



ACE OF HEARTS

CARDIAC SUPPORT GROUP

Main Topics

- AOH Christmas Lunch
- Amanda Out of GAS
- Steve's Wetlands
- Chairman's Report
- Meet the Committee
- Amanda Keeps Moving
- AOH Quiz Night
- Frank's on Fire !
- AOH Events Program

ACE of HEARTS CHRISTMAS LUNCH

This year the Ace of Hearts Committee have arranged a Christmas Lunch at Sidcup Place. Mike Smith, (assisted by Louisa) is dealing with the detailed arrangements and collecting the money etc. Where people are failing to "cough up", AOH's very own 'Crayside Twins' (Chair and Vice Chair) will become involved in "The Collection"!

The big day will be **5th December at 1.00 pm** and about 60 people have booked a place.

There are NO DISCOUNTS Ken and Richard.

Richard (*Compo*), is not allowed to bring his dog to the lunch so he intends to wear his Dalmatian fancy dress suit. There is a danger that he will appear on the 'posh' desert menu as "Spotted Richard".

Ample car parking exists at Sidcup Place although the manager refuses to let Mercedes cars in as it lowers the tone; especially ones that have short rear ends—Tom (*his car not him!?* - *although?*)

Amanda is to attend providing she can find a petrol station



Invite sent to all Members (Ken & Richard are seeking a discount!)

on the way up. Ian will be rushing down from The City although his arrival may be nearer tea time as he has booked Mr. Jeal's cab. Also can he afford the fare? Pat is expected to be up to 15 minutes late (so that no one worries about her).

Tony will be giving driving lessons in the car park. If you pass or fail you still pay for his meal!

A word of caution; Trevor will be reversing through the car parks at some stage.

Why? Well it's what he does! Yoga Guru Phil is determined not to get stuck in the Lotus position in his yellow Lotus.

Frank will have an opportunity to warm up in his normal fashion before the meal—i.e. talk continuously for 15 mins. There will be a prize for the member who can stuff the most 'stuffing'. (*It must stay down for at least 5 mins*).

Richard said Drinks on Him! It is his home brew very cheap 'Shuttle Spring' lager.

IT SHOULD BE A BLAST !!

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See Chairman's Report

I'VE RUN OUT OF GAS and IT WAS NOT MY FAULT! By Amanda

This is my new car stuck at the A2/M25 interchange after a Thursday Phase 4 and Yoga Class. Completely off its own bat, the car just stopped in the middle of a 3 lane interchange roundabout. I have to confess my utter disgust at the various gestures &

hurtful comments from passing male pigs. The salesman for my Fiesta emphasized its fuel efficiency and **at no time did he suggest that any flammable liquid should be inserted into the strange flap on the side of the car.** What a GAS!



AOH VISIT LONDON WETLAND CENTRE by *Steve*

The intrepid seven left the wet lands of Bexley and travelled by train to the London Wetland Centre, Barnes. It was a showery, cold day and most of the birds that could, had flown to a warmer place leaving mostly ducks, swans and geese behind.

We spent a few hours walking round, led by our leading "twitcher" Mike. We dodged the rain showers by hiding in the hides

placed around the centre. Phil captured some great photos of the wildfowl; also of many jet planes on their approach to Heathrow and of Gavin and myself playing hopscotch in a playground! We stopped for lunch in the restaurant and then spent some time in the Children's Education Area, which everyone seemed to enjoy more than the "bird watching".

Next was the highlight of the day - "Feeding time for the water otters". It was a great day out and thanks go to Mike for organising it. Next time let's hope the weather is better and we will consult a more experienced 'twitcher' to ensure there are more wildfowl than jumbo jets!
Steve Jeal (Vice Chair)



Phil, Gavin, Regine, Louisa, Mike and Richard at London Wetland Centre - & Steve???



You cannot be SERIOUS !!!

CHAIRMAN'S REPORT by *Ian*

It was back in March 2012 on a sunny Saturday afternoon that realisation took over as the then Mayor, Councillor Ray Sams arrived; I thought OMG, or words to that effect, "this is really going to happen". What a great day and what a start for our founder Amanda Mitchell. Since then we have not looked back.

We have a solid Committee, great members and overwhelming support from the medical professions. **A Special thank you to Jo Howe from the British Heart Foundation** whose input and guidance has helped us enormously. **AOH highlights:-**

April - Our first AOH monthly gathering at Sunrise, Froggnal House following my chance meeting with their Director of

Community, Michael Marley.

June - A Race night at Crayford Dog track aimed at raising funds for our own defibrillator. We raised a stunning **£650** from this. Some of us backed 3 legged losers!! I'm not bitter!

July - ASDA selected us as one of their "Chosen by You... Given by Us" fund donations (thanks Barbara). AOH received **£200**.

August - Froggnal Olympics Guest Speaker was Kevin May; he also helped Amanda complete a very successful sports day event.

October - Quiz night at Hurst Community Center. Guy and wife Liz were brilliant quiz masters.

October - BHF agreed to co-purchase a defibrillator for the Ace Of Hearts. I intend that this will be with us by early 2013.

AOH has had a great 7 months and there is lots more to come!

MEET THE AOH COMMITTEE by *Amanda*

Chairman: Ian has the grand task of keeping AOHCSG above board, meeting BHF guidelines. As chief fundraiser, Ian encourages members to play an active role in helping organise and support fundraising and social events. Ian is a keen sports man and enjoys playing golf and keeping Committee members on their toes.

Vice Chair: Steve is the main contact for new and existing members. As social events organiser, Steve supports Ian with fundraising matters and other social events. Steve is a black cab driver and his knowledge of London is impeccable! April's London Walk demonstrated "The Knowledge".

Secretary: Margaret looks after AOH non e-members by sending news via post. Margaret assists with the organisation of speakers and the raffle at members meet-



ings; she also campaigns at public events. Margaret enjoys keeping active:- amateur dramatics and jewellery making.

Treasurer: Trevor looks after the finances and keeps a beady eye on AOH out-goings. Trevor has many years experience working in a bank (nothing wrong with that??), and is meticulous when it comes to any official documentation. Trevor is looking forward to getting back to exercise when his knee is better.

Healthy Living Lead: Amanda helps coordinate the educational and physical activity sessions, supporting the AOH walks, especially the tough ones!! Amanda is what's known as a 'silent' member of the committee

(if at all possible!) and specialises in relaxation and meditation and harassing Frank and any slackers!

Publications: Phil works hard on imagery and display to advertise AOH. Phil helps members to take an active role in distributing posters and flyers to encourage new people to join and everyone to attend AOH events. Phil enjoys video /photography, playing music, walking, dogs and fast cars!!

Clinical Support: Lesley is the bridge between the medical profession and AOH. Also a silent member and friend of the committee, her main role is to promote AOH to the health services and support Amanda. Lesley is a senior physiotherapist and has been a victim of cardiovascular problems in the past. She leads an active life enjoying time with her family and horses.

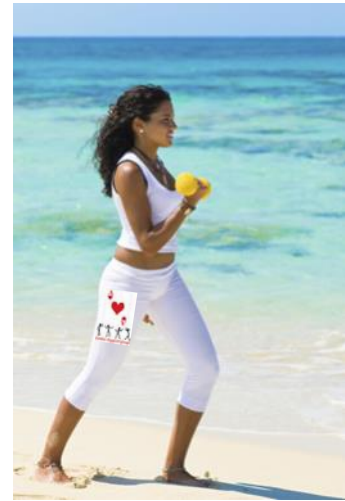
KEEP YOUR FEET MOVING by Amanda

Exercise guidelines have moved on. Dr Jason Gill (Institute of Cardiovascular and Medical Sciences) says the traditional guidelines on physical activity are outdated and overly simplistic. He surveyed the body of evidence on reducing cardiovascular disease risk with physical activity, as well as the increased risk associated with sedentary lifestyle. He asserted that the benefits of physical activity go beyond fat reduction, resulting from its effects on lipid metabolism (*fat transformation*), insulin sensitivity (*glucose process in people with low to moderate levels*

of insulin), blood pressure (*pressure required to circulate blood around the body*), and inflammation (*swelling in cells or joints*). Exercise, even without weight loss, can considerably reduce visceral and ectopic fat deposits (intra-abdominal fat). Dr Gill recommends we move on from the old exercise guidelines which were 30 minutes per day of moderate activity 5 x per week, to the new guidelines (American College of Sports Medicine) of **150 minutes** of moderate or **75 minutes** of vigorous exercise per week for beginners and **300**

minutes moderate or **150 minutes** of vigorous exercise per week for conditioned individuals (*people with a higher level of fitness*). Sedentary lifestyle is an independent risk factor for ill health.

KEEP THOSE FEET MOVING!
Editor's Comment: The Lads would keep moving if they could follow this AOH new member! Who is she?
 Richard thinks she is Nora Batty at Allhallows! Amanda has urgently referred him to **S p e c s a v e r s .**
 Sorry for the camera shake.



AOH QUIZ NIGHT by Phil

Our Vice Chairman (Steve) led the arrangement of the AOH Quiz Night social event at Hurst Community Centre. Despite a number of key teams missing, 6 teams competed in a good 'spirit' to win the valued AOH trophy. The photos show that the evening was wet (see poster left outside) and some 30 to 40 people attended including friends and families. The scoreboard shows that the "Purple People" team won by

4 points from the blue "Heart Throbs". What a JOKER!! Guy and his wife Liz were great quizmasters. Blue Phil claims his human rights were violated. Next AOH Quiz is due in May 2013 when Guy returns from his travels to S. Africa.



TEAM	1	2	3	4	5	6	7	8	TOTAL
RED	7	5	6	6	6	14	5	9	63
YELLOW DEPL.	9	4	7	6	6	8	4	6	51
PURPLE PEOPLE	8	5	7	7	7	16	7	7	64
GREEN SEAS	6	5	6	6	7	6	4	6	46
ORANGE	7	7	6	7	6	5	14		58
BLUE THROBS	7	7	9	8	10	5	6	8	60



SUMMER SPORTS MEETING by Phil



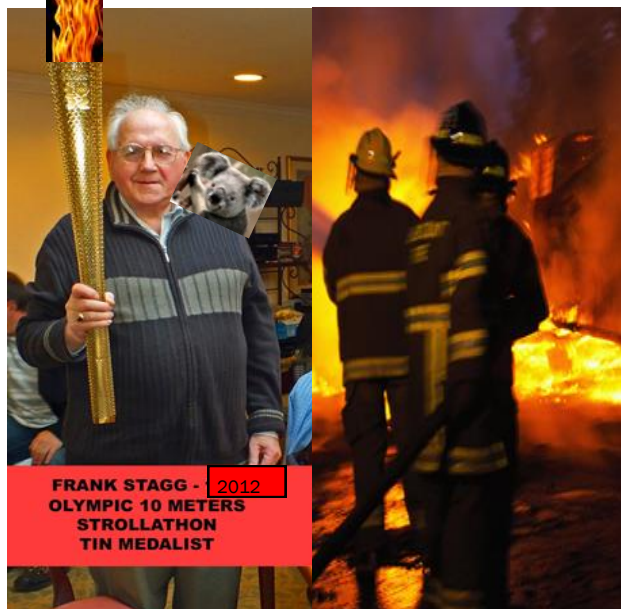
In August, AOH held a fantastic outdoor meeting in the landscaped grounds of Frognal House. The weather was lovely and the News Shopper published a report of the sporting day. Amanda organized the sports challenges and the two Margarets cooked super cakes.

Kevin May was the speaker. He was a keen rugby player until he had a full heart transplant in 2011. Congratulations to Kevin on an fascinating talk and he subsequently came 3rd in the National Heart Transplant Games only 1 year after his life changing op. AOH thanks Kevin.



FRANK'S ON FIRE !!!

Oh My God ! He's set fire to 'Sunrise' !
 Silly Arsonist!



FRANK STAGG - 2012
OLYMPIC 10 METERS
STROLLATHON
TIN MEDALIST

ACE of HEARTS - PLAY MORE GOLF by Amanda



A controlled trial of the health benefits of regular walking on a golf course

A study was undertaken by the American Journal of medicine and it revealed the effects of regular walking during a game of golf on various health and fitness indicators in middle aged men.

The study subjects were **group X**, (55 healthy male golfers aged between 48 to 64 years who had been sedentary (inactive) during 7 months before the study), were compared with **Group Y**, 55 men age- matched, similarly sedentary). During the 20 week study, those in the intervention **group X** were encouraged to play golf 2 to 3 times a week; **Group Y** was not. Measurements of body composition, cardio respiratory performance, motor and muscular skeletal fitness, blood pressure and serum lipid (fatty acids, cholesterol), glucose and insulin levels were obtained at the beginning and at the end of the 20 week study.

The results showed that **group X** gained health benefits at the end of the 20 week study. Walking during a game of golf was a practical and safe form of physical activity with high adherence. It significantly increased aerobic performance (endurance, stamina) and trunk (back, chest and tummy) muscle endurance, also having significantly greater increases in serum high-density lipoprotein (HDL's) good cholesterol levels, reductions in weight (1.4kg), abdominal skin fold thickness (2.2cm), waist circumference of 2.2cm, and a variation in reductions of blood pressure.

This concluded that regular walking has many positive effects on the health and fitness of sedentary middle aged men. Walking during a golf game is characterised by high adherence and low risk of injury and therefore is a good form of health enhancing physical activity.

Ace of Hearts Meetings and Events Program 2012 to 2013

Month	Subject	Name
2012	Opening words	Dr. Winston Martin, Jo Howe BHF, Councillor Ray Sams, Elaine Roles (Road to Recovery Facilitator)
March 10th	Cardiology	
AOH LAUNCH	BHF Support Groups	
	Exercise Rehabilitation	
April 11th	Eat your way to a Healthy Heart	Nikki Chawner
May 9th	NLP & Hypnosis	Jeni Campbell
June 13th	Daguerreotype Process	Brian Carr (History- Arts & Photography)
July 11th	Dartford & Gravesham Ramblers	Andy Taylor (Walk Lead)
August 8th	Sports Day & Heart Transplant	Kevin May (Transplant Beneficiary)
September 12th	Stress	Irene Tubbs (psychologist)
September 26th	London Wetlands Centre	Day Excursion
October 10th	Food Labelling / Olympic Torch	Bexley Health Trainers I Dawn (Olympic Torch Carrier) (NHS) Jan, Julia, Jane and Haile
October 20th	AOH Quiz Night	Entertainment Event – Steve, Guy, Ian
November 14th	Physical Health (Q's and A's)	Lesley Hopkins-Bain (Physiotherapist)
November 21st	AOH Walk	Footscray Meadows, Bexley - Wed - 10.00 to 12.00am
December 5th	AOH Christmas Dinner	Sidcup Place, Sidcup. Wednesday - 1.00 to 3.00 pm
December 3rd	Miskin Radio	Radio Interview with some AOH Committee
December	No AOH Meeting	No AOH Meeting
AOH 2013	2013	
January 9th	AOH Meeting - Laughter Therapy	Cathy Collymore – Wed 1.00 to 3.00 pm
January 23rd	AOH Walk	Danson Park – Multi Pace Walk – Wed 10.00 to 12.00 am
February 13th	AOH Meeting - Mud Larkers	Sara-Jane - Celebrity Historian – Wed 1.00 to 3.00 pm
February 27th	AOH Walk	Hall Place – Multi Pace Walk – Wed 10.00 to 12.00 am
March 13th (AOH BIRTHDAY)	AOH Meeting - Heart Health	Sally Bee - Wed 1.00 to 3.00 pm
	Cooking	Celebrity Chef -- AOH BIRTHDAY CELEBRATION
March 27th	AOH Walk	River Shuttle Walk, Bexley - Wed 10 to 12.00 am
April 10th	AOH Meeting - London Ambulance Services	Martin Bullock - Wed 1.00 to 3.00 pm (NHS) - (BHF)
April 24th	AOH Walk	Bostall Woods Walk - Wed 10.00 to 12.00 am
May 11th	AOH QUIZ NIGHT	Hurst Community Centre, Bexley - 7.30 to 10.00pm