



Isle of Wight Heart Care Club

TICKER TAPE

Affiliated to The British Heart Foundation

ISSUE NO. 71

2017

COMING EVENTS

August 2017 – Onwards

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

All events will be advertised by posters in classes or visit our website:

www.islandheartcareclub.co.uk

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LEARN HOW TO DO CPR

We are determined to increase the survival rates of people who have a cardiac arrest. Learn to do CPR and join us in creating a Nation of Lifesavers.

If you come across someone who is unconscious, always check for danger. Approach them with care. Look out for hazards such as fire, traffic and electricity and never put yourself at risk. Then: Check for a response: Gently shake the person's shoulders and ask loudly 'are you alright?'

Shout for help: If someone is nearby, ask them to stay - you might need them. If you are alone shout loudly to attract attention, but do not leave the person.

Open their airway: Place one hand on the person's forehead, gently tilt their head back, then lift their chin using two fingers of your other hand under their chin – when you do this you open their airway.

How to do CPR - Open the airway

Keeping their head back, check if the person is breathing normally by looking for regular chest movements, listening for breathing, and feeling for breath on your cheek. Look, listen and feel for no more than 10 seconds.

If you're sure the person is breathing normally then put them in the recovery position and call 999.

Don't confuse gasps with normal breathing. If you're not sure if their breathing is normal, act as if it's not normal.

Now remember: Call, Push, Rescue.

Call

If the person is not breathing or not breathing normally:

Ask someone to call 999 immediately and ask for an ambulance.

Ask for a defibrillator too.

Or if you are alone with the person, call 999 before you start CPR.

Push

Push hard and fast on the centre of the chest.

How to do CPR - Start chest compressions

Kneel next to the person.

Place the heel of one hand in the centre of their chest. Place your other hand on top of the first. Interlock your fingers. You'll find it easier if you have the hand you write with on top.



continued...

With straight arms, use the heel of your hand to push the breastbone down firmly and smoothly, so that the chest is pressed down between 5–6 cm and release.

Give 30 chest compressions. You may find it helpful to count out loud.

How to do CPR - Give rescue breaths



Open the airway again by tilting the head back and lifting the chin. Pinch the soft part of the person's nose closed.

Take a normal breath, make a seal around their mouth and breathe out steadily.

The person's chest should rise and fall. Keeping the person's head back and the chin lifted, take your mouth away, take another normal breath and give a second rescue breath. The two breaths should take no longer than five seconds.

Repeat 30 compressions and 2 rescue breaths.

If you'd rather not give rescue breaths then call 999 and deliver Hands-only CPR. That's better than doing nothing.

Keep going until professional help arrives and takes over, or the person starts to show signs of regaining consciousness, such as coughing, opening their eyes, speaking, or breathing normally.

If you are exhausted, instruct someone to continue while you regain energy.

Taken from the BHF web site



A VIEW FROM THE CHAIR

A warm welcome to the August edition of Ticker Tape.

With the summer in full swing and the summer holidays started I expect like me you could have friends or family or both coming to the island, what ever you do have a good time.

This year has been quiet on all fronts, the AGM was very poorly attended, just enough to vote for officers.

If you the members think that the time and day are wrong please let us know.

Next year 2018 I intend to put on another Variety show so watch out in the new year.

As always anybody who can help with the Social committee please contact David Lankshear via the web site.

Remember if you go on holiday please write a few lines about it and forward to Gary Smith for Ticker Tape.

Thank you all, have a good time whatever you are doing.

Harry Lawrence (Chairman)

THE BENEFITS OF LAUGHTER

We've all heard that laughter is the best medicine, but is it?

When it comes to self managed health and wellbeing laughter is difficult to beat.

Laughter is our most basic emotional responses, but we aren't taught to laugh or even to smile; they're as natural to us as breathing.

Laughter is clinically proven to have a powerful and positive effect on physical, emotional and social health and wellbeing. It heals and renews the human body and mind, and nothing works faster or more dependably to bring the mind and body back into balance.

Happily there is growing interest in laughter as a simple and effective health and wellbeing strategy, although it's still a much underutilized health and wellbeing resource.

These are the latest discoveries in the ever growing list of the benefits of laughter.

Laughter is clinically proven to:

Boost the immune system. Laughing improves the body's natural defense mechanism by increasing the amount of immunoglobulin's and T cell's in the body.

Reduce the risk of heart disease. Laughing expands the inner walls of the arteries which increases the ability of blood to flow around the body, and, this positive effect lasts for up to 45 minutes after the laughter has stopped.

Decrease stress. Laughing instantly reduces the levels of stress hormones such as cortisol, epinephrine (adrenaline) and dopamine, and increases the production of serotonin and endorphins which reduce effects of stress.

So what are you waiting for, Have a good laugh.

HOW TO ADD-ICE TO YOUR MOBILE PHONE

In Case of Emergency (ICE)

Adding an ICE (“In Case of Emergency”) contact to your phone can help emergency personnel locate a friend or family member who can speak on your behalf if you become unconscious or incapacitated. This simple idea was developed by a British paramedic, Bob Brotchie, who recognized the need for speed when emergency personnel need to get information about a patient or contact next of kin.

For people with preexisting medical conditions and allergies, in particular, keeping your emergency contact information close at hand could help save your life!

1. Think about who your emergency contact should be. You should choose emergency contacts who know about any allergies or medical conditions that you may have, and who know how to contact your family. You should also notify anyone that you designate as an emergency contact that you have done so, and make sure they are clear on what information they might need to share to help you in an emergency.

2. Add an ICE contact to your address book. Open the address book or contacts section on your mobile phone and create a new entry with the name ICE. Then add the contact information for your chosen emergency contact. It is also a good idea to enter additional information about the contact, including his or her name and relationship to you under “Notes” or in another unused field.[2]

Some people add a dash or a space after the word “ICE” followed by the person’s first name, so that emergency personnel know who they are calling. For instance, you might call the entry “ICE – Sarah” or “ICE – Mr. Smith.”

3. Add additional ICE contacts to your address book. Having more than one emergency contact is a good idea, in case the first person called is not immediately available. You can prioritize these contacts by naming the entries “ICE 1,” “ICE 2,” and so forth.

4. Add an ICE app to a password protected phone. If your phone is password protected and you are incapacitated, an ICE contact won’t do any good. Fortunately there are now apps available for Android, Windows, and iPhones that can add emergency contact information to your lock screen.

Search for “ICE” or “ICE lock screen” in your appropriate app store to find one that works on your phone.

Install the app and input the relevant information. An emergency responder can then pick up your phone and access your emergency contact information, even if you are unable to supply the password.

If you have an iPhone or Android Phone you can also set up ICE through the medical ID App.

Set up your Medical ID

To make your important health information accessible in case of emergencies, you can set up a Medical ID on your iPhone. To add emergency contacts and health information like your birth date, height, and blood type, tap Medical ID > Edit.

Turn on Show When Locked to make your Medical ID available from the Lock screen. In an emergency, this gives people who want to help some important information, like the emergency contacts that you’ve entered.

Its in the bottom right hand corner.

Calls can be placed to your emergency contacts from the phone without a passcode.



MESSAGE IN A BOTTLE

What is it? Its a simple idea designed to encourage people to keep their basic personal and medical details on a standard form and in a common location - the fridge!

What does it do? It saves the Emergency Services valuable time if they need to enter a property in an emergency situation. Not only does it help to identify who you are it also identifies if you have special medication or allergies. It is not only a potential lifesaver, but also it provides peace of mind to you, your friends and family by knowing that prompt medical treatment is provided and that the next of kin and emergency contacts are notified.

Who's it for? Anyone. Whilst it is focused on the more vulnerable people in a community, anyone can have an accident in the home, so this scheme can benefit anyone.

Where can I get one? You may find the bottles displayed in your local GP's surgery, Local Pharmacy, Local Lions Club. If you have any difficulty locating a bottle please contact Lions Clubs Headquarters 0845 833 9502.

Who knows about it? All Emergency Services are aware of the Message in a Bottle scheme, by displaying the green stickers in your home, the emergency services will locate the bottle in the fridge and use the forms inside to ensure you are treated quickly which can save time and save lives.



What's in the bottle? A form you fill in with your name, medicines, allergies & relatives contact details. And also two green stickers.

What do I have to do? Fill in the form, put it in the bottle. Put the bottle in your fridge. Put one green sticker on your fridge door and the other green sticker on the INSIDE of your house door.



THE TIMES THEY ARE A CHANGING.

I used this title several years ago, when I wrote my view from the chair. As Chairman then of the Heart Care Club, I warned the members that the club will need to change. But, not a lot has changed the club still needs new members to serve on the Committees. The Social committee is down to just three volunteers.

This means that events like the Race Night, Grand Christmas Draw and the Christmas Lunch are in danger of being cancelled. I'm sure that all of you who attend the events do not want this to happen, but perhaps if we have a fallow year, like Glastonbury we will get more help next year.

At the recent AGM we did not have a single nomination for any of the vacant positions. Steve Hancock last year's Hon. Secretary has resigned due to personal reasons, so I have filled that vacancy.

But it is the Social Committee who need more volunteers as soon as possible. The Race Night will definitely go ahead this year, as Lyn does most of the organising for this, by selling the horses and races beforehand. So please support the event which takes place on Saturday 14th October at Wootton Bridge Community Centre, doors open at 7.00pm. If you never been along to one before, please come along it's great fun.

In this issue of Ticker Tape, I have changed the layout slightly and based the whole issue on a theme. That theme being life saving, CPR and what to do in an emergency. I hope you like the changes and some of the articles are useful.

There is an article about Dianne Kettell, she now works with Phase 3 at the Riverside Centre, as the liason between CCU and the Heart care Club.

We must start to look forward to the future, the club needs to put in place plans for the long term planning to ensure that the club continues to develop. This will include recruiting new instructors, looking at venues and investing in resources.

If you have any thoughts on any of the above, please contact any members of the committee or email me or Lyn.

The Times they are a changing and we do not want to lose all of the great work that has been done over the past 26 years, so please volunteer, help keep this wonderful club going forward for another 25 years,

If you have any suggestion for a theme for future editions, please drop me line, garysmith250@me.com

Gary Smith Editor

SOS CHRISTMAS IS COMING

I don't know about you – but I often hear the question... Grandad what do you want for christmas or your birthday, equally Grandma gets the same request.

Up until October of 2016, I was a fit and healthy 55 yr old, non smoker, non drinker and sensible eater – I even weigh only half a stone more than as a 16 year old teenager, so no risk factors there then.

Life was good, I'd just retired after 25 years as a Paramedic here on the Island and then bang it was Breathlessness, Lethargy and Chest pains for which followed Tests, tests and more tests – in conclusion, February 2017 saw me as a Patient within Southampton General for 10 days and with a discharge present of a 10 inch scar and a Mitral valve repair, Ouch.

I suspect like many of our readers we now find ourselves on a varied cocktail of Prescription medications, which often changes as symptoms alter or subside.

I'm sure many of us have a written note on our person stating the drug name, dose and frequency of taking – tucked into that wallet ? Or purse ? And then we leave it on the kitchen table at home.

My family suggested I have an SoS Talisman to wear; now I remember both from my childhood or more recently as a Paramedic these often took the form of a metal bracelet which sometimes, whilst functional looked a bit “special” - things have changed.....

SOS Talisman www.sostalisman.co.uk

The SOS talisman provides vital information about the wearer in case of accident or illness. Information about you is revealed on the spot, like who you are, who to notify in an emergency, allergies you may have, your blood group and whether you are taking any medication.

Not only Cardiac patients but also Diabetic details can be recorded on a unique Information strip and on non soluble- it won't get damaged, if wet thats securely contained in the SoS Talisman capsule. The Talisman is watertight and heat resistant, so all your information is protected at all times.

Within the capsule you, or your family fill out the information strip with all the necessary details, these have clear headlines and are very easy to understand and complete.



Should your details change, as mine have for example since leaving hospital my prescription has been reduced from eight types of medication down to only two – the miracles of modern medicine! . Rather than crossing out details on this information strip, you are supplied with two extra strips to complete as required, if thats not enough you can purchase more from the supplier – typically 10 for £10, next day delivery if you used the interweb.

As for the style, like I mentioned things have changed, if you check their website – the choice is yours.

Equally if your not happy with buying on the internet Lyn Smith has an up to date copy of their catalogue. You can still choose the traditional pendant for the wrist or round your neck on a chain, these pendants can have over 50 types of decoration ranging from

Horoscope signs to Football club logos, you can even have a Fisherman, golfer or the English flag of St George,

Smaller people and even Pets are catered for and so if your younger family member has a medical condition they do not have to wear the larger adult style and as I say there is a style to suit a collar for your pet, again waterproof.

For you trendies they can supply both a watch strap style in leather, elasticated bracelet or as friendship style bangle – in all colours.

The metal capsule can be finished in Chrome plate, Gold plate or Stainless steel. It's worth noting that some medications may tarnish the finish on some of the plated metals, therefore the company recommend Stainless steel for Diabetic or persons taking medications.

After all this sales talk. I must stress I have no connection to the company – just a satisfied and reassured customer.

I got mine as an order through a local Jeweller but they are available direct from the company or on the internet.

So when your're next asked what do you want as a present- there's a thought for you.

Lyn has an up to date catalogue or go silver surfing on the interweb.

See you in the Gym.....

Nicholas Coventry.

IF YOU THINK SOMEONE IS HAVING A HEART ATTACK

Phone 999 for the ambulance and stay with the casualty. Reassure them help is on its way, keep them comfortable and if they want to, help them to loosen any tight clothing they are wearing. Do not move them unless there is immediate danger.

The recovery position (laying the patient on their side) is useful if the patient is unconscious/semi-conscious and breathing normally. People who suffer from a heart attack actually prefer to be left in a position which is comfortable



**Defibrillator
Heart Restarter**

Anyone can use it
No training necessary



For an unconscious person
NOT breathing normally



Call 999 → Start CPR → Switch on defibrillator → Follow its instructions

 Resuscitation Council (UK)



for them, most of the time this is sat up.

First Aid is for everyone as it could help save anyone:

In the event of finding a patient unconscious and not breathing normally (e.g. gasping), telephone 999 for the Ambulance Service. Commence Cardio-Pulmonary Resuscitation as soon as possible; the ambulance service call taker will advise you if there is a defibrillator nearby.

An Automated External Defibrillator (AED) is a portable device for use in the event of Cardiac Arrest. It is designed

so that even if you haven't had training it is safe for you to use. This is because the defibrillator will analyse a casualty's heart rhythm and only advise a shock if they need it.

If it's not an emergency and you want to know where to find your nearest defibrillator on the Isle of Wight please visit www.isleofwightambulance.co.uk and click on the link that says 'find your nearest defibrillator here'.

For first aid advice please visit the Ambulance Training & Community Response Services Facebook page for our 'First Aid Friday' where you'll find useful first aid information ranging from meningitis to choking and much more published every Friday. If you feel under confident about providing first aid or just want to know more about first aid we can deliver training either on a 1:1 basis or as part of a group, courses start from just £10 per person.



Often people will look up their conditions online; one of the most useful, up to date and reliable sources to find out more information about your health is the official NHS website: www.nhs.uk

I have worked in the NHS for over 20 years and nursed countless heart attack and cardiac arrest patients. However 12 years ago I found myself on the other side when my father (and my 'Rock') had a heart attack and whilst we were very lucky because he made a full recovery physically it took time for him emotionally to come to terms with what had happened. After talking to other people who had also been through the same thing it soon became apparent that this was perfectly normal.

Some people are able to take their experience and help teach others how important it is to learn live saving skills and I was privileged to meet Len earlier this year and hear his story; he inspired many school children to learn about CPR.

Remember: Don't ever feel bad about calling 999 for an Ambulance; it's not you that dispatches the vehicle, if the medical condition dictates this is why an ambulance is sent.

Louise Walker

**Head of the Ambulance Training
& Community Response services
(ATCoRS)**

DIANNE KETTELL

Hello to you all. My name is Dianne Kettell, I have been employed by St Marys Hospital, Isle of Wight since the end of May 2016 as the Cardiac Rehabilitation Nurse.

Gary has asked me to write a bit about myself to go in this addition of the Ticker Tape magazine. I thought this would be a great opportunity to extend greetings to all of you lovely people who are members of the Heart Care Club and readers of Ticker Tape. Some of you I have been fortunate enough to meet already, for those of you I haven't met yet, I look forward to doing so in the future.

Professional background

I started my nursing career in 1997, when I qualified as a Registered General Nurse (Adult Speciality). My first job was in the Coronary Care Unit at St Marys Hospital, where I received excellent cardiac nurse training and experience which I have been able to rely on for my whole nursing career. I count myself as extremely fortunate as I worked with Sister Jenny Cocks, Sister Deborah Matthews and Di Smith. After three years I went to work in the Cardiac Unit in Southampton General Hospital and was extremely fortunate to gain experience in nursing patients admitted for Cardiology, Cardiac Surgery, as well as Congenital heart disease management.



Reason for returning to the Island

I was actually born on the Island, and have been back living on the Island for 20 years. Commuting to Southampton began to take its toll, and so I was keen to return to working on the Island. When I heard about the Cardiac Rehab Nurse post it seemed an ideal opportunity for me.

I really love living on the Island, and cannot imagine anywhere else I would rather be. It is a real privilege and a pleasure to be providing nursing care to my local community on the Island. I feel extremely fortunate to be working alongside such a committed team of people, who make up the Cardiac Rehab service both within the NHS setting and through the Heartcare Club.

Hobbies

My husband and I both adore the Island, and you can find us walking along our beautiful coastal paths, or over the Downs on a Sunday. Some of our favourites include: walking across Ventnor Downs into Shanklin then back along the landslip into Ventnor; across Wroxall downs into

Godshill; Bembridge marshes; Yarmouth marshes; and the coastal path from Yarmouth to Freshwater to name but a few.

Walking is really a passion for us. We do a lot of walking in the Tramuntana Mountains in Northern Majorca. We are also planning a trip to the Lake District in the next year or two, so any advice regarding good locations and walks would be greatly received. We are also hoping to walk The Camino in Northern Spain.

And finally

I have now been working as the Cardiac Rehabilitation Nurse for the Isle of Wight for just over a year. It is hard to believe how quickly the time has gone. I really enjoy the Cardiac Rehab role, especially as it allows me to see patients through their recovery, and hopefully back to a good quality of life. The exercise class at the Riverside is fantastic, and I feel humbled at how hard all our patients work towards their recovery.

Finally I wish to extend a huge thankyou to everyone who has made me feel so welcome and supported me whilst I have been learning the ropes.

Dianne Kettell

THOUGHTS

Some things for you to think about!

What if my dog only brings back the ball because he thinks I like throwing it?

Which letter is silent in the word "Scent," the S or the C?

Do twins ever realize that one of them is unplanned?

Why is the letter W, in English, called double U? Shouldn't it be called double V?

Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.

Every time you clean something, you just make something else dirty.

The word "swims" upside-down is still "swims".

Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.

100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

Your future self is watching you right now through memories.

The doctors that told Stephen Hawking he had two years to live in 1953 are probably dead.

If you replace "W" with "T" in "What, Where and When" you get the answer to each of them.

Many animals probably need glasses, but nobody knows it.

If you rip a hole in a net, there are actually fewer holes in it than there were before.

If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)

Mike Dore

HOLIDAYS AND TRAVEL

Going on holiday when you've got a heart condition should still be an enjoyable time which gives you the chance to relax, rest and unwind.

However, if you've recently been diagnosed with, or had treatment for a heart condition, it's best to wait until you feel recovered before going on a holiday.

Is it safe for me to go on holiday?

Most people with a heart condition are able to go on holiday. If your heart condition is stable, well controlled and you feel well, you should be okay. However, we've got some handy hints and tips if you, or a member of your family, have a heart condition.

When planning your holiday you should think about staying in accommodation that's easy to reach and close to any amenities taking a relaxing holiday. Don't go to destinations that are too hilly or do activities that are too vigorous unless you're confident that you're recovered and are fit enough for that level of activity keeping an up-to-date list of all your medication and doses in your purse or wallet, just in case you lose any of them, including the generic and brand name of your medicines taking enough medications with you to last throughout your holiday

if you are travelling by air or going overseas, get a letter of explanation from your GP regarding your condition, drugs, allergies and any medical devices you may have (for example, a pacemaker or ICD) making sure you have the right travel insurance to cover your condition.

Can I travel to very hot and cold climates?

Avoid going to countries where there are extreme temperatures, whether it's very hot or very cold, as this can put an added strain on your heart.

Can I travel to high altitudes?

Avoid travelling to high altitudes (above 2,000 metres) as the higher you go above sea level, the less oxygen there is in the air. This means that less oxygen will be carried in your blood. This can cause headaches, extreme breathlessness or can cause angina.

If you do plan to travel to a high altitude destination, get advice first from your doctor or heart specialist.

Getting to your destination

The most stressful part can sometimes be getting to and from your holiday destination. To reduce any problems you might get from travelling:

* Plan your route and allow plenty of time for transport so that you're not rushed

* Use bags and suitcases on wheels so that you're not carrying heavy luggage.

Can I travel by air?

According to expert guidance from the British Cardiovascular Society, most people with heart and circulatory disease can travel by air safely without risking their health.

However, you should always check with your GP or heart specialist that you are fit enough to travel by air, particularly if you've recently had a heart attack, heart surgery or been in hospital due to your heart condition.

If you're given the go ahead to take a holiday that involves air travel and think you'll need assistance at the airport terminal or during the flight, then let the airport or airline know well in advance. This may include help with your luggage or early boarding to the plane.

If you need to, it's safe to use your glyceryl trinitrate (GTN) spray while on the plane.

If you need to take medications that are liquids, creams or gels over 100ml in your hand luggage, then you'll need a letter from your doctor and approval from the airline before you travel.

If you are flying through times zones, it may be difficult to keep to your pattern of taking your medications. Your GP or Practice Nurse will be able to advise you on how best to deal with this.

Am I safe to walk through the airport security systems?

If you have a pacemaker or an ICD you should take your device identification/card with you and inform the airport staff that you have a device inserted. If you are asked to pass through the security system, walk through at a normal pace and don't linger.

Most modern pacemakers and ICDs are well shielded against outside interference and so interference is very unlikely, although the metal casing may trigger the security alarm. If a hand-held metal detector is used, it should not be placed directly over your device.

The Medicines and Healthcare Products Regulatory Agency (MHRA) can provide you with further advice and information on the safety aspects of airport security systems when you have a pacemaker or an ICD.

Find out more

For more guidance on how to enjoy a healthy holiday:

Call the Heart Matters Helpline on 0300 330 3300 share your travel tips on our online community read more about how to holiday healthy in Heart Matters magazine read about insurance when you have a heart condition.

Taken from the BHF Heart Matters Magazine

DRIVING WITH A HEART CONDITION

Most people with a heart condition will be able to drive again, but it depends on the type of heart condition you have.

Can I still drive?

How quickly you can get back to driving depends on whether you still have any symptoms the type of treatment you've had how well you've recovered

The Driver and Vehicle Licensing Agency (DVLA) provides the national medical guidelines on being fit to drive, as well as how soon you can return to driving following a new diagnosis or treatment of a heart condition.

If you're concerned about your fitness to drive and want to know when you can start driving again, you should speak to your GP or call the DVLA on 0300 790 6806.

You shouldn't drive if you suffer from a medical condition that might suddenly cause you to lose control while driving, or if you cannot safely control your vehicle for any reason.

You should also refrain from driving and seek advice from your doctor immediately if you experience episodes of dizziness, fainting or blackouts.

What if I can't drive because of my heart condition?

If you live in England and are unable to drive because of your heart condition, you may be eligible for a disabled person's bus pass. Here you can also find information on similar schemes in Scotland, Wales and Northern Ireland.

Do I need to let the DVLA know?

To find out if you need to tell the DVLA about your medical condition or about a change in your health, visit Directgov. If you have to tell them, you will need to fill in a medical questionnaire which you can download from the website.

You can also contact the DVLA by calling:

0300 790 6806 for car drivers and motorcyclists

0300 790 6807 for heavy goods vehicle and bus drivers

or write to them at DVLA, Swansea, SA99 1TU.

Depending on your heart condition, the DVLA may ask your local hospital to carry out various tests. The results of these tests will help the DVLA decide whether you can still drive. Visit Directgov or call the DVLA on 0300 790 6807, or write to them at DVLA, Swansea, SA99 1TU.

Do I need to let my car insurance company know?

Yes. Whatever type of licence you hold you should always let your car insurance company know about your heart condition and any changes in your medical condition, including any treatment that you've had. If you don't, your car insurance may not be valid.

DEFIBRILLATOR TRAINING

We have just completed our yearly defibrillator training. We again did the training at the Fitness Factory, Duncan from the IOW Ambulance Training, came to us.

As I've mentioned before, Steve, Jo and I need to update our training yearly and we like our helpers to do the training too.

Barb, Sue, John and Alan help at the Fitness Factory, Philip and David at Ryde and Alan Davison and Robin in Phase III at the Riverside Centre.

Duncan also gave our three defibrillators their yearly checks.

Barb took some photos, one of which shows Steve



managing to do CPR one handed!

It's important to practise, with Duncan keeping an eye on us. Luckily we've never had to use any of our defibrillators!

The staff at the Heights and West Wight also train yearly and this ensures that wherever one of our classes takes place the necessary equipment is available and the staff can act in a safe and co-ordinated way.

I have been wondering whether our members would be interested in learning CPR (cardiopulmonary resuscitation) and have mentioned it to Louise Walker, Head of the Ambulance Training and Community Response Services.

Louise is happy to provide whatever we feel we need, but as yet I'm not sure what format would be right for us and of course we need to explore the cost.

Lyn Smith

HCC 'ANNUAL' CYCLE RIDE

Sunday 13th August we had perfect weather for a cycle ride. Warm and sunny, but not too hot, zero wind; and most importantly dry, with no evidence of the near monsoon conditions that had swept across the Island just four days previously.

This was the third such outing and this year there were nine heart care members who regularly attend class at The Fitness Factory, which this year included Gary Smith for the first time along with two other new ones, all joining myself and my friend Bob.

Bob drove over early from his home in Lake to my house in Cowes with his bike in the boot of his estate car. We started from Cowes seafront at 8.15am. This year, my 68 year old friend was pleased to be able to cycle all the way up Egypt Hill, which is no mean feat, as last year he had to dismount about 3/4 the way up and walk the rest, whilst mumbling something about having trouble with the gears on his bike.

We arrived at the start of the cycle track on Arctic Road just before 8.30am where we were met by heart care member and regular cyclist John Urry from East Cowes,.

The cycle track runs from Cowes to Sandown and follows what was until the 1960's a railway track. It is now apparently known as The Red Squirrel Trail.

The three of us cycled along the track which follows the west bank of the River Medina all the way to the Riverway Industrial Estate. We then picked up the cycle route across Newport from the Quay to Matalan, then along the delightful Connie's Way to Shide car park. Waiting there for us was Adrian (Arnie) Knol. His old racing bike once again having been exhumed from its place of rest at the back of a hay barn. This year it had less straw attached to it than last year and the cycle chain had been freshly oiled. However, he still only had one working gear and practically no brakes! Although he did now have a loud bell attached to his handle bars to give warning to any unfortunate that got in his way.

We were soon joined by Joe Robinson in shorts and t-shirt, and then Gary Smith wearing all the proper lycra cycling gear, Gary has been a regular cyclist for many years. Some 25 years previously having ridden from Lands End to John O'Groats. And more recently he rode not once, but twice around the Island in one day to raise money for The Heart Care Club. Today he was on his bike for only the second time since his heart problem.



The six of us set off from Shide at 9.05am and at Blackwater crossing met up with new member Gavin Newnham who had purchased a classic/older style 'sit up and beg' Pashley cycle especially so he could join us as his previous mountain bike had been stolen. We cycled at a steady pace to Merstone. Here we were joined by Mick (Biz) Burrows on his mountain bike and Nicholas Coventry, another new member, also with a Pashley bike. Nicholas said he thought Gavin 'looked like a film star' (to be precise, 70's porn – but without the moustache) with his smart shirt, cufflinks and cravat and thigh length leather jacket. We all cycled towards Newchurch where, at 9.45am, we met the final two riders, Michel Hamoniaux and Ian Lockwood outside Pedaller's Cafe. As they have both turned 70, they claim they needed a head start from here. Ian was using the bike that he'd had for over 40 years; while Michel had a fairly new mountain bike. Ian had already managed to graze his shin and elbow, as while they were waiting for us to arrive he thought he would give Michel's bike a try and had promptly fallen off!

We would have made the Pedaller's Cafe a coffee stop but, unfortunately, it doesn't open until 10am. Joe had already decided that he would return to Newport from this point. So before he departed we had a group photo taken by a passing jogger that Arnie flagged down.

We then set off towards Sandown enjoying the scenery and conversation along the way. At the end of the cycle track on Perowne Way we crossed over the road and went along the rather bumpy Sunshine Trail to Jeal's Lane. Someone commented that the trail had given them a rather unwelcomed prostatic massage!

From Jeal's Lane we joined Avenue Road to Culver Parade where we stopped as usual at The Driftwood Cafe, arriving at 10.20am for some breakfast. Nicholas's wife was waiting there for him (we think to make sure he'd made it!) and joined us for some sustenance.

By 11.30am, we felt suitably rested and refreshed. We set off again returning the same way as we came, except staying on the tarmac of Perowne Way thus avoiding a repeat of The Sunshine Trail. Once we re-joined the cycle track Michel lead the group. Near Newchurch he lead us off the cycle track and passed a sign that said 'keep out – NO public access permitted' - we all cycled past a farm keeping a look out for an angry farmer with a shotgun! We then cycled along a rather sandy bridleway behind Merstone Manor and past fields of sweetcorn all the way to Arreton.

Continued.....

At Arreton we stopped off at The Dairyman's daughter for a pint, just as we had done last year. While both Gary and Nicholas departed for home, the rest of us enjoyed liquid refreshment in the courtyard for about half an hour. After this, Michel left for his home nearby for his Sunday lunch. John and Mick departed also, leaving five of us to continue the ride up the hill from The Dairyman's



ABSTRACT FROM A SPEECH BY WILLIAM H. MCRAVEN

I have been a Navy SEAL for 36 years. But it all began when I left UT for Basic SEAL training in Coronado, California.

Basic SEAL training is six months of long torturous runs in the soft sand, midnight swims in the cold water off San Diego, obstacles courses, unending calisthenics, days without sleep and always being cold, wet and miserable.

It is six months of being constantly harassed by professionally trained warriors who seek to find the weak of mind and body and eliminate them from ever becoming a Navy SEAL.

But, the training also seeks to find those students who can lead in an environment of constant stress, chaos, failure and hardships.

To me basic SEAL training was a life time of challenges crammed into six months.

So, here is a lesson I learned from basic SEAL training that hopefully will be of value to you as you move forward in life.

Every morning in basic SEAL training, my instructors, who at the time were all Vietnam veterans, would show up in my barracks room and the first thing they would inspect was your bed.

If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack — rack — that's Navy talk for bed.

It was a simple task — mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time, particularly in light of the fact that we were aspiring to be real warriors, tough battle hardened SEALs — but the wisdom of this simple act has been proven to me many times over.

If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.

If you can't do the little things right, you will never do the big things right.

And, if by chance you have a miserable day, you will come home to a bed that is made — that you made — and a made bed gives you encouragement that tomorrow will be better.

If you want to change the world, start off by making your bed.

William H. McRaven



and along the main road to Merstone, where we re-joined the cycle track. Gavin left us once we got close to his home in Blackwater with four of us returning to Newport where we stopped once

again at The Wheatsheaf in St Thomas Square. While enjoying some more liquid refreshment we all commented that we had all enjoyed the ride — even though our backsides were already starting to feel rather saddle-sore!

If anyone with a bike and a moderate level of fitness wishes to join us next year then let me know and I'll add you on my contact list.

Steve Milton
The Fitness Factory
Tel. 528149



HEART "T" FACTS

How many times does a heart beat in the average lifetime?

More than: 2.5 billion times

Your heart is a powerful organ that works without rest throughout your lifetime. Cardiac muscle doesn't tire like other muscles, which is why it beats - or expands and contracts – about 100,000 times each day. That's more than 2.5 billion times in an average lifetime.

Your heart can survive outside your body. **True**

As long as it has a supply of oxygen, your heart can keep beating outside your body - even if all the nerves to your heart are cut. That's because the heart has its own electrical system. During heart transplants the donor heart can survive from 4 - 6 hours, packed in ice. Also, new pioneering "heart in a box" technology, has recently been used by transplant surgeons at Harefield Hospital in Middlesex. The Organ Care System (OCS) successfully uses oxygenated blood to simulate the conditions inside the body allowing a heart to survive for at least 8 hours.

The bigger your heart is, the better. **False**

An enlarged heart can be caused by cardiomyopathy - a disease of the heart muscles which changes the size and shape of the organ. There are several types of cardiomyopathy. Symptoms include weakness and fluid retention which may trigger an irregular heartbeat, lung congestion and heart failure. In some cases, this can be prevented by taking care of your heart by:

Eating healthily Regular exercise Keeping a healthy weight

In other cases, although the disease can't be cured, the British Heart Foundation says symptoms can be controlled with lifestyle changes, medication and devices like pacemakers.

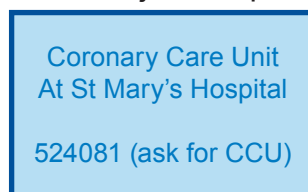
Health Questions

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



ISLE OF WIGHT HEART CARE
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The next issue of Ticker Tape is due out on 9th October 2017. The latest date for copy to be included in this issue is 2nd October 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.