

# Brighton Take Heart Group Magazine

ISSUE 26



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## Brighton Take Heart Group Annual General Meeting

Notice is given that our 21<sup>st</sup> Annual General Meeting will take place on

**Monday 6<sup>th</sup> October 2014 at 6.30 p.m.**

At Moulsecoomb Leisure Centre, Moulsecoomb Way, Brighton, BN2 4PB

### AGENDA

1. Opening remarks by the Chairman, Kevin Herriott
2. Minutes of the last AGM held on 7<sup>th</sup> October 2013
3. Matters arising (if any)
4. Address by the President, Dr. Adam de Belder
5. Chairman's Report
6. Treasurer's Report
7. Election of Officers for 2014-2015
8. **Notice of Motion:** *Proposed by Gill Sweeting*

That in view of the fact that BTHG has extended well beyond Brighton in the provision of classes and the scope of its membership, and as it is now seeking to register as a charity, the Group should change its name to Brighton & Sussex Take Heart Group which better reflects the area in which it now works

9. Guest Speakers (to be confirmed)
  10. Any Other Business
- Close of Meeting

*We hope to see you there*

## A message from our President

I would encourage all of you to come to the Annual meeting. It is a chance to meet up with a broad range of members, to get feedback from the busy committee members and to find out what happens with the money you raise. It will also enable you to get up to date information about cardiology, cardiothoracic surgery, nursing and rehabilitation at Sussex Cardiac Centre and beyond. Plus it is a forum for you to air your opinions about current and future issues. Have a great summer and see you in October.

**Adam de Belder**

## The Visit to Cité Europe, Calais - Saturday 22nd November

We hope that you have heard by one means or another that the visit to Cité Europe will be on:

### Saturday 22<sup>nd</sup> November.

It will be an early start, leaving **Withdean at 8.00 am** and returning about 12 hours later. But it should be good. We shall be going via the Channel Tunnel which may be a new experience for some of you, and with which there is no risk of seasickness.

Cité Europe is a large shopping complex which contains a hypermarket – Carrefour – along with a range of other shops selling clothes, jewellery, sports gear, wines and spirits, etc. etc. and restaurants.

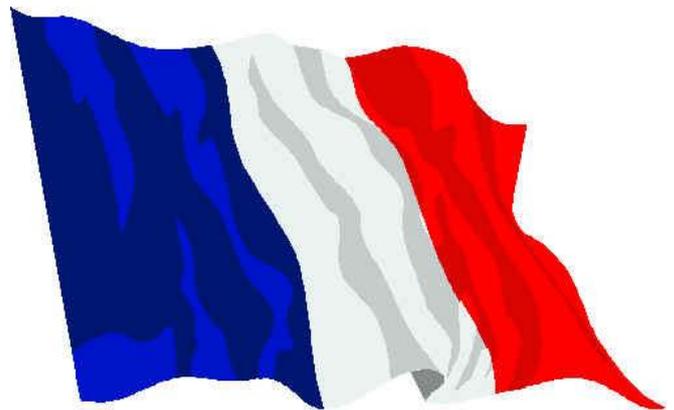
The trip is a month before Christmas so it will be a good opportunity to stock up for the festive season with Christmas goodies and presents.

You will need your passport and some Euros or a credit and/or debit card. Also take some shopping bags that you will recognise as your own to avoid confusion when we get back to Withdean.

The price is £23 per person (much cheaper than taking your car) and cheques, made payable to Brighton Take Heart Group, should be sent to Morris Baker, 33 Camelford Street, Brighton, BN2 1TQ. Please be sure to include all your contact details. For more information contact Morris on [morris.baker.mb2@gmail.com](mailto:morris.baker.mb2@gmail.com) or by telephoning and leaving a message on 01273 672692.

#### **A suggested shopping list:**

- ♥ Cheeses
- ♥ Jars of fish soup and of rouille
- ♥ Duck breasts – Carrefour sell packs of three large duck breasts each of which serves two people.
- ♥ Goose fat (for super roast potatoes)
- ♥ Dr. Oetker's Tuna pizzas (not available in the UK).
- ♥ Olive oil
- ♥ Tins of cassoulet
- ♥ Large jars of anchovies
- ♥ Good wine (duty is cheaper in France) and also plonk (you can get 5 litre boxes, the contents of which are drinkable)
- ♥ French spirits and aperitifs– Cognac, Armagnac, Calvados, Pernod, etc.
- ♥ Marc (not available in Carrefour, but there is a big wine and spirits shop nearby)
- ♥ Chocolates – there are a few specialist chocolate shops



## Guys and Dolls at the Chichester Festival Theatre



#### **JUST A FEW SEATS LEFT!**

**We still have a few places left for the trip to Chichester Festival Theatre on the 23<sup>rd</sup> August to see their summer musical GUYS AND DOLLS.**

**Send all your contact details and cheques for £32.00 per person made payable to Brighton Take Heart Group to: Morris Baker, 33 Camelford Street, BRIGHTON, BN2 1TQ.**

## The Three Peaks Challenge

Over the weekend of 21st to 22nd June our intrepid instructors, Richard Stantiford, Toby Whitehead and Freddie Jones, along with Take Heart member Keith Bryden and Byron Tompkinson who attends Fit Clinic classes in Haywards Heath, took to the hills in aid of Sussex Heart Charity. The challenge was to climb consecutively the highest peaks in

**Scotland (Ben Nevis 4,406ft) Tourist Path** – 3½ hours ascent 2½ hours descent.  
**England (Scafell Pike 3,206 ft) Wasdale Head** – 2 ½ hours ascent 2 hours descent  
**Wales (Mount Snowdon 3,560ft) Pyg Track** – 2 ½ hours ascent. 2 hours descent

Travelling the 500 miles between the peaks by minibus, the objective was to complete the ascent of all three mountains within 24 hrs. However those timings, supplied by SHC, are based on an averagely fit walker. A participant in a sub 24 hour challenge was expected to achieve quicker ascent and descent times. Our trainers' team opted to go for the Gold Challenge – less than 20 hours! There was another team doing the climb for SHC who were aiming for less than 24 hours.

### Totals

Distance covered on foot - approximately 26 miles  
 Height gained - 10,000ft (3050m)  
 Distance by road - 500 miles

Sussex Heart Charity for which the team had sought sponsorship, provided a long list of equipment needed and rules to be followed. This was not a challenge to be undertaken lightly. Nor was it one which could be undertaken without physical preparation. Team members had been climbing around Devil's Dyke, undertaking 20 mile walks and repeatedly running up and down the long flights of steps from the seafront to Marine Parade.

At 6.45 pm on the 21st June, the team started off up Ben Nevis doing the ascent and descent in 3 hours, 50 minutes. They completed Scafell Pike in 2 hours and 50 minutes.

Between peaks their travel in a mini bus was pretty uncomfortable and many of the team suffered from travel sickness, aching muscles and lack of sleep. However they remained focussed on the task in hand.

In the process of the climb they encountered various weather conditions, including snow, and for part of the time were climbing in the dark, although this was the weekend of the longest day.

The challenge ended on the top of Snowdon, which they climbed in 1 hour, 30 minutes just half an hour slower than the train. Refreshed with hot chocolate and coffee at the summit café, the team learned that they had completed the challenge in 19 hours, 12 minutes. Well below the Gold medal target of 20 hours. They also discovered that they were the fastest health charity team. They felt chuffed and exhilarated, but after those refreshments, not that exhausted. Although they still had to face the untimed walk down Snowdon.

The total raised so far (9th July) for Sussex Heart Charity is over £6,000 and they are still collecting. As well as the fastest time, they have raised the most money of any of the 24 participating teams. Congratulations to all of them.

### Photos

A– Byron Tompkinson, Freddie Jones. Keith Bryden, Toby Whitehead and Richard Stantiford

B– Treking through the snow

C – Byron, Toby and Freddie

D – On top of the world



## Members Letters

When we reviewed John Tungay's book *The Grapple Bird* in issue 23 of the magazine we said that we planned to publish an article by John about self-publishing, and this is it.

Dear Take Heart, A few words about::

### SELF PUBLISHING

During the first twenty years of my writing life, I gave no thought to publication. Shortly after coming home from Christmas Island I had discovered I could write poetry. So, I was a poet. I was also broke, and for a large part of the nineteen-sixties I lived with a haversack containing my manuscript, and travelled on my thumb.

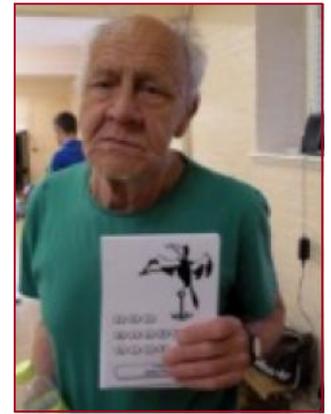
In the 'seventies I became more socialised, and in 1975 I was accepted to study English at Sussex University. I was a mature student. I made my first venture into self-publishing during my final year. This was *The Phoenix and the Poppies*, a slim volume of verse, published by 'Outposts' and edited by the late Howard Sergeant.

After graduating – with a humble Third – I began to get poems into small-press magazines, notably Josephine Austin's 'First Time'. Then, in the 'nineties, I became co-editor of 'Pentagraph Press' and a great deal of my poetry was therefore published. 'Pentagraph Press' is now closed.

I had a heart attack in December 2010. I seem to have recovered well, and am a keen member of the Ralli Hall Phase IV group under the fine guidance of Richard and Freddie, Phase IV has greatly increased my self-confidence and in 2013 I published *The Grapple Bird* (reviewed in a previous issue of the Take Heart magazine) and *The Poems of Heather Scragg* (with an introduction by myself). These are both under the imprint of 'Green Arrow Publishing'. I shall be self-publishing another small book in 2014. This is non-fiction and called *Voyage Towards Hope* (also with 'Green Arrow').

Self-publishing? It's a mug's game really, because you always lose money. But, like Phase IV, it's fun.

**John Tungay**



**Peter Card** is 77 years of age. His working life was spent as a carpenter/builder/developer and he currently lives in the Withdean area.

In 1991, following many bouts of what was thought to be indigestion, he went to the doctor who sent him to London Bridge Hospital for tests. He was found to have blocked arteries and Dr. Holmberg suggested that he would benefit from a by-pass operation.

A triple by-pass operation was completed in September 1991 by Mr. Andrew Forsyth. This was before the days of Take Heart and after the initial NHS physio sessions Peter was left to his own devices until 1993 when Peter immediately joined the newly formed Brighton Take Heart Group. He attended the Phase IV physio sessions at Stanley Deason school, organised by Jim Aukett and his wife Frances, and was a regular attender for many years.

Also in 1993 Sister Mary Blackey organised the first of what was to become the annual May Walk which Peter completed, going from the Marina to Rottingdean. The route subsequently changed direction, walking to the Peace Statue and back.

Peter has completed the walk every year over the 21 years of its existence and has raised in the region of £5,000 for Sussex Heart Charity.

Peter is still a member of Take Heart and follows the Group's progress with interest. He thinks that his participation in the annual walk is a way of saying thank you to the Cardiac Unit for possibly saving his life all those years ago. He wishes everyone connected with the Group all the best, and keep up the good work.



*Photo: Sussex Heart Charity Chairman Mr Andrew Forsyth with Peter Card at this year's annual sponsored walk.*

## Oily Fish

*Greek Salad with  
Wild Pacific Sardines*



### What are oily fish?

Oily fish are rich in omega-3 fatty acids, known to be vital for maintaining coronary health, amongst other things. The oils are a plus for flavour but a minus for shelf-life, so oily fish need to be bought fresh and consumed quickly.

### Herring

Found in greatest abundance in highest northern latitudes. Shoals

progress south and reach the Orkneys in June. Were protected in 1970s when stocks were much reduced. Now getting sustainable supplies. Ideal for making your own pickled herring – see recipe

### Mackerel

Start to appear in April. They have a healthy lifestyle: tireless hunters which feed at any depth. Great source of nutrients. Stocks are good except in North Sea. Don't keep well. As soon as they're a couple of days old, they begin to look very sorry for themselves.

### Sardines (pilchards)

No difference between Sardines and Pilchards biologically. At 15cm they are sardines. At 16cm they are Pilchards and mainly turn up in tins steeped in a tomato sauce. Sourced mainly from Cornwall. They're not being over-fished. They can be simply grilled with a squeeze of lemon.

## Mackerel Stuffed with Salsa Verde

The fresh, vibrant salsa verde works beautifully as a stuffing and really complements the rich flesh of the fish.

### Ingredients:

4 Medium mackerel, gutted, boned, and pin-boned but still joined at the tail.

### Salsa Verde.

Parsley – a generous bunch with tough stalks removed.

6-8 basil leaves.

6-8 mint leaves.

1 garlic clove, finely chopped.

4 anchovy fillets.

2 tsps capers, rinsed.

1 tsp English mustard.

Lemon juice to taste.

Olive oil.

### Method:

Salsa Verde: Put herbs on a large board and chop well.

Combine the garlic with the anchovies and capers and chop/mash together to make a paste. Bring herbs and paste together and chop again.

Put everything into a small bowl and add mustard and lemon juice and some black pepper to taste. Stir in just enough olive oil to make a thick green sauce. Check seasoning and set aside.

Run a good smear of salsa down the middle of each fillet, then smear a little over the flesh. Close up and secure with a bit of string. This can all be done in advance and fish left to chill and flavours infuse.



### To cook:

Heat a heavy frying pan over a medium heat. Brush fish lightly with oil and fry 5-6 minutes on each side till flesh is cooked through. Alternatively, brush with oil and bake in an oven pre-heated to 200deg/Gas 6 for 12-15 minutes.

## Take Heart Exercise Classes and other exercise opportunities

We are pleased that the Withdean class 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 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 12.15 – 1.00 p.m.  
Prices from £6 per session. Ring Richard Stantiford on 07786 001771 for more details

### 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