

Brighton Take Heart Group Magazine

ISSUE 25



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President's message

Who would be a hospital manager? Dealing with the day to day running of a major health institution is challenging. Jeremy Hunt, the health minister is phoning to check patients aren't waiting in A and E for longer than 4 hours, not enough beds, complaints, targets, Care Quality Commission visits, local press, national press (sometimes), challenging union negotiations, difficult doctors (surely not), keeping to budget to mention a few.

Most of our patients requiring cardiac procedures come through the day case unit, a 12 bedded facility that allows patients to undergo pacemakers, angiograms, ablation, stents etc. and then go home the same day without having to enter the main hospital at all. When the beds are available it works very well.

Unfortunately, there are many occasions when the main hospital does not have enough beds, and so patients are put into the day case facility. That then hampers the flow of cardiac patients the next day. The doctors are cross with the managers for putting the patients there, and the managers are cross with the doctors for not being more efficient, and the patients are cross with everyone because they can't get in for their procedure!

I only say this because some of our patients have had a poor experience recently when unexpected patients have been in the day case area meaning unexpected delays for everyone. We are blessed with our cardiac manager, Fiona Liddell, and bed manager Tony Lee who work tirelessly trying to sort this out on a daily basis. Who would do their job?

The flak seems endless and sometimes it must seem dispiriting – but one must remember not to lose the very many good things that are done every day.

Some new faces for you – we are very lucky to have attracted Dr. Nalyaka Sambu and Dr. James Cockburn who have recently been appointed as Consultant Cardiologists from a very prestigious field of candidates. Likewise in the world of Cardiac Surgery, we have managed to persuade Mr. Ishtiaq Ahmed to leave the unit in Leeds to come and join the team in Brighton.

Adam de Belder



THANK YOU

Thank you to everyone who has already renewed their membership for 2014-15. It does make life so much easier for us.

Thank you especially to those who have added a donation to their payment. It is your donations which are such a help in paying for the magazine and its distribution and meeting our routine running costs.

Last year the average donation was £5.47 for each member and we would have been in dire straits without that support.

BLAME THE CRYSTAL BALL

In the last magazine we advertised a theatre visit to Chichester to see Gypsy on Saturday 16th August. We thought it would be that particular musical because Elaine Paige, on her Radio 2 Sunday programme, had said she understood it would be.

Well – Gypsy will be on in Chichester – but not until October! The Festival Theatre is obviously extending itself. The summer musical will be **GUYS AND DOLLS**. The show has a fond place in my heart as it was the film of Guys and Dolls which my now husband and I saw at the Classic cinema in Croydon on our very first date more than 50 years ago. Since then we have seen it on stage at least twice, once in an amateur production at the Gardner Centre and once in the West End, and we are booked on the Take Heart trip to see it again in Chichester.

Based on Damon Runyon's stories and characters, the show tells the story of Nathan Detroit's endeavours to raise the money to mount his "Oldest Established Permanent Floating Crap Game In New York". Along the way we have love stories, and a mass of fantastic songs, including Sit down you're rocking the boat, If I were a bell and the haunting My time of day. I can remember walking home back in 1963 singing numbers from the film.

The 1955 film starred Marlon Brando, Jean Simmons, Frank Sinatra and Vivian Blaine. In the Chichester version the Sinatra and Blaine parts are being taken by Peter Polycarpou and Sophie Thompson as Nathan and his long suffering fiancée Miss Adelaide. Jamie Parker and Clare Foster play Sky Masterson and Salvation Army preacher Sarah Brown (the Marlon Brando and Jean Simmons parts).

The Take Heart visit was planned for Saturday 16th August. However the production is starting much later than last year's musical and there is no matinee on the 16th. **We have therefore had to change the date to Saturday the 23rd August.**

The good news however is that because we have reserved tickets early, we can reduce the price from that previously advertised. **The price is now £32.00 which covers coach travel and your theatre ticket.** Cheques made payable to Brighton Take Heart Group, along with all your contact details, should be sent to Morris Baker, 33 Camelford Street, Brighton, BN2 1TQ. If you've already booked for Gypsy and don't fancy Guys and Dolls, please let Morris know to hold your cheque as if enough people are interested we might be persuaded to do another visit in October to see Gypsy.

Gill Sweeting

Important - A Visit to France

In the early years of the Brighton Take Heart Group visits to France for shopping were a regular occurrence. And on occasion they managed to fill two coaches

Knowing how popular shopping is when we go for trips that are not specifically intended for shopping – masses of shopping bags were brought on to the coach after the visit to the Mary Rose Museum for instance – the Committee decided we would splash out and revive the French Trip. The coach is likely to have to leave Withdean at 8 am. We will travel to France through the Channel Tunnel and then visit Cité Europe in Calais. This large shopping complex houses a hypermarket – Carrefour – along with a range of other shops selling clothes, jewellery, sports gear, wines and spirits, etc. etc. and restaurants.

We are planning the trip for November so that people can stock up on French goodies for Christmas. Given how much it costs to take a car through the tunnel, a coach will be much cheaper, about £21 per person and there will be plenty of space for your purchases in the luggage compartment, and you won't have to worry about how much you drink with your lunch.

You will need your passport and some Euros or a credit and/or debit card. We would also suggest that you take your own bags so that you recognise them and can claim them when we get back to Withdean which is likely to be around 8 pm.

In the past the visits used to be mid-week and it is possible that the tunnel will be cheaper than at a weekend. We do not as yet have a firm price for either a Saturday or a weekday, but we would like some guidance

1. Would you be interested in a visit to Cité Europe?
2. Would you be able to manage a day mid-week, given enough notice if you need to take a day off work?

Please let Morris have your thoughts by e-mailing morris.baker.mb2@gmail.com or by telephoning and leaving a message on 01273 672692.

Health Advice

Since Katherine Moore moved on to pastures new in Haywards Heath, we have not had anyone who is regularly available to monitor blood pressures, and provide general health advice. Richard Stantiford has a wealth of experience from his years of training and has agreed to provide such a service in addition to running exercise classes.

The Health Advice Sessions – which will be open to all Take Heart members whether or not they exercise at Stanley Deason – will be on the first and third Wednesdays of each month at Stanley Deason Leisure Centre, Wilson Avenue, Brighton from 5.00 to 5.40 p.m.



Health Advice

Other Advice

Anaesthetics

When he came and spoke at the last AGM, Dr. Robert Kong, Consultant Anaesthetist at the RSCH, who featured in the Our Lives in their hands slot in issue 22 of this magazine, said that he would be pleased to answer any questions members might have about anaesthetics. His qualifications include: Consultant Anaesthetist (Special Interest in Intensive Care) since 1999. Graduate of Royal Free Hospital School of Medicine. Anaesthesia & Intensive Care training in Brighton, Birmingham, Paris and London. Fellow of the Royal College of Anaesthetists. Specialty Tutor for Anaesthesia, Royal Sussex County Hospital.



Drugs

Alison Warren, Senior Cardiac Pharmacist, is also happy to answer questions related to the medicines our members take. As the lead cardiac pharmacist Alison is responsible for the management and delivery of pharmacy services to patients at the Sussex Cardiac Centre. Areas of interest include the management of acute coronary syndromes, arrhythmias and heart failure. Alison has published on topics in clinical pharmacy and cardiology and has a wide educational role in her post with teaching experience at both local and national pharmacy forums. Alison has a postgraduate Diploma in Clinical Pharmacy, an MSc in Cardiology and in 2007 qualified as an Independent Prescriber.



Diet

We now have a clinical nutritionist who would be pleased to offer advice on diet-related matters. Komal Deepak has expertise in preventive and therapeutic cardiac nutrition. Her background involves Bachelors and Masters degrees in clinical nutrition and she has six years of clinical experience. She is now working for her Masters degree in cardiac rehab, and is on work experience with Richard Stantiford. She hopes to combine both disciplines in her future work. In the meantime she would be happy to offer dietary advice to our members.



Please send questions for any of the above three to g.sweeting@which.net or to 20 Argyle Road, Brighton, BN1 4QA or by telephoning 01273 709562, leaving a message for me to call you if I am not in. I will then pass your question on to one of the above and hope to have an answer in the next issue of the magazine. We do not identify the people who ask the questions.

Ralli Hall Take Heart Shuffleboard Event - Sunday 13th April 2014



*Photos: Charlie, Caroline and Freddie Jones - the Jazzy Jones
Kevin Herriott and Rebecca, two members of Granddad's lot*

As the Hon. Chairman of B&HJCF at Ralli Hall, where I attend the Cardiac Rehab. exercise classes three times per week, I was very happy when Adrian Williams, one of my fellow exercisers, approached me with the offer to run a Shuffleboard Event in order to raise funds for both Ralli Hall and Take Heart.

I must admit that, although I had heard vaguely of Shuffleboard, I had never seen a board, let alone played on one! I was quite surprised to learn that Shuffleboard had been around, not only in England, but also in many parts of Europe, since medieval times, and was, in fact, a favorite game of Henry VIII! The event took place in Ralli Hall's Great Hall, with 39 people playing in two teams A and B split into three players per "sub-team", each playing seven games. It sounded complicated, although it wasn't really, but the event did need Adrian, with his helpful companion, Colin Leeves, to organize and teach everyone how to play. Each team of three gave itself a name, and we even had a competition for the best name - "Granddad's lot". The tournament was quite fast moving and exciting, with the winning team the "Jazzy Jones" (none of whom had played before) scoring 511 points, with the "Bookers" and the "Shufflers" coming second and third! Needless to say, my team did not make the top three, although we still had a lot of fun!

More importantly, as well as being a great afternoon, the two organizations made about £250 between them, which was excellent!

Apart from my thanks to Adrian and Colin, I would also like to thank the Ralli Hall ladies, Annette, Irit and Marilyn, for making and serving the tea and biscuits, and also Gill Sweeting for running the raffle! If anyone would like to hear more about Shuffleboard, perhaps to enjoy their own event, or even to purchase a board, please contact Adrian of the English Shuffleboard Company, on 01273 564375. And of course, Brighton Take Heart Group is running another tournament in July, see details below Hope

to see you there. Regards to all.

Roger Abrahams

Shuffleboard Tournament



**Don't forget the Shuffleboard Tournament
Saturday 5th July - 7.00 m registration for a 7.30 pm start.
Moulsecoomb Hall, Lewes Road**

The price of £6.50 will cover light refreshments during the mid-tournament break. If you want alcohol, please bring your own.

Let's make this year's event even more successful than past years. Please ring Gill Sweeting on 709562 or e-mail g.sweeting@which.net, to reserve places and so we know how many to expect for the catering.

Our lives in their hands: Dr. Jennie Metcalfe, BA, BCh, MB MRCP, FRCP

This is the fourth in our series about the cardiologists and cardiac surgeons listed on the Sussex Cardiac Centre website, whose care and attention has so improved our health and quality of life. According to the Sussex Cardiac Centre website, Dr. Metcalfe is:



Cardiologist Princess Royal Hospital, Haywards Heath.
Consultant in General Medicine with a Specialist Interest in Cardiology (Brighton & Sussex Universities NHS Trust)

Practicing in Adult General Cardiology, including coronary care, echocardiography and interventional catheterization.

Her career has taken in Guys & Lewisham Hospitals, The London Chest Hospital, The National Heart Hospital and King's College Hospital.

Q: **What made you decide on a career in medicine, and then to specialise in cardiology?**

A: Science at school, cardiology very exciting and also involves intervention.

Q: Do you come from a long line of doctors, or do you have someone in your family who has had heart problems which triggered your interest in the subject?

A: No.

Q: We are told that smoking is a contributory factor in determining cardiac ill-health, as is lack of exercise and an unhealthy diet. Have you ever smoked? If so, when did you give up?

A: No.

Q: Do you manage to exercise and if so what manner of exercise do you do?

A: Yes. Walk and Spin Bike and Pilates.

Q: Do you manage to eat healthily and what do you consider the most effective diet, or change to diet?

A: Reasonably. Rosemary Conley.

Q: What brought you to Brighton to practice here?

A: Appointed consultant to Princess Royal Hospital and King's College until Cath Lab* opened at RSCH. [*cardiac catheter laboratory, where most of the heart procedures take place eg pacemakers, stents etc]

Q: How do you feel that Brighton compares with anywhere else you have worked in the past, with regard to its cardiac services and other medical services?

A: Poor trust management.

Q: Unlike so many of us, every day you are faced with life and death situations how do you manage to relax when your working day is over?

A: Music, Chardonnay and gardening.

Q: What do you consider to be the most important development for the future of cardiac research and surgery and rehabilitation?

A: Better Trust management. Ring fenced cardiac beds.

Q: Are you happy for us to use your photograph from the Sussex Cardiac Centre website?

A: Reluctantly.

Take Heart Exercise Classes and other exercise opportunities

We are pleased to report that the new class at Withdean is doing well and building up numbers. Publicity has emphasised the importance of exercise as a preventative for cardiac problems, as well as a way of minimising the risk of a recurrence and most of the new members are there to fend off rather than recover from heart problems. The class is attracting existing members who attend one of the other classes as well, plus new members who are there for the exercise as a preventative. However we still have vacancies. A benefit of Withdean is that the sports complex has a large free car park, as well as being on the 27 bus route. The 5 and 5A buses stop relatively nearby on the London Road.

All the classes are supervised by Richard Stantiford, a Clinical Exercise Specialist qualified with the British Association of Cardiac Prevention and Rehabilitation (BACPR). Please bring a signed letter from your GP, a certificate of completion of the cardiac rehab programme offered by RSCH or other summary of your cardiovascular medical history to your first class.

Contact Richard on 07786 001771 for more information and advice.

BRIGHTON – Withdean Sports Complex, Tongdean Lane, Withdean, Brighton
Tuesdays and Fridays 4.15 - 5.15 pm
Annual Membership £5.00 Session £5.00 Monthly £32.00

BRIGHTON – Stanley Deason Leisure Centre, Wilson Avenue, Brighton
Wednesdays 5.45 pm – 6.45 pm, Fridays 6.00 pm – 7.00 pm
Annual Membership £5.00 Session £5.00 Monthly £32.00

NEWHAVEN – Shakespeare Hall, Fort Road, Newhaven
Mondays and Thursdays 11.15 am – 12.15 pm
Annual Membership £5.00 Session £5.00 Monthly £32.00

PEACEHAVEN – Peacehaven Leisure Centre, Greenwich Way, Peacehaven
Tuesdays and Fridays 11.15 am – 12.15 pm, Thursdays 9.45 am – 10.45 am,
Annual Membership £5.00 Session £5.00 Monthly £32.00

PORTSLADE – Portslade Sports Centre, Chalky Road
Tuesdays 10.00 am – 11.00 noon, Fridays 10.45 am – 11.45 am
Annual Membership £5.00 Session £5.00 Monthly £32.00

HOVE – Ralli Hall, 81 Denmark Villas, Hove
Mondays, Wednesdays and Fridays 9.30 am – 10.30 am
Annual Membership £5.00 Session £6.00 Monthly £50.00

OVER 50s ACTIVITY – Stanley Deason Leisure Centre, Wilson Avenue, Brighton. A weekly drop-in session where you can meet people and play badminton, short tennis, racket ball, squash and table tennis. Relax in our fully licensed café and bar. Mondays 10.30 am – 12.30 p.m. £3.50 per session, includes free hot drink and free racket hire. For further details please call 01273 694 381 or visit reception.

TAI CHI – The Studio, Peacehaven Leisure Centre, Greenwich Way, Peacehaven.
Tuesdays 12.00 noon – 1.00 p.m

WEIGHTED BALL CHI-KUNG – Traditional Chi-Kung with the added benefit of upper body conditioning and strengthening the lower extremities. Peacehaven Leisure Centre.
Tuesdays 12.15 pm – 1.00 pm £48 for 8 week course from 22 April or £7.50 drop-in.
Ring Richard Stantiford on 07786 001771 for more details of the above two classes.

Brighton Thistle Hotel Otium Health Suite, Take Heart Membership

Use of gym, pool & sauna Full Individual: £320 or £32 per month by direct debit.

Senior Citizen: £288 (no monthly option). Day Fees Gym, pool, sauna & steam: £8.00. Pool & sauna only: £4.00, Gym only: £4.00. All memberships are inclusive of 1 towel per visit, gym induction and program updates.

All Take Heart users need to take a doctor's consent form on their first visit to the Health Suite

For more information please ring Gill Sweeting on 01273 709562, email: g.sweeting@which.net