

## Keep Fit Classes

Why not come along and join your keep fit group at The Morecambe College of Further Education between 6:00pm and 7:00pm each Wednesday. The class has been especially designed for our needs, and is supervised by Hilda Preston, Cardiac Specialist Nurse and Gaye Jackson a first class Physiotherapist. We all work at a pace to suit our individual abilities...there are no budding Olympic athletes attending! At £1.50 per session it is excellent value.

Everyone is welcome.

### NHS Direct 0845 4647

This telephone service is staffed by experienced nurses, ready to give confidential healthcare advice, information and reassurance 24 hours a day for the price of a local call.

### Emergencies

**24 hour help line ring 01524 583465 the direct line to CCU,  
or dial 999 immediately,  
DO NOT DELAY.**

### Your Contributions Required

Articles are always required for your Newsletter, these may be hand written, Floppy, CD or email.

Email to:- jim@g4abe.fsnet.co.uk or

J. Ellis,

4, Hazelmount Crescent,

Warton, Carnforth

Lancs. LA5 9HS. Tel 01524 733847

Contact **Tony Parkinson** our **Web Master** on 01524 422259 with any contributions for Heart Concern Web Site

Or e-mail Tony at :- heartconcern@tiscali.co.uk our web site is

### Disclaimer

Material in this Newsletter is given only as information only and inclusion of any material in Heart Concern News does not imply a recommendation by Heart Concern.

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## COMMITTEE MEMBERS

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Hilda Preston, Vice Chair	01524 732056
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Lynda Wilson, Social Secretary	01524 67465
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Date	Event	Venue
Tuesday 6th December	Christmas Social and Quiz with music by Norman Johns	RLI Social Club 7 – 7.30 pm.
Saturday 10th December	Walk	1 pm. The Cross Keys CP. Milnthorpe.
	<b>2006</b>	
Tuesday 3rd January	Sizergh Castle	7.30 pm. St. Thomas' Centre, Mr. Dick White.
Saturday 14th January	Walk	2 pm. Galgate Village Green,
Tuesday 7th February	A brief history of Lancaster Castle	7.30 pm St. Thomas' Centre, Mrs. Christine Goodier.
Saturday 11th February	Walk	10 am. Helsington Church, Lunch venue to be arranged. G.R. SD 489 890
Friday 24th February	Collection	Morrisons, Morecambe.
Tuesday 7th March	A.G.M. Followed by Wood Carving	7.30 pm St. Thomas' Centre, Mr. Andy Drysdale.
Saturday 11th March	Walk	2 pm. R. S. P. B. Silverdale.
Tuesday 4th April	The Lancaster Canal	7.30 pm St. Thomas' Centre Mrs. Helen Thomas.
Saturday 8th April	Walk	T.B.A.
Tuesday 2nd May	Anecdotes of a Clergyman	7.30 pm St. Thomas' Centre Canon John Hall.

### Quickie!

One morning Dick Cheney and George W. Bush were having brunch at a restaurant. The attractive waitress asks Cheney what he would like and he replies, "I'll have a bowl of oatmeal and some fruit."  
"And what can I get for you, sir?" she asks George W.  
He replies, "How about a quickie?"  
"Why, Mr. President," the waitress says, "How rude . . . you're starting to act like Mr. Clinton and you haven't even been in office for a month yet!"  
As the waitress storms away, Cheney leans over to Bush and whispers, "It's pronounced "quiche."

### Isn't this the truth!

At a nursing home in Miami, Florida, a group of Senior Citizens were sitting around talking about their ailments.  
"My arms are so weak I can hardly lift this cup of coffee," said one.  
"Yes, I know. My cataracts are so bad I can't even see my coffee," replied another.  
"I can't turn my head because of the arthritis in my neck," said a third, to which several nodded weakly in agreement. "My blood pressure pills make me dizzy,".... another went on.  
"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.  
Then there was a short moment of silence.  
"Well, it's not that bad," said one woman cheerfully. "Thank God we can all still drive."

### Watch Out For That Tree

A State Trooper pulls a car over on a lonely back road and approaches the blonde lady driver. "Ma'am, is there a reason that you're weaving all over the road?"  
The woman replied, "Oh officer, thank goodness you're here! I almost had an accident. I looked up and there was a tree right in front of me. I swerved to the left and there was another tree in front of me. I swerved to the right and there was another tree in front of me!"  
Reaching through the side window to the rear view mirror, the officer replied, "Ma'am... that's your air freshener."

## Just For Fun

Taken from real Church Bulletins:

Bertha Belch, a missionary from Africa will be speaking tonight at Calvary Memorial Church in Racine. Come tonight and hear Bertha Belch all the way from Africa.

Announcement in the church bulletin for a National PRAYER & FASTING Conference: "The cost for attending the Fasting and Prayer conference includes meals."

Miss Charlene Mason sang, "I will not pass this way again," giving obvious pleasure to the congregation.

"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

The sermon this morning: "Jesus Walks on the Water" The sermon tonight: "Searching for Jesus"

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

The Rector will preach his farewell message after which the choir will sing "Break Forth into Joy."

Don't let worry kill you - let the Church help.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall Music will follow.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

## CORONARY CARE APPEAL

The above appeal was launched on Monday 31st. October 2005.

Improvements to the unit will provide:

Access to improved Clinical Services,  
Extended range of Assessment/Treatment Services,  
New Relatives Room,  
Better Staff Facilities.

The projected cost:

Improving Facilities	£480,000
Equipment	<u>£100,000</u>
Appeal Total,	£580,000

The continued demand for cardiac services at the R.L.I. means that more space and better facilities are a top priority if the hospital is to meet the needs of local people.

The appeal is underway with substantial allocations of £150,00 from Morecambe Bay Hospitals N.H.S. trust and £100,000 from Heart Concern.

Heart Concern will now be working hard to raise money in as many ways possible and would welcome any fund raising proposals from our members. Any event however small will provide a contribution to the total cost.

Anyone wishing to partake in our new challenge can contact our Secretary, Christine Nightingale on 01524-67859.

There will be lots of hard work over the next 12 months.  
Thanking you in anticipation for your efforts.

*Hilda Preston,*

*On behalf of the Committee.*

## Cardiac Rehabilitation.

Exercise, as a treatment for heart disease is as old as our knowledge of the condition. In 1768 a doctor noted that his patient with angina was almost cured by sawing wood for half an hour per day. However, heart disease was diagnosed infrequently over the next 150 years. As recently as 1968 the duration of bed rest depended on the severity of the heart attack. Three weeks would be the average period leading to many complications

In the 1950's and the 1960's a number of groups in different parts of the world started programmes of exercise training with Coronary Heart Disease. Israel was the cradle of a large scale rehabilitation effort. They used a four month course of working activities such as gardening together with gradually increasing gymnasium exercise. Patients were accepted into a reconditioning course some three months after the heart attack. 200 patients were monitored and many became fitter than before. Similar studies were also taking place in U.S.A. Canada and Scandinavia

Over the years since that time there took place a gradual growth in the acceptance world wide of the benefits of exercise for patients with heart disease. There has also been a progressive change from exercise only programmes to multifactorial intervention, to include risk factor modification and stress management.

Cardiac rehabilitation today is divided into 4 stages:-

Phase One:

In patient stay includes: reassurance: information: risk factor assessment: risk stratification: education: mobilization: discharge planning: involvement and support of partner/family and friends.

Phase Two:

Immediate post discharge includes: staff making follow up telephone calls: patients having 24 hour access help line service: staff making home visits: patients attending individual appointments.

Phase Three:

Intermediate post discharge includes: risk stratification and the identification of the high risk patient: inclusion or exclusion criteria for exercise sessions: Psycho-social interventions.

Phase Four:

## Social Secretary's Report.

The Committee Wish All Our Members A Very Happy Christmas And A Healthy New Year.

Edinburgh Trip.

On the 8th November we were taken to Edinburgh by coach. The coach arrived on time and we made very good progress up the motorway, stopping for morning coffee at the first services in Scotland. Things went well until we went cross country heading towards Edinburgh. Road Ahead Closed! So we followed the diversion, after about 4 miles there was a diversion to the diversion! Unfortunately the coach could not take this route, the roads were too narrow. With a bit of good map reading by Hilda we eventually got back onto the required road. On arriving in Edinburgh we had to follow a "Peace March," the street was swarming with Police...was it because Heart Concern was visiting?

Some of our group went shopping whilst the rest went for a walk around Arthurs Seat and the new Parliament building. We then met the coach at 5 pm. The driver decided not to travel back home on the lanes but to head for Glasgow thereby missing all the diversions. On leaving Edinburgh the coach made good progress until we were in another hold up, after about five minutes we saw a sign that said there were road works 3 miles ahead. As we had had a good day in the City we accepted this as 'Just not our day' unfortunately the story does not end here, one of our members was taken ill. We were lucky to have 3 Nurses with us on the coach, we pulled to the hard shoulder, the Paramedics called and a visit to hospital was advised.

We finally arrived home at about 10.45 pm. I am glad to report our colleague was later discharged and is feeling much better.

*Lynda Wilson, Social Secretary.*

## Treasurers Report.

Donations In Memory:

Relatives and friends of Mr. Marsh, Mr. Lindsay and Mr. Gardner donated a total of £206.

Various Collecting Boxes:

Mrs. Cowison and Asda Tobacco Kiosk raised £76.

Booths Collection Day at Kirkby Lonsdale £150.

Phase 4 Keep Fit Class donated £612.

I wish to thank everyone for their generosity and efforts in raising the above magnificent sums which, as you know will be used to help people within the Lancaster and Morecambe area.

*Jim Ellis, Treasurer.*

# The Laughter Prescription.

The average child laughs more than 300 times a day; adults laugh around 15 times, "says Ben Renshaw, a psychologist with The Happiness Project, which promotes the benefits of laughter. "Between childhood and adulthood we lose the ability to laugh."

This is a pity because its benefits are far-reaching. By triggering the release of endorphins, laughter makes us feel happier. A good giggle reduces stress hormones such as adrenalin and cortisol, and thereby improves circulation, relaxes muscle tension and lowers blood pressure. It also provides a fantastic aerobic and cardiovascular workout, exercising facial, chest and abdominal muscles. Dr. William Fry, of Stamford University, found that just 20 seconds of guffawing is equivalent to three minutes of rowing. If you belly-laughed for an hour, you'd burn 500 calories.

Laughter also boosts the immune system. After Norman Cousins, author of Anatomy of an Illness, was diagnosed with a spine-deteriorating disease, he discovered that 15 minutes of laughter resulted in two hours of pain-free sleep. Eventually, his humour injections reversed the illness and he recovered. In India, interest in the healing properties of laughter has spawned more than 500 laughing clubs- where people gather to chuckle for 15 minutes a day. Members have cited a lessening of the symptoms of asthma and bronchitis. Medical interest in humour therapy has grown so much that the field now has a name - psychoneuroimmunology.

In 1991, Renshaw and fellow psychologist Robert Holden set up the country's first NHS-funded Laughter Clinic. The response was so overwhelming that in 1995 Holden founded The Happiness Project. "We're so used to feeling miserable, anxious and stressed that we've become afraid of being happy," says Renshaw. The company's clients include BT, the BBC, The Body Shop, Sony and Shell. "We equate being professional with being serious," says Renshaw. "But it's proven that a happy workforce is a more effective and creative one." A recent study of Canadian financial institutions found the highest level of employee performance where managers used humour most often.

The Happiness Project also runs courses for the public, and teaches GPs the therapeutic benefits of laughter. In America, humour consultants earn between \$1,000 and \$3,000 (£700 and £2,100) an hour for helping people to laugh their way to good health.

In Tanganyika, Africa, in 1962, what started as a giggling fit among a group of teenage girls became an epidemic- schools were closed and the outbreak lasted six months. Laughter may be addictive, but it makes us happy, costs nothing and has no negative side effects. And if you can't manage to laugh out loud, at least crack a smile; it sparks the release of serotonin, our happy hormone.

THE INDEPENDENT ON SUNDAY

Long term maintenance, consists of two main components.

- 1, Long term maintenance of individual goals.
- 2, Professional monitoring of clinical status and follow up of general progress.

This involves close liaison with the primary health care team and local keep fit organisations.

Cardiac rehabilitation in Lancaster was first set up about 30 years ago when patients came back to phase 3.

Gaye Jackson and myself set up phase 4, 7 years ago. Using gym 4 at the RLI using staff and friends as patients and then started the scheme at Salt Ayre Leisure Complex with about 15 patients. Gradually numbers increased and we had to move to our current venue at the College of Further Education. Each week we have between 30 to 40 people attending. Not only are the physical and psychological benefits enjoyed by all, many new friendships have developed, so people have had social benefits.

Many members of Heart Concern attend phase 4 and are able to encourage new people to join our support group.

Hilda Preston  
Vice Chair.

## I C E

ICE, no, it's nothing to do with the expected cold weather, it stands for In Case of Emergency. At the present time about 85 to 90 per cent of us own mobile phones, if we are out alone and are taken ill or even go unconscious, what can others do to contact our nearest and dearest. We do not always have documents on our person which contain the relevant information. One easy solution is to add into your mobile phone directory under Name, key in ICE then the name and number of the person you want to be contacted first.

My phone is programmed with ICE 1, my home number, the most likely place to contact my wife Carole, ICE 2 Carole's mobile number. The Emergency Services are all aware of this procedure, it could be a life-saver, especially if information regarding our medication is needed before treatment can be given.

*Jim Ellis*