



## Annual General Meeting

At our Annual General Meeting on 2nd July 2023, John Golby presented a summary of the income and expenditure from 2020 to 2023 to demonstrate how lockdown affected Heart Throbs.

### YEARS TO 31st MARCH

INCOME	2020	2021	2022	2023
Exercise Groups	22,411	11,500	18,814	23,709
Donations	753	376	197	595
Surplus on Events	1527	0	76	976
Merchandise	110	0	0	10
	24,801	11,876	19,087	25,289
EXPENDITURE				
Hire of Halls	10,121	1,073	5,485	8,355
Instructors Fees	12,800	5,480	14,850	18,335
New Equipment	455	241	618	384
Other Costs	461	100	159	184
	24,048	6,893	20,968	27,158
<b>Surplus/(Deficit)</b>	753	4,983	(1,881)	(1,869)

The year to March 2020 could be described a 'perfect year' for Heart Throbs finances, we had over 100 regular exercisers, the social events were well attended and, overall, we made a small surplus of £753. This is just how we like as a 'not for profits' organisation (but 'not for losses' either!)

The country went into covid lockdown on 23<sup>rd</sup> March 2020 and all exercise classes and social meetings had to be cancelled. The only exercise we were allowed was a daily walk with members of our household; all other gatherings were banned. Some members were already aware of 'Zoom' and quickly arranged for a weekly on-line chat so at least we could keep in touch, otherwise all we could do was enjoy the weather. Mark Huggard, through Age UK, distributed an exercise pamphlet and expansion bands to members and he and Daria put together exercise videos for us to follow. These were excellent and became a lifeline for many of us.

In September 2020 lockdown was eased to allow us to return to 'socially distanced' exercise at Holtwhites. This took the form of exercising in lines, around chairs placed 2 metres apart and some of us took immediate advantage. We also had to sanitise all our equipment after use. However, this easing of the rules only lasted until 5<sup>th</sup> November when we were put back into full lockdown.

As we were now more proficient with Zoom, we thought we would have a go at exercising as a group on-line. We bought a Zoom subscription and in November 2020 we launched 'Heart Throbs at Home' offering members live on-line exercise classes on four mornings a week. These proved very popular with over 50 members subscribing. Part of the success was that we opened up 15 minutes prior to the start of the class for members to chat and keep in touch. It was just wonderful seeing 30-40 members bobbing around, exercising in the privacy of their own home.

We were grateful to the many members who left their standing orders in place when we entered lockdown. This meant we were financially sound and ready for the time when things got back to normal and we were able to restart Heart Throbs. This is demonstrated in the figures with us reporting a good surplus in 2021 but this being gobbled up by the costs of re-opening post lockdown. As we came out of lockdown the number of members subscribing had dropped below 60.

We restarted live, socially distanced exercise classes in June 2021, again exercising in lines and around chairs, observing strict sanitising rules for the equipment. We immediately restarted our two hours of classes on Monday, Wednesday & Friday at Holtwhites with Hara, Pete and Mark. However, many were reluctant to come out to mix at exercise and it was still some months before all restrictions were finally released.

The popularity of Heart Throbs at Home remained so we continued with on-line classes on Tuesday and Thursday mornings with Ben and Daria (who was now taking her class from her new home in Lithuania). St. Stephens Church were very cautious and we were unable to get back to our Monday evening class until January 2022.

Our expanded programme, offering exercise classes five days a week, was expensive to restart. The halls suddenly increased their prices and the extra hours were more costly. In addition, the local hospitals were very slow in re-introducing their Phase 3 cardiac rehab programmes so with this and a reluctance of some members to come back out and exercise, we suffered the inevitable losses.

### **New members**

A warm welcome to all our new members who have joined in the last few months; Billy Bilimoria, Christine Bird, Roberto Chiappa, Lauren Cooper, Anne Cullen, Pamela Farrant, Mark Fricker, John Hargreaves, Tony Hurford, Philip Hughes, Jamie Mclean and Andy Morgan.

John Golby

John Golby

### **Meet the Trainers - Mark Huggard**

**1) How long have you been a trainer with Heart Throbs?** 20 years

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

Seeing the journey of patients that join the classes and the massive improvements they make as well as confidence they have gained. It is also wonderful to see that many of the patients who started with me 20 years ago are still going strong and are still as fit.

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

I was already an exercise instructor at Edmonton Leisure Centre and the Primary Care Trust needed Cardiac Rehab Instructors to teach classes in the Community, primarily in the Council Leisure Centres which are all now run by Fusion. Three gym instructors / exercise teachers were offered free places. From Edmonton leisure centre Lynn Nalbantoglu and myself went on the course. From Edmonton Leisure Centre I went to work at Age UK Enfield and have worked with people 60+ ever since running an extensive activities programme for people living in Enfield.

**4) What football team do you support?** Not a super fan but would be Tottenham

**5) What's your favourite food?** Love a Chinese

**6) What's your favourite drink?** Pink Gin and Tonic or if feeling naughty a full fat coke.

**7) What's your favourite holiday destination?** UK - Dymchurch, Childhood memories, Menorca for all their great beaches.

**8) Do you have a pet, if so what?** Cat - Marshmallow



Catherine McCarthy

Reluctantly we had to increase subscriptions from January 2023 but now I'm pleased to report that we have the group finances back into break-even. The poster campaign around various health establishments and retail outlets organised by Jim McCluskey along with the local press coverage we have received from some excellent articles written by Jim Yates are bearing fruit. The NHS Phase 3 classes are now back and Jim McCluskey is also doing a sterling job at going along to these classes and introducing the participants to heart Throbs.

Membership in June exceeded 90 so I can safely predict that WE ARE BACK!!

## Heart Throbs Social Events 2022-2023

We have had a varied schedule of monthly social evenings @ Holtwhites Sports and Social Club in the last 12 months, including:

- Shaun Murphy on Physiotherapy
- Enfield NHS IAPT with suggestions about Managing Wellbeing when living with a long-term heart condition – Jess and Margarita
- Life as a Toastmaster with James Higgs
- Dr. Simon Kennon – Cardiologist and Patron of HT
- Gaye Illsley – Lasting Power of Attorney
- Bill Hamilton – BBC News reporter “on the spot”
- Quiz Night - 20 April 2023, 9 teams of 6.
- Prof. Tony Hurford – The impact of Volcanoes

We had also scheduled our Summer BBQ for July 20 but unfortunately, it was postponed owing to ill health.

Jim Yates

## Bill Hamilton – BBC News reporter “Man on the Spot”

On 18th May 2023 we welcomed Bill Hamilton. Born in Dundee, Bill Hamilton started his 50-year journalistic career as a trainee reporter on the *Fife Herald*. He began broadcasting as a reporter on *Tyne Tees TV*, then on *BBC Radio Sport* before becoming a news reader on *Border TV*. In 1973 he began presenting BBC Scotland's flagship news programme *Reporting Scotland*, then became the first news editor on *Radio Tees*.

Moving to London he joined *BBC TV News*. As Special correspondent his assignments included the 1982 war in Lebanon, AIDS in Africa, urban riots in Toxteth and Brixton and the IRA Brighton bombing. He was the first TV journalist to enter Stalinist Albania. There, his exclusive reports on the appalling suffering of children sparked a huge international aid appeal and after the fall of communism won him the order of Mother Teresa. Bill is also an association football referee and has taken charge of over 2000 matches since becoming Scotland's youngest official more than fifty seasons ago.

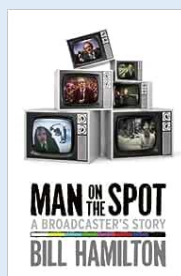
Vivid, sometimes harrowing, always compassionate, *Man on the Spot* will be essential reading for everyone seeking truthful first-hand accounts of some of the 20th century's most important events.



Bill Hamilton



Bill and Maureen



Jim Yates/Jim McCluskey

## Our Autumn programme 2023 includes:

**21 September** – Our ever-popular Quiz Night returns with Beverley Turner and the theme 'What's love got to do with it'.

**19 October** – the return of the NHS Enfield IAPT team to share more practical ideas and techniques on improving our overall wellbeing; especially, managing and reducing any stress and anxiety.

**27 October** - Heart Throbs boasts two of the finest Italian restaurateurs in London as members. Stefano & Giovanni are combining their talents to present a fantastic Italian evening at Holtwhites for members, friends and family. This is one not to be missed. Menu and price to be confirmed.

**16 November** – Geoff Bowden brings a fascinating insight into "The solo recording artists of the Swinging 60's".

**Tbc** - date of Christmas lunch.

**(These evenings are scheduled for 7pm @ Holtwhites Sports and Social Club)**

Jim Yates

## The Committee

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

Ron Munday (President),  
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,  
Ken Kempt,  
Deborah Roberts,  
Corinne Woods (Joint Membership Secretary),  
Barbara Miller (Joint Membership Secretary),  
Justin Black (Trainer Liaison),  
Catherine McCarthy (Newsletter/Website Editor).

John Golby

## Interested in joining Heart Throbs?

Take a look at our website <https://heart-throbs.org.uk> and see the details of the classes and how to join.



## Heart Matters

Prior to Covid Fintan would bring along a Magazine produced free of charge by "The British Heart Foundation" called Heart Matters. I found the articles most interesting and now receive it 4 times a year. The current copy includes understanding health, eating well (with recipes), real life stories, scientific developments, getting active and living well. I suggest that all Members should apply for their own free posted copy by visiting [bhf.org.uk/heartmatters](https://bhf.org.uk/heartmatters). Heart Matters is also available as an online magazine. Just type "Subscribe to Heart Matters" and follow the instructions.

The BHF website is also full of information and is well worth a visit when you have some spare time! Good Health.

Robert Chester (Friday Mornings 10.00)



## Competition

Suggest a name for our newsletter with the winner receiving a Heart Throbs t-shirt. Please send entries to Catherine McCarthy by 31st October 2023.

Catherine McCarthy

## Newsletter suggestions

Hi, I'm Catherine McCarthy and joined Heart Throbs earlier this year. I'm pleased to pick up the newsletter and website. If you have any suggestions for newsletter items or want to submit an item please contact me. My email address is [cmc-carthy4@sky.com](mailto:cmc-carthy4@sky.com).

Catherine McCarthy (Monday evenings 5pm and Friday mornings 10am).