

**25** years  
Service to cardiac re-hab  
on the Isle of Wight

# Isle of Wight Heart Care Club **TICKER TAPE**

Affiliated to The British Heart Foundation

ISSUE NO. 68  
16th August 2016



## **COMING EVENTS**

July 2016 – Onwards

### **Variety Show**

**Riverside Centre - Newport**  
**Friday 30th September**  
**£6.00 per Ticket**  
**Doors Open 6.45 pm**

### **Race Night**

**Wootton Community Centre**  
**Saturday 22nd October**  
**Door Open 7.00pm**  
**American Supper**

### **Christmas Lunch**

**Channel View Hotel**  
**Shanklin**  
**Friday 9th December**  
**12.00 for 12.30**  
**Tickets on Sale in October**

## **VIEW FROM THE CHAIR**

Welcome to the August edition of ticker tape. This year the AGM was held on the 16th June 2016, the attendance was disappointing, as was the previous year, no club can run without the support of it's members.

This year Janet Weston retired as secretary after 3years of service, Janet's hard and tireless work has not gone unnoticed, on behalf of the Heart Care club's executive committee and indeed the whole club a big thank you and good luck for the future.

The new secretary is Steve Hancock we wish him well for this important position. David Lankshear will remain as (Hon.Treasurer), the remainder of the committee stay's the same.

This year on the 30th September we are once again having a variety show at the Riverside Centre Newport, tickets will be on sale at classes, there is a limit of 200 so get in quick.

I would like to say a few words about our social committee. They work very hard bringing you a variety of events during the year, and indeed every year, so please support them as best as you can.

This year is going by quickly, let us all enjoy the rest. Hoping to see you at the variety show.

Harry Lawrence(Chairman HCC)



## NOTES FROM THE EDITOR

Welcome to the August edition of Ticker Tape, we have some great news stories this time.

Including a piece about the Hampshire and Isle of Wight Air Ambulance. I am sure many of our members have benefitted from the service provided by the Charity.

You can read all about them, we also have members contributing their experiences after using the service. If you have used them, please let me know, they need all the help they can get. So please support the Air Ambulance. If you have not used them yet, one day you might and you will then appreciate the great work they do.

The club has a new secretary, Steve Hancock, he has taken over from Janet Weston. You can read all about Steve as well.

I would like to thank the Newchurch Male Voice Choir, for giving the Club a fantastic concert on the 9th July. Robin Burnett has written a review of the evening. Unfortunately Lyn or I could not attend as we were away on holiday, but we still managed around 100 to go and hear the choir sing. Robin is a member of the executive committee, he is also the Choir Master of the Phoenix Choir. They put on many concerts around the Island every year, all proceeds go to local charities, so if you have the chance to attend one, please go along and enjoy. These choirs give up their time to raise money for good causes, so please try to attend. Without events like these Club's like ours would not have enough money to run. So if you did not attend, don't make excuses, support your club.

In the next issue, there will be forms for the Christmas Lunch and raffle tickets for the yearly Grand Draw. Once again, please support the Club, book the lunch and buy your tickets. You can also support by giving a raffle prize, please let us know if you can help. The first three prizes in the draw are all money, with the first prize being £500.00, this money comes out of selling the tickets, please support your club.

Two pieces of sad news. Bernard Taylor, who we featured in the last Ticker Tape, has passed away. Bernard worked for Benzies in Cowes and was a member of the Fitness Factory classes. One of the club's longest serving member, Bud Lewis has also passed away, our thoughts are with both families and friends during this very sad time.

Looking to the future, we have chosen BREXIT, no discussion in classes though. Europe, is starting to look a right mess, with all of the problems and turmoil, safety fears for travellers. The world needs to sort its self out.

We also have the American elections in November, who knows what will happen there. With two nominees to choose from, I'm sure with a population the size of the USA there must be better candidates available.

We have had another AGM in June, Harry Lawrence has stayed on as Chairman for another year. Did you know that within the whole club, we did not have single nomination for the committee from anyone, that's right not one person volunteered to help run your club. Next year maybe, that will all change.

I really hope you enjoy Ticker Tape, it is your news letter, anyone can send me stories or articles to put into the next issue. If you have any ideas for the next issue, please let me know, we could have an Agony Aunt section, where we can sort out your worries and woes, I'm will not reveal who she is!

Gary Smith

### MY HOLIDAY

My holiday this May, became a personal challenge for me and inspired me yet scared me also. Heart surgery just a few months ago has challenged my state of mind immensely and created a fragile character. My partner and I needed a break.

This holiday was sure to help. So we cruised in the Mediterranean for a couple of weeks and visited different places, got some sun and relaxed. I knew though, that half way through this break

I faced a couple of tricky days, walking in Rome all day - nearly 9 miles actually, followed by a trip to Pisa. I wanted to climb the leaning tower but fear was amongst us with the heart and mind at loggerheads. I need not have worried so much, I was away like a rabbit and climbed the near 300 steps with little resistance from my body. In fact I managed it while those around me puffed and groaned - it appears my recovery is going ok then!

I believe that when faced with adversity, strength of character is needed and self belief is very important. To try is everything, I look around at my peers at the Fitness Factory and take inspiration. My determination is key, when your knocked down - you get up.

The view from the tower was great but the achievement greater.

Alastair Laidler



# COACH TRIP TO HAMPTON COURT PALACE SATURDAY 21ST MAY 2016

After picking up at Wootton, Ryde and Coppins Bridge in Newport and finally at the Red Funnel Terminal, East Cowes - 37 members and guests boarded the 8.30am Ferry en-route to our destination Hampton Court.

The journey was uneventful except for the rain and we arrived well ahead of time.



giving us a good 5 1/2 hours to enjoy this wonderful setting and learn a lot about the history.

Some members joined a Palace Tour lasting an hour and the rest wandered

around at our own leisure. After having been directed to the restaurant we enjoyed a leisurly lunch and follwed this up with a horse drawn carriage ride



around the grounds.

The weather brightened up during the visit and only started raining on the way home. (someone thought I'd ordered the weather AS IF!)

The same senario occurred when we went to Bath for the Christmas Market last year.

All in all another successful trip and we hope a few more to come - watch this space.

Pat Hough  
Social Committee



- This year's Variety Show, will take place on Friday 30th September at the Riverside Centre, Newport.
- There will 10 different acts, doors open at 6.45pm.
- Tickets are on sale now for £6.00 each.
- This year's guest of Honour will be Raymond Allen, who wrote Some Mothers do Av Em. You can read about Raymond in this issue.
- All money raised will go to the Heart Care Club, please come along and support the event.
- Your Compere for the evening is
- Mr Jim Hanson
- Act 1 Dance VibeZ
- Act 2 Dick Walters and Enid Aylward
- Accordion and Singing
- Act 3 Anna Parkinson
- Child Singing Star
- Act 4 Jennifer and Jean
- Mum and Daughter Singing Act
- Act 5 Monster Mash
- Dance Group
- Act 6 Bunker Girls
- Golden Oldies Singing
- Act 7 Dance VibeZ
- Act 8 Allan Cass
- Singing and Acting
- Act 9 Bunker Girls
- Act 10 Dance VibeZ
- The evening will finish with singalong.
- 
- Organised by Harry Lawrence

## HAMPSHIRE AND ISLE OF WIGHT AIR AMBULANCE LAUNCH

### VOLUNTEER RECRUITMENT DRIVE ON THE ISLE OF WIGHT

Hampshire and Isle of Wight Air Ambulance are seeking volunteers on the Isle of Wight to help the charity continue to promote its life saving service throughout the local community and beyond. The charity prides itself on the close links that it has with the communities that it serves and has a loyal team of 16 volunteers on the Isle of Wight, led by Regional Lead Volunteer Pat Knight.

Volunteers provide invaluable support to Hampshire and Isle of Wight Air Ambulance throughout the year, fulfilling a number of important and rewarding roles. From giving talks to local groups to distributing donation pots, attending fundraising events and presenting the charity's highly successful 'Be a 999 Hero' Education Programme, volunteers play a key role in the day to day fundraising activities of the charity.

'Our volunteers are the backbone of our charity. They provide an essential link to our local communities and we simply could not manage without them.' commented Charity Manager Sherie Williams Ellen.

The charity is keen to recruit a wide range of volunteers from across the Isle of Wight and will be inducting new volunteers throughout the summer.

'Volunteering not only provides the perfect opportunity to support our life saving service, but it is also a great way to learn new skills and it can be a lot of fun. We are always looking for volunteers to wear our popular 'Be A 999 Hero' character mascots at events and presentations.' continued Sherie Williams Ellen.

Crewed by pilots, paramedics and doctors trained in pre-hospital care, the Hampshire and Isle of Wight Air Ambulance is in effect, bringing the emergency department to patients across the Isle of Wight, transferring then to specialist hospitals on the mainland when necessary. It takes approximately 20 minutes for the Air Ambulance to reach the Isle of Wight from its airbase in Thruxton, Andover.

Hampshire and Isle of Wight Air Ambulance flies seven days a week, up to 19 hours a day, and attends an

average of two to three missions a day, many of them life saving. . The charity receives no government, statutory or national lottery funding for routine operations, and is entirely dependent on gifts received from members of the public, companies and grant-making bodies to keep the Air Ambulance flying and saving lives. To keep the Air Ambulance flying HIOWAA needs to raise approximately £230,000 per month

#### Contact Details

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Melissa Hare (Press Officer) melissa@hiowaa.org

HIOWAA is the charity that delivers an advanced trauma team to critically injured people across Hampshire and the Isle of Wight.

Using an H135, the latest generation of EC135 helicopter, our doctor and paramedic team can be at a patient's side within minutes, providing life-saving medical

interventions, such as blood transfusions and anaesthesia at the roadside. We fly 7 days a week and attend to an average of 2-3 missions per day, many of them life saving.

Our helicopter can be anywhere within Hampshire in 15 minutes and anywhere within the Isle of Wight within 20 minutes. It can land in areas the size of a tennis court and on almost any terrain.

In early 2016 HIOWAA commenced night HEMS operations and is now able to undertake emergency missions during the hours of darkness, providing emergency medical support where and when it is needed most.

HIOWAA receives no Government funding, and relies on the generosity of individuals and organisations to help save lives. As a charity we only receive help through the secondment of paramedics from our key partner, South Central Ambulance Service NHS Foundation Trust - SCAS. To keep the Air Ambulance flying we need to raise approximately £230,000 per month.



### Our medical achievements

- We now carry blood on board.
- We have doctors on board for 97% of our missions.
- We operate a modern H135 aircraft.
- In 2016 we began night HEMS operations, enabling us to undertake emergency missions during the hours of darkness, reaching sick and injured people when they need us most.

### Our current fundraising aims

- To maintain the current service.
- To have a doctor on board for every mission.
- To deliver extended flying hours, working towards a 24 hour service.

### Our statistics

We fly 7 days a week, 365 days a year, both day and night.

- |                     |     |
|---------------------|-----|
| • RTC               | 33% |
| • Cardiac/collapse  | 25% |
| • Sports and falls  | 18% |
| • Horse riding      | 16% |
| • Industrial injury | 4%  |
| • Transfers         | 3%  |

To find out more, please visit [www.hiowaa.org](http://www.hiowaa.org)

**Hampshire and Isle of Wight Air Ambulance**

**We need you today,  
you may need  
us tomorrow!**

Hampshire and Isle of Wight Air Ambulance is funded by donations from the public, and it is thanks to your generosity that we are able to provide our life saving service day and night, 365 days a year.

Responding to patients injured by road traffic collisions, sporting accidents and medical incidents, the Air Ambulance is effectively able to bring the emergency department to the patient and then take them quickly and directly to the most appropriate hospital to treat their injuries.

To donate to the Air Ambulance text AIR plus your donation amount to 70500. For example, to make a one off donation of £5 text AIR5 to 70500. For more information visit [www.hiowaa.org](http://www.hiowaa.org)



## MY TRIPS IN A HELICOPTER

I have been very fortunate or depending on how you look at things, unfortunate to require the air ambulance on two occasions.

Sunday the 11th October 2015 was the day my life took a completely unplanned change! With no warning, I was suffering chest pains and knowing that they were not going to go away my wife called for an ambulance. The two paramedics and first responder who attended quickly diagnosed through an ECG I was suffering a heart attack. It didn't really sink in how bad the situation was until they said they were arranging for the air ambulance to take me to the QA at Cosham. Now I knew it was serious and could hear them arranging the helicopter. As I live in East Cowes it was decided to evacuate me from Osborne House.

I was transferred from my home up to Osborne House in the Ambulance where the helicopter was already waiting on one of the front lawns just off of the main entrance. In a way, seeing the helicopter gave me great reassurance and confidence that everything was being done to give me the best chance and most probably with a combination of drugs and painkillers I'd been given I felt very relaxed at this point. We parked near to it and the doctor and paramedic came into the ambulance and introduced themselves.

My condition was discussed and the notes/ECG traces were handed over. It was explained to my wife and I that I would be taken over to the Cath Lab at the QA for an angiogram. The ambulance then went right up to the helicopter and I was transferred into it. I could see a few onlookers as I was placed in the helicopter. I was lying flat on my back with my feet pointing towards the tail. Directly in front of me as I looked up was the monitor displaying my pulse, blood pressure etc. I was too low down to see out of any window.

The paramedic was seated next to me and the doctor sat in front of me. The paramedic put a headset on me so they could talk to me during the flight. I could hear the pilot and doctor go through the pre flight checks and the pilot speak to the landing pad at the hospital to inform them of our arrival time. The pilot started the engines and let them get up to speed. I can remember just before we took off the paramedic checked that I was feeling ok. When everything was ready we slowly lifted and felt a forward motion. As I was lying on my back all I could see was cloud out of the windows so it was hard to experience forward motion, all I could feel was vertical movement. I could hear through the head set the pilot giving brief details, so I knew we had cleared the Osborne estate and where over the Solent. The flight time was about ten minutes and the paramedic checked the monitor and asked me quite a few times how I was feeling.

*Continued*

. I knew when we were coming into land as I could feel the helicopter descending and heard the pilot and doctor go through the landing checks. The flight was really comfortable and I felt really relaxed all of the time. Once we landed, we waited for the engines to stop and the ground crew opened the doors.

They chatted with me, asking how the Isle of Wight was and one told me he lived in Ryde. I was slid out of the helicopter, transferred onto a trolley and wheeled down steep slopes into the hospital. The doctor and paramedic accompanied me and did the handover to the hospital staff. I was straight into the Cath Lab and subsequently had two stents fitted.

The second time I needed the assistance of the air ambulance was in May 2016 when I suffered a cardiac event at home. This was after I had another two stents fitted in April 2016. Again, the ambulance was called and I had an elevated ECG, so it was decided by the paramedics to call for the air ambulance to transfer me to the QA at Cosham. Having been through it once, I knew what to expect with the helicopter but was more worried about having a third angiogram in the space of 6 months.



This time I was going to be evacuated from Victoria Rec in East Cowes, a large open playing space. When the paramedics were arranging the helicopter they were told it was being refuelled, I can't remember where, in Oxfordshire so it would be at least half an hour before it was on the Island.

We drove the short distance to Victoria Rec and just as we got there the helicopter was coming in to land in the middle of the field. I could see out of the ambulance windows a lot of people and children who were playing in the park watching it land. The doctor and paramedic came into the ambulance and I was surprised to see it was the same paramedic who was there at my previous flight. They were briefed by the ambulance staff about my condition and then I was transferred onto a trolley and wheeled to the helicopter.

I could see people all around the recreation ground as we travelled across the bumpy ground, there must have been around a hundred in total. The two ambulance paramedics assisted by keeping people back at each side of the field.

This time it was the new air ambulance I was going in but the layout inside seemed like the old one, just slightly



larger. Again I wore a headset so I could hear all of the pre flight checks and then once the engines were at speed we lifted off. As we were still climbing the paramedic said that she saw someone that she's seen before on the Island taking pictures. Sure enough, it was on the Island Echo website very quickly. The Pilot told the landing pad at the hospital that the flight time would be approximately 12 minutes. I could not see anything out of the window, just cloud, but heard the pilot say that we were over Osborne House very quickly from when we took off and then passing over one of the forts in the Solent.

Again the paramedic and doctor checked on my condition a few times during the flight. I was a bit more anxious this time knowing I would be going back into the Cath Lab for another angiogram some six weeks after having been in for 2 stents to be fitted. Over Portsmouth the helicopter descended and the pilot and doctor went through the pre landing checks. Then we were down on the landing pad on top of the hospital. Once the engines had stopped the ground crew opened the doors and transferred me onto a trolley and took me down the steep slopes into the hospital.

Fortunately, this time the angiogram was clear and I was allowed home the following day.

At all times on both occasions, all of the crew who dealt with me were extremely professional and having the air ambulance service is invaluable in giving people the best chance for treatment and recovery. I am eternally grateful for it and the staff who operate it.

*David Whitcutt  
Fitness Factory Friday Night*

If you have had an experience with the Air Ambulance, please let them know email [enquiries@hiowaa.org](mailto:enquiries@hiowaa.org)

## LUCKY OR WHAT?!

That phrase was going to haunt me for the next six weeks or so.

The weather in May wasn't too bad. So it was time to get my paramotor going after a long winter rest. Easier said than done. Two-stroke engines can be a nightmare to start.

After several days of frustration, I decided it would be good idea to prime the engine with a highly volatile mix. Two days later (having had a good lunch), I entered the sheds in the back of the woods, some two hundred yards away from the house, still pretty sure it would never start.

To my surprise, the engine burst into action at my first attempt. The thrust was so strong the framework was torn from my hands and whoops--the four feet one inch bladed prop spliced in several places only to break itself on the biceps of my left arm. As is always the case, I am left-handed. Nice one.



They made a quick call to the hospital, stretchered me to the new helicopter and waiting pilot, and promised a nice ride to Salisbury. I was going to the right place, I thought. Great. It took only fifteen minutes flying time to Odstock. The only hiccup was when they radio-ed ahead. There was no ambulance around for miles to transfer me from the helicopter to the A&E.

It was 45 minutes after landing before a man with what looked like a tea trolley appeared. After an eventful journey over a bumpy field and through a laundrette, I arrived in the hospital.

It was great to have the feeling of being in the right hands throughout my journey in the air ambulance. The surgeon on board came to visit me after my operation the next day to see how I was doing. What a service!

I can't praise the air ambulance team or our own paramedics enough. We are so lucky to have such a brilliant service in times of need.

*Arnie Knol*

*Hampshire and Isle of Wight Ambulance User*



I had one look and thought 'Bother, that doesn't look too good.' I was leaving a trail of the red stuff behind as I staggered back through the woods, up the back

steps and into the kitchen.

I still had the presence of mind to phone 999 and a nice lady kept talking to me and asking the same questions over and over. I suppose she had to as we didn't know each other but I was feeling very faint and all I wanted to do was lie down.

Thank God my better half arrived home to carry on the conversation and let the paramedics in. I was by then in a horizontal position in the hall. They took charge immediately and draped drips over the picture frames to supply liquids and morphine. Their quick thinking and care certainly helped save my life. They made the instant decision to get permission to call in the Air Ambulance to take me to Odstock—and Salisbury District Hospital.



Lying there, I heard the sound of a 'copter coming closer and closer. Yes it was a bright yellow whirly making an unbelievably tricky landing in the paddock next to the house, so the paramedics from St Mary's told me. What a wonderful feeling it was to see the doctors and crew and

## A CARING HUSBAND

A caring husband sees that his wife is busy in the kitchen and offers to help.

He: "My dear, what can I do to help you?"

She: "Please take this bag of potatoes, peel half of them, and put them in the big pot to cook."



## ANNUAL GENERAL MEETING

16TH JUNE 2016

By 3.30pm members had arrived and with the Executive Committee ready and waiting we began.

A very informative meeting, that's to say the Financial and Social Reports informing us of all the forthcoming events, which will be hopefully better supported than the meeting. Those who attended were treated to a selection of cakes, tea and coffee and a good chat, meeting up with members from other areas. What a pity it was not better supported.

## SWEET POISON: WHY SUGAR IS RUINING OUR HEALTH

There is a lot of talk in the media about sugar and it can all be a little confusing knowing what to listen to and what to not. Below is some information to help you decipher it.

All sugars are carbohydrates found naturally in most foods. Their main nutritional value is in providing energy. Small amounts can be used to sweeten foods which is fine, preferably at meals, so there is less chance of damaging your teeth. Many of us however have too many high-sugar foods and drinks in our diet too often.

Added sugar is not needed for a healthy diet, and sugary beverages have been linked to obesity. Added sugars shouldn't make up more than 5% of the energy (calorie intake) you get from food and drink each day. This is about 30g of sugar a day for those aged 11 and over.

High-sugar foods include many biscuits, cakes, puddings, sweets, chocolate and sugar-sweetened (not 'diet') yogurts. Fruit juice and honey count as added sugars. Sweetened drinks are also a major source of sugar.

Sugars added to food or drink can be listed in the ingredients in various ways including

- glucose
- sucrose
- maltose
- corn syrup
- honey
- hydrolysed starch
- invert sugar
- fructose
- molasses

Some processed foods can be surprisingly high in added sugars. Some experts believe the liver handles high intakes of sugar in a way that is damaging to our health, especially if we are overweight or are not physically active. This could lead to an increased risk of diabetes, heart disease and other health problems. Also, many high-sugar foods are low in nutrients and fibre. This means that a high-sugar diet can be low in nutritional value.



### Reading Labels

Checking labels when you are shopping is a great way to make you more aware of what you are buying and consuming. Traffic light labelling is a good way to know if something is low in sugar by looking for green, however consider portions sizes as this will change the nutrient values.

The best way to compare food is to look at the nutrient list on the back of packaging.

Too High – over 22.5g per 100g

Low – 5g or less per 100g

Tips for cutting down on sugar

- Sweetened Cereal (e.g. frosties, coco pops) – choose plain cereals i.e oats, bran flakes, cornflakes – highly processed cereals tend to have a lot of hidden sugars added



- Make your own meals – packaged meals generally have added sugar and if you make it yourself you know what goes into your meal and are in more control.
- Snacking on fruit, nuts, plain popcorn, diet yogurts and rice cakes are a healthier snack than your chocolates, cakes, biscuits and sweets and will reduce your sugar intake considerably
- Choose diet or low sugar versions of drinks
- Use sweetener in tea and coffee rather than sugar
- Choose diet yogurts or low sugar yogurts

We all need a little sweetness in our life, so enjoy your food and make changes that are realistic to your lifestyle.

*Tanya Westlake  
Dietetic Department  
NHS Isle of Wight*



## STEVE HANCOCK

Having only recently been elected as the new secretary of the Isle of Wight Heart Care Club I thought it would be right to let you know what I look like and give you a brief summary of my life to date. #

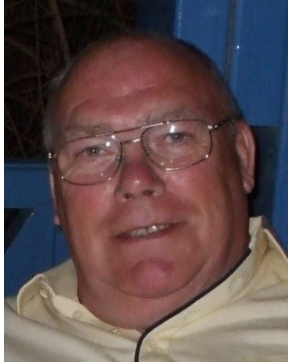
Born 9th February 1948 in Newton Heath, Manchester, just one hundred yards from the world famous 'Goslings' fish shop. Most of you will now be asking what is 'Goslings Fish Shop' well it was at the back of this fish shop that a few of the local boys got together for a meeting so they could form a football club, they succeeded in forming a club which today is known as 'MANCHESTER UNITED', they first played on a pitch that belonged to the railway and was known as 'Newton Heath Loco' they progressed and needed a bigger and better ground. They moved to North Road, Clayton. Approximately six miles from the 'Loco'. The original colours were Green and Gold, these were donated to the club from the local school, Christ the King, the school I attended and I had the opportunity to represent the school at football and were the green and gold.

We all know that they continued to be successful and eventually moved again to their present ground 'Old Trafford' which is on the opposite side of Manchester to where they began. On leaving school I got myself an apprenticeship as a fitter turner with a local company 'Ferranti Ltd' one of the biggest engineering companies in the Manchester area. I was also still playing football and played a couple of games for Stockport County prior to receiving a serious injury that finished my playing days. I met and eventually married my wife Sue, we are still together after forty seven years, and we have one daughter Kathy who is now forty three.

At age 32 I was made redundant along with the rest of the staff at Ferranti and after a long search for work I joined the Prison Service, I completed my training and was posted to HMP Parkhurst on the Isle of Wight.

After ten years I was posted to HMP Wakefield, and we all moved to Yorkshire, it was very short stay, after eighteen months I was promoted and posted to HMP Full Sutton, which is just outside the city of York, we moved to a little village called Stamford Bridge, many of you will recognise this from you're your knowledge of English history, the battle of Stamford Bridge, where King Harold fought the Vikings before marching to Hastings.

During this period there were many ups and downs, the village was flooded each winter and eventually the rivers authority decided to build some new flood defences, the work took approximately twelve months and it all looked very neat and tidy, the following winter once again the village square was you guessed it, flooded.



They eventually realised that the water was not coming over the defences but under via the drains, more work was then required to rectify the problem.

My wife and daughter combined to get me a (never to be forgotten) Christmas present, a day at the Jim Russell motor racing school at Donnington Park. The day started with breakfast at 0700hrs and a safety talk at the same time, we were then split into sections of six people, we then started with a slalom course forwards and reverse, the quickest being the winner, the rest of the day consisted of a trip round the motoring museum, racing in go carts, racing in formula Vauxhall and the main event driving a formula one round the circuit, not allowed to race.(I was a Little slimmer at that time)

My sporting days came to an abrupt end when I suffered a serious knee injury, I tried to play a little cricket after the injury but after a couple of seasons it became apparent that retirement was the answer, but have been involved in sport for a long time I wanted some involvement some how. I therefore took the Cricket Umpires Association training followed by their test, luckily I passed and began umpiring, I stood in many various levels and even a couple of indoor games, and I still enjoy the odd game.

I retired from the prison service after serving for 28 years, we then decided that as the wife's family was still on the Island and her mother was not in the best of health, that we would return to live back on the Island, we moved but the daughter stayed in Wakefield and only returned to the Island in December last year.

In April 2015 together with the wife's brother and his wife, we went on a Nile Cruise, we returned the Thursday before the May bank holiday. Monday May 4th 2015, I woke at approximately 0530 hrs with a terrible indigestion, I also had a mild chest infection, Sue (my wife) said you look a bit pale you need to go to the call in centre (doctors is closed for bank holiday) I went to St Mary's and they admitted me telling me I had had an heart attack and that they were going to get me over to Q.A. at Portsmouth for an Angiogram, I was eventually transferred on the following Friday to have the procedure carried out, however this was cancelled and I spent the weekend in the day centre at Q.A. The procedure was carried out on the Monday morning and stents fitted, I was allowed home that afternoon.

I completed my six weeks and the joined the HCC group at the Quay centre followed by the fitness Factory which I still attend twice a week, the people are a pleasure to workout with and Lyn is like a second wife in the way she looks after everybody ensuring that all are in a fit condition to carry on with the exercises.

We are now up to date and I hope to be see and working with you all for many years to come.

*Steve Hancock*

## NEWCHURCH MALE VOICE CHOIR

### CONCERT REPORT 9TH JULY 2016

An enthusiastic audience of close to 100 attended a concert on 9th July given by the Newchurch Male Voice Choir in aid of the Club at St John's Church Newport.

Richard Knowles, the Club's president and also a member of the choir, introduced the evening and sang three unaccompanied solos in his rich tenor voice.

Cate Clark, the choir's very talented pianist and accompanist, played a number of accomplished solos which were well received by the audience.

The popular choir, who have been performing for charity for nearly fifty years, sang a wide range of songs including 'Sailing', 'Singin' In The Rain', 'Unchained Melody', 'Anthem' from the musical 'Chess', and 'I Dreamed A Dream' from 'Les Miserables'. They concluded their performance with the Welsh hymn 'Morte Criste'.



David Lankshear and his Social Committee team ran a very successful raffle and David gave a vote of thanks to the choir at the end of the evening. Robin Burnett gave a short talk about the Heart Care Club in the interval, and the necessity of running fund-raising events, and explained that Lyn Smith was unfortunately unable to attend as she was visiting an embroidery factory in Madeira to investigate ideas for her retirement in twenty or thirty years' time!

The concert made a profit of £628 from the retiring collection and raffle. A very entertaining and enjoyable evening.

*Robin Burnett  
Roving Reporter*

## THE MAN WHO MADE FRANK SPENCER

When Raymond Allen was 31 he had been writing for television for 16 years but had failed to sell a single script.

Then he hit upon the idea of creating a sitcom based on himself. "I am accidentprone," he says. "I tend to drop trays and break things and I'm always walking into things that have just been painted.

"I passed my driving test but never had a car as I was so nervous. When I took a refresher course of eight lessons I ended up putting the car in a ditch and a hedge.

"One week the young driving instructor didn't turn up for our lesson, I rang the agency and was told he'd joined the Paratroop Regiment – he must have felt that was safer than teaching me to drive!"

The fictional alter-ego Allen created was Frank Spencer, an equally clumsy character who wreaked devastation wherever he went but was instantly likeable because he so clearly meant well.

On the basis of his sample script Allen was asked to write six more and the result was *Some Mothers Do 'Ave 'Em*, a show that attracted 26 million viewers at its peak and went on to be voted the 22nd most popular British sitcom.



Michael Crawford, the actor who became a household name on the back of the series, recorded a one off special as the hapless Frank – for Comic Relief - with his mismatched ensemble of tanktop, raincoat and beret – and Michele Dotrice, who also returns as his long-suffering wife Betty.

The *Some Mothers* sketch will see Frank get involved in a number of calamitous escapades culminating in a chance meeting with cycling legend Sir Bradley Wiggins at the Lee Valley VeloPark with hilarious consequences.

Recently Allen visited the set in Watford and was reunited with Crawford for the first time since the third and last series ended in 1978:

"Michael is 74 now but still looks much the same and as in the original he's doing his own stunts."

Raymond is now 75 and still living in the same house on the Isle of Wight he has had since *Some Mothers* ended with Frank trying but predictably failing to emigrate to Australia.

*Peter Robertson Daily Express*

## CAKE FOR A MUG

### Ingredients

1oz Butter  
2oz Caster Sugar  
1 Teaspoon lemon zest  
1 Large Egg  
1/2 Teaspoon lemon juice  
2oz Single cream  
2oz Plain flour  
1/2 Teaspoon baking powder

### Method

Melt the butter in a bowl microwave (800 wattt) for 20 seconds.

In a microwaveable mug, blend the mixture with a fork, the egg, sugar, lemon zest, lemon juice and cream, until all the mixture is bended. Then add the flour and baking powder a little at a time un til a paste is achieved. (be careful) Cook in a microwave for 1 minute and 40 seconds (800 watt) Leave for 2 minutes and eat straight away. (if it is cold enough) Do not let the cake go cold.

Serve with a little cream, ice cream or custard.

Please note do not use your best china \_ Only Mircowavable Mugs

Stephen Taylor

## LEXOPHILE

Is a word used to describe those that have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless."

- .. When fish are in schools, they sometimes take debate.
- .. A thief who stole a calendar got twelve months.
- .. The batteries were given out free of charge.
- .. A dentist and a manicurist married. They fought tooth and nail.
- .. A will is a dead giveaway.
- .. With her marriage, she got a new name and a dress.
- .. A boiled egg is hard to beat.
- .. When you've seen one shopping Center you've seen a mall.
- .. Police were called to a day care Center where a three-year-old was resisting a rest.
- .. Did you hear about the fellow whose whole left side was cut off? He's all right now.
- .. A bicycle can't stand alone; it is two tired.
- .. When a clock is hungry it goes back four seconds.
- .. The guy who fell onto an upholstery machine is now fully recovered.
- .. He had a photographic memory which was never developed.
- .. Those who get too big for their pants will be exposed in the end.

## PERKS OF REACHING 50 OR BEING OVER 60 AND HEADING TOWARDS 70 OR BEYOND!

1. Kidnappers are not very interested in you.
  2. In a hostage situation, you are likely to be released first.
  3. No one expects you to run -- anywhere.
  4. People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
  5. People no longer view you as a hypochondriac.
  6. There is nothing left to learn the hard way.
  7. Things you buy now won't wear out.
  8. You can eat supper at 4 PM.
  9. You can live without sex but not your glasses.
  10. You get into heated arguments about pension plans.
  11. You no longer think of speed limits as a challenge.
  12. You quit trying to hold your stomach in no matter who walks into the room.
  13. You sing along with elevator music.
  14. Your eyes won't get much worse.
  15. Your investment in health insurance is finally beginning to pay off.
  16. Your joints are more accurate meteorologists than the national weather service.
  17. Your secrets are safe with your friends because they can't remember them either.
  18. Your supply of brain cells is finally down to a manageable size.
- AND THE MOST IMPORTANT THING: Never, NEVER, NEVER, under any circumstances, take a sleeping pill and a laxative on the same night!

Answers from back page.

- 1) Sprite
- 2) Hypotension
- 3) Portugal
- 4) Frank Bruno
- 5) Queensland
- 6) Hawaii
- 7) Wangari Maathai
- 8) The White Tiger
- 9) The Whip
- 10) His horse is called Friday

## QUIZ NO.5

Questions;

- 1) "Obey your thirst" is the advertising slogan for which soft drink?
- 2) What is the medical term for abnormally low blood pressure?
- 3) What country is home to the football club Benfica?
- 4) Whose autobiography is entitled Zero to Hero?
- 5) Brisbane is the capital of which Australian state?
- 6) By what name are the Sandwich Islands in the Pacific better known?
- 7) She was the first African woman to receive the nobel peace price, and founded The Green Belt Movement - which Kenyan woman died on 25th September 2011?
- 8) What was the title of Aravind Adiga's novel that won the Man Booker prize in 2008?
- 9) What "w" is the name of a Mancunian electro band, and also the name of the first human invention to break the sound barrier?
- 10) Solve the riddle : A cowboy came into town on Friday, stayed 3 days and left on Friday. How is this possible?

## YOUR OFFICERS & COMMITTEE

Effective June 2016

### President

Richard Knowles

### EXECUTIVE COMMITTEE

#### Chairman

Harry Lawrence

#### Treasurer

David Lankshear

Treasurer.iowhcc@hotmail.co.uk

#### Honorary Secretary

Steve Hancock

shh@talktalk.net

#### Members

Lyn Smith

296091

Gary Smith

Barbara Brown

Alex Brown

Stuart Bunyan

Robin Burnett

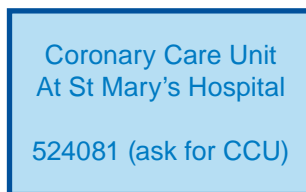
## Health Questions

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  
MENTORS

"Here to help you"

Heart Care Mentors  
Family and Patient  
Helpline  
07531 779 337



Isle of Wight   
NHS Trust

'They will take the worry away'

Isle of Wight   
NHS Trust

### Social Committee

#### Chairman

David Lankshear

Joy Caws

Colin Chum

Pat Hough

Brian Humphrey

Stella Page

John Urry

Pat Urry

Dick Walters

The next issue of Ticker Tape is due out on 9th October 2016. The latest date for copy to be included in this issue is 2nd October 2016. Copy can be hand written, typed, preferably on disk, or emailed in Microsoft Word/ Works to Gary Smith.

Email: garysmith250@me.com

Please put Ticker Tape in the subject line

Or given to Lyn at any of the classes.