

2021

Isle of Wight Heart Care Club

30TH
ANNIVERSARY

TICKER TAPE

Affiliated to The British Heart Foundation



Issue No 81

Dear Fellow Heart Clubbers

There is a light at the end of the tunnel!

We shall meet up again soon.

I've had my jab and I didn't feel a thing. Well, I thought, if it's good enough for Her Majesty and Prince Philip - it's certainly good enough for me.

The 11th January, last week, was my birthday and I spent most of the day answering emails and phone calls from family and friends. I was amazed how many people in my profession either called or left messages. Barry Cryer called to tell me the latest jokes doing the rounds - most of them he writes himself.

One 'young man' sent me an email ... "It's a rare thing to get the chance to say Happy Birthday to someone who is older than I am! There must have been something in the air that we breathed on that Summer Holiday that we shared together!!"

But the email that travelled the furthest came from a "Mr. Mrs or Miss Myn Lin from INDONESIA...!"

My wife Jayne joins me in wishing all of you love and best wishes.

Take care and stay safe

Melvyn

P.S. Here's to the next Thirty

FEBRUARY 1991 WHAT HAPPENED THE MONTH THE CLUB STARTED

7 February – The Provisional Irish Republican Army launch a mortar attack against 10 Downing Street, blowing in all the windows of the cabinet room, during a session of the War Cabinet, but there are no injuries.

8 February – Heavy snow disrupts the country for a second time during the winter 1990–1991 season as Britain experiences a prolonged cold snap.

17 February – Barclays Bank is reported to be on the verge of axing more than 13,000 employees.

18 February – A man is killed in the Victoria station and Paddington station bombings.

25 February – Alan Green, Director of Public Prosecution, announces that the Birmingham Six could soon be free from prison after seventeen years as their convictions for terrorism and mass murder are no longer considered safe and satisfactory.

26 February – British scientist Tim Berners-Lee introduces WorldWideWeb, the first web browser, while working at CERN in Geneva, the first website goes online on 6 August.

27 February – The National Institute of Economic and Social Research predicts that the recession will end this summer.

28 February – Iraq accepts a provisional ceasefire, and British troops halt their advance on Baghdad.



30 YEARS ! THOSE YEARS HAVE GONE BY SO QUICKLY.

30 years! Those years have gone by so quickly.

I 'dug out' all the old photos and bits and pieces - what a journey it's been,

I was at a Keep Fit teachers meeting when Di Smith asked if any of us would be interested in joining her in teaching people with heart problems. Two of us said "yes", Viv Wallis and I joined Di and Sister Cocks from the Coronary Care Unit. Di's husband Philip, as I remember it, had been to his Doctor and they'd discussed exercise.

GP, Hugh Bethell, from Alton, was Jenny's inspiration and he'd set up the first Cardiac Rehab in the Country. We were one of the few too. We had some research to do.

Jenny and I went on a course on the Island and then on the mainland to get qualified to run our course. I had to provide lesson plans to the Senior Physiotherapist. We also needed a Doctor, Jenny was very persuasive and managed to get Dr Matthew de Belder on board. He was a GPSI - a GP with special interest. We were ready to go, however not all Doctors approved - we didn't have a Cardiologist in those days.

In fact we would never have got it off the ground without Jenny, she was absolutely amazing. She had such dedication and in Di Smith's words - she was our mentor, advisor and friend.

We started on the 7th February 1991 in the old Board Room at St Mary's, moved to the Social Club (which no longer exists) and then moved to the Riverside Centre where, until lockdown, the beginning of cardiac rehab still happens. We just volunteered for the first year, very happy to do so.

I remember being at the Riverside Centre long after everyone except the nurse Maria Harris, Dr de Belder and one patient, waiting for the paperwork so I could get things sorted for the following week. Matthew always took his time, never rushed anyone.

I used to have to give some of the talks in those days, Jenny would come down to talk about the heart and we'd get Matthew to give some talks too. We set up a circuit in the room we still use and the three of us (Di, Viv and I) would teach each Thursday. We started off with one patient and grew very slowly.

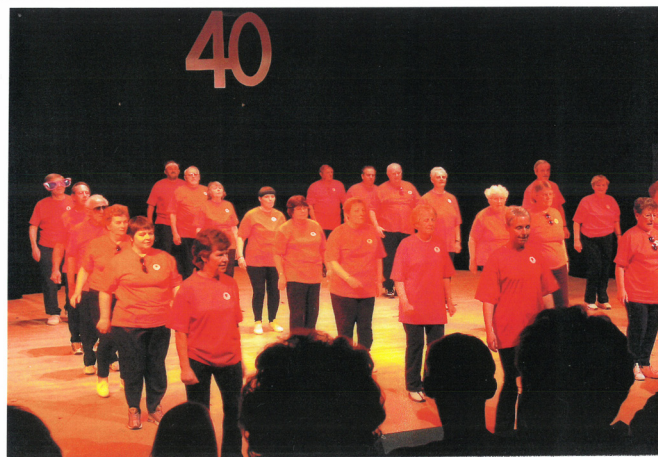
Eventually we had two groups, the newer ones in one. Di started a chair group in one corner too. However, in 1993 I decided to have 'move on' groups and took one group to the Fitness Factory. The next year I took another to the Heights. I started an evening class at the Fitness Factory in 1996 and Viv took a class there in 1998. However Viv left to take up a full time job in 2001 so I inherited it. Later Steve Milton took it over. More classes were added at West Wight Sports Centre. Jo took the qualification needed for cardiac rehabilitation and started a class at Ryde Methodist Church which I've inherited now that she's moved on.



We were at the Fitness Factory for many years, Steve would cover my classes when I had a holiday. It worked very well. Steve then talked about closing the place and selling it for development. As a result of this I took some of the classes to the IW College and one class to Gurnard Pines, where we were when the first lockdown happened.

I took the BACPR qualification in 2002 and revalidate every three years. All joined us in 2020 and takes a class at Gurnard Pines, she'll be taking two at the Heights when we get back to some sort of normality.

As we grew larger we formed a committee, Di took on the paperwork, we affiliated to the British Heart Foundation. We had some walks, I remember Jenny taking one



in Ryde. I also remember a meal at the Red Lion during another walk, St Helen's on another.

During the earlier years we had the walks, coach trips, BBQs, strawberry teas, boat trips (sorted by Dave Johnston), a steam train fish and chip supper, had a bowling section, Christmas Dinners,

raffles, race nights and quizzes. Some of the ladies knitted for the prem baby unit. We've had some brilliant Social Committees.

We've also had a group of mentors who have talked to new patients and helped ease their worries. They understand, better than anyone, the worries that beset someone with heart problems

In the later years though members haven't wanted a lot of the above although we've kept the Christmas Dinner, the raffle and the quizzes.

Over the years we've needed to fund raise so I held a six hour exercise session (this was in the early days!) whilst Gary completed a double triathlon. We've also had 'soup kitchens, plant sales and sponsored walks too. Gary cycled round the Island both ways another time and Steve Milton did a sponsored sky dive

We also featured in the BHF magazine in the January/February 2014 edition. They took a few photos at the Fitness Factory - the article was all about Heart Support Groups.

Jenny Cocks and some of our members, worked very hard and secured a Charter Mark - it was awarded to the IOW Healthcare Trust - Cardiac Rehabilitation Service in 1997 and awarded again in 2000. This was amazing and they had to put in a lot of work for us to gain the award. In 2000 the inspectors renewing the award came and joined in a class at the Fitness Factory. We were all a little nervous!

For many years Robin Brown and Alan Davison were at the forefront of the Club. Not least drawing up our constitution and the aforementioned Charter Marks. Without dedicated members such as these, we wouldn't be where we are today.

On our 10th Anniversary we had an evening meal at a hotel in Shanklin. The four of us, (Jenny, Di, Viv and I) donned mini skirts, fishnet tights and wigs and "danced" to Simply the Best, choreographed by Di. We had a great time and I still have it on video somewhere!

Unfortunately for us all Jenny passed away in 2002 at only 55 years of age, we were devastated. We planted a tree at Quarr Abbey as a memorial to Jenny in 2003.

Di 'retired' from the Club in 2007 so I've been at the helm since, with the support of our committee - and always from Gary. I've also heavily relied on volunteers to help with registration, time keeping for the circuits etc. Barb has been with me for most of the time and her support has been unwavering and so much appreciated. At each venue there's been one of the Club members helping out.

Recently, in addition to Barb, Sue, Brenda, John and Gary have been with me. Very recently Hazel and Rona have joined in. Over the years there have been many who've helped, I'm extremely lucky.

The first class at the Riverside Centre is a Phase III rehabilitation class and this is the class we started all those years ago. St Mary's took this over in 2006 with Stuart, the physio, and Fi at the helm. We've always had a nurse in attendance at that class too - Maria, Penny, Theresa and now Di. I work there too.

My qualification is a Phase IV Rehabilitation Instructor, so my classes follow on and I'm very happy to say I've had nothing but support from them. Di has also kept in touch through the lockdowns.

I was lucky enough to attend a Buckingham Palace Garden Party in May 2017, I'm not entirely sure who instigated it but it was a fantastic day. Gary and I enjoyed every single minute of it. Then in January 2018 I was awarded the British Citizen Award in healthcare (BCAh), I do know who nominated me for that.

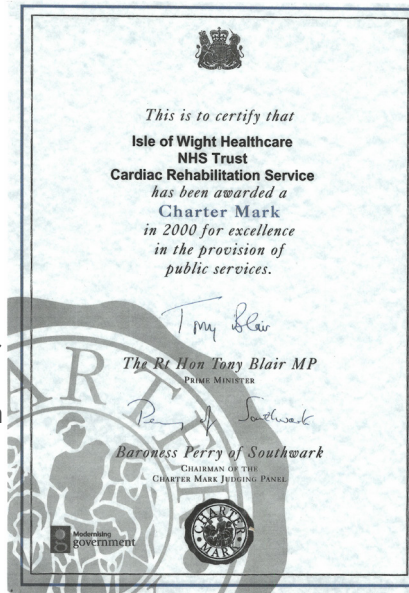
That was amazing, there are only around thirty awarded twice yearly and there were only three in healthcare - I felt very honoured. We had a tea at the Palace of Westminster, a bus tour around London and an evening presentation! Going up to collect my medal was extremely nerve racking, I was speechless with nerves! I don't think any of you have ever seen me like that - certainly not speechless.

I've been extremely lucky with the above and having a 'job' that I love. It's not really a job to me and, as I was there at the beginning, it means everything to me. I'm passionate about cardiac rehabilitation and feel as if we're one big family with everyone looking out for each other. The last nine months have been very difficult for us all but we've managed to pull together and will see this through.

I've had an amazing amount of support so that I'm confident we'll emerge from this a stronger, although maybe slightly different, Club. We have a very good committee who back me all the time. A summer celebration for our 30th Anniversary will take place!

HAPPY 30th ANNIVERSARY EVERYONE

Lyn Smith



CHEQUE PRESENTATION FROM SPONSORED AEROBICS 1993

HEART CARE CLUB

30 YEARS IN !

Lyn has asked me to recall some of my recollections of club activities etc. over my period of membership. Now into my 25th year. I had thought that last year was my 25th but upon recalculation it seems that I was wrong – again!

My heart attack no. 1 happened August Bank Holiday weekend 1996. I was out with grandchildren en route to Colwell Bay (from Wootton) when it happened. I did drive home, this was before mobile phones were quite as ubiquitous as they are now. Thence I was whisked into hospital, where I was given a leaving note which included the words “Join the Heart Care Club “ which I did earlier than expected! I turned up unexpectedly but was put to work by Lyn. This was at the Riverside Centre, then our only site, run ostensibly by the NHS and staffed by Sister Jenny Cocks (from the Coronary Care Unit), Diana Smith both now sadly dead, Vivian – whose name I am sorry to say escapes me and last but by no means least our very own Lyn Smith.

At this time the club was a bit un-organised as opposed to DIS and quite soon work began to bring order to our life. We started with a modest committee which deputed a sub committee which included me, to draw up a Constitution (more I suspect for the NHS than for ourselves). It was surprising how intricate it became! At the end it was a composite of that of the union at BHF, advice from Jenny at the CCU & our own imaginations. We included guidance about committee sizes and many other things, including a social side and potentially help to get members otherwise immobile to sessions.

This did not lead anywhere because of the logistics involved. There was also an offer by (then) Sealink for organisations such as us, to put in a bid for a donation of a mini bus. This excited a member or two who felt we ought to make a bid, but again “the logistics “ plus insurance terms were against it.

We then started to build a social side to the Club, which included walks, talks, quizzes and our own Christmas lunch get together. We had draws to raise funds, to replace those which we were losing from NHS sources. By now I had been voted club chairman, and as such began a series of conversations with the managers of the Trust to see if it was possible to replace them, the funds that is . Most ears were very sympathetic but unable to be of help, that is until Gill Kennett OBE. health promotion lead, who turned up uninvited to one of our monthly committee meetings. This turned out to be a most happy team up indeed. She offered us all kinds of facilities such as secretarial, stationery and postage! She and I took to meeting regularly, discussing our co-operation which led pretty directly to the birth of Ticker Tape.

Up to this point Ticker Tape was a series of notes, letters and jottings duplicated on an A3 page or two. In this I was ably assisted by Bob Hampton, an older member who knew more about computers than I by a “country mile “ whatever that may be . The better jokes were usually his, but I got the credit. It was usual for me to take the final draft into St. Mary’s where I was allocated a copier and a willing member of staff. One of my helpers asked me what it was that I wanted as there were many options to take it forward. After a discussion or ten, Gill, by now called in on the project, introduced me to the Print Manager – Danny, who took my mish mash from me, set it up and laid it all out beautifully and in glorious Technicolour. He rang me at home and said “ What are you calling it” – What indeed!

We sent out a call for ideas, and to local M&S, Safeway & Sidy’s the chemist – to beg a prize. M&S came up trumps with a voucher won by a member who offered Ticker Tape and duly won the prize. There was also the case of a logo. Diana Smith knew a chap who was good at design and he produced a basic design based on a heart on legs. Excellent but what to call him/her? Again we put it to the membership, and scrounged a pair of binoculars from Mr Sidy, won by the member who came up with “Alfie” – Healthy heart – and so but for a face lift remains today. Danny in the print shop arranged the page 1 header to incorporate him, and now some 20 years on he/her remains.

All members were sent a copy by post, and doctor’s surgeries and hospital departments were sent copies via the Trust’s internal mail system . How much it was read in the outside world we shall never know, but I believe our members were happy to receive it and many to make contributions. One member who was a fellow attendee at The Heights gave me a short story which I praised and a few weeks later he gave me a few more . Two weeks later he died from cancer but he made the deadline and most if not all of his stories made it into print.

At this point budgets in the Trust were very sorely cut, and allied with my own health taking a down turn leading to a series of visits to Midhurst and King Edward VII for surgery, I handed over of my roles to others. It became impossible to continue to produce the paper in the same way but my successors carried on and maintained, even improved, on our original aims and standards.

However I am pleased to see that the present presentation of our in house magazine fits very well the needs of our membership today .

At this point there was a matter which involves the Ticker Tape in another context. Some years ago the then government launched a project called “Charter Mark”. This was a test (for want of a better word) for organisations large & small who serve the public. It was national and open to all government, local as well as national offices,

clubs & clinics etc. We entered on the back of our NHS Trust. We won and word had it that this was in no small way due to our entry! No sooner had we won the first Mark, we started out on plans for the next year's entry.

We all worked hard on the project, but later learned that the Trust were less enthusiastic! Success looked a way off, however things seemed better than we expected. We were summoned to a "Tea Party" with the assessor in chief, a gentleman who came from New Zealand to assess us. I don't remember his name but he was a "high up" in their Health Service. He said how he was impressed with Ticker Tapes and asked if any of those producing it were journalists. I was able to say no. He asked me if I would send him copies of the next few editions to his home in New Zealand, as he wanted to show them to somebody. Who knows, there may be a pirate version over there! To our delight we won another Charter Mark, I believe the only entrant to win two consecutive marks. I still have my Charter Mark pen & badge, Lyn I feel sure still has her T'shirt.

At this point my wife and I moved away to West Cornwall where my first priority was to look for an organisation as like to us as possible. I found Mounts Bay Fitness in Newlyn. While I refused on grounds of my health to get involved in the running side I was, however, able to advise them on what courses might be useful and who to lobby on the Cornish Trust.

All the while I remained a member of our club, and recipient of Ticker Tapes. We decided to return to the Island after 3 years when my first priority was to look up Lyn at the West Wight branch – which she and I had worked to set up just before I left for Cornwall.

Richard McCorkell



KAREN'S VIEW

I had a serious heart operation in 2019 and after 6 weeks rehabilitation was referred to the Island Heart Care Club at the Riverside Centre. I attended for 6 weeks then decided to continue at one of the many classes held across the Island. Firstly I went to Newport, then The Heights after the college closed for a while. At first it was a little scary as I didn't know anyone and everyone knew each other and all had partners! Our dear leader Lyn soon made sure I was not on my own and partnered me with helper Barb, who probably wished I had never arrived as I do talk a lot!

My first impression of it all was the friendliness of everyone, some of these people had been coming for years and Lyn always made sure you were all ok and well looked after during the hours exercise. I eventually went back to work and managed to fit in a regular Tuesday at the Heights, then Covid hit and the closer of all clubs. This didn't stop Lyn we get regular emails and funny jokes from Chairman Gary to keep us all aware what's going on, then came the Zoom calls, what a laugh, the weights got changed to baked bean tins and we carried on regardless with Lyn in her conservatory and us in any room we could find.

30 years Lyn has lead this amazing group helping hundreds of Islanders get through some frightening times her dedication is totally amazing. I will carry on with Zoom, when the job permits me a day off and hopefully return to the heights soon, probably be in the back row again due to my constant annoying chatter. Well done Lyn, Gary and the team for keeping our hearts beating.

Karen Eeles



SPONSORED WALK JUNE 1997

VIEW FROM AN ORIGINAL MEMBER

As we try to forget the problems of 2020 and look forward to the year ahead with hope of a return to normality, and having had our vaccinations we can look to another milestone in the club's history celebrating its 30th Anniversary.

As I joined the Heart Care Club August 1992 I thought I would take a look back and remember how it all started.

In 1989 a request was made for a facility to provide ongoing exercise and help for heart patients who had completed a cardiac rehabilitation program.

Jenny Cocks sister of the Coronary Care Unit along with Diana Smith, Lyn Smith and Vivienne Wallis worked together for 18 months researching and planning the formation of the Isle of Wight Heart Care Club. Finally on the 7th February 1991 the club was born. Dr Matthew de Belder a local GP joined the team.

As time went on alongside the main purpose of the club we added social events, a Mentor group that also worked with Portsmouth University assisting with the training of new Paramedics.

We have also enjoyed a long and continuing association with St Mary's Hospital working with the Cardiac Rehabilitation team of the Isle of Wight Primary Care Trust, helping patients through the Rehabilitation Program with those wishing to carry on joining our Club.

In recognition of excellence in the delivery of a public service the Club along with the Isle of Wight Cardiac Rehabilitation Service was awarded the prestigious Charter Mark in 1997 and again in 2000.

Returning to more recent times and following the start of the problems created by the Corona virus back in March of last year, it is only through the dedication and hard work of Lyn and her team that the Club is still going forward. It must have been difficult and frustrating having to arrange and put in place so many changes only to have them stop and start so many times over the past months. Even with the latest lockdown the Club is still able to offer a service with video and Zoom exercise classes.

Lyn is the only one from the original setup still working for the benefit of The Heart Care Club.

So in conclusion thank you Lyn and all those that continue to work so hard to keep the Isle of Wight Heart Care running.

Alan Davison President

HAPPY 30th ANNIVERSARY

VIEW FROM THE RYDE HEART CARE CLUB

Following the success of the Heart Care Club with sessions in Newport at the Fitness Factory, by mid 2011 the increase in potential members from Ryde and the East Wight area, and the ever present problem of travelling to and parking at the Newport Fitness Factory meant that an additional Club facility in Ryde would be an advantage. To this end, Lyn recruited Jo-Anne Munt, a qualified Personal Trainer, to run a weekly class and provide cover for holidays etc. Having found a suitable hall at the Methodist Church in Garfield Road, Ryde, sessions started later that year.

Initially attracting 4/5 members, the membership steadily increased so that 15 to 20 members were soon regularly attending the weekly sessions, combining the usual mixture of exercise routines with humour and light-hearted social banter, with her lovely Mum, 'Dee', assisting with the admin. (Sadly, Dee passed away this January after suffering poor health for a number of years.)

Jo-Anne has fond memories of her time at Ryde :

'I loved my time at the Heart Care Club. Particularly due to the participants. What a special bunch. Hard working and positive. It was such a special time for me with my Mum too. I miss the Club and I have regrets about leaving.'

'I remember that lovely Barbershop singing we had at Ryde one Christmas, and the variety show at the Riverside Centre (organised by Harry Lawrence and compered by our very own patron Melvyn Hayes) was amazing. I ran The Great South Run for the Heart Club as a charity and assisted with a couple of the rowathons. I covered sometimes the West Wight classes. Such a team spirit over there too.'

By August 2018, however, Jo-Anne was also expanding her own Personal Training Classes and, with no opportunity to run additional Heart Care sessions she decided to focus on those classes, and, with a heavy heart, handed the sessions back to Lyn who has filled the void, assisted by Sally on the admin side.

This past year has obviously been a challenging one for all Clubs with live sessions being closed for most of the year, but we are so grateful that Lyn has kept us all fit with her various Zoom sessions, supplementing those live sessions which could be held, and we look forward to when we can all exercise together again, in person.

Dave Vodden



ROWATHON FITNESS FACTORY MARCH 2017



25TH ANNIVERSARY FEBRUARY 2016



20TH ANNIVERSARY FEBRUARY 2011

TWENTY FIVE YEARS OF HEART CARE

After having a triple by-pass operation at the King Edward VII Hospital at Midhurst in June 1996, I was recommended by a good friend of the family to join the Isle of Wight Heart Care Club.

The club had only been established for 5 years then by Sister Jenny Cocks from St. Mary's and a group of volunteers wishing to offer heart attack/surgery patients aftercare fitness classes and welfare, not previously available.

I arrived at the Riverside Centre about 6 weeks after the operation, still feeling quite weak and apprehensive and was greeted by a friendly young Lyn, who soon put me at ease.

For the first few weeks we just did sitting exercises and learning to stretch our muscles, learning to take our pulse and what our target heart rate should be.

I later progressed to one of the main classes with instructor Diana Smith which took the same format as today. A warm up to music plus a series of exercise stations around the room, working in pairs, finishing with relaxation to return our pulses to their resting positions.

It was very reassuring to meet lots of new friends that had undergone similar operations and to talk about the various aches and pains they experienced during the healing process.

Doctor de Belder was always in attendance to answer any worrying issues. Also after the class there were often talks on diet and other subjects related to the heart.

I enjoyed other activities put on by the club with my wife such as walks, strawberry teas, BBQs and much more.

As the club grew some of us were moved to Steve Milton's Gym at Portland Street. This class was taken by Vivienne Wallis with Steve giving instruction on the exercise machines.

I have met some lovely new friends from all walks of life sharing the same hobbies and interests. Wives have also always been welcome to join in the exercise classes and social activities.

I would like to thank everyone involved with IW Heart Care Club for the superb job that they have done in the past and present. I hope it will continue for many more years to come, and with the vaccine "roll out" lets hope that we can return to a "new normal" life soon and begin our exercise classes and social activities again.

Sincere thanks from John M Warder

KEEP YOUR FEET MOVING!

Recollections of 12 Years in the Isle of Wight Heart Care Club

By Dave Trevan (with a little help from Hazel)

In order to write about my time in the Isle of Wight Heart Care Club I need to tell you my story.

I'm sure most members of the IWHCC could tell a similar story, but here's mine.

In November 2008 I suffered some chest pains that felt like bad indigestion. As I hate being driven, I drove myself (with Hazel in the passenger seat) (bad move!) to St. Mary's Hospital where tests revealed I had suffered a heart attack.

I had suspected for some years that I may have a cardiac problem, there was a history of heart disease on the maternal side of my family, both my grandfather and grandmother, and my own Mum had cardiac problems.

I rarely went to the GP's, in fact they had little medical history on me. I suffered from "White Coat Syndrome" and avoided all things medical.

I loved the great outdoors, spent the summers swimming, loved walking and spent a good part of my day doing practical work as part of my job as a Lecturer in horticulture and Countryside Management at the Isle of Wight College. We have a very large and steeply sloping garden on the Undercliff, so we were always active.

I wasn't overweight. I've never smoked. I didn't drink excessively.

I spent 3 days in St. Mary's where the consultant told me I would be sent to Southampton General for an angiogram. He assured me I would probably have a stent and be out in a couple of days.

This was not to be! I needed a quadruple heart bypass operation. I was 59!

Shocked would be an understatement. I thought life as I knew it had ended. Little did I know it was to be a new beginning.

I could write for hours about my time in Southampton, but that is not appropriate for this article, except to say the staff were amazing and I will be forever grateful to them and especially Nikos, the Greek Surgeon.

I have many memories of that time, but I will never forget coming home after 8 days in hospital. The first thing I did, even though it was winter was to step out on my balcony and smell fresh Undercliff air and listen to the sound of the sea.

Daily I got a bit stronger and I remember after a week at home we went up to Ventnor and walked along the seafront and had a coffee in the Met. It was just fantastic to do "normal things".

Another key moment was a walk around Godshill. We chose Godshill because it's relatively flat to walk through the main part of the village. It was mid-December and Christmas was in full swing.

After a week or so the Cardiac Rehab nurse at St. Mary's (Penny Mason) phoned me and asked me to go in for a check-up and was told about the Rehabilitation Class at the Riverside Centre.

I still wasn't driving so I caught a bus into Newport, one of the few times I have ever been on a Southern Vectis bus.

This was the first time I met the amazing Lyn Smith!

I enjoyed cardiac rehabilitation classes immensely, and felt I coped with them quite well.

I remember having a talk from chef Paul Rogers who I knew as a catering lecturer at the college and of course a Pharmacist.

All these new terms! Statins, Ace inhibitors, Beta blockers! So much to take on board. When all rehab classes ended, I was invited to attend classes at the Fitness Factory.

The thought of going to a gym was totally alien to me. To this day I have absolutely no interest in sport, but I was keen to stay fit and knew it was the best way forward.

I started doing one session a week. Before I was hospitalized, I had written a letter of resignation for my job at the college, as college lecturers could retire at sixty.

However I received a call from the college to say they had torn up my resignation letter as I had worked there for 34 years and hardly ever had any time off sick, so I may as well benefit from all the sick leave I was entitled to.

I took three months off and then returned to do some office duties but very soon I was back teaching which I loved. However, when the end of the summer term came I decided enough was enough, I wanted to retire. I must be fairly unique in then having to write another resignation letter. The college were very good to me!

Once I retired, I attended Lyn's classes twice a week. I never missed apart from holidays. I'm a very motivated person but the classes were a definite highlight in my week.

At the Riverside I thought I was amongst the fittest there but once I started at the Fitness Factory, I realised I had a long way to go,

I struggled with some of the exercises (I'm not the most coordinated of people) but especially half stars. However, there was always someone to put me right I think my half stars are now my favourite exercise!

When Lyn went on holiday the classes were taken by Steve Milton. His routine differed slightly from Lyn's but his "Hail Caesars" totally creased us up!

For a couple of years, I joined the Social Committee. I organised some coach trips to the mainland including the Royal Botanic Gardens at Kew where I had trained. My most ambitious trip was a long weekend in my home county of Cornwall, where we visited the Lost Gardens of Heligan and the Eden Project. The hotel we stayed in at a prime location in Falmouth notably burnt to the ground a year later!

I remember the committee organised fund raising soup kitchens held in a church hall in Newport. We also did a very successful plant sale there.

The cycle of gym attendance and social events began to be an important part of our life. Quiz nights, the Annual Christmas Dinner, Barbeques, mainland trips, even a boat trip in the Solent.

However, what is almost as important as keeping fit and exercising is the amazing contacts and friendships I have made over the years.

The IWHCC is so diverse that you meet people from all walks of life that you would probably never encounter without the club.

They know who they are but where else would you exercise with a former Chief Fire Officer, a Canon of the Church of England, a Director of Public Health on the Island a Vet, an Actor, a Farmer or London Cabbie driver?

I have made some lovely friends over the years, and it's been great that before the dreaded Covid 19 struck we went around the circuits in pairs.

Lyn's helpers have also been so helpful. The ever calm and smiling Barbara, Sue and before that Sandy who went off to live in Devon.

This year has been challenging for all of us. Lyn and Gary have adapted so well to the new Zoom Technology and all of us have had to up our game with our IT skills.

I'm looking forward to my vaccination and to our gym sessions getting back on track again.

So, in the meantime 'keep your feet moving'.

Dave Trevan



CLUB WALK CIRCA 1997



66Q 2004



CHEQUE PRESENTATION DECEMEBR 2018

A VIEW FROM BETTY DHILLON

Thoughts on the Heart Care Club

I joined the heart care club 13 years ago following an aortic valve replacement. Getting going following surgery had been a struggle, so it felt reassuring to join a club where I was so carefully looked after. I was made very welcome and I hope that I have done the same to other members who have joined after me.

My early memories are of Brenda, Doreen, Chris and Nancy - who had the most infectious giggle! The classes helped us all to regain our health, find some confidence and make good friends.

It is lovely to have been offered support whenever I've needed it, even when I haven't been able to attend class.

This last year has been a trial with COVID-19 and I haven't been able to attend class, but Lyn has kept us in touch, so I don't feel isolated. Trying to follow the exercise videos has been highly amusing when the family join in! More than anything I look forward to coming back to class to get fitter safely and to meet again with the friends I have made.

I would like to wish Lyn, Gary and all of the helpers many congratulations on the 30th anniversary of the HCC and hope that there will be many more years to come.

Betty Dhillon

THE WHISTLE BLOWERS VIEW

I started helping Lyn about 28 years ago at the very first Thursday afternoon rehab class at the Fitness Factory.

Then there were just 6 or 8 members, no circuit and no whistle blowing! How different it is now. Membership grew and grew with new classes being started up by Lyn across the Island. We had, and still do have a unique, thriving 'family' of members all, thanks to Lyn's dedication and with Gary's invaluable support.

It has been a tremendous privilege to be a small part of this team - even if my timing wasn't quite up to scratch - sometimes, not always!

Like many you, I have enjoyed the social fund raising events too, the Rowathon, the noisy Race Nights, coach trips, cream teas, soup kitchen plus plant sale and the Annual Christmas dinner. What an achievement!!

Happy 30th Anniversary.

Barbara Brown

A VIEW FROM NOT TO FAR AWAY

Lying on a beach listening to the waves gently lapping the shore with sweet music in the background..... "Wake up Dave your cooling down period has finished time to take your pulse !!!!!!"

Memories of a Thursday afternoon at the Riverside centre some 22 years ago.

The beach was actually a foam exercise mat but for all intents and purposes it represented a golden tropical island and I was in the land of nod.

Eventually I went back to work after some 6 weeks of Phase 3 and started going 3 times a week to Lyn's classes at the Fitness Factory.

I have so many happy memories of our Social Committee outings, Kew Gardens, Monkey World a day in Bath (where we lost one of our ladies who presented herself at the local police station and spent the afternoon being chauffeured around Bath in a police car before being reunited with the rest of the team back at the coach park). The boat trip to Spitbank Fort, Hever Castle, Bluebell Railway and Sheffield Park, Windsor and more.

One of the most satisfying times was when we were allowed to "collect" a parking fee from attendees at the Rookley Park annual show I remember the collection bucket handle broke under the weight of nearly a £1000 of donations. The Christmas lunches at various venues around the Islanddo you remember the grey Brussel sprouts that squirted water when you stuck a fork in them !!

I have so many happy memories of my time with the heart club over the years from 1998.

Now settled in Bognor Regis I still keep in touch and come back to the Island every year and meet up with old Heart Club friends. Take Care and Stay Safe

Dave Johnston



VIEW FROM THE OTHER HALF.

Well, where do I start, it seems that I have been involved with the Heart Care Club since the very start. As far as I can remember my Mother was the first ever member of the Club back in 1991. They were then looking for somewhere to store an exercise bike and my Mum volunteered me as I had the space at my work place in Newport.

That is how I became involved, slowly being volunteered for more things as time went by. I didn't know Lyn before then and the rest is history.

I did not realise until I had my heart problem about three years ago just how important it all is to you all and what the fitness classes can offer. It is not until you take the Beta Blockers that you realise your limitations, what you used to be able to do before the pill, then your limitations afterwards.

Also, I didn't realise what a great bunch of members we have, different stories to tell, lives that you have all led. Some of the stories that you tell me during class and some of the stories that you send me for Ticker Tape as well.

Some I can print, others I can't. But the glue that holds you altogether is Lyn. Her dedication in making sure you are all ok, 24/7 amazes me. The phone calls she makes and gets and the care she takes in making sure you all get a class, to suit you all over the island, never ceases to amaze me.

I have been very fortunate to have meet so many of you over the years, in class, at functions and on trips. The sad thing is that we have lost some members over the years and the great loss that we all feel. This is difficult for everyone, especially their class partner who partner them on the exercise circuit each week.

Now I help Lyn with the West Wight Class, as the chief whistle blower. Lyn still thinks it is her class, but we all know who runs these classes. "The helpers" or Lyn's friends, who when asked to volunteer one week find themselves sucked into the heart care club family. She could not run these exercise sessions without them, so I would like to thank all of the helpers over the years who have helped in one way or another. There are too many to mention, just in case I forget one or two.



"I couldn't be bothered hunting, so I just grabbed some 'McDonalds'..."

With the first 30 years now here, what will happen in the next few. I know Lyn would like her own place, preferably in Newport. We all can meet up, for our weekly exercise sessions, this would then be a central hub, for anyone with a cardiac problem. Looking at the Bournemouth Heart Club, there is a real community spirit there, based on the site of the Bournemouth Hospital. We can dream can't we.

To finish off it would be correct to tell you one of the jokes, that I have collected over the years and thank you all for being associated with the Club. The only downside is you have to have a heart problem in the first place.



After being married for thirty years, a wife asked her husband to describe her.

He looked at her for a while, then said, "You're an alphabet wife

A, B, C, D, E, F, G, H, I, J, K."

She asks ... "What the hell does that mean?"

He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, and Hot".

She smiled happily and said ..."Oh, that's so lovely, but what about I, J, K?"

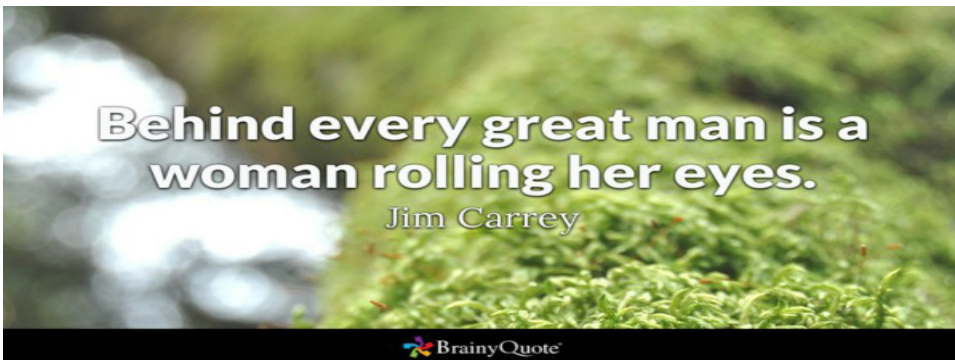
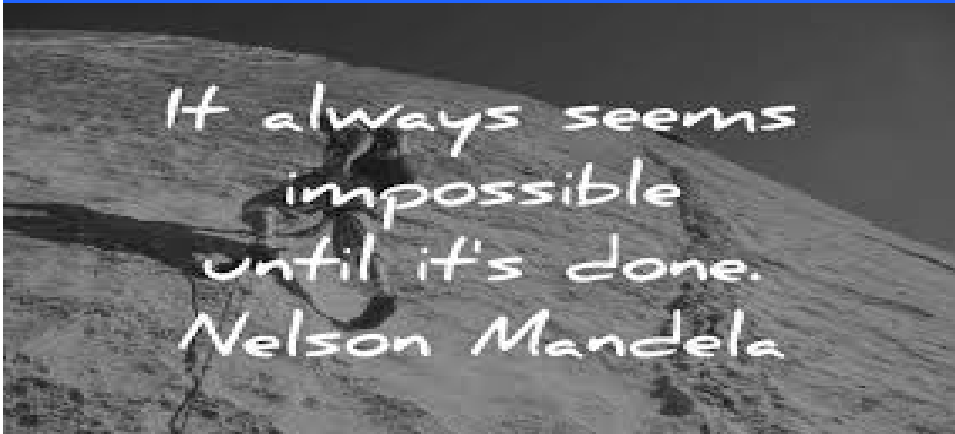
He said, "I'm Just Kidding!"

The swelling in his eye is going down, most bones are healing, and the doctor is fairly optimistic about saving his testicles.

Gary Smith

Chairman

THE FIRST 30 YEARS OF CHILDHOOD ARE ALWAYS THE HARDEST.



When it's less urgent than 999

OR

Coronary Care Unit
At St Mary's Hospital

524081 (ask for CCU)

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:

'They will take the worry away'

Isle of Wight 
NHS Trust

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