

# BRIGHTON TAKE HEART GROUP MAGAZINE

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### Food & Diet

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Can Broccoli Help Heart Damage?



## New Exercise Classes at Peacehaven

Brighton Take Heart Group is grateful to announce that Sussex Heart Charity has now offered financial assurance of the new exercise classes that were launched at Peacehaven on 1<sup>st</sup> April 2008. SHC has offered a grant for part of our funding over 6 months. The desirable, modern facilities at Peacehaven Leisure Centre are popular with our members. The regular attendees on Thursday mornings are a friendly, welcoming group, which is growing all the time.

More support is required from members for the gentle exercises to music led by Dionne Walder, 11.15am-12.30pm. The exercises are suitable for anyone, young or old, who can not undertake the more vigorous keepfit circuit, 10.00am-11.15am; and you could choose to do both, as some have done. In order to encourage participation at Peacehaven, Dionne will offer a one-off, 2-for-1 discount. If you attend aerobics at any other session led by Dionne, you may bring along and introduce a friend for free and you can both enjoy a taster session. After the end of the 6 month trial period in September 2008, the financial viability of this class will be re-examined. It may be a case of use it or lose it, so please try out what Brighton Take Heart Group has created for the benefit and health of our members.

## Pioneer of Cardiac Bypass Surgery

The cardiovascular surgeon who pioneered bypass surgery, Dr. Michael De Bakery, has died aged 99. His patients included Boris Yeltsin, the Duke of Windsor, the Shah of Iran and US Presidents Nixon, Kennedy and Johnson. [source: Sunday Times 13<sup>th</sup> July 2008]

## Arrhythmia Awareness

Staff at Eastbourne DGH & Conquest Hospital, St. Leonards created a local campaign to raise awareness of heart rhythm disorders in July 2008. Arrhythmia affects more than 700,000 people in England. Heart rhythm disturbances can occur naturally or be due to heart disease or a reaction to medicine and cause dizziness, palpitations, breathlessness or blackouts. [source: Argus 5<sup>th</sup> July 2008]

## Annual General Meeting

Brighton Take Heart Group's AGM is to move to a new venue on Thursday 25<sup>th</sup> September 2008 at Moulsecoomb Leisure Centre, Moulsecoomb Way, Brighton. The meeting will be re-launched at this new location with a number of guest speakers and in an upstairs conference room with its own bar. There is also plenty of free parking. The cash bar at the venue will open 6.00pm-6.30pm and will offer teas or coffees and biscuits for £1 per person, and other drinks. Proceedings will commence at 6.30pm and will close at 9.00pm. The meeting promises to be a more enjoyable, relaxed and convivial experience than in past years. Members are encouraged to come along to hear the guest speakers. The committee have negotiated for the bar to re-open for a post-meeting period of 30 minutes.

## Sussex Heart Charities' Brightona Appeal

Sussex Heart Charity will be hosting the Brightona motorbike rally at Madeira Drive on Sunday 12<sup>th</sup> October 2008. SHC raised £20,000 in 2007, which purchased a harmonic scalpel for the cardiac theatres, RSCH. Over 3000 bikers and 8000 pedestrians attended this fundraising event last year. SHC has requested the assistance of Brighton Take Heart Group members to collect entrance monies in one-hour shifts. Printed T-shirts are offered to every helper. If you wish to assist during the day, please contact Terry Ayres (tel. 01273 523026) or any committee member for further information.

## Note from Admin

### Membership Renewal 2008

Included with this edition of the Magazine is a final reminder letter and form for a few members who have not yet paid to renew your membership for 2008. Only members at 58 addresses will receive the reminder, because everyone else has paid. If you should fail to renew your membership at this final opportunity, you will not receive the next edition of the Magazine to be published on 1<sup>st</sup> December 2008.

### New Exercise Classes

The committee is keen to promote the new exercise sessions for members by cheap advertising. Further targeted mailings are planned. New members are welcome to join exercise classes, including friends and family. If you could put up a small poster to advertise these sessions, please contact any committee member. All noticeboards are considered valuable.

Sus-  
Mem-

### Hever Castle, March 15th 2008



On arrival at Withdean Stadium I felt it was going to be a good day, a happy friendly atmosphere prevailed. The journey through the countryside was very enjoyable. As I was a very new member Clytie Thomas made sure I was not alone and I was introduced to Jean who was an excellent companion for the day.

Arriving at Hever Castle my first priority was a cup of coffee before setting off to the castle. I found the tour most enlightening and it brought back some school history lessons. The panelling in most rooms were stunning and one had a sense of past gracious living. The gardens and lakes were vast but amazingly beautiful.

A day not easily forgotten. Our thanks to Christine for a very well organised and enjoyable day.



Cycle Team



Dear all,

Another London to Brighton completed by the BTHG with a full complement of 50 riders and perfect weather.

On a personal note I enjoyed the ride all the way and with Richard Long keeping me company. The ride was very enjoyable and of course the best feeling is reaching the top of Ditchling Beacon and being rewarded with the fantastic view of the sea ahead of you.

I would like to thank all the Take Heart members who got out of bed at a ridiculously early hour and braved the thousands of other cycling enthusiasts all going in the same direction! Also all those who wore their Take Heart T shirts and cheered the team home, good show, keep it up and the same again next June.

Also thank you for all your donated sponsorship.

I would like to take this opportunity to remind all BTHG members that this is your team, aiming for the glory of doing the ride so please contact me and come and join us, believe me I am one of you and I can do it!

*Kevin Herriott*

Cycling co-ordinator





# COMMITTEE MEMBERS

## P R O F I L E S

I was born in Birmingham and moved to Portslade at the age of 7 and went to school at Mile Oak Girls. I have spent most of my working career in the catering trade, supplying food to local factories and businesses. I semi-retired at 57 and worked in a sandwich bar for a few days a week until . My hobbies are jigsaws, knitting and reading.

I have been coming to Stanley Deason for six years with my husband Eric who had a triple heart bypass in 2000. As of last September I was asked to join the committee as the social secretary.

We went on our first coach trip to Hever Castle on 12th July. The weather was very kind to us and everyone told me how much they had enjoyed the day. Hope to see you all on our next trip to Chatham Dickens World and The Dockside Shopping in Dee.



**Christine Gumbrell**  
**Social Secretary**



**Ken Thomas**  
**Exercise Co-ordinator**

I spent all my school days at St Lukes from 5 to 14. I lost my sister, aged 16 (during the bombings of 1940). I wasn't interested in school but I loved being with my Dad on his allotments. At the time of leaving school I went into the building trade as a carpenter, learning plastering, decorating and roofing on the way, staying with the same company for 12 years. I then became self-employed.

During this time I began lifesaving and became a teacher at the old King Alfred in 1970 until it closed for refurbishment in the 80's. I had a heart attack at the age of 65 and decided to retire. I completed my six weeks at Latilla rehabilitation classes and, with their help, they gave me the inspiration to join the Take Heart Group and I have never looked back. Within two years I became a committee member and took on the position of swimming organiser at The Thistle. I then became a circuit training instructor including doing talks to the rehab patients at Latilla, encouraging them to join BTHG.

Born in 1947 in Gosport I grew up in Lee-On-The-Solent. After school and college I had a period with the Post Office as a counter clerk before joining Brickwoods Brewery in Portsmouth in 1971. Progressing to the trade side as an area manager, looking after the pubs and landlords in Hampshire I was promoted to the Sussex area in the mid-eighties. I spent nearly 30 years in the Brewing and Leisure industry before joining Provident Personal Credit in 2000 as a Development manager for 6 years. Two heart attacks finally convinced me to retire early and take life a little easier.

My wife Carol and I have lived in Brighton for over 25 years with our children Matthew 24 and Sarah 21. I have always been a keen sportsman having played rugby and cricket in my earlier days and a lifelong supporter of Portsmouth Football Club. My main interests are reading, crosswords, gardening and travel.



**Michael Byran**  
**BTHG Chairman**

## Booking information for Excursions

Friends and family welcome unless otherwise stated. Please give your names to Christine Gumbrell, tel: 01273 889031. Payment with booking only please. If you have to cancel your coach reservation and we are able to fill your space you will be refunded. Please make sure you have a valid passport for overseas excursions.

Please make cheques payable to 'Brighton Take Heart Group'. Post your payment to: 2, Barnet Way, Hove, BN3 8BT, or give to Christine on any Wednesday evening at keep fit classes, Stanley Deason. (Please do not send cash by post).

## Annual Swimathon, Lewes

The Fun Swim 2008 will take place on Saturday 13<sup>th</sup> September 2008 at Lewes Leisure Centre, Mountfield Road, Lewes between 8.00-9.45pm. You do not have to be an Olympic swimmer to take part. If you can swim only a few lengths then come along, do a length or two and stop for a chat, then another swim and so on.

The pleasant facilities include an elevated poolside viewing area and drinks machines for immediate sustenance, and plenty of free parking. All sponsored and fun swimmers are welcome and Brighton Take Heart Group is keen to encourage younger swimmers to take part with parents and grandparents. Awards will be presented to Junior Boys and Girls, Senior Boys, Senior Girls and Over 60's for the number of lengths achieved.

The event will be sponsored again by our major sponsors and is Brighton Take Heart Group's premier fundraising event, which raised £2,200 in 2007. Last year's major sponsors included: A J Taylor Electrical Contractors Ltd, Kew Electrical Distributors Ltd, Southern Electrical Trade Supplies (SETS), EDF Energy Contracting Ltd, Barlow Electrical Ltd, LS Electrical Contractors, DW Electrical, Newey & Eyre, P H Beck Ltd. Brighton Take Heart Group is grateful for their continued support. Please contact Kevin Mechen, tel. 01273 308403 for details and additional sponsorship forms. A sponsorship form is included with this edition of the Magazine.

*Kevin Mechen*

Swimming Co-ordinator



# Quiz night

## Saturday 11th October

St Francis Church Hall, Moulsecoomb Way

7pm for 7:30 start

£1 per head, maximum six per team

Cash Prizes and raffle. Tea, coffee and nibbles

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If you can't get a full team together, come anyway, we are a friendly crowd!

Contact Ken Thomas with names please. Tel 01273 621343

Look for our sign. Parking at rear.





In February of this year, the Sussex Cardiac Centre employed me as their new Cardiac Matron. My career began back in the mid to late 1970's when I undertook my training in London. Early in my career I specialised in Accident & Emergency and Trauma work, spending time with the London Ambulance Service and assisting on a number of occasions as part of a mobile trauma team. Prior to getting married and having a family I changed tack and worked in an infectious diseases unit for 2 years and following my return to work after my second child in the mid 1980's, began my career in cardiac nursing.

I have worked for Brighton and Sussex University Hospitals NHS Trust for over 20 years and have seen the hospital's cardiac services transform from one dedicated acute cardiology ward and Cardiac Care Unit, into the centre of excellence it has become today; I have worked as a senior cardiac nurse for the last 11 years, which includes the opening of the Sussex Cardiac Centre, looking after both acute cardiology, cardiac intervention and cardiac surgical patients. Prior to my current post, I specialised in caring for patients with heart failure whose ages ranged from 19 to 100!

Throughout my career, my passion and priorities have always been based on providing high quality care to all my patients in the safest possible environment. The Matron's role also acknowledges these as high priorities in addition to the importance of considering what matters to patients and ensuring we work together towards the common goal of a clean and safe healthcare environment. It was the emphasis on these priorities that encouraged me to apply for the Matron's post.

The Matron's role is based on the following '10 Commitments';

- ♥ Keeping the NHS clean is everybody's responsibility.
- ♥ The patient environment will be well maintained, clean and safe.
- ♥ Matrons will establish a cleanliness culture across their units.
- ♥ Cleaning staff will be recognised for the important work they do. Matrons will make sure they feel part of the ward team.
- ♥ Specific roles and responsibilities for cleaning will be clear.
- ♥ Cleaning routines will be clear, agreed and well publicised.
- ♥ Patients will have a part to play in monitoring and reporting on standards of cleanliness.
- ♥ All staff working in healthcare will receive education in infection control.
- ♥ Nurses and infection control teams will be involved in drawing up cleaning contracts, and Matrons have authority and power to withhold payment.
- ♥ Sufficient resources will be dedicated to keeping hospitals clean.

I firmly believe that Matrons must lead by example and by making changes when standards are not quite up to scratch. This needs to include staff of all disciplines who must be empowered to embrace good practice and challenge any shortfalls in working practices. In addition, patients must feel able to voice any concerns that they may have about any aspect of their care.

Within the Sussex Cardiac Centre, I try to make myself always available to speak to patients and relatives should they have any queries about aspects of their care; daily activities include routine as well as 'spot check' audits looking at the standard of cleaning, and infection control practices are observed and challenged, if necessary, on a daily basis. Participating in medical ward rounds is an important aspect of a matrons role and offers the opportunity to speak to patients and ensure standards and best practice is high on everyone's agenda. One of my other passions, is in ensuring the nurses are trained and educated to a high standard which will enable them to deliver the high quality care that she expects throughout the Sussex Cardiac Centre.

Ann can be contacted through the Royal Sussex County Hospital Switchboard – 01273 696955.



# Peacehaven Exercise Classes

**Now supported by Sussex Heart Charity**

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 Training 10.00 – 11.15am

Gentle Exercise to Music 11.15 – 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.

**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**

**Mondays, Wednesdays & Fridays 09.30am –  
10.30am**

**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.

## Can Broccoli Help Heart Damage?

Diabetes UK, 06 August 2008

Researchers claim that a compound found in brassica vegetables such as broccoli could undo the damage caused by diabetes to heart blood vessels.

Professor Paul Thornalley and his team from the University of Warwick have found that a compound called Sulforaphane can encourage the body to produce more enzymes to protect the vessels, as well as reduce high levels of molecules which cause significant cell damage.

### Research

Professor Thornalley, at the University's Warwick Medical School, tested the effects of Sulforaphane on blood vessel cells damaged by high glucose levels (hyperglycaemia).

The researchers observed a significant reduction of molecules called Reactive Oxygen Species (ROS). Hyperglycaemia can cause levels of ROS to increase three-fold which can damage human cells. The results of the study showed that Sulforaphane reversed this increase in ROS by 73 per cent.

They also found Sulforaphane activated a protein in the body called nrf2, which protects cells and tissues from oxidative stress by activating protective antioxidant and detoxifying enzymes. The study showed the presence of Sulforaphane in human microvascular cells doubled the activation of nrf2.

### Encouraging results

"The results reported here were of studies carried out in human cells grown in different concentrations of glucose so we need to be aware that this is a long way from the real life situation," said Dr Iain Frame, Director of Research at leading health charity Diabetes UK.

"However, it is encouraging to see that Professor Thornalley and his team have identified a potentially important substance that may protect and repair blood vessels from the damaging effects of diabetes. It also may help add some scientific weight to the argument that eating broccoli is good for you.

"People with diabetes are up to five times more likely to develop cardiovascular diseases such as heart attacks and stroke. Eating a healthy balanced diet that includes plenty of fruit and vegetables is key to helping people with diabetes achieve good blood glucose levels to reduce their risk of such serious diabetic complications."

## Broccoli - *Brassicaceae*



**Purple Sprouting**



**Romanesco**



**Leaf**



**Brassica**

Broccoli is believed to be the first of the *cole* crops to evolve from the wild species of kale or cabbage and was cultivated by the Romans. It was introduced in England in the early 16th century known as "Italian asparagus" or "sprout cauliflower". Many plants in the Brassicaceae family are important vegetables worldwide but are mostly native to Europe, the Middle East, and Asia. The family includes many vegetables: broccoli, cauliflower, cabbage, brussel sprouts, collards, kale and kohlrabi. There are also some oilseeds, such as oilseed rape. Nasturtiums, an ornamental, is also found in the Brassicaceae. Many of the members of the family are found in the wild. There are two types of broccoli, the sprouting, which is in the group *Italica* and considered an annual, and the heading type which is a strong biennial.