



# ALTON HEART SUPPORT CLUB

Affiliated to REHAB and the British Heart Foundation



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## 2016 EVENTS

January

Saturday 23<sup>rd</sup> Party

February

Fri 19<sup>th</sup> AGM

Walk 21<sup>st</sup>

March

Friday 11<sup>th</sup> Lent Lunch

Away Weekend 18<sup>th</sup>-21<sup>st</sup>

April

Sunday 17<sup>th</sup> Walk

Thursday 28<sup>th</sup> Skittles

May

Sunday 1<sup>st</sup>

May Day Fayre Oakhanger

Sunday 15<sup>th</sup> Walk

June

Fri 3<sup>rd</sup> Trees of The Bible Talk

Sunday 19<sup>th</sup> BBQ

Wednesday 22<sup>nd</sup>

Guided Forest Walk

July

Walk 17<sup>th</sup>

Churt Sculpture Park (Possibly)

August

Sunday 21<sup>st</sup> Kilns Picnic

September

Sunday 11<sup>th</sup> Donkey Day

Rural Life Centre Tilford

Skittles TBA

October

Walk 16<sup>th</sup>

Skittles

Welsh Male Choir Concert

Alton 15<sup>th</sup>

November

Mince Pie Walk 20<sup>th</sup>

December

All of these dates are provisional and will be confirmed as we go through the year.

Dear Member

10/05/2016

Welcome to our latest newsletter which includes dates for our next event, reports on recent events which include Sheila's Lent Lunch, The Away Weekend and also a letter from Martin Lovell thanking us for our recent donation to Rehab which we regularly support by helping towards items they are in need of. .

## TREES OF THE BIBLE TALK

### FRIDAY JUNE 3<sup>RD</sup> 19.30 at THE REHAB CENTRE

This talk will be given by Professor Julien Evans OBE  
President of The Chartered Foresters.

Professor Evans is a forest scientist who will give this talk describing different trees which can be found in the bible. This sounds very interesting so please try to come along.

Following this on Wednesday June 22<sup>nd</sup> we will have a guided tour of the Professor's woods and he will tell us about the management of the woods.

We will meet in the car park at The Wheatsheaf North Waltham. No later than 1.00pm.

Anyone who wishes to have lunch at The Wheatsheaf please allow enough time and make sure you are in the car park where we all meet and Sheila will give us directions to the woods which are about 10 minutes drive away.

Both of these events are organised by Sheila Goater

## **BBQ SUNDAY JUNE 19<sup>th</sup>**

Once again Sheila and Steve are kindly holding our annual BBQ at Oakhanger. As you all know this is always a very enjoyable afternoon, lots to eat and most importantly good company.

Please arrive 12.30 for welcome drink followed by BBQ at 1.00pm

We will have our usual choice of meat, fish or vegetarian options plus our selection of puddings. Soft drinks will also be supplied but if you wish to bring your own you are welcome.

The cost will be. £8.50 per person Cheques payable to AHSC.

Raffle prizes would be much appreciated.

Please make sure you return the attached reply slip with your cheque and choice of food, no later than June 11th to allow us to organise the food.

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### **Thank you letter from Martin Lovell**

#### **Rehab Manager**

I would like to thank AHSC for the very generous donation that I received yesterday for £2,590.20.

The donation will allow us to make a difference in getting our message across.

We launched our “Have a Heart” Campaign at the Valentines ball and it is designed to achieve 3 key things:

- a. Raise awareness of heart disease, its impact and how cardiac Rehab is helping to improve heart health, fitness & wellbeing for those with and those at risk of the disease
- b. To recruit more individuals at risk of heart disease onto our Staywell scheme, specifically designed for those individuals. We want to increase the number starting the scheme from 100 to 250 each year
- c. To raise the funds to support the above ambitions

AHSC's donation will make a big difference in helping us achieve that, and in fact it already has, as we smashed our target at the Valentines Ball, and the following week, in cash & beer tokens collected at the Alton Beer Festival we collected over £1,000. This is significantly more than any previous year and both events we used the new promotional material you funded – so thank you.

With much appreciation for your continued support

Regards

*Martin*

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## LENT LUNCH

A large group of AHSC members enjoyed this Lent Lunch when Sheila and her helpers raised over £800.00, of which Sheila will donate £350.00 to AHSC and at least £450.00 to this year's overseas project which is yet to be decided. We will let you know where the money has gone to.

Very well done once again Sheila.

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Our May Walk will be on Sunday 15<sup>th</sup> organised by Cynthia V Field.  
Followed by lunch at  
The Mill North Warnborough

If you have not received full details please ring Cynthia on 01252 616353  
Or Kevin on 01420 87394

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### **Please note**

**The Rehab Fun Day which was to be held on Sunday July 3rd that we advertised in our last newsletter has unfortunately been cancelled.**

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Following is our Away Weekend report.  
Hopefully you will find this interesting and may be you would be interested in coming along to next years.

This will hopefully be at Bourton –on –the –Water in The Cotswolds, a lovely place to visit in the spring.

You do not have to be a walker it could be just a sightseeing weekend and then a sociable get together in the evening  
Full details will be sent out later in the year.

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We look forward to seeing you at our next events.  
Best Wishes  
Sylvia

**In case you have not seen this before.....**

**FYI: Heart Attack help when alone.**

**1 Let's say it's 5:25 pm and you're going home (alone of course ) after an unusually hard day on the job.**

**2 You're really tired, upset and frustrated**

**3 Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw.**

**You are only about five km from the hospital nearest your home.**

**4 Unfortunately you don't know if you'll be able to make it that far.**

**5 You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.**

### **6 HOW TO SURVIVE A HEART ATTACK WHEN ALONE?**

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

**7 However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.**

**A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.**

**8 Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.**

**10 A cardiologist says If everyone who gets this mail, kindly sends it to 10 people, you can bet that we'll save at least one life.**

**11 RATHER THAN SENDING JOKES, PLEASE...CONTRIBUTE BY FORWARDING THIS MAIL WHICH CAN SAVE A PERSON'S LIFE.**

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## Alton Heart Support Group Away Weekend March 2016

Report by Pat Ridley and Sue Fendall

This year sixteen of us ventured to Shropshire and stayed in what had been a grand hotel, this was reached by way of a very steep hill but looked very imposing from the road below. It was rather misty when we arrived but we left on Monday morning in bright sunshine which gave us a taste of the glorious colour of the hills around.

Saturday when we woke the mist was covering Long Mynd Mountain where we proposed to walk, but fortunately it had cleared by the time the walkers set off. Tony Fendall had done his homework beforehand and suggested we drive up to the top and walk from there on what was a firm pathway with just a few slopes and no steep climbs. 10 of us went for the walk whilst the others went to places of their choice (half to Shrewsbury shopping). We left the car at Pole Cottage - no longer a building there. 8 of us went on foot whilst the other couple went with an electric scooter and made their own way round the circuit.

On the drive to the top of the Long Mynd, we saw flocks of sheep, which Tony told us the locals refer to as 'Hill maggots'

The views from the top were fantastic as you will see below. The wind was cold and you will notice our dress in the picture below. One couple passed us where the man was wearing shorts! He reassured me he was used to it as he was a postman. We met several groups of youngsters all with large rucksacks on their backs. I later established with the people in one of the mini buses that these were youngsters in groups of 5 or 6 taking their Duke of Edinburgh Award and they would be staying up there overnight (Those were the days...) One of our walkers was trying to work out their average age and thought our ages would add up to 1000, but I reassured him none of us were 100 yet.. (I later worked out that our average age was 77, which was commendable I thought.)

As we walked an electric car came up behind us, which we had not heard. Apparently there is now talk of them being dangerous because they are so silent.. We did hear the motorcyclists though and at one point 10 of them passed us together.

Tony had told us to look out for Honey Buzzards, but I don't think we saw any. We did see a kestrel hovering. I was interested to hear ravens and watch a male doing its mating display to a female who appeared to ignore his efforts. He would honk and turn a complete circle much like an aerobatic aircraft doing a loop the loop.

We returned to our hotel on the mountain road, where there was a steep drop to our left. Not for the faint hearted, especially when a large white vehicle coming the other way had not parked in a friendly position. We all made it safely and I was told we had walked 2.5 miles.

Some statistics from Bob Ridley

Thanks to Tony for getting me to clock up a new record in my mobile on the Saturday...

2 hours 23 minutes walking, & 13,752 steps!!



In the afternoon we went for another walk in the hotel grounds where we saw the sculptures and found bluebells already out.

I don't know if these are the sculptures mentioned!!!! . Sorry folks only joking.



I am pretty sure we made the most noise on Saturday evening while we attempted to take part in light hearted quizzes.

On Sunday we went in our different directions. These included visiting the historic town of Ludlow where two of our number were welcomed at a local church, one couple are now experts of Attingham Park, the National trust property just outside Shrewsbury, also visited by those of us who needed retail therapy and some of us went to one of the ten Museum's at Ironbridge, now a World Heritage site. This included experiencing conditions in a clay mine, riding up the Inclined Plane by lift, walking along the canal and wallowing in the nostalgia of the quaint shops, so many things were familiar to us. It was altogether a very enjoyable weekend, our thanks to Barbara Burfoot for arranging the accommodation.

We look forward to the next time..

Yes I/We would like to come to the BBQ

Names / Tel No \_\_\_\_\_ -

	Meat	Fish	Vegetarian
Name			

**Please return with your cheque NO LATER THAN JUNE 11th**

To  
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 Hants  
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 01256 350220

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