

Brighton & Sussex Take Heart Group Magazine

ISSUE 27

This is our fourth and last issue of 2014 and we hope to be able to continue with four issues a year in 2015.

In the meantime our very best wishes for a healthy and happy Christmas and new year.

*Morris Baker, Mike Hollands and Gill Sweeting,
the Editorial Board.*

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Take Heart AGM Monday 6th October

A small gathering of regulars met at Moulsecomb Leisure Centre for our AGM. The AGMs are a chance for members to hear interesting speakers tell us about developments in cardiology – in this case our President, Dr Adam de Belder, and Dr James Cockburn, a cardiologist at RSCH specialising in coronary intervention. I would urge more members to take this annual opportunity to find out more. Hopefully we will not need to benefit from these developments, but family members and friends may need to.

After the Chair's welcome and the approval of the Minutes of last year's meeting, Adam de Belder took the floor. It is amazing how there are enough developments in cardiac medicine to give him something to talk about every year, but clearly there are. A summary of Adam's talk will be included in our next issue.

In his Chair's report, Kevin Herriott thanked the Committee for their hard work during the year. He referred to the difficulty of keeping the Group afloat in the face of rising costs, but mentioned the income that was coming in as a result of the Fun Swim and that for the second year David Abercrombie was including BTHG as a beneficiary of the golf tournament with which he was involved.

He mentioned the efforts of members and trainers in raising funds for Sussex Heart Charity with the sponsored Walk and the Three Peaks Challenge. Money should be coming back to Take Heart to support our efforts in the community. He wanted the Group to continue to do a sterling job and keep our members active with the various exercise classes.

Some members were having to take a less active role due to their own or a spouse's ill health. He was trying to keep in touch with as many members as he could.

Charity status was something which had been talked about for years and some progress was being made.



Dr Adam de Belder

Sorry to have to tell you, but.....

Our membership subscription has remained at £5 for four years and class fees have been unchanged for some time. The Committee have discussed the matter and have decided that in order to keep afloat we do need to charge more.

Therefore from 1st January:

- ♥ The membership subscription will be increased to £15.00
- ♥ Individual class fees will **not** be increased, but the reduced price for a month of classes will go up from £32.00 to £36.00. For two classes a week, this is a minimum saving of £4.00 and more than that in many months. And of course for £36.00 you can go to a number of classes in different venues.

Brighton Take Heart Group is grateful for the support we receive from Sussex Heart Charity and from your donations. And without that support we could not function.

We try to run classes throughout Brighton & Hove and beyond, and to make those classes – once established – cover their costs. Unfortunately, although the Committee members give their time voluntarily, our instructors do want to be paid! It is their livelihood after all. Also the venues of the classes are not given free, and hire fees go up on an annual basis.

We try to save money as much as possible, but our efforts are not helped by the Post Office and the ever-increasing price they charge for postage, and the fact that four issues of the magazine a year do not come cheap. We are grateful for the savings we can make on printing costs by people taking the magazine by e-mail, but each printed copy of the magazine costs more than £1 for those who need or want it on paper. So, we are sorry, but the increase is inevitable if we are to continue.

Wanted

Steve Maw has been Treasurer of Brighton Take Heart Group since the Winter of 1999 and we are grateful to him for his devotion to the role over all those years. Not surprisingly, after all that time, he and his partner Joy want him to hand the role over to someone else. So Brighton & Sussex Take Heart Group requires a new Treasurer. Someone with book-keeping or accountancy experience would obviously be preferred, who has the time to keep on top of what can be a fairly busy role. The Treasurer does need to have a computer in order to present the accounts to the Committee on a regular basis.

If you are interested, please send details of your experience along with your name and address and contact details to:

Kevin Herriott, Take Heart Chairman, 11 Ditchling Crescent, Brighton, BN1 8GD or e-mail kevjoy5077@hotmail.co.uk

2015

What shall we do and where shall we go in 2015?

We try to lay on outings which will interest our members, but we also need to cover costs and, we hope, make a small surplus. Unfortunately both the visit to Sissinghurst and the theatre trip to Chichester incurred a loss. We therefore need feedback so that such shortfalls do not recur. If we repeat the theatre visit, we will not publicise details until we have the printed programme and can tell you exactly what the show is, and what are the dates. We will not repeat the mistake of booking the bank holiday weekend!

Some people have mentioned that they would like to go to Blenheim Palace. The Group did pay a visit there some years ago, but Group membership changes and there may be enough interest. Brighton & Hove Buses are advertising a trip in the run up to Christmas, when the palace will be decorated for the festive season. That visit is priced at £37. I am pretty sure that we could do it for less (back in 2010 the cost was £24) and in the spring or summer the gardens would be available to visit in addition to the house.

- ♥ Do you want another theatre trip?
- ♥ Would you like us to arrange a visit to Blenheim?
- ♥ Are there any other places or events you would like us to consider?

Morris is going to be out of the country for the early part of next year, so:

Please reply to: Gill Sweeting, 20 Argyle Road, Brighton, BN1 4QA; Telephone 01273 709562 (leave an answerphone message) or Email g.sweeting@which.net.

Cité Europe

NOW – WE NEED YOUR MONEY, THE COST WILL BE £23.00 EACH

On **SATURDAY 22nd NOVEMBER** we will be heading to Calais for a spot of pre-Christmas shopping at Cité Europe.

The coach will leave our usual place at Withdean at 8.00 am and will proceed to Folkestone to take us through the Channel Tunnel to Calais. We will get back around 8.00 pm.

Lots of people said they were interested, but money has been slow to come in. We have had to book a coach without having all the money needed to pay for the trip, because otherwise we would not be able to get on the shuttle through the Tunnel! You will need to have a valid passport.

The cost is £23.00 each. Please send your contact details, and cheques made payable to Brighton Take Heart Group, to Morris Baker, 33 Camelford Street, Brighton, BN2 1TQ. Your place is not guaranteed until you have paid.

Currently the coach booked is just a 39 seater. We can get a bigger coach should there be sufficient bookings, but we will not be able to book a second one at this late stage.



Christmas Meal at Ashoka

We are pleased to announce that Take Heart member Rafique Miah is again giving us a special price for a meal at his tandoori restaurant.

**ASHOKA, 95/97 CHURCH ROAD, HOVE, BN3 2BA
Tuesday 9th December, 7.00 for 7.30 p.m.**

The menu has been selected from Rafique's own recipes which are rather healthier than run of the mill Indian food. It comprises:

Starter

Popadom with chutney and Ashoka's Special Mixed Starter

Main courses

Lamb Sylhety Gently spiced, served medium together with green peppers and onions; an exotic experience.
'Ayre' Mas Bhoona (Fish (de-boned) with a hot and spicy sauce made from garlic, chillies, tomatoes and coriander)

Chicken Amborkana Cooked in an aromatic spicy mango sauce with almond and cream

Mixed Vegetable Masala

Side dishes

Pillaw rice, Sag Aloo (spicy spinach and potato dish), Motor poneer (peas and Indian cottage cheese)

Dessert

Indian kulfi or ice cream, Tea or coffee

PRICE £16.50 including service charge.

Send your contact details and cheques made payable to Everband Ltd. to Gill Sweeting, 20 Argyle Road, Brighton, BN1 4QA

The Tony Show, a Portrait of Tony Norman by Morris Baker



On meeting Tony one is surprised by a degree of being embraced by a warm train about to run over you. One of Tony's close friends asked me if I was one of Tony's admiring public. I wasn't sure how to answer this, as I had only met Tony briefly in our physio sessions at Withdean. And now I was about to spend the evening with Tony, firstly at his house and then, literally, immediately across the road at his local, the Swan, in Lewes. By the end of the evening I was to realize what they had meant, having become a part, almost the straight feed, on the Tony Show.

Tony is an extraordinary mix of people. Not only are his engineering designs and inventions a part of almost every train in the world, along, with planes, coaches and the International Space Station, he is also a good guitarist, who can sit in comfortably with many local musicians, and often does so. He owns an amazing collection of 12 guitars, a ukulele, and a banjo. The collection includes an exact copy of Paul McCartney's violin bass, two Rickenbackers, and his beloved Gibson Les Paul. All of which I heard him play, not only competently, but with a verve and professionalism I could only admire.

Then he dropped a newspaper cutting on the floor in front of me. "**The Norman Conquest**", was the headline across a picture of a young Tony – he is still only 49 -

stretching across a pool table. For seven years Tony was reigning singles and doubles pool champion in Mid Sussex, the player with the most wins in a season (only losing one frame all year), the Lewes and district singles champion seven years running and in 1993 individual county best record holder in England. Which led to him becoming a full England International the following year. At the time Tony's ambition was to become a professional snooker player, and with a little more effort he probably could have been. I think life might have got in the way.

Of course being good at pool is often seen as evidence of a misspent youth. It may have been this, and his effervescent personality which led to his father feeling that Tony was not up to taking over the family engineering business and selling it over his son's head. Tony was disappointed by this denial of trust from his father. But there is a good end to this story in that Tony went on and created his own highly successful engineering company. And this led to his father apologizing to him, and becoming extremely proud of his son's achievements.

This more than anything else in Tony's life was probably his greatest accolade. It is also evidence of Tony's very caring personality, all of which I saw evidence of in one evening, along with his enormous ability to veer very close to offending, then swerve away and reconcile, with a merry quip. In a word, Tony loves to wind people up, and then watch the results, before diving back in and saving the day. I wonder how many times, drink may have led to some blurring and mistiming in his very active social life.

Unfortunately Tony does seem to have a self destructive streak, in that following a heart attack four years ago, and only nine months after being struck down by a viral disease of the brain, encephalitis, either of which could have killed him, or left him severely disabled, Tony still drinks, smokes and, according to his friends, eats a wee bit unhealthily. This is surprising as he obviously adores his 11 year old son Jack and wishes to see him grow into young man and Jack obviously is very attached to his father.

At 49 Tony is probably one of the younger members of the Take Heart Group, his heart attack he put down to bad indigestion. After increasingly severe symptoms over a period of three hours he finally called someone for advice and being asked if he had been sick – he had – the ambulance arrived outside his door and rushed him to hospital where he was diagnosed with a heart attack and given two stents.

Tony is obviously something of a character, well known in his pub and locally. I thought I was meeting some more of his cronies when he started to chat to a woman in the pub with her two sons. It turned out he'd never met them, yet we ended the evening eating with them, while Tony took up the challenge from one of the boys to a game of pool. He was too intent on displaying some of his skills with the pool cue to notice he was being soundly beaten. The other son we found out lives in Munich where, coincidentally, considering Tony's contribution to the International Space Station, he works with the European Space Project, studying the earth's magnetic field and measuring the effects of the sun's flares. Small world we thought!

Tony's proudest boast for his small company in Burgess Hill, is that he could provide something the German engineers were unable to produce, which was connected to the German Timekeeping Standard, the German equivalent of Greenwich Meantime, which had to be produced within 0.006 of a millimetre or 6 microns. He's also proud of his products that have found themselves on the Formula 1 race control panel "Did I show you my keyboard skills", he asked me later, after a few drinks.



Skeletal metalwork for atomic clocks



Our Lives in their hands: Dr James Cockburn, BSc, MD, MRCP. (cont)

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?

I enjoy my family, the odd glass of red wine and spend as much time outdoors as possible.

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

In my area of subspeciality TAVI (Transcatheter aortic valve implantation) is a very exciting technology, with the possibility of becoming an established treatment for aortic stenosis not only in high risk but in intermediate risk individuals. What is stopping this at the moment is a combination of an absence of long-term follow up data and costs.

At the moment there are only three technologies competing in the market. However as new devices come to the party costs will have to fall and this obstacle will be removed.

With regard to long term follow up 3 year data remains impressive with the increased early stroke risk with TAVI not persisting, but until there is 5-10 year data there will remain scepticism, especially among surgeons.

Trials are already in place to test this technology in intermediate risk groups, such as SUR-TAVI and the UK TAVI trial.

I also think with that the latest refinements such as being able to reposition the valve and skirts* to reduce para-valvular AR (aortic regurgitation) will also bring the technology closer in line to what can be achieved with surgical valve replacement. However at present the most important aspect is patient selection, and knowing who not to treat.

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

Yes

* A skirt sits on the outside of the percutaneous valve and reduces the possibility of regurgitation

Sheringham, Norfolk

Dear Gill – Many thanks for sending the latest BTHG magazine, which was redirected on from Stanford Avenue. I have moved to Norfolk to be nearer my mother, who's not getting any younger and isn't in the best of health. Please pass on my best wishes and thanks to Richard and everyone at the Stanley Deason group; I have yet to find a similar group up here and am missing my gym sessions, but have at least got some fine walking countryside (and intend to get a dog in the next couple of months).

The enclosed is partly membership dues (which I'm sure I must owe!) and partly donation – fully with gratitude.

Charlotte Ridings



Correspondence

My Travel Plans

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity any more.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

Submitted by Mike Hollands

Take Heart Exercise Classes and other exercise opportunities

One of the things which keeps us healthy is proper exercise which makes our hearts work. 20 years ago Brighton Take Heart Group was formed to provide the opportunity for ongoing cardiac exercise. From a class in just one Brighton venue, we now have friendly classes along the south coast and welcome new members and returning members to come and join us. A number of members bring friends or family members along, to get the benefit of the exercise which is preventative as well as recuperative. The initials BACPR after Richard Stantiford's name stand for British Association of Cardiac **Prevention** and Rehabilitation. We would be delighted if you brought someone with you to one of these venues.

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 and Fridays 5.45 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 am, 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 694381 or visit reception.

*** From the 1st January, the membership will increase to £15.00 and the monthly fee for exercise classes will increase to £36.00.**

Apart from the Portslade class, 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. The Portslade class is supervised by the similarly qualified Toby Whitehead, contact 07793 241417

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