

# HEART CONCERN

## NEWSLETTER

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September 2003

Why not visit our website: [www.heartconcern.co.uk](http://www.heartconcern.co.uk)  
or e-mail us at [heartconcern@tiscali.co.uk](mailto:heartconcern@tiscali.co.uk)



At the open meeting on Tuesday, 5th September, the guest speaker was Justin Mawtus, who gave an interesting and informative talk about his work as a paramedic with the air ambulance service.

There is only one air ambulance for the whole of the northwest region of the country, based at Blackpool airport. This carries one pilot, two paramedics and up to two patients. Surprisingly this much needed and effective service relies entirely on voluntary contributions to pay for its equipment and upkeep.

Colour slides were used throughout the talk, showing various rescue missions from places inaccessible to vehicles – the canal towpath, a sandy beach, a mountain side. Very often, after a 999 call has been received, the helicopter can arrive at the scene, assess the patient's and convey them to hospital well within the hour thus saving valuable time.

Many thanks to Justin for informing us about this valuable service.

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## Money Matters

### Treasurer's Report

I would like to thank everyone who helped to collect at Asda on the 21st June. We raised over £223.

The next collection will take place at Safeways, Carnforth on Saturday, 13th September.



A woman was telling her friend , "It is I who made my husband a millionaire."  
"And what was he before you married him?" asked the friend.  
The woman replied, "A multi-millionaire."

Married life is full of excitement and frustration :

- In the first year of marriage, the man speaks and the woman listens.
- In the second year, the woman speaks and the man listens.
- In the third year, they BOTH speak and the NEIGHBOURS listen.

## Notice Board

### TRIP

**Christmas Shopping to Bolton market**  
**22nd Nov £5.00 members £6.00 non-members**

**2nd December 2003**  
**12 Noon for 12:30**  
**Christmas Lunch**  
**Lothersdale Hotel, Morecambe**  
**£7.00 members £8.50 non-members**

**9th December 2003**  
**Lancaster Male Voice Choir**  
**7.30 pm St Thomas' Centre**

## **Walking** by Hilda Preston, Cardiac Rehabilitation Nurse

In May our group revisited the Silverdale area where we walked the route of the very first walk we all did together a few years ago. It is always interesting and never boring to 're-do' a walk – changes are there to be observed. From Eve's Wood car park we walked in the shade of the many beech and hazel trees out into the sunshine towards the ruins of Arnside Tower, from where we took the path through more woods to Black Dyke and from Black Dyke to Middle Barrow Quarry. Here we observed a great change from our last visit. Quarrying has now ceased and instead of lorries and diggers, there are now flowers and saplings. Perhaps the falcons will nest there soon. We completed our walk at the Waterslack Garden Centre with excellent refreshments.

Sunny conditions prevailed once again in June when we met at the Cross Keys Inn at Slyne, from where we walked across the fields towards Lancaster.

The view from the highest point was excellent – we looked south over the city and west towards the bay. From the canal we ascended gradually to reach the Slyne-to-Halton road, where we turned left to make our way through the caravan site back to Slyne.

In July the sun shone for us once again. The conditions were perfect: clear blue skies and gentle breezes. Our route took us from the Black Bull at Brookhouse, over the fell to Annas Ghyll. We walked over the fields to Forge Mill then back to the Black Bull, where we were greeted by Mike Harrison who is unable to walk much distance at the moment because of a sore knee. It was lovely to see Mike and have a drink with him.

I think we will all remember this August's heat wave. The temperature was very high on Saturday, the 9<sup>th</sup>. I was very relieved when those who do not like the heat took the sensible decision to stay at home. However, ten of us met at Booths, Scotforth from where we followed the cycle track towards Bailrigg Lane. We then turned right to the A6 and then over Burrow Heights.

It was very 'hazy' with the excessive heat but we were able to enjoy the views. It was somewhat cooler walking by the canal back to the Boot and Shoe for much needed long cold drinks.

It has been a great pleasure to arrange and plan the walks and I never fail to feel proud of all those who 'have a go' to keep well. I regularly receive information from various sources, stressing the importance of regular exercise for those with heart problems and walking seems to be the one of choice.

I look forward already to preparing next year's outings.

## Reflections

### I remember

I remember, I remember the place where I was born,  
But I wonder where the shears went last time I mowed the lawn?  
I remember clothing coupons and the rationing of foods,  
But what I did two hours ago my memory now eludes.  
I remember infant playtime and a childhood dog named Fred,  
But did I switch the cooker off before I came to bed?  
I remember Aldermaston where they marched for CND,  
But I wonder where I parked the car and where I've put the key?  
I remember Marion Lanza, and even Vera Lynn,  
But can't recollect which wretched drawer I put the scissors in.  
I recall the Coronation on a ten-inch screen TV,  
But why I've climbed these stairs again is a mystery to me.  
I remember the space race and the landing on the moon,  
But where's that jar of coffee I bought this afternoon?  
If life begins at forty, then it's surely passed me by,  
So perhaps I'll aim for sixty-five, or give seventy-three a try!  
Anon.

#### Disclaimer

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

A two-year-old Pakistani girl whose successful heart surgery in India came to symbolize peace efforts between the nuclear-armed rivals left hospital on Thursday.

# Healthy Recipe

## Vegetable Lasagne

1 tablespoon sunflower oil	1 large onion
1 red or green pepper	1 large courgette
4oz mushrooms or aubergine	1 clove garlic (optional)
1x14oz can chopped tomatoes	1 tablespoon tomato puree
2 teaspoons mixed dried herbs	6oz pre-cooked lasagne
10oz natural yogurt	2 large eggs
4oz Edam cheese	2oz cashew nuts (optional)



## Method:

1. Slice onion, courgette, pepper, mushrooms or aubergine, garlic.
2. Heat 1 tablespoon oil in a medium saucepan and fry vegetables for 10 mins on moderate heat, stirring occasionally.
3. Add tin chopped tomatoes, mixed herbs and pinch of salt and pepper.
4. Grease an ovenproof dish and layer lasagne and vegetables ending with lasagne.
5. Beat together eggs, yogurt add 2oz cheese.
6. Pour over lasagne and sprinkle remaining cheese and nuts on top.
7. Bake gas mark 6 190degrees C for 30 mins. (may need longer).
8. Serve with green salad.

supplied by Lynda Wilson

### Said In Court

These are things which people actually said in court, word for word:

Q: What was the first thing your husband said to you when he woke that morning?

A: He said, "Where am I, Cathy?"

Q: And why did that upset you?

A: My name is Susan.

Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

# Social Secretary

**Hello Everybody.**

Glorious sunny days and I am informing you about Christmas!!.



The Mountain & Mistletoe Weekend' Dec 12<sup>th</sup> is now fully booked, 12 members are supporting this weekend.

The Christmas lunch is booked for 2<sup>nd</sup> Dec. 50 places, so give me a call to reserve your lunch  
Price ?

Christmas Shopping trip to Bolton will be arranged shortly. This has been requested by one or two members. Always willing to oblige.

I also have the Christmas card & gift catalogues available. DON'T FORGET 25% OF YOUR ORDER GOES TO HEART CONCERN FUNDS.

Send your order to me and no p&p to pay.

ALSO

Thursday 14<sup>th</sup> August saw 44 members and friends visit ' The Lowry Centre'.  
Very enjoyable.

Enough culture and shops for everyone, sitting on the Quayside in the sunshine was very good.  
Thanks to Hilda for the idea and everyone for your support, if you haven't joined us on our trips maybe you should, you don't know what you're missing.

Take care, Lynda.



## **Dates for your diary**

*2nd September 2003 7.30 pm at St Thomas' Centre*

Paul Wilson - Anecdotes of a Funeral Director

*13th September 2003- Safeway Store, Carnforth - Collection*

*7th October 2003 7.30 pm at St Thomas' Centre*

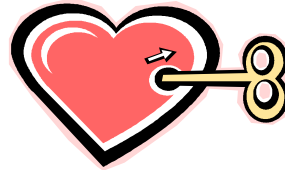
Sarah Bullock, Cardiac Rehabilitation Nurse - a talk about her work

*4th November 2003 7.30 pm at St Thomas' Centre*

Tony Dickinson Ingleton Caves

## Heart News Sep 2003

### How does aspirin prevent blood clots?



Not only does blocking the production of prostaglandin reduce pain, but it also prevents the formation of blood clots. Some prostaglandins cause platelets to bind together and form clots. If prostaglandin production is slowed or inhibited, so too is clot formation. Therefore, aspirin belongs to a group of drugs called antiplatelets. These are non-habit-forming medications that prevent the formation of blood clots by decreasing the ability of the platelets to bind together (platelet aggregation). By helping to prevent blood clots, aspirin helps to prevent blockages in the arteries that can trigger a heart attack.

One type of prostaglandin, thromboxane, is known to be particularly affected by aspirin. Even small doses of aspirin completely stop its production. Research has shown that taking one baby aspirin (75 milligrams) a day for 10 days successfully reduced thromboxane levels. While the platelets were still able to “plug” a wound so the person did not bleed to death, the platelets were less “sticky” and therefore less likely to form blood clots. For up to 10 days after a person discontinued aspirin use, its effects were still obvious.

**St JOHN (I'm a trained first aider)!!**

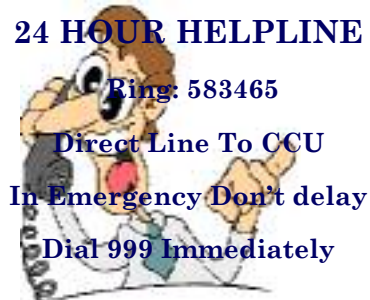
**When a car skidded on wet pavement and struck a telephone pole, several bystanders ran over to help the driver. A woman was the first to reach the victim, but a man rushed in and pushed her aside. 'Step aside, lady,' he barked, 'I've taken a St John's course in first-aid!'**

**The woman watched for a few minutes, then tapped him on the shoulder.**

**'Pardon me,' she said, 'but when you get to the part about calling a doctor, I'm right here.'**

## EMERGENCIES

### 24 HOUR HELPLINE



Ring: 583465

Direct Line To CCU

In Emergency Don't delay

Dial 999 Immediately

### NHS Direct 08454647

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

## Walking

Future Dates and meeting places:

Saturday 13th September 2pm

The Square, Milnthorpe



## COMMITTEE MEMBERS

Ann Williams, Acting Chair	01524 66002
Hilda Preston, Vice Chair	
Sheila Hannigan, Treasurer	01524 720358
Christine Nightingale, Secretary	01524 67859
Lynda Wilson, Social Secretary	01524 67465
Doug Wilson, Press Officer	01524 67465
Tony Parkinson, Web/Newsletter	01524 422259
Lisa Downham	
Sheila Iddon	01524 64797
Dennis Nanson	01524 846454
Tom Nightingale	01524 67859
Keith Whitaker	01524 751276

## COMMITTEE MEETINGS

Your Committee members meet once a month, on the 3<sup>rd</sup> Tuesday in the month. If any member has anything that they would like to bring before the Committee for discussion, will they please inform any Committee member by phone/letter/e-mail/ or in person.

This is your opportunity to influence our direction.

**Next Committee meeting Tuesday  
16<sup>th</sup> September**

## Newsletter contributions please to

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