

www.Heartbeat-Support-Woking.org
Affiliated to The British Heart Foundation
Patron: Dr. D. Fluck BSc., MD, FRCP



2013 Looking to be another lucky year for HeartBeat

Chairman's Report

It is the end of February already and although we are well into a new year and enjoying all that mother nature can throw in our direction, thoughts of 2012 and all we achieved are still quite fresh.

It was our 10th anniversary year of course, and what a year it was with so much for our group to be proud of.

The New Venue for our meetings at the Sea Scouts Hall in Goldsworth Park has been very well received and already feels like home, doing all the things we do best with a range of interesting speakers for the members meetings, our fantastic Anniversary Celebration Garden Party in June, and our volunteers at St. Peter's being awarded the Queen's Award to Volunteering (we are eight strong now) (See page 3 for report).

Further Support for Rehab and CCU

Our support of St Peter's cardiology continued as it has done for many years with the purchase of a number of mobile heart monitors and most recently the purchase of a replacement Defibrillator/Heart rhythm monitor for the Rehab Gym.

These purchases followed the delay to setting up the HeartBeat relatives' room in the Cardiac Unit. This was originally planned for 2012 but had to be put on hold while the Trust developed plans for consolidating the various cardiology departments into a single purpose-built unit.

These plans are on-going and definitely include a HeartBeat Relatives Room so I hope to bring you an update on progress later in the year.

We finished the year with the HeartBeat Dinner Dance at Chobham Golf Club in December.



This event is fast gaining the reputation for a wonderful evening out and 2012 was no exception with well over 100 people attending again.

I take my hat off to Jean D'Arcy and Lynne Ratcliff who planned the event and were so instrumental in

making it such a memorable occasion. If you have yet to experience our dinner dance I would thoroughly recommend coming along to next December's event.

The Year Ahead

So on to 2013 and your committee has already been working hard developing their plans for this year. Planning for our monthly meetings are well advanced with new speakers lined up for your enjoyment.

In addition we intend to be at the WAVS Volunteers Festival in June and the Pyrford flower show in July. And we may have news for you soon of a possible special event in July currently being discussed.

One special activity which was postponed from 2012 was a HeartBeat charity walk along the 100 or so miles of the South Downs Way (Winchester to Eastbourne) to raise funds for the planned Cardiac Care Unit Relatives Room.

I had intended to do this walk last summer/autumn until I suffered a knee injury which made climbing slopes quite painful.

I was so disappointed, but I can happily report both knees appear to be functioning (fairly) normally again so planning has started for the charity walk to take place over a number of weekends during the summer this year.

I am really looking forward to walking the South Downs Way while hopefully raising a nice amount of money for such a good cause.

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MISSION STATEMENT

HEARTBEAT SUPPORT WOKING IS A NON-PROFIT, VOLUNTARY SUPPORT GROUP.

It aims to provide:

A social environment in which to offer support and encouragement to patients, their partners and relatives with, or who have experienced cardiac problems.

Endorse the benefits of continued exercise and a healthy lifestyle.

Provide current information and practice in cardiac after-care.

Promote the group's activities so as to achieve a greater awareness and understanding of the potential risks of heart disease and the associated conditions.

When funds permit, to support St. Peter's Hospital's Cardiac Rehabilitation Group and the Coronary Care Unit to help provide additional equipment to aid patient recovery.

There will also be opportunities for members to get involved too, so please check out the article on page 2 for more information.

So all in all, 2013 looks set to be another exciting and eventful one for our group. Is 13 an unlucky number? Not for HeartBeat it isn't!

Kind Regards,

Richard Dockett, Chairman

Heartbeat Dinner Dance 2012

Friday 7th December saw Heartbeat members, their families and guests descending once again on Chobham Golf club for the annual Christmas Dinner Dance.

The tables were laid, the band tuned up and raring to go and so the evening commenced.

The ladies arrived looking stunning in their evening dresses accompanied by their men who turned up looking pretty good too in their DJs!!

As in previous years, Chobham Golf Club laid on a scrumptious meal and our thanks go to all the staff who ensured a wonderful evening was enjoyed by all. After the meal our dancing shoes were ready and waiting for Diamond to get us all moving and a-grooving and they certainly lived up to expectations.



During the evening a cheque for £4,500 was presented to Dr David Fluck (above) for 3 Heart Monitoring Units for the Cardiology Department. A fabulous evening came to an end as midnight drew close and the carriages started to depart.



Members and guests enjoyed dancing to Diamond. The dance floor was never empty!



The Hamper for guessing the combined age of the Committee went to Suzanne's guest, Dawn



Cliff and guests



Daphne and Bob present the Star Prize of £1,000 worth of kitchenware to guest Angela Cartledge



Daphne with Head of volunteering Julie Addison



Chairman and Treasurer, Richard and Yvonne



Continuing your exercise after Rehabilitation

at Woking Leisure Centre

Monday Circuit in the Studio
11.30am – 12.30pm

Tuesdays and Thursdays in the gym
12.00pm – 3.00pm

Thursday Circuit in the Studio
11.30am – 12.30pm

Fridays. Step Class in the Studio
11.15am – 12.15pm

**Induction and Membership £20
Session £4.00**

For further information
contact Evolve Fitness Suite on 01483 771122

Woking Leisure Centre and Pool in the Park
Woking Park, Kingfield, Woking,
Surrey GU22 9BA.
Telephone: 01483 771122



HeartBeat Cardiac Care Relatives Room – South Downs Way Charity Walk

In 2012 the need for a relatives room in the Cardiac Care Unit at St. Peter's Hospital was identified but no suitable space could be found at the time so plans were put on hold. The Cardiology Department have drawn up plans to consolidate their services into a single unit which will mean relocating the CCU from its current location and includes the setting up of a relatives room.

HeartBeat is proud to have been asked to be involved in this project and the room will be called the HeartBeat Relatives Room. Current plans indicate this move will take place towards the end of 2013

The room will provide the relatives of patients somewhere to go while their loved ones are undergoing or waiting for treatment as well as somewhere private to meet with medical staff. At a very

stressful and upsetting time for many, being able to go somewhere quiet and away from the day to day 'hubub' of the wards will be very welcome.

Such a special room requires special funding over and above the other work we do, so the HeartBeat South Downs Way Charity Walk was borne. The SDW runs from Winchester to Eastbourne over some of the most beautiful downland countryside England has to offer. It is also over a 100 miles long so my intention is to complete the walk over a number of weekends during the summer with each section covering approximately 12 miles to 14 miles each. With enough sponsorship we will be able to set up and maintain the facility for years to come.

Please contact me if you would like to support or get involved in the walk.

Richard Docketty

Profile – Sue Stocker

Sue joined the Committee in December 2012 is already proving to be a very worthwhile addition to our team. Let us introduce you to her.



As a teenager, I had contracted rheumatic fever, necessitating spending several months bedridden. However, I eventually recovered and, with no discernable complications, returned to school and normal active life.

I then completed my studies at the French Institute in South Kensington with a qualification as a bi-lingual PA, and consequently went to work in the French-speaking part of Switzerland for a year - and ended up staying 20!

I returned to the UK with my son in the late 80s, where we settled down to a new family life. I was still feeling perfectly fit and healthy, and busy with work and everyday life, until about 8-9 years ago when I started to feel rather breathless after gardening one hot summer – yes, we do get them sometimes, so why is it we only remember the wet ones?!

This led to my first meeting with David Fluck, who diagnosed a murmur from a leaky mitral valve, almost certainly as a result of the rheumatic fever. I then also started to suffer from atrial fibrillation, and unfortunately both conditions slowly deteriorated.

Numerous visits to A&E ensued, where I felt a bit of a celebrity as many of the younger doctors had never encountered a mitral murmur (it is now quite rare to encounter this disease here in the UK), and were rather excited to listen to mine!

There came a point when it became necessary for me to have surgery, and I was asked – amazingly it seemed to me, but what did I know?! – if I preferred to have a pigskin or a mechanical valve, there being no overriding medical reason for either.

As both have pros and cons, it was up to me to decide which pros and which cons I preferred to live with.

However, even with all the information I read on the BHF website, I still found it very difficult to make a decision, so I called the BHF and they suggested I contact a heart support group in my area.

I therefore made my first contact with HBSW and spoke to the then Chairman, Steve Grierson. Steve was extremely helpful and supportive, and also kept in touch with me after my operation. He also sent me some literature on HBSW and suggested that once I felt well enough, I might like to come along to a meeting. I eventually did so, and found the atmosphere very welcoming and the evening enjoyable, so I joined the Group a couple of years ago.

After a while, I decided I would like to join the half a dozen or so other members in volunteering on the cardiac wards in St Peter's, an activity which I find really rewarding. Being a glutton for punishment, I then let it be known that I would like to become more involved with the group, so have now found myself co-opted onto the Committee.

I therefore look forward to being able to put some of my professional experience to the benefit of the Group (I don't always remember a face, but I never forget a piece of paper!), and helping it continue and even expand its excellent work.

We were delighted to be able to make a further donation of £1,684 to the Cardiac Rehabilitation Team at St Peter's Hospital.

The money is being used to buy a new state of the art LifePak 1000 defibrillator, which, as well as being used as a normal defibrillator, also has a special screen and monitoring leads so it can be used to look at heart rhythm should someone experience chest pain.

Karen Harris, Cardiac Nurse Specialist said: "We are extremely grateful to Heartbeat for yet another very generous donation to the department. This money will allow us to replace our defibrillator with one which has the additional facility of monitoring heart rhythm for anyone who may have chest pain. This kind of equipment on hand makes sure our patients are in very safe hands should anything happen while they are here."



A Donation to HBSW this time from West Byfleet Golf Club



As you may recall we unfortunately had to cancel our golf day in June through lack of support. However one of Cliff's teams from West Byfleet Golf Club were then able to play in the Club's own charity event the next day.

The word got around as to why it was a late entry and Cliff was asked, as a member of the club, to put in a proposal for HBSW to be a beneficiary from part of the £31,000 raised. We duly were successful and the club generously donated £500 to our charity.

Richard and Yvonne came along to the presentation day in September as Cliff's guests and Club Captain, John Walker is shown above presenting to Richard.

A Special Award for HeartBeat Support

In July last year the volunteer services at Ashford & St. Peter's hospitals were honoured to receive The Queen's Award for Voluntary Services. This is the equivalent of an MBE for groups of volunteers.

HeartBeat were noted among this group and received a special mention in the official speeches. Present on the day to receive the award on behalf of HBSW at Painshill Park were Richard, Jean, Sue, Bob and Cliff.

Photo below shows the official party with various dignitaries, together with The Lord Lieutenant of Surrey, Sarah Goad, Jonathan Lord MP, and of course Julie Addison, head of Voluntary Services.





OBITUARY – Wilf Cousins

We were very saddened to hear of the passing in February of our Vice President Wilf Cousins aged 87 years.

Wilf joined HeartBeat Support following triple by-pass surgery in 2002 and became a very active member, enjoying his time firstly at the rehab gym then at Bravehearts with Suzanne at the Leisure Centre.

He often said how much he welcomed the friendly companionship of the group, particularly after he lost his dear wife, Thelma, in 2003.

He joined the Committee and soon became an active member, firstly running the raffles and then moved on to become the group's fundraiser and BHF contact for nearly five years.

Sadly, failing health meant he was unable to continue in a committee role but still enjoyed coming to meetings and our Annual Dinner Dance when able to.

As a mark of our appreciation of his service to the group he was elected as an Honorary Vice-President. Wilf will be sadly missed by us all and of course our condolences go to his large family that he loved so dearly.

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*Do you have an interesting article
or contribution you think can be useful
to us in future Newsletters?
If so please contact Cliff Butler
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or email: cliff@kestrelcreative.co.uk*

WHAT'S ON IN 2013

Note: All speakers are subject to confirmation and date change

Thursday 11th April The Costa Concordia Incident

Dr Tom Allen, who spoke to us last year on Maritime Safety, will be telling the story of the Costa Concordia tragedy which happened in January 2012 and the efforts being made to salvage the wreck.

Thursday 2nd May Healthy Eating – Sally Bee (TV Cook)

Sally suffered 3 heart attacks at the age of 36 and now writes heart healthy cookbooks. Her talk will leave patients feeling inspired, more positive that a good recovery through a healthy lifestyle is possible and will help heart patients think about their condition in the way that is most helpful to them.

Thursday 6th June Paul Wills – Resuscitation Manager at Ashford & St. Peter's

Paul is responsible for the provision of resuscitation equipment as well as the training of doctors and nurses in resuscitation techniques. He will be sharing his wealth of knowledge in the form of not just a presentation, but also demonstrations and even hands-on experience of modern resuscitation techniques using simulators. This is truly a special event and one not to be missed so significantly more time than usual has been allowed for Paul's demonstrations and for members to try these techniques for themselves.

Thursday 4th July – A Special event

More details to follow in due course

Saturday 13th July Heartbeat at Pyrford Flower Show

Bring the family and enjoy a lovely afternoon in the sun! Once again we are taking a stall at this annual show. (right opposite the showground) Many other stalls and events to enjoy.

Thursday 5th September Members Meeting

This will be an opportunity for members to get together over a cup of coffee and some light refreshments to discuss the group and any problems you may have in an informal atmosphere.

Thursday 3rd October Speaker to be advised

Thursday 7th November Quiz Night

Venue: Church of The Good Shepherd
Get those 'little grey cells' working as our Quizmaster prepare some brain ticklers for us in our ever popular fund-raising Quiz night. Teams of 6.

Friday 6th December Dinner Dance at Chobham Golf Club

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MEMBERSHIP APPLICATION FORM

Send to: Jean D'Arcy, 18 Muirfield Road, Goldsworth Park, Woking, Surrey GU21 3PW.
(or hand to a Committee Member at the gym or at HeartBeat meetings)

MARCH 2013

I enclose my Membership Subscription of £10 to HeartBeat Support Woking for 2012

Name _____ Address _____

Postcode _____

Tel No: _____ email: _____

What was your cardiac event? _____ I am a taxpayer and wish to claim Gift Aid (please tick)