

HEART THROBS



CARDIAC SUPPORT GROUP  
CARING FOR YOUR HEART

# The ECHO

Heart Throbs Newsletter Sep 2024

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## JOHN'S UPDATE

### Website Nightmare

Out of the blue our website disappeared in June. The website was hosted by Ionis and the subscription for hosting had been paid for since it was originally set up by one of our oldest members, Jeffrey Sloneem. I rang Jeffrey to find out that, sadly, he had recently passed away and his executor had cancelled all his subscriptions, including ours, without warning meaning the website was lost. Jeffrey must have funded our website for close to 20 years, since it was first established, and we owe a great debt of gratitude to him for this. I only met him twice when he attended social events, he was an accountant and worked at his West-End practice until well into his 80's.

What to do?? I spoke to our web designer, Lucy Hall, and she contacted to Ionis but unfortunately they had no means of resurrecting sites once they are lost; luckily she managed to reconstruct some data from archive material and set us up with a new host, local company Blue Circle, and a new site established with a new web address: [www.heart-throbs.org](http://www.heart-throbs.org). Please have a look at our site, it's got plenty of up-to-date content and photos, much of the archive photos have been lost but we can now move forward with a site to be proud of.

### Cardiology Night

Our social evenings return for the autumn programme in October and first up is Dr Simon Kennon, our patron cardiologist. Simon is a consultant cardiologist at St Bartholomew's Hospital, it is his fifth visit to speak

to us and each time he hosts an excellent evening where he gives us insight into new practices. He always leaves enough time to answer all our questions at the end whatever the length of the queue. It's not often you have such an opportunity to speak to a top-of-the-range cardiologist so make sure you come along on 3<sup>rd</sup> October at 7pm. We also have Robin Claydon a wildlife photographer in November and a quiz and the Christmas lunch in December, see the Autumn programme for details.



### 35<sup>th</sup> Anniversary

2025 is Heart Throbs 35<sup>th</sup> birthday. We missed celebrating our 30<sup>th</sup> birthday as we were in lockdown so we feel we should put on a celebration. If you have any bright ideas as to what we should do to celebrate please let me know.

### Annual General Meeting

We will be holding the AGM (via Zoom) on Sunday 29<sup>th</sup> September at 11am. All subscribing members will receive an invitation to join the meeting to discuss how things are going and to help shape our future direction. If you have any questions for your committee please could you submit them in writing to me at [john.golby@outlook.com](mailto:john.golby@outlook.com) 24 hours prior to the meeting.

John Golby

## The Committee

The committee meets each month except August and the Annual General Meeting will take place this year on 29th September, the details will be circulated shortly. 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

## Health Matters with Barbara - Peter Grosch's story

Peter had a quadruple by-pass in 1998. He had it done privately through a doctor at Harley Street as he was told it could take up to a year on the NHS. He went in on Saturday afternoon, had the operation on Sunday and was home by Tuesday. He recalled the drive home when he was overcome with fear about who could help him if anything went wrong, but that soon passed. The nurse visited him in his home to ensure he was recovering well. He reflected that it was £8,000 well spent (he managed to get a discount!).

### Pre-operation

Peter had recently taken early retirement and had relatives visiting from Australia. He remembers mowing the lawn and having discomfort across the shoulder blade. He realised there was a problem and went to the old Chase Farm hospital. He was told he hadn't had a heart attack but had trapped wind so he was sent home and had a good night's sleep. The next morning he walked down the stairs, had a heart attack and was rushed straight to University College London Hospital. He was told he would need to have a four way by pass but it could take up to a year.

### Heart Throbs

After his operation Peter joined Heart Throbs and has been a member for 26 years. He has made many friends and sadly said goodbye to some of them. He no longer takes two exercise classes a week but at 88 years old is pleased to get through the one! He recognises that he is slowing down but enjoys the social aspect and meeting up with those he has been exercising with for years. He recalls that when he first joined there was no membership fee. When he suggested introducing one it went down like a tonne of bricks! Being a member of Heart Throbs has been very important to Peter's life. He wishes everyone a long life and encourages us all to keep exercising.

### A bit more about Peter

Peter was born in May 1936 in Edgware but shortly afterwards moved to Edmonton and lived 100 yards from the Alcazar Cinema on Fore Street which was destroyed by the first bomb dropped in North London during World War II. He had a very happy childhood playing football with his mates including the great Johnny Haynes who played for Fulham and became the captain of England in 1963. Peter played with him for Edmonton Boys and London Boys.

He left school on a Friday and started work on Monday for his Grandad who was as a painter and decorator but he got sacked after two weeks for not cleaning the brushes properly. He did other jobs and saved his money for the best Teddy Boy suit he could afford (the trousers must have a crease). He did his National Service and flew to Cyprus in preparation for a Battle with Egypt but it was called off at the last minute. Afterwards he worked for his Dad who was a Chief Electrician. He spent his free time at the Royal Dance Hall in Tottenham and the White Hart pub. He met his wife Eve at the Royal in 1958 and they have been married for 63 years. In 1968 he started work with Pyrene, one of the world's leading manufacturers of fire fighting equipment, working in fire protection where over the next 28 years he worked his way up to Senior Manager looking after The Royal Household, BBC, M&S, Pool of London and Heathrow taking early retirement in 1998. He is looking forward to watching the Paralympics as one of his grandsons represented England in the wheelchair Boccia bowls.



Barbara Miller /Catherine McCarthy

## Meet the Trainers - Ben Cramant

**1) How long have you been a trainer with Heart Throbs?** 2 years.

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

I like to see people improve especially those that are new to fitness. It's good to see people getting fitter, more confident and returning back to health.

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

I was a sportsman and always had an interest in health and fitness so the natural progression was to become a trainer.

**4) What football team do you support?** I hate football but support the rugby team Wigan Warriors.

**5) What's your favourite food?** Spaghetti bolognese

**6) What's your favourite drink?** Coffee

**7) What's your favourite holiday destination?** I enjoy snowboarding and mountain biking so anywhere with mountains particularly the Alps.

**8) Do you have a pet, if so what?** I had a French bulldog named Hamley who sadly is no longer with us.



Catherine McCarthy

## Heart Throbs Social Events 2024

### Our recent programme included:

**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, had an intriguing evening for us centred around the “World of Antiques.”

**18 July** – Stefano’s Summer Soiree.

### Our Autumn Programme:

**3 October** – Dr. Simon Kennon, Cardiologist and Patron of Heart Throbs

**7 November** – Robin Claydon – Wildlife Photographer

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

**17 December** – Christmas Lunch, Enfield Golf Club

**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. Please note social evenings are on the first Thursday of each month.**

Jim Yates

## New members

A warm welcome to all our new members who have joined in the last few months; Lynne Cantle and Fred Weil

## Newsletter suggestions

If you have any suggestions for newsletter items or want to submit an item please contact Catherine at [cmccarthy4@sky.com](mailto:cmccarthy4@sky.com).

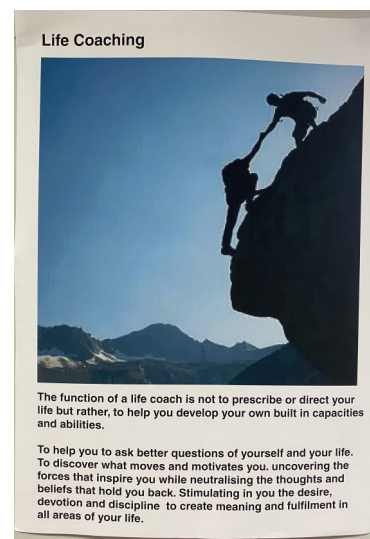
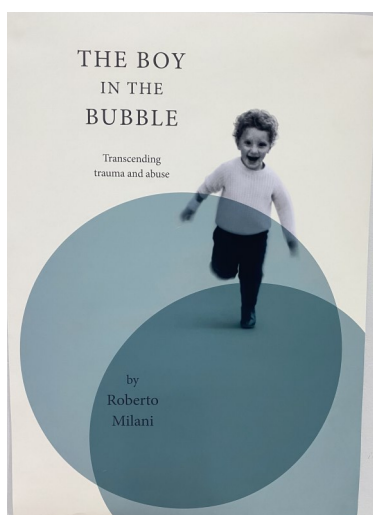
## Website improvements

We're looking to make improvements to the website. If you have any suggestions please forward them to Catherine at [cmccarthy4@sky.com](mailto:cmccarthy4@sky.com).

# The Boy in the Bubble

On Thursday 6th June we welcomed one of our own members, Roberto Milani, who shared his life experiences from his new Autobiography 'The Boy in the Bubble' which included details about trauma, survival, recovery and healing as well as some insights on "The Five Modalities" which are hypnosis, reiki, neurolinguistic programming, coaching and bodywork. He described the harrowing abuse he suffered as a child, getting involved in the underworld and attempting suicide. His book is about his journey of recovery transcending abuse and trauma. He explained that it's not about the destination but the journey and that we all want love, support, peace and harmony. He added that forgiveness is important and he learnt to say sorry to himself. He shared that through his own personal experience he was able to become a practitioner to help others suffering from addictions, grief, abuse and neglect. He provides not just coaching, healing and support, but a true wisdom and empathy that can only be born out of personal experience.

We also had the grand raffle and celebrated Chris Bird's birthday with some delicious cake.



Catherine McCarthy

# The World of Antiques

On 4<sup>th</sup> July we were entertained and educated by Paul Martin for a fascinating talk about antiques. We had a good turnout even though we were competing with Wimbledon and the General Election. Paul brought some of his own items and members brought some of theirs. The table was full with a range that included clocks and watches, paintings, vases, a jewellery box, a train set, Biba fashion items and even a naval sabre.

We learnt that when buying antiques it's important to buy items you like and if it is something you will enjoy. Paul used the example of a vase that looked like a Clarice Cliff but was a replica that he picked up for £2 from a market stall. He warned that we shouldn't be taken in by the use of the same bold colours that Cliff would have used and it's important to do your research. He explained the difference between hunter and half hunter watches and recommended to one member to take her pristine Hornby trainset to a local museum to get valued. An exciting part of the evening was hearing about Fintan Gallagher's painting (see images below). The painting had been in Fintan's family home growing up in the West of Ireland and hung in the sitting room. On Paul's recommendation Fintan had it professionally cleaned to bring the colours out. The difference is incredible! We also had the grand raffle.

Thank you to Paul for such a great evening and for donating his fee to The Nightingale Cancer Support Centre.

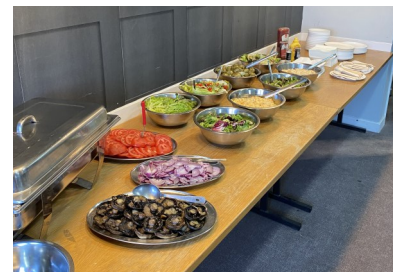


Catherine McCarthy

# Stefano's Summer BBQ

On Thursday 18th July we held Stefano's Summer BBQ where 60 of us enjoyed great food and company. There were problems with the trains that evening so we had a few late arrivals but it was great fun and everyone enjoyed themselves. It was a delicious menu that included chicken fillets with melted mozzarella, basil and fresh tomato, fantastic beef burgers, Italian fennel sausages, vegetable kebabs, chicken and bacon skewers, flat garlic mushrooms, coleslaw, mixed salad and freshly baked brioche buns followed by watermelon.

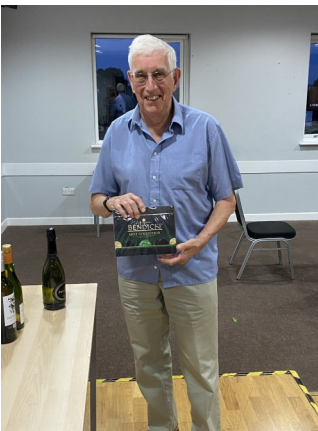
Some of the men sported their best summer shirts with Earl winning the prize for the loudest and being presented with a box of Haribos by Jim as his prize. We also had the grand raffle. We'd like to thank Stefano, his wife Enrica and Paul for all their hard work in organising this amazing event we really appreciate it.



Catherine McCarthy

# Stefano's Summer BBQ Grand Raffle

At the BBQ we had the Grand Raffle that included a great range of prizes including champagne, wine, chocolates, Fortnum and Mason cheese biscuits and a plant. Thank you to everyone who organised the raffle and donated prizes and congratulations to all the winners.



## A British Heart Foundation Mural on an Edmonton Building

A mural of a football player and journalist who suffered a fatal cardiac arrest has been unveiled locally. Jenny Kerwood was just 22 years old when she collapsed during a football training session and died on her way to hospital in February 2012. It was later discovered Ms Kerwood, from Billericay in Essex, had a rare congenital heart condition. The poignant artwork, now on display on a flank wall at Fairfield Road, Edmonton, by its junction with Fore Street, was put together by the British Heart Foundation to raise awareness about heart disease. Ms Kerwood had just graduated from Westminster University and started working for a football news website reporting on Leyton Orient when she died.

The mural forms part of a timely charity advertising campaign where twelve powerful murals have been unveiled to highlight the tragic reality that 12 young people under the age of 35 are lost every week to sudden cardiac death in the UK. They were unveiled ahead of the UEFA Euros 2024, each painting commemorating a talented young footballer or fan who died too soon. Several of the artworks feature the emotive message 'Til I Died'. At a time when the nation enjoyed this iconic sporting event, it was yet another reminder of their loss for the families coming to terms with the sudden death of a loved one whose dreams of playing for, or supporting their national team, disappeared in an instant. (From a BBC News report).



Stefano Francioso

## A Heart Healthy Recipe from Heart UK the cholesterol charity ([heartuk.org.uk](http://heartuk.org.uk))

### Autumn Fruit Compote

A sweet and aromatic treat providing natural sweetness from fruit and requiring little added sugars. One serving provides almost a quarter of your daily recommended intake of fibre.

### Ingredients

A small knob (15g) of vegan unsaturated fat spread, 2 dessert apples, peeled, cored and thinly sliced, 50g caster sugar, 2 star anise, 1 tsp vanilla extract, 1 cinnamon stick  
500g mixed berries fresh or frozen if not in season (blueberries, raspberries, strawberries)  
200g Alpro Greek Style Plain alternative to yogurt

### Method

Melt the spread in a saucepan over a medium heat. Toss in the apples and cook for 1 minute. Add the caster sugar, star anise, vanilla extract, cinnamon stick and 150mls of water, then stir for a few minutes to dissolve the sugar.

Add the mixed berries and stir to coat the berries in the syrup then cook for 3-5 minutes until the fruit starts to soften. Don't overcook, or the fruits will not hold their shape.

Take off the heat and leave to cool.

Before serving, remove the star anise and cinnamon stick and serve in bowls with the Alpro Greek Style.

Keeps well in the fridge for up to 2 days, in the freezer for up to 3 months. Makes a great pudding and great for breakfast too.



Catherine McCarthy