

HEART THROBS



CARDIAC SUPPORT GROUP
CARING FOR YOUR HEART

The ECHO

Heart Throbs Newsletter May 2024

(w) <https://heart-throbs.org.uk>

(e) info@heartthrobs.org.uk

(helpline) 07951 740034

ZOOM CLASSES

I want to promote our Zoom classes, particularly to those members who have joined us since lockdown. We started classes on Zoom during lockdown as a means of keeping the group together and to provide a bit of necessary exercise. We ran four classes per week led by Mark, Hara, Daria and Lynn and, on some mornings, we had up to 40 attendees. They were a lifeline to many of us.

As we tip-toed out of the pandemic, the live classes began to regain their popularity and the majority now prefer to exercise together as a group and to enjoy the added benefits of social interaction. However, we still have a number of members who enjoy the convenience of exercising at home and they join the Zoom classes we hold on Tuesday and Thursday mornings at 10am. We have a pair of high class trainers as you will see from their introductions below.

As a spring promotion, we are going to make the classes free for the month of May. In return we would like all members to commit to participating in at least one of each of the Tuesday and Thursday classes. You will receive an invitation to each class which makes you only one click away from joining. Happy exercising.

John Golby



Introducing Ben's Zoom Classes

I'm Ben Cramant, the proud owner and head trainer of F45 Islington. With over 15 years of experience in personal training and a background as an ex-rugby player, I'm dedicated to helping individuals transform their lives through tailored workout plans, nutritional guidance and online support. I host a dynamic Strength Class every **Tuesday at 10am** on Zoom emphasizing strength and mobility. I specialize in incorporating resistance band training, which offers numerous benefits including -



- 1) Joint-Friendly Exercise
- 2) Improved Strength and Stability
- 3) Versatility and Convenience
- 4) Enhanced Flexibility

It's an opportunity for our fitness community to come together and push towards our fitness goals in a supportive virtual space. Hope to see you soon, Ben

Introducing Daria's Zoom Classes

Hi, my name is Daria and I do Zoom classes on **Thursday at 10am**. I do Zoom classes for Active Aging populations. I am Active Aging specialist, Posture Specialist and am qualified with BACPR (British Association for Cardio Prevention and Rehabilitation). These Zoom classes are unique because in one class we train following physical functions:

- Cardio (to strengthen your heart)
- Proprioception (body space awareness)
- Balance & coordination
- Mobility & stability (joint health)
- Brain plasticity (mind & body connection)
- Vagus nerve stimulation through relaxation



I look forward to seeing you, Daria

Health Matters with Barbara - Maurice Kings's story

Maurice - King of Heart Throbs First keyhole heart bypass surgery member.

I first met Maurice King whilst talking to him at his final Rehabilitation Class run by Barnet Hospital. He was advised by the physios and nurses to slow down and pace himself. However, his determination to continue with his rehabilitation was striking and he joined Heart Throbs the same week he completed the rehabilitation with Barnet.

His wife Trish also became a member of Heart Throbs, taking advantage of the joint membership offer open to partners. As Trish works as a Classroom Assistant, she attends Heart Throbs held at St. Stephen's church hall on Mondays 5pm class at Bush Hill Park during term time and Holtwhites classes during school holidays.



Maurice and Trish

Maurice and Trish said they find Heart Throbs classes enjoyable and fun - all the trainers and members are helpful, friendly, and sociable.

Pre-operation

I asked Maurice to recall the events that led up to him having a bypass operation. He started off stating in jest "It's all Trish's fault! She asked me to walk round to Tesco to fetch 2x2 litres of milk". He then continued with his story:

"I had just left Tesco with the milk in one carrier bag when I noticed the arm I was carrying the milk with suddenly became weak. I changed arms but that too became weak. I continued to walk home swapping the bag from arm to arm. I managed to make it home, dropped the bag and slumped onto the settee. I realised I was having a heart attack. I told Trish and she immediately called an ambulance which arrived within 40 minutes. I was taken to North Middlesex Accident and Emergency Department then to Resuscitation where I had another heart attack. I stayed overnight and was transferred to Barts the next day. Further tests showed my largest coronary artery (LAD) was completely blocked. I then had my heart bypass. I also have another blocked artery (75%) for which I am waiting to receive a stent hopefully in June 2024. Another small artery was detached from the heart that didn't need anything doing to it unless it causes me problem later.

Maurice's operation

Maurice had a heart bypass in October 2023. He informed me that he was offered to have this by keyhole surgery at St. Bartholomew's Hospital. Bart's first performed keyhole heart surgery in 2023 and Maurice was the fifth person that his Cardio surgeon had operated on using a method called minimally invasive direct coronary artery bypass (MIDCAB). It is performed robotically with a single graft and is performed on a blood-filled heart without a heart-lung machine. Access to the heart is via a small incision in the chest wall.

His operation lasted 5 hours and another 5 hours to regain consciousness. Most patients are discharged within a week when they have keyhole surgery. However, Maurice developed complications the following day having lost over 2 litres of blood. He was taken back to theatre to rectify this. In total he spent 5 days in intensive care unit and another 5 days in the recovery ward before being discharged.

Despite having complications, Maurice was able to recover and return to daily activities (including driving) within a month due to the surgery being a minimally invasive method. Continued on page 3.

MIDCAB patients have less infections than traditional open heart surgery patients as opening up the chest and cutting through the sternum can take longer to heal. There is further information keyhole heart bypass operation on the NHS website which states 'as it is a newer technique that has only been carried out on a small number of people, it's difficult to assess how effective and safe it is in the short and long term, and how it compares with other types of surgery.'

A little more about Maurice.....

Maurice was born in Northern Ireland the youngest in his family. Whilst still a baby his parents split up. Maurice was put into care along with his 2 brothers and 2 sisters. His aunt and uncle took him out of the care home when he was 18 months old and moved to London. They adopted Maurice when he was 5 years old. I asked Maurice if there is any history of heart disease in his family. Maurice told me that at the last count, he has 13 half brothers and sisters from his real mother and father's subsequent marriages. He has no contact with them and so is unsure if there is heart disease in the family.

Maurice met Trish whilst in Ibiza. Trica was on holiday with a friend and Maurice was with his football team, New Riverside based at Carterhatch Lane, celebrating having just won the league and cup double. They have been married for 36 years.

Trish told me she moved down from her hometown Leeds leaving her job at Barclay's Bank. This was because Maurice's adoptive mum and dad decided to move back to Ireland, thus giving them the opportunity to buy the house in Enfield that Maurice had lived in since he was 5. They still live there with Bethany, their daughter, aged 26. Maurice says, "Bethany still lives at home and knows when she is onto a good thing." They also have a son Thomas aged 30 who lives in his own house in Devon. Maurice worked as a Civil Engineer for Skanska working all over England working on the reconstruction, widening and managing the M25 and M42. He took early retirement in 2022. Maurice hopes that his story will help encourage others to choose the MIDCAB operation in the future.

Barbara Miller

Meet the Trainers - Lynn Nalbantoglu

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

I first taught for Heart Throbs 20 years ago when they were at David Lloyd's Enfield. After a long break, I have been back 3 years.

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

It's rewarding to watch the confidence & fitness improve, especially with clients that have never exercised before. The new friendships that are made because of exercise. I have clients that are still training with me 20 years on.

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

I was a stay at home Mum after giving up my first career as a research technician. I started going to a local step class and was hooked. I trained as an exercise to music teacher and have never looked back. North Middlesex Hospital was looking for a Turkish speaking instructor to train in Cardiac Rehabilitation so as to teach phase 111 in Turkish. I trained on the same course as Mark.

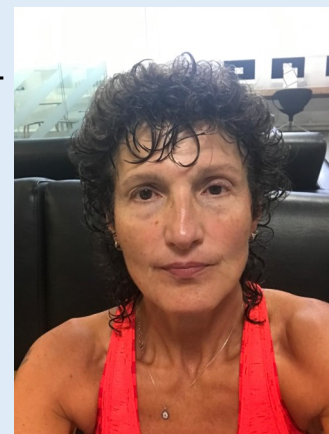
4) What football team do you support? Tottenham Hotspur as I was born in South Tottenham.

5) What's your favourite food? Eggs

6) What's your favourite drink? Not a big drinker, but I like a Gin & Tonic

7) What's your favourite holiday destination? Cyprus

8) Do you have a pet, if so what? Terepins (18 years old)



Catherine McCarthy

Christmas Lunch

On Tuesday, 19 December 2023 we held our Christmas Lunch. Once again, we were able to hold our end of year lunch at Enfield Golf Club organised by Corrine, Jim and John. We had a terrific turn out; 50 members and friends were able to join us for an excellent lunch and to experience the “Exerciser of The Year “ awards. Jim Yates hosted the event and shared the names of the nominees, in each category.

“Exerciser of The Year “ - Female

- a) Wendy Poulton is one of our longest serving members and a regular attendee at our weekly fitness classes and social evenings.
- b) Elizabeth Nathan has been a great contributor as a Committee Member and provides much help and support at our social evening.
- c) Norma Clayton is a regular attendee at St. Stephens classes, where she is always extremely helpful in encouraging new members and also, attends our social evenings, when not up in Edinburgh.
- d) Pat Hale is a regular and positive exerciser and a great Heart Throbs supporter, particularly on Quiz Nights.

The 2023 Award went to Wendy Poulton!

Wendy received a black polo shirt with our appropriate logo and title, plus an engraved statuette.

“Exerciser of The Year “ - Male

- a) Peter McCudden is a long-term member and a regular attendee at 2 or 3 of our weekly fitness classes and has his own model railway
- b) Stefano Francioso has been a tremendous contributor as a Committee Member, a back-up Instructor on many occasions and performs many roles on Heart Throbs behalf in the background. He is also famed for his phenomenally successful “BBQ” and “Italian Nights” – a real trooper!
- c) David Cox , as many of you know has set an extremely high standard for our younger members to follow. In 2023, David excelled in the new Heart Throbs Lite classes, run by Hara.
- d) Rob Ellis is our Mr. Friday 11am, as he still runs his own business, full-time! As a consequence, Rob crams 3 sessions into 1 and is incredibly positive and enthusiastic each Friday.

The 2023 Award went to Stefano Francioso!

Stefano received a stylish white polo shirt with our appropriate logo and title, plus an engraved statuette.

Our final award was a prize won by Jimmy McCluskey for suggesting the title of our Newsletter (The Echo) skilfully produced by Catherine McCarthy. The event also ended with a big “Vote of Thanks” to John Golby whose time, organisation and energy ensures Heart Throbs operates throughout the year!



Jim Yates

Heart Throbs Social Events 2024

Our recent programme included:

1 February – Social lunch at the Robin Hood Pub.

13 February – birthday lunch for John Golby.

7 March – quiz night with the theme “A Night at the Movies”.

4 April – Jamie McLean speaking about the life of his father Lenny McLean “The Guv’nor”.

Our Summer Programme is as follows:

2 May – Club Night – a fun evening, socialising with members and friends.

6 June – Roberto Milani – Sharing Life Experiences from his new Autobiography, including sections on trauma, survival, recovery and healing. Plus, some insights on “The Five Modalities”.

4 July – Paul Martin, a local expert, has an intriguing evening for us centred around the “World of Antiques.”

TBA – Stefano’s Summer Soiree (more details to follow).

Plus, a quick preview of our Autumn Programme:

3 October – Dr. Simon Kennon, Cardiologist and Patron of HT

7 November – Robin Claydon – Wildlife Photographer

5 December – Quiz Night – “Travelling Home for Christmas”

Jim Yates

Social Lunch

Social Lunch on Thursday, 1 February 2024 - we were unable to hold our first Social Evening of the year at Holtwhites, as originally planned. Instead, John Golby and Jim Yates offered a unique opportunity for members to join us for a sociable lunch with family and friends, in a private room at **The Robin Hood Pub, The Ridgeway, Enfield.**

24 attendees simply chose their food and drinks and settled down for a relaxing lunch chatting with friends, old and new, in very comfortable surroundings. No guest speakers or long speeches; just a wonderful time to unwind and catch up after the Christmas and New Year festivities, as you can see from the photos taken on the day! (Thanks to Jimmy McCluskey).



Jim Yates

New members

A warm welcome to all our new members who have joined in the last few months; Charles Dace, Mark Ferris, Nicola Hirsche, Sharmin Hossain, Clive Johnson, Una Kilgallon, Maurice & Trish King, Roberto Milani, Bill Reed, Len Sherwood, and Andy Wheeler plus a welcome back to David Burbidge.

Newsletter suggestions

If you have any suggestions for newsletter items or want to submit an item please contact Catherine at cmccarthy4@sky.com.

Website improvements

We’re looking to make improvements to the website. If you have any suggestions please forward them to Catherine at cmccarthy4@sky.com.

Birthday Lunch

Hara Markos organised a lunch on Monday 13 February to celebrate at The Robin Hood Pub, The Ridgeway, Enfield with a little help from a couple of members; this time to celebrate the birthday of our leading light, John Golby. 25 attendees were able to join in and give thanks for all the time, effort and guidance that John provides across all our HeartThrobs activities.

Again, without guest speakers or any long speeches, another relaxing lunch with much cheerful conversation took place. Sensibly, with the room having a low ceiling, John managed to evade both a rendition of "Happy Birthday to you" and the dreaded "birthday bumps"!

Unfortunately, Hara was unable to attend, but later received much appreciation via our HeartThrobs WhatsApp Group pages.

Jim Yates

QUIZ Night

On Thursday 7 March our ever-popular Quiz Night returned with brain-teasing host, Beverley Turner and a new set of challenging questions, with the theme "A Night at the Movies". Thanks to all of you who supported the quiz and to Beverley for putting together an excellent and enjoyable set of questions. The final scores were as follows:

In 8th place, awarded heart throbs Haribo's were Squats United with 85 points

7th was What's a Cinema with 92 points

6th was No Eye Deer with 101 points

5th The Dirty Half Dozen with 101.5 points

4th Key Grips with 105.5 points

3rd Dream On with 106.5 points

2nd The Magnificent Six with 107 points

The winners were way out in front with 120.5 points and it was The Ruthtastics.

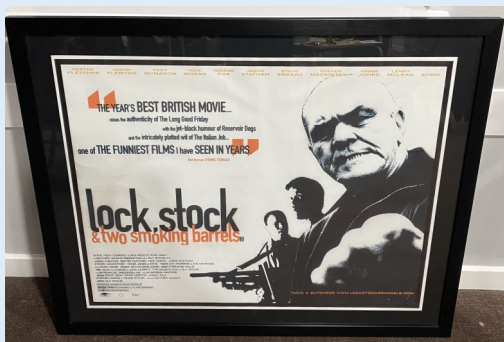
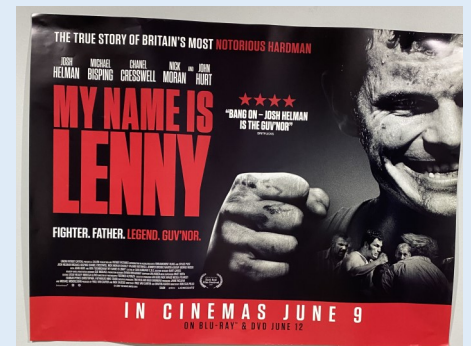
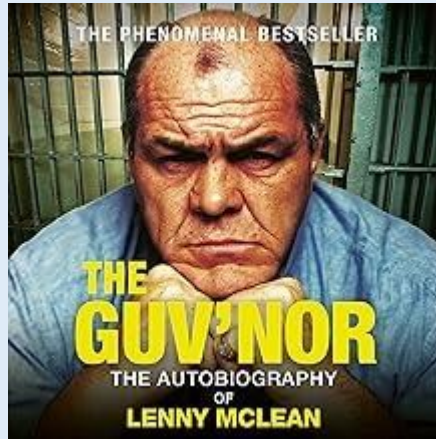
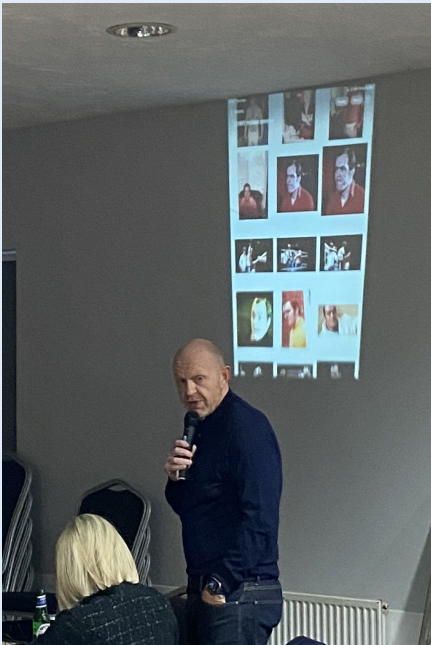
We made £500 towards club funds which is very welcome.



John Golby

The Guv'nor

On 4th April we were delighted to welcome one of our own members as a guest speaker. Many of you will know Jamie McLean who shared a fascinating insight into the life and times of his father, Lenny McLean, “the hardest man in Britain.” It was a story of hardship and poverty ... to success against all the odds! In later life, Lenny was to feature in Guy Ritchie’s 1998 gangster comedy film “Lock, Stock and Two Smoking Barrels” and his autobiography entitled “The Guv’nor” reached number one position on the best-seller’s lists. We also learnt that Jamie produced a film “My Name is Lenny” to tell the story. He shared some of his father’s famous quotes such as “I didn’t remember coming into this world and I won’t remember going out of it.”



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) and Catherine McCarthy (Newsletter/Website Editor).

John Golby

Cardiac Innovation - electrocardiographic imaging (ECGI) vest

A vest that can map the electrical activity of the heart could be used to identify people at high risk of sudden cardiac death, according to a new study. Electrical signals trigger our hearts to contract, regulating our heartbeat. Problems with these signals result in heart rhythm disorders, experienced by two million people in the UK, and can cause sudden death.

Until now, detailed mapping of the heart's electrical activity was rare – requiring either a catheter to be inserted inside the heart cavity or carried out using single-use devices that were costly and time consuming to set up, and involve radiation. But an electrocardiographic imaging (ECGI) vest developed by University College London (UCL) and Royal Free Hospital (RFH) researchers, described in a new paper in the Journal of Cardiovascular Magnetic Resonance, holds potential to be used in standard care as it is re-usable and time-efficient, with only five minutes needed per patient.

Electrical data from the vest's 256 sensors can be combined with detailed images of heart structures taken by MRI (magnetic resonance imaging) to generate 3D digital models of the heart and the waves of electrical activity flowing through it. Dr Gaby Captur from the UCL institute of cardiovascular science and the RFH developed the vest with funding from the British Heart Foundation (BHF). She said: "We identified a problem in cardiology. Heart imaging has made remarkable progress in recent decades, but the electrics of the heart have eluded us. The standard technology to monitor the heart's electrical activity, the 12-lead electrocardiogram (ECG), has barely changed in 50 years. "We believe the vest we have developed could be a quick and cost-effective screening tool and that the rich electrical information it provides could help us better identify people's risk of life-threatening heart rhythms in the future.

"In addition, it can be used to assess the impact of drugs, new cardiac devices, and lifestyle interventions on heart health. "Currently, predicting risk of sudden cardiac death is difficult, as it is not known, for instance, how risk might be affected by a particular structural feature or abnormality of the heart."

Dr Matthew Webber from the UCL Institute of Cardiovascular Science, vest co-developer, said: "Cardiac MRI, the gold standard in heart imaging, shows us the health of the heart muscle tissue, including where dead muscle cells might be. In-depth electrocardiographic imaging can help us correlate these features with their consequences – the impact they may be having on the heart's electrical system. It adds a missing part of the puzzle." Better stratification of risk, the researchers say, would help clinicians to identify people in need of an implantable cardioverter defibrillator (ICD) – a device that monitors heart rhythm and shocks the heart back into a normal rhythm if needed. These devices can be life-saving but also carry a risk of infection and can cause distress if they give shocks that are not needed.

The paper in the Journal of Cardiovascular Magnetic Resonance assessed the vest's feasibility in 77 patients and found it to be reliable and durable. The vest has since been used successfully in 800 patients. Prior to 2020, studies mapping the electrical activity of the heart had 20 or 30 patients at most. The vest is currently being used to map the hearts of people with diseases such as hypertrophic cardiomyopathy and dilated cardiomyopathy. With help from UCL Business, Dr Captur has patented the ECGI vest in the U.S. and is working with medical technology company g-tec, which made the prototype vest, to explore how it could be manufactured more widely.



Recipe - The 60p oily fish could save your life

Swapping red meat for 'forage fish' will benefit your health, wallet and the planet – here are tasty ways to do it. That 60p tin of sardines sitting in the cupboard is set to become a trendy ingredient of choice after a new study in the BMJ concluded that replacing some of our red meat consumption with healthier "forage fish" could save up to 750,000 lives per year globally. Forage fish are the smaller, cheaper varieties such as sardines, mackerel, anchovies and herring that serve as a food source for larger fish. They have one of the lowest carbon footprints of any animal food source with a recent study estimating that replacing 10 per cent of the world's ruminant meat consumption with forage fish could lower global greenhouse gas emissions by up to 15 per cent. Here are five tasty ways to replace the red meat in some of your favourite dishes with healthier forage fish, with benefits for your health, your wallet and the planet.

Spaghetti Bolognese

Swap out beef mince for tinned sardines, Saving £2.32, saturated fat reduction of 6.4g per serving (based on a recipe serving 4). Instead of using the usual 500g beef mince in your favourite Bolognese recipe, simply replace it with two tins of sardines. These can be either in olive oil, brine or tomato sauce, and gently flake them into the sauce at the last minute so they stay somewhat chunky. If you want to add more texture and volume, when sautéing onions, garlic and mushrooms can be added.



Carbonara

Swap pancetta for tinned anchovies, Saving £0.81, saturated fat reduction of 2.6g per serving (based on a recipe serving 4). Because the tinned anchovies are already cooked they don't need to be fried off, simply place the roughly chopped anchovies in a pan with a little of the olive oil they came in and a couple of peeled and squashed cloves of garlic, and heat through gently. Mix together three large eggs with 100g finely grated pecorino or Parmesan cheese (or a mixture of both). Now remove the garlic cloves and add 350g (dry weight) of spaghetti, cooked al dente, to the pan. Remove from the heat, then gently stir in the egg and cheese mixture, being careful not to let it scramble. Top with more cheese and perhaps a squeeze of lemon juice. This will serve four.



Shepherd's pie

Swap lamb mince for smoked mackerel, Saving £3.25, saturated fat reduction of 11g per serving (based on a recipe serving 4). OK, what we are really talking about here is swapping shepherd's pie for a simple fish pie, using cheaper smoked mackerel fillets than the traditional ingredients of salmon, cod and smoked haddock. Make your mash in the usual way and preheat the oven to 180C fan. Make the fishy base by sautéing a finely chopped onion in a little olive oil for 5 minutes, add a tin of chopped tomatoes and 100ml of vegetable stock. Bring to a boil then simmer for 5 minutes. Prepare the mackerel by removing the skin and flaking it into a bowl before adding to the tomato mix. Put the mix in the base of a small ovenproof dish. Top with the mash and a little grated cheese (optional) and bake in the oven until golden.



The Full English



Swap bacon and sausages for kippers (smoked herring), Saving £0.42, saturated fat reduction of 4.2g (100g kipper fillet replaces 2 sausages and 2 rashers of bacon). They can be microwaved for ease but are best when gently poached.

REGISTER— HEART THROB WE HAVE LOST

PETER LAMB OBE

Acted alongside Will Smith and once left Jeremy Paxman lost for words!

In his later years Peter became an unlikely star of TV and films. His debut was in 1993 when he appeared on Newsnight to discuss the strike by the civil service union, of which he was President, with presenter, Jeremy Paxman. Paxman backed him into a corner as to why his union would not take a pay cut. His response was to offer to do Paxman's job at a reduced rate – Paxman had no response. He made regular appearances on TV discussion programmes. His film debut was in 2001 biopic, 'Ali' starring Will Smith, James Foxx and John Voight. He featured as a second in Muhammed Ali's corner during the legendary 'rumble in the jungle' fight with George Foreman .



Peter was born in 1940 and grew up in a mining village in County Durham. During his youth he loved his sport, particularly football, rugby, cricket and following local bands, especially Eric Burdon and the Animals. His wife, Carol grew up in the same village and they married in 1965. They moved to Enfield in 1978 and he became a regular attendee at Spurs and Barnet even though he retained his love of Newcastle United. The family worshipped and served at St Mary Magdalene, Windmill Hill. Peter was Parochial Church Council (PCC) secretary and latterly Church Warden, his wife was a PCC member and his daughters, Catherine and Susannah, are head choristers.

He spent all his working life in the civil service; he spent 20 years with HM Customs & Excise and 27 years in the Department of Employment. He served as the President of National Union of Civil and Public servants (NUCPS) union. In the millennium honours list he was awarded, by the Queen, an OBE for services to the trade union movement in UK and Europe. He was a member of the Labour Party for almost 40 years and was chair of Enfield North Constituency Labour Party. From 2000 to 2007 Carol and he lived and worked in Mozambique. They worshipped at St Stephen and St Lawrence, an Anglican church in Maputo. Carol was 'Teach' to the homeless boys who sheltered at the church. He was the PCC secretary. During this time, they facilitated the link between the congregation at St Mary Magdalene and the Christian charity 'Imagine', a charity which provided 'family hopes' for abandoned children and for those persons living in poverty in Catembe, Mozambique. Peter joined Heart Throbs following his bypass operation in 2014, he was regular exerciser and attended our social events. I thought I knew him pretty well, but it is only after his sad passing that you get to fully appreciate the extent of his full and varied life and how he had touched others. It was standing room only at his memorial service at St Mary Magdalene, Windmill Hill.

Peter was Born 12th November 1940, died following a stroke on 8th April 2024 aged 83.

As a footnote: at Peter's wake, Peter Bevan and I spent time talking to Enfield North MP, Feryal Clark, and hearing her life story. She knew of Heart Throbs and was due to attend our last summer BBQ, only to be thwarted by a late-night vote in Parliament. Peter had agreed to be Feryal's agent at the next election, so she is incredibly sad for Peter's loss. I took the opportunity to ask her what date the 'Westminster bubble' is expecting the election. She said it would be July - so cancel your holidays everyone!