



Cardiac *Rehab*

**Basingstoke & Alton
Cardiac Rehabilitation Charity**

Charity number 1013238

invites you to

**The Annual Cardiac Rehab
Charity Lecture 2010**

to be given by

Lord David Owen

“In Sickness and in Power”

on

Thursday 14th October 2010

at 7.00 for 8.00 pm

at

The Maltings, Alton

Tickets £25

to include wine and canapés and optional donation

from

The Cardiac Rehabilitation Centre

Chawton Park Road

Alton GU34 1RQ

Lord Owen will speak on the subject of his latest book, *In Sickness and In Power*. The course of world history has been critically shaped by the physical and mental illnesses of heads of state, sometimes in the public eye but usually in secrecy. Long fascinated with the inter-relationship between politics and medicine, David Owen uses his deep knowledge of both to undertake a unique study of illness in Heads of Government during the last 100 years and the influence of their medical advisers. Lord Owen expertly scrutinises such diverse political personalities as Sir Anthony Eden at the time of Suez in 1956; John F. Kennedy and the Bay of Pigs fiasco in 1961; the last Shah of Iran; and President Mitterrand of France who suffered from prostate cancer. Lord Owen also focuses on the "intoxication of power" and hubristic behaviour in such leaders as David Lloyd George and Margaret Thatcher and in particular President Bush and Tony Blair and their hubristic incompetence in the handling of the Iraq war. Lord Owen challenges the medical profession to look more deeply into the defining symptoms to assess whether it is a syndrome which could be classified as an acquired personality disorder. Finally, Lord Owen will outline some of the safeguards that society needs to address as a consequence of illness in heads of government.

Lord Owen will take questions from the audience and sign copies of his books, *In Sickness and In Power* and his recently updated autobiography, *Time to Declare: Second Innings*, which will be available for purchase.

The Rt Hon Lord Owen CH FRCP

Before entering politics, David Owen studied medicine at Cambridge and did his clinical training at St Thomas's Hospital. He qualified as a doctor in 1962 and practiced as a clinical neurologist and psychiatric registrar for two years, followed by Research Fellow on the Medical Unit.

David Owen was a Member of Parliament for Plymouth for 26 years from 1966-92. Under Labour Governments, he served as Navy Minister, Health Minister and Foreign Secretary. As one of the "Gang of Four", he was co-founder of the Social Democratic Party established in 1981 and its Leader from 1983-90. He was created a Life Baron in 1992 and sits as an independent social democrat in the House of Lords.

From 1992-95 Lord Owen served as EU peace negotiator in the former Yugoslavia and was co-author of the Vance-Owen Peace Plan.

He is currently Director of the Centre for International Humanitarian Cooperation, a non-executive Director of Abbott Laboratories Inc and has business interests in Russia.



Basingstoke & Alton Cardiac Rehabilitation Centre helps those who reside in North, East and Mid Hampshire (and surrounding area) to get back to work as soon as possible after suffering from heart problems. Not only does it speed recovery, but it gives those who use it a firm confidence in themselves after what for many has been a near death experience.

The chances are that you will know someone who will need the services of the Cardiac Rehab Centre. In fact, there is a good chance that you know someone who has already benefited from the Centre's services.

The Centre is a purpose-built building. It has its own gymnasium and machine exercise room, together with a medical testing room and meeting rooms for health-related lectures and support groups.

People with heart disease may be excluded from conventional sports centres and health clubs for insurance reasons, or may be put at risk because exercise instructors' have insufficient experience of their particular physical needs. All of our instructors are qualified to standards set by the British Association for Cardiac Rehabilitation and all staff, administration and clinical, at the Centre, are trained in cardiac resuscitation techniques.

In 2009 we extended our work by starting up the Staywell Scheme, under which GPs can refer to us people at high risk of developing heart disease, for courses of exercise and health education

The Centre was opened in 1997 after 20 years of hiring rooms at Alton Sports Centre. An appeal raised the £750,000 to build the Centre, entirely from voluntary contributions. We have helped over 6,000 people since then, with about 600 people regularly exercising in the gym and attending pre- and post-surgery information sessions each year. The Centre's running costs are currently about £200,000 a year.

All of this has been achieved without government funding, and with the charity providing facilities for the NHS to run clinics at the Centre for patients who have had treatment for heart problems at the Basingstoke & North Hampshire Hospital.

To maintain viability we need to raise about £100,000 each year through fundraising events and donations. We wish to ensure this valuable work carries on in the future. We have demonstrated commitment, good governance and probity. Please help us secure our future

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd
Chawton Park Road, Alton, Hampshire, GU34 1RQ
Tel: 01420 544794 www.cardiac-rehab.co.uk