



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 70

2017

COMING EVENTS

April 2017 – Onwards

Beetle Drive

Totland Memorial Hall

Avenue Road

Totalnd

Tuesday 16th May

Doors Open 19.00

Refreshments

Tickets £2.00 per person

at the door

Isle of Wight Heart Care Club

Annual General Meeting

Riverside Centre

Newport

22nd. June 2017

Starting at 15.30

Race Night

Saturday 14th October 2017

Wootton Community Centre

Doors Open 19.00

Christmas Lunch

Channel View Hotel

Shanklin

Friday 15th December 2017

12.30 for 13.00

A VIEW FROM THE CHAIR

Welcome to the Spring issue of Ticker Tape , It's that time of year we start feeling a little better.

We all start looking at our gardens (just looking) thinking what has to be done, re paint fences, if possible first cut of the grass and many other jobs.

The greenhouse seeds are doing fine, broad beans are about 4in high ready to plant out, other veg won't be long, I'm hoping for a good variety this year. In the pond I have two pairs of ducks, one pair have 9 eggs the other pair I can't see they are under trees at the back of the pond.

The moorhens and the ducks come running each morning for food, the moorhens sit on the fence waiting.

This time of year we often think of holidays, are we going or not. My daughter keeps talking about a small cruise or a cabin by Loch Lomond with days out, I would prefer Loch Lomond (to much food on a cruise).

Don't forget if you do go on holiday please write a small piece about it and send to Gary with a photo or two.

The social committee I would expect will again be busy this year, so please support them.

Let me finish by telling you a short true story, 1971 18th April myself and three other men left Pt. Hedland in Western Australia in a light aircraft bound for Mt. Newman about 450 miles away.

About 80miles from Mt Newman a tropical storm closed the runway, the pilot remarked "oh xxxx, we wont have enough fuel to get back to Pt. Hedland" we just sat and looked at one another, the pilot radioed around the open channel for any where he could land .

A voice came over the radio, "is that you blue, the main Highway between Marble bar and Pt Hedland is the only solid ground around just mind the cross winds once down

I'll send a 4x4 to pick you up. Sitting in the back of the plane I saw nothing the rain and wind covered all views "I think that's the road ahead hold on lets have a go, hope no heavy transport around" after a few bumps and bounces we stopped, we got out and helped fix some emergency lights all over the plane. We stayed with the plane for 11hrs until two cattle station men arrived in a 4x4 we pushed the plane to the side hoping it would be OK then were taken to Marble Bar Cattle station where we stayed for two days .

Finally taking off for Mt Newman, the fuel gauge was on empty on landing.

Don't forget the A G M on Thursday, 22nd June at the Riverside Centre Newport 3.30pm.

Harry Lawrence(Chairman HCC)

NOTES FROM THE EDITOR

As a fully paid up member of the Club and a member of the Friday Night Fitness Factory Class. I now have my own Cardiologist.

I have had my first appointment at St. Mary's Hospital in March, with Dr Watkins from Portsmouth. I have been having some dizzy spells after and during exercise, so Lyn informed me that I should see a Doctor.

After a visit to my GP in East Cowes, this was followed by Blood Tests and an ECG at the Surgery. The ECG revealed that I have a prolonged QT and Ectopic Heart Beats. Being a man I was quite please with having something prolonged, but this turns out to be something not so good, so my GP made me an appointment to see a Cardiologist.

All this was happening as we were organising a trip tp Florida with the Grandchildren over Easter. We were worried because of the Insurance issue should anything happen while we were away in America.

On the day of my appointment Lyn came with me to see Dr. Watkins as she would also like to ask some questions and hear the answers. We arrived early and only had to wait 5 minutes before being called in by a nurse for another ECG and Blood Pressure check.

After this we went straight in to the the Doctor. What a really nice man he asked me loads of questions, about my symptoms etc. he then listened to my heart, he never mentioned my prolonged QT, perhaps it wasn't as big as I thought. He thinks that the Ectopic beats are the problem and when I exercise or I drink too much coffee the beats go out of rhythm even more causing a lack of oxygen to the brain.

He said that he thought my heart is in good shape, but he wants to do an Echo Cardiogram and a walking treadmill test, when we return from our Holiday. I already have the dates for these tests at the end of April. He also mentioned that we would not need to increase our insurance for our trip to America,

In this issue, we have a report on the FYT Bus which operates in West Wight. Harry Brinton's report about his visit to Buckingham Palace. Update on the Row-a-thon and a report about exercise as you grow older.

We also have the AGM coming up in June, included in this issue are the membership forms for the next twelve months, nomination forms for the committee and the agenda for the AGM.

Please try to attend after all it is your club, find out about the finances of the club and the social events.

Gary Smith

ECTOPIC BEATS

Ectopic beats are early (premature) or extra heartbeats, which can cause you to have palpitations. 'Ectopic' means out of place.

Ectopic beats happen when cells away from your hearts own natural pacemaker get a little excited (or irritable) and release an electrical signal, causing an 'extra' or early heartbeat. There is often a tiny pause after the extra beat, giving you the sensation of a 'missed' beat.

The two most common types of ectopic beat are: premature atrial contraction (PAC) - an early electrical impulse in the atria, which are the upper chambers of your heart premature ventricular contraction (PVC) - an early electrical impulse in the ventricles, which are the lower chambers of your heart.

Like most causes of palpitations, ectopic beats are usually harmless and do not mean you have a serious heart condition. They generally require no treatment unless they occur very often or are very severe.

Palpitations and ectopic beats are usually nothing to worry about. The cause is often unknown - or 'idiopathic'. However, you are more likely to feel palpitations if you have a heart condition, such as an abnormal heart rhythm (arrhythmia). They can also be caused by a chemical imbalance in your body such as a low blood potassium level, or injury to the heart muscle such as a heart attack.

Stimulants such as these can trigger palpitations:

- alcohol
- caffeine
- certain medicines (both prescription and over-the-counter)
- recreational drugs
- tobacco.

You are also more likely to develop palpitations or ectopic beats if you are pregnant, or going through the menopause.

Taken from the BHF Web Site

PROLONGED QT

Long QT syndrome causes problems with the electrical activity of the heart. It's uncommon, occurring in around 1 in every 2,000 people.

Long QT syndrome is often the result of a faulty gene that's inherited from one of your parents. The abnormal gene causes an imbalance in the chemicals that create the electric impulses in your heart.

The syndrome can also be caused by medicines for other conditions..

A VISIT TO BUCKINGHAM PALACE - JUNE 2011

I'm well known at Monday morning gym class for my whistling hearing aid. I've been deaf since I was a small child due to measles, so I have always supported the RNID (Royal National Institute for the Deaf) - now known as Action on Hearing Loss. The name was changed to try to get more members.

People will not admit to being deaf, but will admit to being "a bit hard of hearing"!?!

I am a life member of the charity and get their magazine on a regular basis. In one issue they asked members to contribute articles telling of their experience as a deaf person. I wrote an essay of my times dealing with deafness and they asked if they could use it for recruitment to persuade people to become members.

I learned later that it had been quite successful and can only presume that it was this reason that a gilt edged invitation card arrived from HRH the Duke of Edinburgh (no less!) inviting me and a guest to Buckingham Palace for a reception celebrating the centenary of the RNID.

Prince Philip, who was patron of the RNID, was also celebrating his 90th Birthday and the RNID was officially changing its name to Action on Hearing Loss, all on the same day.

Came the great day. My guest was my daughter (my wife being long dead). Lounge suits were the dress code of the day and the event was to be between 12.00 and 1.30. We had spent the previous night at my son's home in Farnham, Surrey, from where we caught the train to Waterloo, then a taxi to the Palace.

The taxi driver knew which gate at the front of the Palace to drop us and here we had to pass through the security police, then past the armed sentry, through the archway to a canopied entrance in the rear building.

Here we went up the widest carpeted staircase I've ever seen, to the first floor and into a long glass roofed art gallery with portraits all the way down each side. This was where the celebration was to be held.

We mingled with the other guests numbering about a hundred odd and we were a mixed bunch of whom, I think, volunteer workers were the largest group. There were several totally deaf people who could only communicate by sign language.

Liveried footmen wandered amongst us with trays (or should that be silver salvers?) of exotic nibbles.

I recognised Ann Widdecombe MP and Dr David Starkey the BBC historian among the throng.

When the Duke of Edinburgh came in he was relaxed and informal in a lounge suit. We all sang Happy Birthday to him. He was presented with a pair of ear defenders by the Chief Executive of the charity, for use when he goes shooting. They looked like a pair of earphones and he humorously asked "Can I get Radio 3 on these?"

Everyone was in little groups chatting and the Duke wandered around and had a few words with each group. Our group was the last he spoke to and then he left.

The proceedings were filmed by BBC cameramen and we saw ourselves that evening on the news. An official photographer took photographs of people chatting to the Duke and I received several photos sent by Action on Hearing Loss two or three weeks later,

together with a commemorative mug with our pictures on it.

When we left Buckingham Palace, the railings at the front were thronged with tourists. As we passed through the gate we were pounced on by American women who were gasping with excitement and questioned us avidly on whom we had met and whom we had seen.

I was astonished at the interest and enthusiasm shown for the Royal Family. They are a magnet for foreign tourists.

It was a gloriously sunny day, we'd had our brief moment in the spotlight. My daughter and I linked arms and, with the crowds, strolled happily down the Mall.

Harry Brinton

Harry was 95 years old in February! Our oldest active member.



THE ROWATHON

Well we held the Rowathon on Sunday March 19th, and what a great day.

We had over 40 rowers, most of whom were our members. We did have two youngsters helping us, one is a physiotherapist and the other is the son of a member and they put quite a few metres on the clock.

Our eldest member rowing comes from West Wight and he will be 85 in May! He rowed 2025 metres and would have had another go later if it had been possible. The youngest was one of my granddaughters. Both granddaughters rowed, as did one of their friends and altogether rowed 4,000 metres.

Fi, who a lot of you know as she works in Phase III at the Riverside Centre, also gave up her Sunday afternoon to help us.

During the six hours of rowing we wanted to beat the 115,000 metres achieved three years ago, and we just made it! 115,375! It was so close.

Steve got to the Fitness Factory early to set things up and Gary, Barb and I were there soon after. (Steve allowed us to use the Fitness Factory for the day)



Stuart Bunyan was there to set the raffle up, he raised £132, Stella and Karen arrived with the cakes, scones, rolls etc they'd made to keep us going.

The cakes were absolutely delicious, everyone said so. Stella and Karen were busy all day making teas and coffees, and selling their cakes. Stella also found time to row! The cakes were only 50p so it's amazing that they made £65 profit for us.

Jo came for a couple of hours to oversee the cooldown and stretch and Sue took over afterwards

I had given the participating members an approximate time for their session so we had people turning up all the time and I was so pleased that other members came along to cheer us on. It makes a lot of difference to the atmosphere!

One of our members couldn't make it on Sunday so did his Rowathon at the Heights during class. Mike rowed 6,600 metres!!

Gary took quite a few photos and has included many of these in this edition

At this moment I can't let you know how much we've raised for the Club as it's still coming in.

A massive thanks to all who took part, giving up their time, getting sponsors and collecting money.

PS As at 28th April we've a total of £4700 with a bit more to come in!

Lyn Smith



2017



YOUR ROW-A-THON MONEY RAISERS

IN PARTNERSHIP WITH THE ISLE OF WIGHT NHS TRUST FOR EXCELLENCE IN CARDIAC REHABILITATION

IOW BUS AND COACH MUSEUM. 20TH ANNIVERSARY

In 1996 a group of Bus and Coach enthusiasts got together with the thought of starting a Bus and Coach Museum on the IOW.

In 1997 it became a reality when an old ex timber shed operated by Morey's and then used as a grain store had become available at Newport Quay.

This shed was now in the ownership of the IOW Council and a lease was then agreed between them and the museum.

A variety of vehicles were then put on display for the public to view: as a charity an entrance fee was charged to cover the overheads.

Various vehicles have come and gone over the years, keeping the display alive.

Initially we had an October running day (now called Beer and Buses) where members of the public had a chance to ride on vintage buses and coaches for free, now we have a May running day as well.

In late 2014 we had the opportunity to purchase the 1938 Southern Vectis Bus Depot at Park Road Ryde, from the Go-Ahead group.

As we have approx 300 members (anyone can join) we put out an appeal for funds to purchase the property. It was very successful and with the help of a mortgage, we purchased it.

We moved in during the winter of 2014/15 and opened that summer.

It was a lot of hard work for the volunteers, converting a bus maintenance depot into a museum with the help from Mountjoys.

The museum has a lot to view, with vehicles, photos, memorabilia and a shop. It's changing year on year with this year having a 'Vanners' of Ryde horse drawn coach on display.

The museum is situated at Park Road, Ryde, IOW. PO33 2BE and is operated completely by volunteers and is a charity. There is no entrance fee charged and we rely completely on voluntary donations to run the museum.

The museum is open 4th April to 29th October on Sunday, Wednesday and Thursday.

Please come, it is well worth a visit

Chris Squibb MBE

OUR STORY THE FYT BUS

FYTbus was founded to fill a gap in local transport left by the withdrawal of some Southern Vectis local services in the west of the Isle of Wight in 2008/9.

FYTbus is a registered charity (Registered Charity Number 1145931) and not-for-profit company. Our purpose is to improve access to local health, social, retail and leisure amenities for the residents of and visitors to West Wight. In so doing, we also support the businesses based here- shops, hotels, guest houses and our health and leisure centres.

We are run by volunteers and all our drivers are trained to National MiDAS standards. On our scheduled routes and excursions we run with a passenger assistant who is there to help passengers if they need it.

Grant funding for our services has come from:

Our parish Councils (Freshwater, Totland, Yarmouth and Shalfleet) – Capital

Natural England Leader – Capital

Isle of Wight AONB – Capital

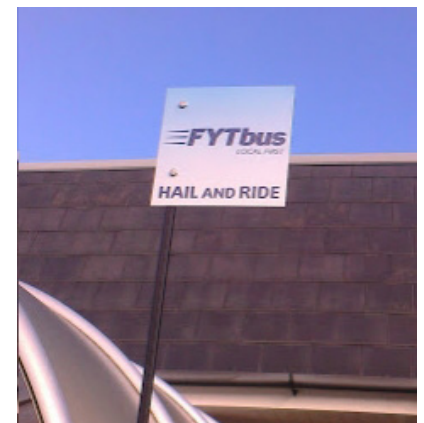
Isle of Wight Council – Revenue

Big Lottery Reaching Communities – Capital and Revenue

Half our income is now self generated through voluntary fares and donations from passengers, fares from scheduled services and excursions and, most recently, our shop. We aim to increase this to 75% in the next three years.

Since our inception, we have steadily refined and increased our services in line with the needs of our residents and visitors. We have a fleet of three minibuses, one of which has a tail lift, with a further two on order. Our minibuses are maintained to the same very high standards as all public service vehicles and we aim to keep the fleet as up-to-date as possible.

We have strong support from our residents and businesses and a really solid foundation of willing volunteers. Together we will maintain the transport services on which many people now rely.



THE FYT BUS

"It's not just a bus route - it's a Social Club on wheels" - that's how I usually describe the Freshwater-Yarmouth-Totland (FYT) community bus on which I'm a regular volunteer.

Because of my "mature years" (over 75) I'm not allowed to drive, but there's no age limit for the job of P.A. (passenger assistant) which every bus must carry. Our job is to ensure the passengers travel safely, as comfortably as the potholes allow, and arrive at their destination more or less on time!

There are four scheduled routes, but I think most volunteers tend to have a favourite and stick to that - my own being "B" route, i.e. Freshwater - Totland areas.

We cover those areas that Vectis buses bypass, mainly the smaller estates on the edges of the towns in which so many of the residents are non-driving, bus-pass carrying, senior citizens. Or as my wife puts it when putting my tie straight for my working day, "must check you're smart enough for your ladies"!

It is a sad fact of life that many of our travellers are mature, widow wonders, who still manage to keep a hold of a sense of humour in spite of their solo existence.

A good example of this was when the general discussion on the bus was a TV show the previous evening, when the presenter was wandering the streets of Amsterdam and commented on certain windows where "ladies of the night" were displaying the goods on offer.

"Well, Xmas is coming, I could do with some extra cash" stated a seventy something, regular lady passenger - "How about it, Frank?". The gentleman in question (himself in his eighties) dutifully searched through his pockets, but had to explain "I'm sorry dear, but I've only got fifty pence". Quick as a flash came the reply. "that's fine luv, I've got change". Applause all round!

On a more serious note, on one of my early trips, some of my regular users were commenting that Joan (another regular) hadn't been seen for several days. One of the group said she'd drop off at Joan's on the way back and check she was ok. I remember thinking this was a community bus doing its job, keeping people in touch with each other in a practical manner.

Of course, running four buses costs a great deal of money and with limited support from outside the FYT bus has to pay its way. Although most of our passengers carry bus-passes giving them free travel, many of them show their gratitude by adding to the "voluntary donations" box on the bus, which is a great help.

In this respect, the FYT charity shop in Totland is a godsend, adding considerably to our income and again run by a great group of smiling volunteers.

As our regular routes tend to run along the minor, less well known roads, even with the mini-buses we employ, sometimes parked cars, delivery vans and refuse trucks can make a nonsense of our timetable, but this tends to be accepted stoically by our passengers. After all, it's better than walking!

Having said that, the apparent hap hazard filling in of potholes and pavement repairs does give rise to some caustic comments, especially when this results in last minute route changes.



Being classed as a Public Service Vehicle, we are subject to various rules and regulations.

One of these is the use of seat belts, not always popular with our passengers. When this happens I usually explain that fitting the belt is an excuse for putting my arms around a lady, to which the usual reply is "yes please"....So far only from the ladies....but you never know!

We usually operate on a "hail and stop" basis, but by prior arrangement we are permitted to stray off our regular route especially where a disability is involved.

We also have one bus modified to accept a wheelchair, but this does require a volunteer with the appropriate training.

The Saturday shopping trip is a very popular excursion, even though bus passes are not valid. The small fee covers a trip to either Newport or Cowes supermarkets, plus extra shopping/tea break time and has developed almost a "club-within-a-club" atmosphere.

However, the FYT bus is not unique. There are around 150 community bus services in the U.K., so there is a lot of information out there.

See you on "Your Bus" one day?

Derek Harvey



FYTbus

FITNESS IN YOUR FORTIES, FIFTIES AND SIXTIES

As your body adapts to the changes that ageing brings, you need to switch the focus of your exercise.

Men in their forties

Muscles need extra work from the age of 40, because muscle mass declines with age. Lift heavy weights for the major muscle groups three times each week, and do not neglect your legs and bottom. In addition, do high-intensity cardio (running, cycling, swimming) to burn fat and boost your testosterone levels.

Men in their fifties

If you feel comfortable running, do that. If not, take up cycling. There is a reason why the cycling “mamil” exists: cycling is kind to your ageing tendons, muscles and joints because it entails less impact than running. Intersperse your cardio with some weekly interval or HIT sessions too, at least once a week.

Men in their sixties

At this age, men should use a foam roller and properly stretch out the limbs and muscles for at least 20 minutes a day, every day. This will help to alleviate the higher levels of stiffness and aches after a workout and improve overall flexibility. Do core stability work and Pilates to keep the abdominals strong and to protect the spine. Weight training is important for keeping weight in check — try heavy lifting once a week. Don't do any more than that because you don't want to strain the tendons and ligaments — recovery from injury takes much longer at this age.

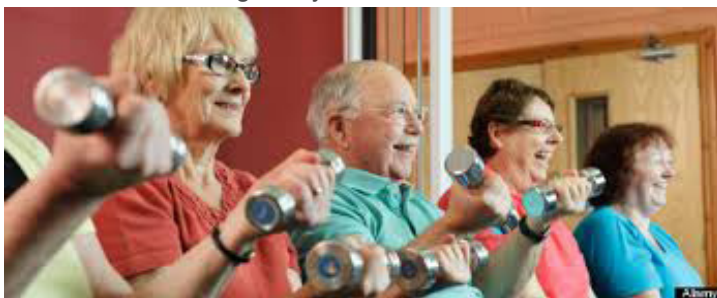
Women in their forties

This is the decade in which to build your endurance levels. Do lots of running, cycling, walking and swimming, which will keep you lean, fit and with high energy levels. Take up yoga and either Pilates or core strength training if you don't already do it. Yoga will help you to maintain your flexibility — it's naturally high when you enter your forties, so don't let it slip away.

Women in their fifties

During this decade, a woman's hormone levels undergo the biggest shift since puberty and it's really important to keep your muscle and tendon strength high, and to keep your bone density strong with plenty of resistance exercise. Make sure you lift moderate to heavy weights two or three days a week alongside a programme of cardio (running, swimming or cycling), core and yoga work. Oestrogen levels will be beginning to drop as the menopause approaches.

As a result, women often find they gain weight (about 1lb a year on average). To counteract this, run if you feel that your joints can cope with it, or swim at high intensity instead. Short, fast interval training in the pool will burn calories and strengthen your core.



Women in their sixties

Every day, ideally before breakfast, power-walk with real intent (so that you can burn fat more effectively). Aerobic activity on an empty stomach forces your body to utilise its fat stores for energy and walking is a great way to do it. Use weights and do body-weight exercises (such as lunges, squats and press-ups) between two and four times a week to ensure that you keep muscles and tendons strong and well-functioning. It's also crucial to maintain flexibility because mobility declines further in this decade, so take up yoga or Pilates.

Celebrity fitness trainer Matt Roberts

HAVE MORE SEX, EAT GARLIC AND DON'T SLEEP TOO MUCH: THE NEW RULES FOR HEART HEALTH

Heart disease remains the UK's biggest killer, but there is much to be optimistic about: deaths are plummeting as we get better at preventing, diagnosing and treating the problem. Heart attacks have fallen by 40 per cent since the introduction of the smoking ban in 2007, according to a major review published earlier this year.

Indeed, we're learning more and more about how lifestyle can wreck - or protect - the health of the heart. Last week, American researchers reported that simply brushing your teeth thoroughly can dramatically reduce levels of inflammation in the body and help protect against heart attacks.

It's never too early to start thinking about your heart and taking steps to care for it, says Johannes Hinrich von Borstel, prospective cardiologist and former paramedic, and author of a new book *Heart: The Inside Story of Our Body's Most Important Organ*. After all, atherosclerosis - the build up of fatty deposits in the arteries that can lead to heart disease and stroke - starts at the age of 25.

Continued.....

Atherosclerosis is the only disease that everyone in the world has from the age of 50," says von Borstel. "One hundred per cent of people have it. It is something you cannot completely stop, but you can influence how fast it develops."

Drawing on the latest research, and his own experience treating patients with a host of heart conditions, von Borstel reveals some of the surprising ways to keep your heart beating healthily, whatever your age - from having more sex to ditching the weekend lie-ins.

Have sex (with someone you love)

According to von Borstel, exerting yourself between the sheets is one of the most beneficial exercises you can do for your heart. "As well as an entire cardiac workout, before and during intercourse there is a big release of hormones that have a protective effect on our cardiovascular system," he explains.

An orgasm can release 50 different chemical messengers. One substance, oxytocin, the so-called cuddle hormone, triggered by affectionate physical contact, is proven to lower blood pressure, promote the healing of wounds and reduce stress.

Having sex with someone you love, rather than a stranger, is far better for hearts because genuine affection causes the release of higher levels of oxytocin, says von Borstel.

This was borne out in a recent study of 2,200 people by Michigan State University, which found women over 50 who had regular sex tended to have lower blood pressure, and so a lower risk of heart problems - but the benefits were only seen in those who reported high levels of satisfaction and enjoyment from sex.

Endorphin is another useful hormone released during sex - this helps to lower heart rate and blood pressure to the heart muscle during exercise. Meanwhile, both oestrogen, which is anti-inflammatory, and testosterone, which lowers cholesterol levels in the blood, receive a boost through sex, too. High cholesterol causes fatty deposits in blood vessels to attach to artery walls, causing clogging and arteriosclerosis, says von Borstel, who recommends having "as much loving sex as possible".

Is sex safe if you have a heart condition? People suffering with angina - chest pain from narrowed arteries - or who have recently had a heart attack or heart surgery often feel anxious about sexual activity. But experts advise that it can be safely resumed as soon as a patient feels well enough after their treatment - normally four to six weeks.

Last year, a study by Ulm University, which followed more than 500 heart attack survivors, found no relationship between how often they had sex and their risk of future heart problems. The authors said sex provided a good form of physical exercise for the heart, and patients should not give it up.

Eat raw garlic every day

"Vegetables and fruits have secondary phytochemicals that have the same effect as different [heart protective] medications but not in a dose that is dangerous for your body," says von Borstel. He cites ginger, onions and garlic as blood thinners which promote blood flow through vessels and improved blood supply to organ and tissues, and recommends grating a teaspoon of root ginger or two or three teaspoons of grated garlic into a glass of water a day to naturally reduce blood pressure.



"As long as you eat in a balanced way, it is no problem to eat these every day," he says. Allicin, the key ingredient found in garlic and onions, is thought to act on the kidneys, changing levels of hormones and dilating the blood vessels. Research by the Institute of Food Research found that eating a 100g to 200g serving of onions (one to two onions) had the biggest impact on inflammation.

Sleep well (but not too much)

Sleepless nights are associated with an increased heart rate, high blood pressure and a spike in chemicals linked with inflammation - all of which can strain the heart. Researchers from the University of Warwick recently reported that those who sleep for less than six hours a night and have disturbed sleep have a 48 per cent greater chance of heart disease and 15 per cent greater chance of stroke.

Insomnia is also a source of stress and stress triggers adrenalin, which makes our hearts beat faster and, over prolonged periods, can lead to angina or even heart failure.

However, getting too much sleep can be dangerous too - researchers at the University of West Virginia in 2010 have found that those who regularly sleep for more than nine hours a night have an almost 50 per cent higher risk of suffering a heart attack or other cardiovascular disease.

Increasingly, evidence suggests that irregular sleep patterns - for example, lying in on the weekends - disrupts the delicate balance of our circadian rhythms, which may alter processes in the body such as the metabolism of sugar and raise the risk of conditions such as type 2 diabetes.

Although research is ongoing, von Borstel's conclusion is clear: "Sleeping too much and too little can be harmful to our health. Seven is the perfect number for most adults."

India Sturgis Daily Telegraph

WEST WIGHT SPORTS CENTRE

Health and wellbeing at the heart of the community

When the West Wight swimming pool was first built back in the 1970's, parents simply wanted somewhere local where they could teach their children to swim.

Forty years later it has become so much more than just a swimming pool.



In 2016, the Centre changed its name to West Wight Sports and Community Centre, to better reflect the huge range of activities and services it runs for the benefit for the community. It is now a hub for a variety of organisations to work together for the benefit of everyone in the West Wight.

On Tuesday mornings, a weekly drop in community café called Our Place runs between 10am to 12.30pm. It's a one stop shop with a variety of organisations on hand to offer help and advice with things such as forms and applications, finance, housing, debt, benefits. It can also signpost you to local activities and groups.

For anyone interested in social activities there is the Games Lounge held 1pm to 4pm on Mondays. It's free and you have access to the facilities in the Community Centre including pool tables, air hockey, table top football and table games, plus refreshments. There is also the popular Really Useful Café on Thursday mornings between 10am to 12noon. Running for over four years, it's a great place to meet new people, listen to interesting speakers plus enjoy quiz's and bingo. It also includes a gentle seated exercise class. You can enjoy all this for just £2 which includes a free tea or coffee.

Promoting health and fitness is still at the heart of the Centre and with 50 exercise classes a week, it caters for all ages and abilities.

50+ Keep Fit runs on Tuesdays 11am to 12noon, while Easy Does It is a chair based session on Wednesday from 11.15 which is suitable for people with limited mobility. Aqua Mobility is a pool based session running on Monday and Wednesdays and is specifically designed for people who suffer arthritis, osteoporosis, stroke rehabilitation, back pain, joint replacements and poor mobility.

Foundation Yoga sessions are held on Mondays and Wednesday and are perfect those looking for a gentle exercise which can improve both physical and mental health.

For anyone looking for something a little more energetic the Walking Football group meet on Tuesday and Sunday mornings, while Walking Netball is held on Thursday evenings.

For more information visit the website www.westwight.org.uk

Lyn also runs two classes at West Wight every week on a Wednesday morning. She has always found the staff and the service they offer a great benefit. I hope the next time you are in the Freshwater area, you can find time to visit and support this fantastic community facility.

PEOPLE'S PROJECTS WINNERS!!

West Wight Sports and Community Centre are thrilled to announce they are winners in the ITV Meridian People's Project and have been awarded £42,180 for Peoples Project winners in our COOK project – Creating Opportunities in Our Kitchen.

The money will enable them to provide training and work experience opportunities in our café. The project will focus on helping people with learning disabilities, mental and physical health issues, young people and those who need support in returning to work.



Thank you to the amazing Isle of Wight community who got behind us. It has been an incredible 2 week campaign with so many people showing support for us. It's has been a truly inspiring

experience and another milestone in our unique history" Clare Griffin, Centre Manager.

Message from Gill Kennett, Chair of Trustees West Wight Sports & Community Centre

"Today at West Wight Sports and Community Centre we heard that we had won the Meridian Television Peoples Project for our COOK Project.

As Chairman of the West Wight Sports and Community Centre can I thank all of those people on the Island and beyond who voted for us, told their friends to vote for us, were willing to be photographed in what were, let's be honest, rather vivid pink T-shirts and promoted our cause far and wide.

FYT BUS UPDATE

We have included an article on the FYT bus in the issue of Tikcer Tape. So I thought I would tell you about one of our members experiences.

Taking classes at West Wight I'm very aware of the FYT bus. West Wight Sports Centre is one of the stops it makes.

One of our members, Val, used the bus for a couple of years to visit her husband in the Goldings, six times a week and couldn't have managed without it.

I was surprised to meet Val on a Saturday in Waitrose in East Cowes not long ago, a trip courtesy of the FYT bus. Some Saturdays she'll go to Morrisons and M&S.

On a Wednesday, after class, Val meets another member, Daph, on the bus and they take a trip to the End of the Line Cafe. They're picked up an hour later, after refreshments, and taken back home.

In fact Val thinks she would have to move from her bungalow if not for the bus!

A lot of our members reap the benefit of having this bus fill in the gaps for them. I think it's amazing!

I've received an invitation to a Buckingham Palace Garden Party in May! Very exciting. I'd like to thank whoever put me forward for this. I'll put a report in the next Ticker Tape.

Lyn Smith

BEETLE DRIVE

Totland Memorial Hall on Tuesday 16th May 2017.

All welcome, to a fun evening of entertainment starting at 19.00 Tickets are £2.00 per person, available at the door.

If you have not been to a Beetle Drive before come along and join in the fun.

Refreshments and a Raffle organised by the West Wight Class.

Bring your friends and family.

**BEHIND EVERY ANGRY
WOMAN, STANDS A
MAN WHO HAS
ABSOLUTELY
NO IDEA WHAT
HE DID WRONG!**

A wise man once said
nothing.

AN APPEAL FROM THE COMMITTEE

As you all know every year at the AGM in June the committee reports back to you the members on all aspects of the Heart Care Club.

The AGM this year is on Thursday 22nd June at the Riverside Centre starting at 3.30pm.

In this issue you will find your nomination forms for the executive committee and also the social committee.

We are in desperate need for more members to help on the social committee. They help run and organise the Christmas Lunch, Grand Draw, the Race night etc. every year. Their numbers have fallen down to just three members who are willing to help we also need a Chairperson to report back to the main committee.

So if you have any free time and would like to help run the Social side, please get yourselves nominated now.

YOUR CLUB NEEDS YOU.

Answers To Quiz:

- 1 The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.
- 2 North American landmark constantly moving backward: Niagara Falls. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
- 3 Only two vegetables that can live to produce on their own for several growing seasons: Asparagus and rhubarb.
- 4 The fruit with its seeds on the outside: Strawberry.
- 5 How did the pear get inside the brandy bottle? It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
- 6 Three English words beginning with dw: Dwarf, dwell and dwindle.
- 7 Fourteen punctuation marks in English grammar: fullstop, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
- 8 The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: Lettuce.
- 9 Six or more things you can wear on your feet beginning with 'S': Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

THERE ARE ONLY NINE QUESTIONS.

This is a quiz for people who know everything!! I found out in a hurry that I didn't. These are not trick questions. They are straight questions with straight answers..

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

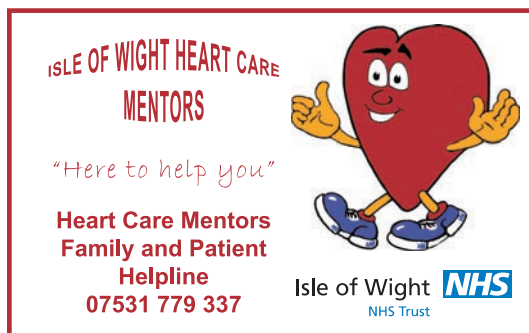
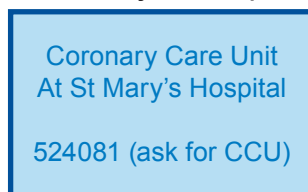
Health Questions

Answered by NHS 111 or your Coronary Care Unit

If you are at all worried by an ache or pain which you do not understand – professional help is at hand, just telephone:



OR



'They will take the worry away'



YOUR OFFICERS & COMMITTEE

Effective June 2016

President

Richard Knowles

EXECUTIVE COMMITTEE

Chairman

Harry Lawrence

Treasurer

David Lankshear
Treasurer.iowhcc@hotmail.co.uk

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Joy Caws

Colin Chum

Pat Hough

Brian Humphrey

Stella Page

Dick Walters

The next issue of Ticker Tape is due out on 9th August 2017. The latest date for copy to be included in this issue is 2nd August 2017. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word or PDF to Gary Smith.

Email: garysmith250@me.com
Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.