Arsenal since 1990! I was born on a Saturday and Dad is a massive Arsenal fan and he wanted to call me Arsenulla. Thank God that was vetoed.

5) What's your favourite food?

If I was on Death Row, my last meal would be vegetarian Red Thai Curry with coconut rice, followed by a chocolate lava cake, washed down with a Cherry Pepsi Max with lots of small ice balls!

6) What's your favourite drink?

Cherry Pepsi Max! Followed by water from the tap - none of this bottled rubbish!

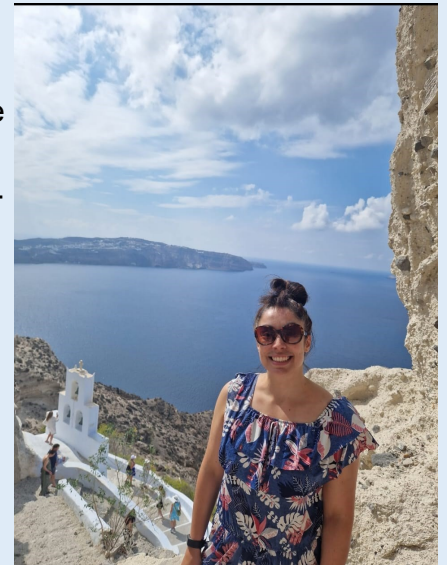
7) What's your favourite holiday destination?

I have been lucky enough to have visited about 40 countries, and I would say that my three favourite places all begin with C and (in no particular order), are Costa Rica, Croatia and Cyprus, of course!

8) Do you have a pet, if so what?

I went to Battersea Dogs and Cats home so I could get a pet but I didn't pass the criteria! Hardly surprising, really. It's because I work so much, but if I did have a pet, I would love to adopt old animals from shelters that want lots of affection as they get old and sick!

Catherine McCarthy



Competition

Congratulations to Jim McCluskey for suggesting the name 'The Echo' for our newsletter. Jim will receive a Heart Throbs T-shirt as his prize.

Health Matters with Barbara - Living with Heart Failure, Peter Verbrugge's story

Peter was born in the Netherlands and had a career in the Royal Dutch Marines as a nurse. He also had his own taxi company including Dial a Ride in the Netherlands. Peter retired 7 years ago, his hobbies are mainly using his computer for following world news and learning more about history. He enjoyed the recent Quiz Night at Heart Throbs Social Evening.

In 2014 Peter had a triple heart bypass and valve replacement. Soon after this that he joined Heart Throbs and has been attending classes on and off including on-line classes during Covid.

Peter has now been diagnosed with heart failure which he describes as nasty, slow and progressing and affecting his life in many ways. He says he lacks energy and sometimes get breathless. He now uses a "Scootmobile" (mobility scooter) to get around. The condition leaves him unable to move his arms up high which restricts what he can do but does give him a good excuse for not dusting pictures! Sometimes he feels he is a strain on his family. Peter is careful with his diet which is low salt and reduced fat. He added he would like to eat more raw herring (full of Omega 3) which is a healthy tradition in the Netherlands but not common in the UK. He sleeps well but says taking 15 tablets every morning is not a good way to start the day.

Peter currently attends Heart Throbs Lite Class on a Monday at 9am at Holtwhites. The class is designed to be a challenging but less strenuous class for members to improve their fitness.

Peter commented "The classes have made such a difference to my week. Hara is brilliant she observes everyone and gives personal attention encouraging us to progress at our own pace. The classes give me an energy boost and helps me mentally and socially by keeping me in touch with my contacts at Heart Throbs"

For more information about heart failure:

-The British Heart Foundation Website (www.bhf.org.uk) has some informative and interesting articles. Search for heart failure including

-5 ways to manage your heart failure: Taking medications, keeping as active as you can, report new or worsening symptoms to a doctor or nurse, weigh yourself everyday before you eat or drink and avoid excess salt.

The British Heart Foundation has a Helpline to speak to a cardiac nurse about heart failure or indeed any other heart related issues Telephone 0802 12340808 weekdays 9am-5pm.

This is an informative Heart Failure Presentation by Royal Free Team <https://youtu.be/.pRM8Gjx8NO> (over 40 minutes).



Barbara Miller

New members

A warm welcome to all our new members who have joined in the last few months; John Annaradnam, Bob Bissett, Mary Campbell, Philip Gooch, Patrick Moloney, Neilan Narsigan, Bill Reed and Caroline Rhodes.

Heart Throbs Social Events 2022-2023

Our Autumn programme 2023 included:

21 September – Our ever-popular Quiz Night returned with Beverley Turner and a new set of challenging questions.

19 October – the NHS Enfield Talking Therapies Team returned. Aimee and Buse shared more practical ideas and techniques on improving our overall wellbeing; especially, managing and reducing any stress and anxiety.

27 October – our inaugural “Italian Night”. It was a wonderful opportunity to dine, chat and enjoy a very relaxing evening, in the company of members, family and friends.

16 November – Geoff Bowden brought a fascinating insight into “The solo recording artists of the Swinging 60’s”.

19 December – Our Special Xmas Lunch and Annual Awards. To be held at Enfield Golf Club – 12.30 for a 1pm start.

Our 2024 Spring Programme is currently being developed.

If you have any thoughts on relevant topics/guest speakers for our future Social Evenings or any hobbies/interests/career experiences etc. that you might like to present a talk on please contact Jim Yates. We’re moving the social evenings to the first Thursday of each month from January.

Jim Yates

QUIZ Night

On a wet and windy 21st September we had another fun and very successful quiz night. The theme this time was ‘Love and Hearts’, who knew that elephants had a heart beat of 25 beats per minute? The topics included Geography, History, Science, Sport, Music, Literature, Food and Drink and Films in addition to the usual challenging table rounds and of course the grand raffle. A big thank you to Beverley Turner for being the quiz master and to John for keeping score.



Catherine McCarthy

NHS Talking Therapies - living well with a heart condition

Aimee MacLeod and Buse Erdogan from Barnet, Enfield and Haringey Mental Health NHS Trust joined us on 19th October to explain the links between mental health and physical health and to share strategies and techniques to help reduce stress and boost wellbeing. We learnt about the stress bucket, problem solving, writing things down and breaking the vicious cycle. Also we heard about the two types of worry (practical and hypothetical), using the worry tree to help manage worries and techniques such as worry time and the worry diary. They explained the importance of relaxation, square breathing, exercise, sleeping well and living according to our values. There was an excellent interactive question and answer session to round off the talk followed by the grand raffle.



Catherine McCarthy

The Committee

The committee meets each month except August with the annual general meeting taking place in June or July. The committee members are:

John Golby (Chair/Treasurer), Fintan Gallagher (Deputy Treasurer), Stefano Francioso (General Secretary), Jim Yates (Events Manager), Jim McCluskey (Membership Development & NHS Liaison), David Hollifield, Peter Bevan, Deborah Roberts, Corinne Woods (Joint Membership Secretary), Barbara Miller (Joint Membership Secretary), Justin Black (Trainer Liaison), Catherine McCarthy (Newsletter/Website Editor).

John Golby



Italian Evening



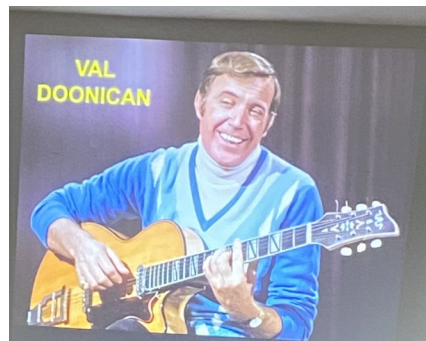
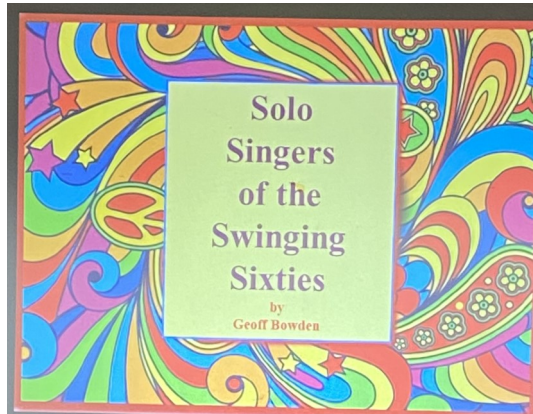
We had a fantastic evening on 27 October at our inaugural "Italian Night". It was a wonderful opportunity to dine, chat and enjoy a very relaxing evening, in the company of members, family and friends. Huge thanks to Stefano and Giovanni for organising the event and cooking such a delicious meal and special thanks to Stefano's wife Enrica for making the amazing tiramisu. La cena era buonissima. Grazie Mille.

As part of the grand raffle we had a special star prize. Jim introduced it by saying it would suit someone who was adventurous and looking for a 'cleanse'. Roberto Chiappi was the lucky winner of three colonic irrigation treatments at The Cleanse in New Barnet. We're looking forward to hearing how he got on once he's taken the plunge.



Solo Singers of the Swinging 60s

On 16 November we welcomed Geoff Bowden who brought us a fascinating insight into “The solo recording artists of the Swinging 60’s” which proved to be a very entertaining evening. For a while it looked as though there was going to be a problem with the sound but once the technical issues were resolved everyone thoroughly enjoyed hearing his stories interspersed with playing the famous tunes.



Newsletter suggestions

If you have any suggestions for newsletter items or want to submit an item please contact me. My email address is cmccarthy4@sky.com.

Christmas closing

The last session is Mark's class on Friday 22nd December and the first session in the New Year is Mark's class on Wednesday 3rd January.

REGISTER

HEART THROBS WE HAVE LOST

PETER WATTS

Turned down Lonnie Donegan for a career in the motor industry.

Peter's passion was music, and particularly jazz. In the 1950's he played double bass in The Brian Newey Skiffle Group and got to play a few times on the BBC radio which led to him being asked to join Lonnie Donegan's band but thought that a musical career was a bit risky so turned it down. Instead, he joins Ford Motor Company as a buyer and stayed at Ford until he took early retirement in 1988. Peter was a bright boy passing the entrance exams for Latymer School and to win a place which for the son of a dust cart driver, living in a council house, must have been a rare thing in those days (I wonder if he was the spark for Lonnie's big hit 'My old man's a dustman!').

For many years he and his wife, Pam, travelled to the States to attend the Sacramento Jazz Festival in California and then started to organise jazz festivals in this country, arrange band tours and generally throw himself into the jazz scene and gaining a huge number of new friends all sharing that love of jazz.

He was an avid sports watcher, but perhaps not much of a player, and football was his first love, probably getting that from his dad who used to play for Enfield Football Club. As a youngster he followed Spurs around the country with the supporter's club and then getting into management with Norsemen, Barclays Bank and Southgate Olympic and a good few trophies.

Peter Watts (1st January 1935 – 21st July 2023, aged 88)

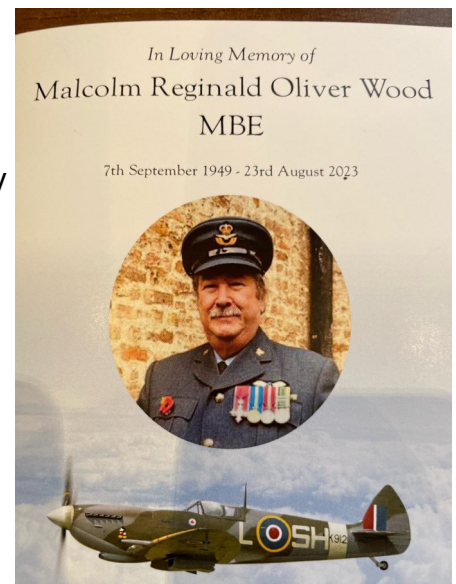
MALCOLM WOOD MBE

Expert in backward skipping.

Regulars at Mark's Friday at 11am group will always remember Malcolm for his backward skipping – he couldn't skip the conventional way but was proud of his backward technique as it impressed his granddaughter.

We knew Malcolm had worked for HM Revenue & Customs as he used to regale us with stories 'from the other side' and he had a wonderful, dry sense of humour. What we didn't quite appreciate was his association with the RAF until we arrived at his funeral to find it over-run by men in uniform. He was the squadron leader with RAFARS (Royal Air Force Amateur Radio Society) and for his work for the organisation and for HMRC was awarded and MBE. One of his colleagues relayed a story of when he first met Malcolm at the barracks; he was busy cleaning the toilet bowls! The new recruit asked him why the Squadron Leader was undertaking such a task and Malcolm replied 'It's not a matter who does the job it's that the job gets done – a saying the recruit then carried with him into life.

Malcolm Reginald Oliver Wood MBE (7th September 1949 – 23rd August 2023, age 73)

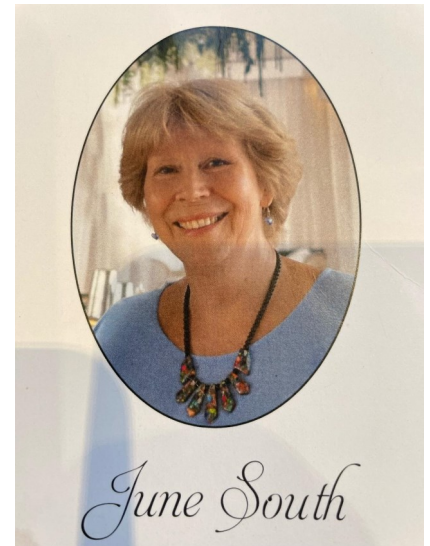


JUNE SOUTH

A tribute from Wendy Poulton

My friend June - we met at Heart throbs many moons ago at David Lloyd Centre quickly becoming buddies. We were probably a trial to Rob Bird the trainer as we could get a bit noisy and not always listening - in June's case as she was talking!

June's mum died when she was a young girl, and she was expected to take on the role of mum to two younger siblings. It was not an easy role for her to take on and at times it was a bumpy ride. One particular experience was with the pressure cooker. The youngsters home from school wanting to know what's for tea. No word was spoken just June pointing to the ceiling and yes there was the food! Can't remember who got the food off the ceiling but think it was chips for tea from the chippy!



June was loud at times, a good laugh and a good listener. I know for the new members of the Club you didn't get a chance to know her, but she always said how important it was to exercise.

It's been an honour to have June as a friend and during the early stages of her illness sit with her and remember our fun at Heart throbs.

June South (10th June 1947 – 15th October 2023, age 76)

TREVOR WALLER

Trevor dispensed not just lotions and potions but what he would call "sound advice".

Trevor was a regular at the Monday at 11am class which at that time could be described as a 'male, mixed ability' group which discussed the weekend's sport rather than exercise.

Trevor was born in Newcastle and moved to London when his father took up his chaplaincy (the Jewish version of Chaplaincy) as the Rabbi of Earlham Grove synagogue in Forest Gate. He did his National Service in the RAF Medical Corps which generated a rich vein of stories including being flown by the base Squadron Leader, lying prone in a camara jet, for tea in Paris!



He was a distinguished pharmacist in his day job, graduating from the Chelsea School of Pharmacy. His practice was in Dagenham but he later he requalified to practice in Herzliya, Israel, where he and his wife Hazel lived for 14 years. At the age of 67 when most people are retiring, Trevor obtained a postgraduate degree in pharmacology and served on numerous Boards both for the Jewish community and for his fellow pharmacists as well as continuing to do locums at the local pharmacy in Enfield into his mid-70s.

Trevor Waller (11th July 1934 – 11th September 2023, Age 89)

John Golby