

BRIGHTON TAKE HEART GROUP

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MAGAZINE

Latest News on the National Campaign for Cardiac Rehabilitation

In the last edition of the Magazine, we promoted the National Campaign and the petition that some of you signed. Cardiac rehabilitation services nationwide are lamentably under-resourced. Cardiac rehabilitation can reduce the chance of dying from heart disease by 26% but 60% of people who need it do not have access to the service. The BHF have announced that 5000 signatures were collected on the campaign petition presented to the Department of Health. On 5th December 2007, over 50 patients and cardiac rehabilitation practitioners marched on a day of protest outside the Houses of Parliament in London. The protesters marched wearing an over-sized sale tag for £600 around their necks. This is how much it costs to give a patient the minimum level of cardiac rehabilitation in the UK. The campaign leaders met Ann Keen, Minister for Cardiac Services. Over a dozen parliamentary questions were tabled by MPs to health ministers. The Department of Health has replied officially that it is up to Primary Care Trusts (PCTs) to deliver cardiac rehabilitation of the required quality. Campaigning is continuing.

[sources: Press releases, British Heart Foundation, www.bhf.org.uk on 3rd May 2008; Heartbeat News, no. 1, January 2008, Sussex Heart Network]

Hearty Voices Training Day

Five

Brighton Take Heart Group members attended the BHF Training Day at the Old Ship Hotel, Brighton, on 1st April 2008. The topic was the Patient and Public Initiative (PPI) and was designed to encourage patient involvement in the improvement and development of cardiac services. There were 19 attendees, including 3 BHF staff and a guest speaker. The main presenter of the day was Suzanne McGregor, whom some members may remember as the BHF's local Patient Network Coordinator a few years ago. Suzanne passes her best wishes to Brighton Take Heart Group and was as charming as ever. The main value of the day proved to be making new contacts with other stakeholders and neighbouring activists; and with obtaining information outside the topic. Attendees were interested to hear how Brighton Take Heart Group is developing and praised the group's efforts to help so many local cardiac patients in the community. Our representatives registered the concern of funding for community schemes.

Sussex Heart Network

Sussex Heart Network (SHN) is a county-wide NHS umbrella agency that is attempting to streamline the pathway for cardiac patients. Several improvement projects are on-going within Sussex to meet the government target of treatment within 18 weeks from referral by December 2008.

For instance, the Royal Sussex County Hospital is developing a third cardiac catheterisation laboratory and technician training is being supported by funding from Sussex Heart Charity. Dr. Steve Holmberg said that "this will lead to shorter waiting times for local patients who need a range of highly specialized cardiac treatments".

Brighton Take Heart Group has established contact with Peter Davey, Cardiac Improvement Manager, employed by SHN. Two committee members met Peter on 1st May 2008. Since its inception in 2003, the agency has evolved through several changes. SHN published its first newsletter in January 2008. In future, SHN will work closely with hospital Primary Care Trusts to ensure cardiac patients are getting what they want from hospital services.

[source: Heartbeat News, no. 1, January 2008, Sussex Heart Network]

Red Bootlaces

You could wonder why if you see people out and about wearing bright new red bootlaces, particularly runners. This is a visible promotion of the current fund-raising scheme of Heart UK, the cholesterol charity. Heart UK has raised awareness of the damage due to excess low density lipoproteins (LDLs), or 'bad' cholesterol, in the bloodstream, as it may be deposited in the arteries and veins. Elevated LDL is the greatest risk factor for CHD and contributes to almost half of deaths from CHD.

Approximately two thirds of men and women have blood total cholesterol levels of 5.0mmol/l and above and are at risk of coronary heart disease (CHD). 8 out of 10 people in the UK do not know their total cholesterol level.

[sources: Digest, no. 109, vol. 22, Spring 2008, Heart UK; For Your Heart's Sake, Heart UK, 2008]

Event Reviews

Fishbourne Roman Palace and Roundstone Garden Centre 15.03.2008



We were lucky that the weather was good but not the numbers on the coach, only nineteen. When we arrived we were shown a very interesting film on Fishbourne Palace with a narration by Tony Robinson of BBC's *Time Team*, I don't think any of us realised Fishbourne was burnt down during the 3rd century which sealed the fate of the palace when the fire destroyed large areas of the building.

Onto the exhibition, which all turned out to be much better than we thought perhaps because many of us had visited it years ago and recalled the exhibition not so interesting. After lunch we continued on to the Hoskins Garden Centre finishing with tea and browsing around the farm shop before heading home.

Quiz night Saturday 19.04.08

WOW! What a turnout, 79 in all, our best ever, and a few new faces.

£79.00 was taken on the door which was split four ways for the cash prizes. We took £118.80 on the raffle and £21.59 on refreshments. I want to thank everyone who took part and for their generosity. A good night was had by all.

Can I please ask in advance, for the next quiz night could you give me your names and addresses for Health & Safety reasons, this avoids delays on the night. Many thanks.

Regards.

Ken Thomas

Note from Admin

Membership Renewal 2008

Included with this edition of the Magazine is a reminder letter and form to renew your membership for 2008 if you have not yet paid. Your membership subscription of £2 each was due on 1st April 2008. The committee are grateful that 66.6% of members have now re-subscribed. By a process of selective mailing, only members who have not yet paid at 120 addresses will receive the reminder. So, if you do not receive a reminder, your subscription is up-to-date.

New Exercise Classes

Following the results of the membership survey in the Autumn/Winter 2007 edition of the Magazine, new weekly supervised keep fit classes have started. Sessions have been launched at Peacehaven on Thursdays and are offered to members at Ralli Hall, Hove on Mondays, Wednesdays and Fridays. A flyer was sent to members resident in Southwick, Hove and Portslade about the Hove sessions with the Spring 2008 edition of the Magazine. A flyer was mailed to all members in Saltdean, Telscombe Cliffs, Peacehaven and Newhaven about the new Peacehaven session later in March 2008. Since the mail shots, attendance is already picking up at both locations. All members are welcome to attend any of these classes. The committee wish to encourage all respondents of the membership survey to come along. The early success of the session at Peacehaven will depend on members participating as they indicated in the survey. The session at Peacehaven is the first new commission solely by Brighton Take Heart Group since founded in April 1993. The location is a modern purpose-built studio unlike any other where members can participate so cheaply. See details about these sessions in this edition. If you could put up a small poster to advertise these sessions, please contact any committee member.

The Past and Current History of Local Author David Rowland

I was born in April 1935 at Brighton General Hospital. My parents at this time were living in Whitehawk. Three weeks after my birth my mother passed away due to my birth. I was adopted by her sister and my surname was changed from Rout to Rowland. Aged 4 years and two days before the outbreak of WWII my adopted mother passed away with breast cancer.

I was moved around for a while to various aunts and uncles, until I went to live with my adopted father, his sister and his mother in Grove Street, Brighton. I attended Finsbury Road School from early 1940 until 1946 when I went to the old Intermediate School in York Place. It had by then been renamed Fawcett. I left school in 1950 and joined Sainsbury's as a trainee grocer. I was called up for National Service in 1953 and joined the RAF as a cook. I attended basic training and trade training and spent 18 months or so at a RAF camp in Wiltshire. With my National Service completed I returned to Sainsbury's to continue my career.

Towards the end of 1957, a seed had been sown in my mind about joining the Brighton Police. I tossed the idea around for a while. I was married by this time and wanted to make the right decision. I duly joined Brighton Police during the summer of 1958. My wage at this time at Sainsbury's was 10 guineas and I took a drop in wage to £9.50p. While in the Police I worked in various departments including the dog section, the communications department, as well driving a police car and walking the beat. In 1985, I was medically discharged from the police after almost 27 years service.

I took on various jobs after my Police career including being an assistant caretaker at Tideway School as well as being a shelf-filler at both Asda's and Sainsbury's. I wanted to finish my working life as I had started it. I started at Sainsbury's in Western Road, Brighton and finished working for the same company in Newhaven.

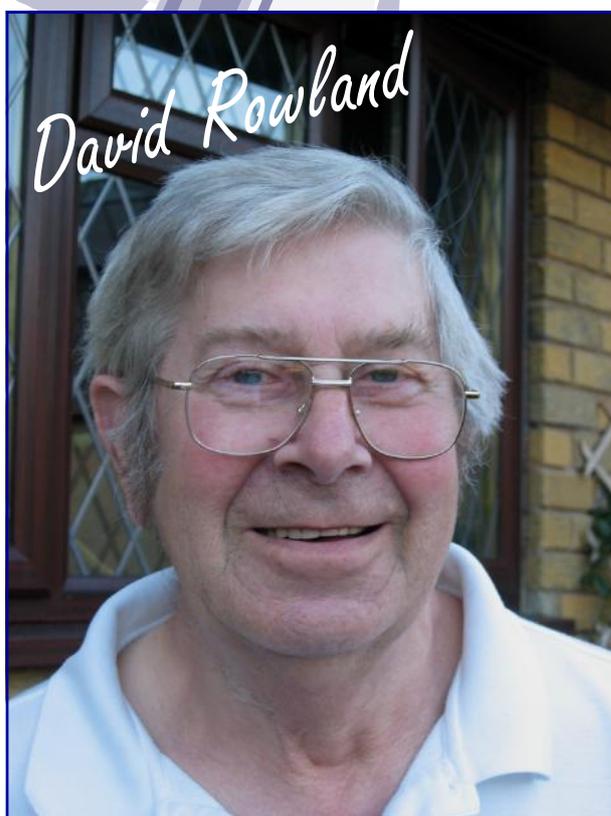
In 1995, I started to research the war years in Brighton and, in 1997, I had my first book published called 'Brighton Blitz'. I followed that one with 'Coastal Blitz', both books being published by SB Publications. In 2000, I started to publish my own books with 'Spitfires Over Sussex'. I followed this with other books, namely: 'Survivors', 'Out of the Blue', 'War in the City, part 1', and 'On the Beat, Memoirs of an Old Time Copper'. I have other books in the pipeline including 'War in the City part 2', 'Target Brighton', 'The Brighton Police Probe of 1957', and 'The Trunk Murder of 1934'. Life is pretty busy in the book business at present.

I am also involved with the Brighton Police Museum, being responsible for the organisation of the tour guides. The Museum is situated in the basement of the Brighton Town Hall in Bartholomews. I am also one of the guides, as well as being one of the police historians. Visits can be made to the Museum (Saturdays only at present) by contacting the desk at the Town Hall.

I am also a Volunteer Reader at Whitehawk School each week with the children of Year II. I am also involved at the school with the Air Raid Shelter, which has been restored back to a wartime state by the School Manager. This is open to the public during the Brighton Festival in May of each year.

In March this year, I had a new valve fitted in my heart by Mr. Lewis. The operation was a success but unfortunately a week or so later I developed an infection in the wound which took around 5 weeks to clear up. When I was fit enough I attended the keep fit classes at the Latilla Building for 7 weeks and, with exercises I did on my own, this has greatly helped in my recovery. I feel as well now as I did a few years ago. It was estimated by the surgeon after various tests that, should I have decided not to have the valve operation, I had between 12 and 15 months of life. That needed only one decision for me to make. Like hundreds and thousands of other people, I am most grateful to the surgeons and other members of the cardiac department for all their combined work, which has given me a new lease of life.

I have been a member of the Brighton Take Heart Group since my heart attack in 1994. I was a temporary committee member for a short while when committee members were difficult to find and enjoyed the experience.





SUMMER BUFFET AND DANCE

Ballroom, Latin, Line dance and Disco

23rd AUGUST 2008

7:30pm– 11:30, Buffet 8:30

£18.00 per head

ADUR BOWLING CLUB
 OLD BARN ROAD
 MAYOR HALL ROAD
 SOUTHWICK

Please contact Christine Gumbrill on 889031 with names and addresses, plus cheques to 'Brighton Take Heart Group'

Buffet Menu

Whole Salmon
 Sliced Ham off the bone
 Selection of Quiche
 Mixed Pastries
 Rolls & Butter

Mixed Salad Bowl
 Homemade Coleslaw
 Homemade Potato Salad
 Rice Salad
 Selection of Sweets

Social events calendar for 2008

June 15th '08	BHF London to Brighton Bike Ride
July 12th '08	Hever Castle and Gardens coach trip
August 23rd '08	Summer Dance, Adur Indoor Bowling Club, Southwick
September 13th '08	Fun swim, Lewes Leisure Centre
November 20th '08	France Trip to Calais
Late 2008	Dogs night, Brighton & Hove greyhound stadium,

Swimming at the Thistle

Calling all you members who enjoy casual swimming! Brighton Take Heart Group will be issuing new swimming passes **annually**. If you do not have one of the new passes, you will not benefit from all the great facilities at the Thistle Hotel Health Suite. These are available free of charge to paid up members from Ken Thomas, Swimming Group Coordinator, tel. 01273 621343.

New passes will be available from 1st April '08

Active Swimming Member

Name.....

Valid until 31st March 2008

Peacehaven Exercise Classes

Would you like to continue with supervised Cardiovascular Exercise or
Aerobics?

Do you live in Peacehaven or surrounding area?



Why not come and

join our new

PHASE IV EXERCISE CLASS and AEROBICS

at

PEACEHAVEN LEISURE CENTRE

Greenwich Way, Peacehaven, East. Sussex BN10 8BB

Thursdays 10.00am – 12.30pm

TIMETABLE

Keepfit circuit 10.00am – 11.15am

Aerobics to music 11.15am – 12.30pm

Membership £2.00 Session £3.50

For further information please contact:

Richard Stantiford mob. 07786 001771

Ken Thomas tel. 01273 621343

or see Dionne Walder for aerobics.

by car - off-street car parking spaces at Meridian centre, limited designated site parking.

by bus - no. 14, 14A, 14B, 14C at Meridian centre.

NB: Please bring a signed letter from your GP, a certificate of completion of the cardiac rehab programme at RSCH or other summary of your cardiovascular medical history.

Staff Profile

Catherine Shannon Arrhythmia Nurse Specialist



An arrhythmia is an abnormality of the heart's rhythm, either caused by an inherited problem or by an acquired condition, in some cases there is no known cause for the arrhythmia. The heart may beat too fast or too slow, or in an irregular way. Cardiac arrhythmias are among the top ten reasons for hospital admissions in the UK, affecting more than 700,000 people in England. They can be complex and frightening and as an arrhythmia nurse specialist I am able to act as a dedicated point of contact and advocate for patients with heart rhythm problems.

I have been employed as an arrhythmia nurse for Brighton NHS Trust (BSUH) since December 2006. Prior to this I was the ward sister on the Cardiac Care Unit at BSUH and have a ten year history of cardiac nursing. It has been an interesting and exciting time setting up this new service for the Trust. The initial priorities have been based around Chapter 8 of the National Service Framework (NSF) on Arrhythmias and Sudden Cardiac Death and the quality requirements set out in this Department of Health Document (DOH 2005).

The main aim of the post has been to provide support and information for patients presenting with arrhythmias. Ensuring patients receive timely assessment and diagnosis, effective treatment and rehabilitation for their condition. This role involves seeing patients on an individual basis whilst they are in hospital and offering information, verbal and written. It involves risk factor assessment, education for patients and carers, help with discharge planning, reassurance and ongoing help via telephone support once home.

Dionne

Would you like to continue with supervised Cardiovascular Exercise?



Do you live in Hove or surrounding area?

Why not come and join our

PHASE IV EXERCISE CLASSES

Monday's, Wednesday's, Friday's, 10.00am – 11.00am

at Ralli Hall, 81 Denmark Villas, Hove, BN3 3TH



Phase IV follows on from the NHS Phase III programme held at David Lloyd and is designed to meet the needs of cardiac patients who wish to continue with on-going supervised exercise classes to improve and maintain their cardiovascular fitness. Unlike the NHS programme there is no restriction on how often or how long patients can attend therefore maximizing benefits to health.

The classes are supervised by a Clinical Exercise Specialist - qualified with The British Association of Cardiac Rehabilitation (BACR) and the American College of Sports Medicine (ACSM).

For further information please contact: Richard Stantiford Tel: 07786 001771

NB: Please ensure you bring a summary of your cardiovascular medical history for Richard Stantiford's attention before you start.

British Heart Foundation backs new research on high levels of salt in children's foods

The British Heart Foundation (BHF) has welcomed new research published today (Monday 28 January 2008) by Consensus Action on Salt and Health (CASH) which reveals many foods marketed to children still contain large amounts of salt. The research, carried out for Salt Awareness Week with a leading parenting website, *Netmums.com* (a unique local network for Mums & Dads) shows that foods targeted at children still contains large amounts of salt and in some cases more than half the daily maximum limit for a six year old. CASH and the BHF are calling on parents to stop buying very salty foods for their children and asks the manufacturers, yet again, to lower the amount of salt they put into children's foods.

According to the UK Government's Scientific Advisory Committee on Nutrition, four to six year-olds should eat no more than 3g of salt a day, half the adult limit. One to three year-olds should have no more than 2g a day. And yet the CASH research found foods, aimed specifically at children, still on sale in January 2008 with over 1g of salt per serving. 1g is a third of a six year-olds limit and half the daily salt limit for a three year-old. Commenting on the research, Betty McBride, Director of Policy and Communications for the British Heart Foundation, said: "This must be a red light moment for food manufacturers, let's get colour coded labels on food packs now. We know that high salt intake is linked to raised blood pressure and is a major risk factor for heart disease - the UK's biggest killer. This research shows alarming levels of salt hidden in some foods. Shoppers problems are compounded by confusing food labelling that can make it difficult to quickly choose lower salt options for their families at the supermarket. We know that traffic light labelling is key to making food choices easier for shoppers. It would allow busy parents to tell at a glance whether food they select is low, medium or high in salt and help them make healthier food choices."

Professor Graham MacGregor, Chairman of CASH and Professor of Cardiovascular Medicine at St George's Hospital in London, said: "It's not just heart attacks and strokes that are caused by a high-salt diet. Too much salt is also linked with stomach cancer and osteoporosis and can aggravate the symptoms of asthma. "With everything we know about the dangers of eating too much salt, parents need as much information as possible about how much salt is contained in the foods they give to their children, and food manufacturers need to do as much as they can to reduce the amount of salt they add to foods that are eaten by children."

CASH surveyed eight outlets in January 2008 – ASDA, The Co-operative Group, Marks and Spencer, Morrisons, Sainsbury's, Somerfield, Tesco and Waitrose to look for examples of foods eaten by children with relatively high levels of salt. The foods surveyed were own-brand and branded products. N.B. this was not intended to be an overview of all products eaten by children. CASH is happy to acknowledge that there are foods eaten by children which do not have high levels of salt. The purpose of this research was to find examples of higher salt foods in order to explain to parents how easy it can be for their children to eat too much salt. For more information on the CASH survey or on research on salt visit their website: www.actionsalt.org.uk/media/press_releases/saw_2008/saw_2008.htm

Age Target Average salt intake (g/day)

0-6 months	<1g
7-12 months	1g
1-3 years	2g
4-6 years	3g
7-10 years	5g
11-14 years	6g
Adults	6g

