

NOTICE BOARD

ANNUAL GENERAL MEETING

Tuesday 25th March 2003 at 7.30pm

St Thomas' Centre Lancaster

Nominations urgently required for vacant posts

If you are able to help, **please** get somebody to nominate you.

March Meeting

Tuesday 4th at 7.30pm

St Thomas' Centre

Speaker: Alan Ridley

British Heart Foundation

Current BHF Research Projects

April Meeting

Tuesday 1st at 7.30pm

St Thomas' Centre

Speaker: Michael Chorley

History & Restoration of

Carnforth Station

May Meeting

Tuesday 6th at 7.30pm

St Thomas' Centre

Speaker: Jude Coulthard

Topic: Local Services for Pensioners

June Meeting

Tuesday 3rd at 7.30pm

St Thomas' Centre

Speaker: Elaine Charlton

Topic:-

Williamson's Park

Past, Present & Future

Blue Planet Underwater Wonder/Cheshire Oaks

Coach Trip

Wednesday 9th April 2003

Cost: £5.00 for members

£6.00 for **non-members**

Local pick-up points

Lowry Centre/Imperial War Museum

Coach trip Planned for August

Contact **Lynda Tel. 67465**

Coming Soon!!

'Turkey & Tinsel Weekend'

Planned for November

Interested:

Ring Lynda 67465

For further details

HEART CONCERN

NEWSLETTER

Volume 1, Issue 1

REGISTERED CHARITY 701746

March 2003

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Why not visit our new website:

www.heartconcern.co.uk



PALS

Patient Advice and Liaison Service, providing a 'One Stop Shop' for information and feedback on local health services, aims to help patients, carers and relatives sort out problems they may have as quickly as possible and to spread good practice based on what people think works well locally.

In this area Pals is a joint service run by Morecambe Bay NHS Trust and Morecambe Bay Primary Care Trust.

Alison Derham is the Pals Officer for Lancaster District.

'We're here to help when you need advice, have concerns or don't know where to turn.'



She can be contacted by:

Telephone: 01539 795497 (Pals Centre)

Mobile: 0778 871 875

Text phone: 01539 795229

By email: pals@rli.mbht.nhs.uk

By Post: Morecambe Bay Pals

Royal Lancaster Infirmary

Ashton Road

Lancaster

LA1 4RP

Money Matters

Hello!

It's that time again. At a recent committee meeting, Alma Carruthers, Fundraising Manager at the R.L.I. provided details of a Sector Transducer for use with Sonos Cardiac Imaging Platform (Cardiac scanning equipment) and asked whether Heart Concern would consider helping with it's purchase.

An adult transducer is currently used on children requiring cardiac scanning, which is not ideal and premature babies have to be taken to Alder Hey hospital in Liverpool for the procedure. The purchase of this equipment will be shared with Friends of the R.L.I.

The total cost will be £9,819.00. The committee all agreed to this request.

Collections

Morrisons: **Thursday 8th May and Friday 9th May 2003**

Asda: **Saturday 21st June 2003**



We will be asking for volunteers for these dates, so if you feel you can give a few hours on these days, please let us know.

Letters:

Morecambe Bay Hospitals NHS Trust (exert from letter received from Mr. K McGee, Director of Finance and Information)

Dear Pat & Keith,

Firstly, may I start by saying thank you, on behalf of the Trustees, Morecambe Bay Hospitals Charity for the generous donation of equipment donated to wards recently.

I am advised that Heart Concern have donated Infusion Pumps (10 in total) for Wards 1, 2, 4 & 5 at the Royal Lancaster Infirmary. A transport monitor, costing £5,000 and two pulse Oximeters to the value of £4,000 making the total gift value approximately £30,000.

This really is most generous of the Trustees and the equipment will be beneficial to cardiac patients using the hospital, thank you again.

Dr Batmanghelidj's book *The Bodies Many Cries for Water* contains some astonishing testimonies from converted water drinkers.

Few doctors or dieticians would argue with the fact that we not drink enough water but the Ministry of Agriculture, Food and Fisheries and the Department of Health have not yet seen fit to advise us how much to drink (apart from alcohol). But Miss Laura Ellis, a nutrition scientist at the British Nutrition Foundation, is not so certain that water itself is a cure-all. She says that 'one or two litres of fluid a day is what people should be aiming at, depending on how active they are.'

Obituary....The late Don Holden

Don Holden, who died on 9th December 2002, was along time member of Heart Concern and a committee member for many years together with his wife Eve (previous chairman to Keith). They have been regular and hard working members up to recent years, after which health problems restricted their attendance at meetings.

Don was born on 3rd July 1921 at Milnrow, near Rochdale. His interests were of an outdoor nature with a passionate interest in motorbikes and the old cars his father used to build. He first worked in a garage and then in a mill on a Spinning jenny. He volunteered for the R.A.F. at the start of the second World War (after finding that after call-up he would be in the Scots Greys- he not being able to ride a horse and not fancying wearing a kilt). After a short interval, he was sent abroad at the age of 19. He spent his 21st birthday retreating from Rommull at El Alamain. He served in North Africa and Egypt, where he was on guard at the top of the King's Pyramid for the 'Mena House Conference'. Here he had occasion to stop Churchill's daughter (Mary Soames) from taking a midnight stroll. Had she gone any further, she risked having her throat cut, and he delivered her to the guardhouse. We think that there might have been a little engraving in the spare time, since there is a name 'D Holden 1942' on the top of the King's Pyramid (as seen in the National geographic Magazine). He was for a time attached to the Fleet Air Arm. He said that the best part of that time was the rum ration that they got. After being posted back to this country, he was placed in a guesthouse in Morecambe. His parents had moved to Silverdale during the war due to his father's health. He made his way, with full kit, through Carnforth to Silverdale.

He married Eva on 23rd December 1944 after first meeting her at a dance when she was 15 years of age. They would have been married 58 years on 23rd December. They moved to Silverdale in 1946, and with Don's sister and her husband, ran a taxi business in the village for 2 years. After a short spell driving military vehicles at the Ordnance Depot at Quernmore Park, he spent the rest of his working career with Ribble Buses when they took over his previous employer, Dallam. He was with them for 37 years, with a safe driving certificate for each year. His interests included sailing, walking, photography, travelling, and, in his younger days, was a noted ballroom dancer. He was an avid reader and was sometimes a 'couch potato'!

People, in voicing their condolences, have all stressed their view of Don as a kind and gentle man, and Eva gives thanks that she has known such love throughout her life. Don leaves his wife Eva, daughter Lynne and son David, and also grandchildren and a great grand-daughter.

Drink on Doctor's orders

The key to good health is drink lots of water and a pinch of salt says Dr F Batmanghelidj, the modern application of an ancient Persian treatment.

The human being and the boiled pea are both made up of about 75% water, but as a shrivelled pea has little to commend it, so dehydration damages the body and eventually human life itself. Adults lose six pints of water every day, a pint in perspiration, two pints in breathing out and three pints in urine all of which needs to be replaced.

Dr Batmanghelidj, an Iranian doctor now living in America, believes that many of the most common serious ailments are caused by our reluctance to drink water.

Asthma, high blood pressure, stomach ulcers, angina, headaches, back pain, colitis, stress, arthritis, diabetes and obesity, he argues are all based on dehydration and it's knock on effects. Thirsty cells do not work at their best and trigger all kinds of inappropriate bodily responses as a result. He also believes that we have forgotten how to read our thirst signals and often confuse them with hunger and instead of drinking a glass of water we eat a tasty snack.

Dr Batmanghelidj's research was carried out whilst he was in prison under sentence of death during the Iranian revolution where he acted as medical officer for the 3,000 inmates. The authorities were so impressed with his findings that they spared his life.

Salt and water hold the body in balance he says and this basic human biology was recognised 2,000 years ago by the ancient Persians who treated pain and shock with a drink of water and salt on the tongue. In modern medicine, a saline drip is one of the first lines of treatment for a shocked and injured patient.

Dr Batmanghelidj believes we should all drink at least six to eight cups of water a day and take half a teaspoon of sea salt. Sweating heavily, from activity or heat, will increase demand. Dehydration can be determined by looking at the colour of urine. A well-hydrated person has urine, which is pale lemon in colour.

Tea, coffee and colas do not count in measuring fluid intake in fact they make things worse. They contain caffeine, which is a diuretic that reduces the body's water content. For each cup of coffee you should drink a compensating cup of water, he says.

Fruit juices are no good either he claims, if you drank the equivalent amount in orange juice, you would take in too much potassium which would throw off balance and if you drank the same quantity in alcohol, you would be permanently drunk.

His work is based on the theory that it is the water content of the cells that regulates all our body functions and not the body chemicals that are dissolved in it. If the water content is insufficient, then the body chemicals cannot work properly.

The true powers of water may still be open to question, but Dr Batmanghelidj is convinced of its importance. **CONTINUED ON PAGE 7** →

WALKING

by Hilda Preston, Cardiac Rehabilitation Nurse

Yuletide Walk

On Sunday 15th December 2002, our group met at the earlier time of 1pm at Gait Barrows National Nature Reserve.

This reserve, at the centre of the Arnside and Silverdale Area of Outstanding Natural Beauty was established in 1977 to protect one of the most important areas of limestone pavement in Britain. It covers an area of 288 acres and is owned and managed by English Nature. Our route took us over the pavement where we were able to see its characteristic features of runnels: grikes and clints. Grikes are the deep fissures of varying width, which divide the surface of the pavement into individual blocks called clints. Runnels are gutter-like features, which usually drain into grikes. The shaded, humid conditions of the deeper grikes provide ideal growing areas for rigid buckler fern, herb Robert, Lily of the Valley and Solomon's seal. Scattered trees, mainly yew, ash and hazel, grow out of the grikes. Red squirrels used to be a common sight in the surrounding woodlands but since 1989 grey squirrels have invaded and the native reds have all but disappeared. English Nature has re-established coppicing, despite the problems from browsing roe and fallow deer. Coppicing is beneficial to a range of flowering plants such as primrose, cowslip and violet and butterflies such as Duke of Burgundy, pearl-bordered fritillary and the rare high brown fritillary. The weather on the day of our walk was still, cloudy and the very light rain did not prevent us from enjoying our mulled wine and mince pies before returning to our cars to drive to the Silverdale Hotel.



Dates for your diary

Summer Walking Programme 2003

Saturday 12th April 2pm Meet at the Bay Horse pub Arkholme

Saturday 10th May 2pm Meet Eves Wood car park Silverdale

Saturday 14th June 2pm Meet Cross Keys car park Slyne

Chaplain's Column by Rev. David Brown R.L.I.

One of the saddest parts of my work, is having to do services for babies that die at birth, have died in the womb or who have miscarried. Too much expectation, so many hopes!! What can one say?.

I am amazed at the courage of the parents and families. Also I wonder at how often they will say that they would rather have had those few weeks and months of "love and life" than not to have had them at all.

Hopefully when we look back on our lives, we feel that about the people we have known. Even if we didn't love and know them for long, it was better to have had them for a short time rather than not at all.

There is a poem by a modern poet called Duncan Forbes (he has the same birthday as me)!! It is called 'Recension Day'

Unburn the post, re-build the bridge, Re-consecrate the sacrilege.

Unspill the milk, decry the tears, Turn back the clock, relive the years.

Replace the smoke inside the fire, Unite fulfilment with desire,

Undo the done, gainsay the said, Revitalise the buried dead, Revoke the penalty and clause,

Reconstitute unwritten laws, Repair the heart, untie the tongue,

Change faithless old to hopeful young, Inure the body to disease

And help me to forget you please.

Hopefully none of us would really wilt that rather we give thanks for all those who have made up our lives.

Dak Hammersfield wrote a poem for what has been, 'Thank you for what will be Yes'

That seems a good way to try to live!

With all good wishes David Brown

Musings and Jottings:- by Eve Holden

Is not easy to collate today. You will be aware that Don, my husband, died on 9th December after a routine operation. It was unexpected and sudden, and for us, devastating. He filled our lives with love and will be greatly missed.

We have been involved with Heart Concern since September 1989 after I was hospitalised with heart problems. Since then, our energies were concentrated on raising money for Coronary Care. It became a way of life and we accomplished much, with the group and through the family. I always thought I would go before him and I am glad that he wasn't left alone. Now, like so many of our friends over the years, I am in the process of establishing a new life with the support of family and friends and putting my energies into that. I feel that now is the time to move on to other things, with the hope that you will keep in touch in the future. All the best to everyone. You will be welcome if you wish to call and I will be glad to see you.

So, this is Au Revoir. Eve

HEALTHY RECIPE

CHICKEN & GARLIC CASSEOLE

Talk about making your home smell wonderful--this dish will do it. For dinner you not only get tender, flavourful chicken, you also have soft, nutty garlic cloves to enjoy also spread on hot French bread with the meal. (toasted very crisp for post-ops of course) Serves 2-4.

Ingredients:

6 chicken thighs, (can substitute breasts) 3/4 tsp salt, 3/4 tsp white pepper, 2 cloves garlic, 24fl oz water, 2 tbsps olive oil, 4oz chopped celery and leaves, 4oz chopped fresh parsley 1/8 tsp thyme, 8fl oz dry white wine, (alcohol burns away in cooking process so no fear on liver)

Directions:

Preheat oven to 375 degrees. Season chicken with 1/4 tsp salt and 1/4 tsp pepper. Separate cloves of garlic; drop unpeeled into boiling water for 1 minute. Drain and rinse under cold water, then peel. In a shallow 2-qt casserole, add oil, coating bottom of dish. Add garlic, celery, parsley, 1/2 tsp salt, 1/2 tsp pepper, and thyme. Add wine and stir. Add chicken, skin side down, and baste. Cover tightly; cook 35 minutes. Turn chicken, baste, and cook 40 minutes. Chicken the protein we all need and "Garlic" good for our blood pressure and heart.. enjoy!!!

Social Secretary

Happy new year to you all.

Dec 4th Christmas lunch was well received by the members that attended we had an excellent meal and a jolly afternoon. Plans are afoot for Christmas 2003 celebrations. February 11th saw us celebrating 'Valentines Day' with a hotpot supper and musical entertainment at the R.L.I. Social Club. It was attended by 45 members the hotpot was excellent. How many went back for seconds? The evening I feel was well enjoyed by all who came. April 9th Cheshire Oakes and Blue Planet coach trip ring me today to book your seat on the coach. Thanks for your support. Lynda

24 HOUR HELPLINE

Ring: 583465

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