



ACE of HEARTS

CARDIAC SUPPORT GROUP

ACE of HEARTS Bentley Museum Outing

By: Liz, Peggy and JudoMike

Main Topics

- AOH Bentley Museum
- London Cable Car Ride
- Hearts & Goals
- Know Your Pulse
- Tai Chi
- London to Brighton Ride
- Crash of the TITANs
- AOH Events 2013

26TH JUNE 2013

We congregated at Hurst with our knapsacks containing our picnics and boarded the mini-bus driven by Louisa's relative. We arrived at 'Bentley' just in time for an early picnic lunch and other refreshment, after a pretty drive through our green and pleasant land!

Steve and Judo-Mike were joint event leaders. Got off coach, coach goes, PANIC Phil's left his camera on the coach (*don't edit this out Phil*). A quick phone call, coach returns, camera retrieved Phil all smiles again.

Then off to do the 'Duck Walk' - No, NOT a Duck Do Guy! The ducks and wildfowl were beautiful and very friendly, especially to those of us who had forked out hard cash for seed to feed them!

Apparently, not so the swans; some of us found them a little bit aggressive! - Steve, Bryan!

Steve did not mention that Swans get upset if you get too close when they've got Cygnets. Well Louisa's son got pecked (*AoH lecture at Sunrise confirmed laughter is better for you than pills - we all saved a couple of pills*). Then our walk leader Steve got attacked by daddy Swan. Laughter; well would we laugh at Steve's misfortune? YES!



Mr P. Cock came out to greet AoH Members—This one did not attack Bryan

(*We all saved another load of pills*). And what of the peacock who was showing off and then pretended to be camera shy? I think Guy missed the display but Phil got the lovely picture above.

A lovely walk in very pretty surroundings. Then a well earned rest and cuppa - nice to find somewhere that does real green tea.

We set off for the Car Museum. We all went for a trip down Memory Lane, all the cars and vehicles in the exhibition were amazing.

Liz's personal favourite was the horse drawn hearse, or maybe that old Bentley, or maybe Billy Smart's 'truck'?

Quick whizz round the crafts then off to the main house—16th Century with wings added much later. Surprisingly not 'listed'. Lots of history, beautiful furniture, furnishings and artefacts. A lovely informative lady gave us a tour. The 'piece de resistance'... the cream tea. Guy and Liz will be going back, if only for that! Won't say I'm an expert but it was one of the BEST.

Then there was the miniature railway. Guy, Phil and Steve stood like big kids next to the steam engine and the engineer / driver. He gave them a fantastic ride of over 1 mile around the estate. All in all a BRILLIANT day out. Loved it.



AoH Committee 2013

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MORE PICTURES OF THE BENTLEY MUSEUM SUMMER OUTING



Steve explaining "I never touched the B— Swan!



Bryan playing with Angry Birds !!



AoH Members resting on the lakeside

AoH — London Cable Car Pics by *Phil*



All 11 of us made our way to the **O2** for our 10.00 am start. We congregated in the 'Subway' sandwich bar/coffee house. Steve was a bit late as he misunderstood the instructions and was searching for the non-existent underground station — he watches too many American movies (NOT THAT SUBWAY STEVE!!).

We filled two gondola's (again Steve was confused), and rapidly rose up and over the River Thames. It is very high and it sways about a bit. Louisa, (who suffers from claustrophobia), loved being

enclosed in a small glass bubble suspended 100 ft or more above water!!!! No one had a panic attack or threatened to jump out. Each gondola (car) takes up to 10 people and we all agreed it was a smooth and slightly scary ride as we descended into the northern terminal. Really great views of the river, dome and Canary Wharf are available and AoH Members can highly recommend the trip. I think Guy would have preferred to cycle across! We then took the driverless train to London.

Steve frightened everyone by sitting in the driver's vacant seat!! Most travellers then contemplated pulling the communication cord but having seen that film 'The Taking of Pelham 123', he was eventually wrestled to the ground just as we hit the buffers!!! We had a meal in Café Rouge (Steve again upset Regine making anti French remarks). Gavin, JudoMike and James (Louisa's son) were deep in intellectual conversation for most of the meal; but we all had a very nice day anyway!!

HEARTS AND GOALS - *Amanda Mitchell* Quoting **Arrhythmia Alliance**



FABRICE MUAMBA

Do you know the life-saving difference you can make?

Performing **CPR** (cardiopulmonary resuscitation) and **AED** (automated external defibrillator) can increase sudden cardiac arrest survival from **5%** to more than **50%** (also stated in AOH Newsletter 2nd Issue, JAN/

MARCH 2013, by Ace of Hearts AED trainer and paramedic, Martin Bullock from London Ambulance Services).

You have all heard of the famous footballer, 23 year old Bolton midfielder, Fabrice Muamba, who on the 17th May 2012 collapsed at Tottenham Hotspurs home ground (White Hart Lane). Whilst playing in a match, Fabrice suffered a massive heart attack and collapsed on the pitch. Luckily for Fabrice the fast response from trained staff, Bolton's own GP and onsite defibrillator saved his life.

But you don't have to have a history of heart problems or be a certain age to collapse from a dangerous arrhythmia. It can happen to absolutely anyone anytime in their life for many reasons and you don't necessarily have to feel unwell on

the day.

It's not actually difficult to use a defibrillator or learn CPR. Just a couple hours of your time with a resuscitation officer/trainer can give you the practice and confidence which might just save someone else's life like Fabrice. * NB Many people live with irregular heart rates. There are several different types of arrhythmias most of which can be treated with intervention and are nothing to worry about. Please see your GP if you are worried about your heart rate.

If you are interested in CPR and AED training please contact AOH via Email: aohcsg@hotmail.co.uk OR contact **Steve Jeal** (Vice Chair) on: - **07956 906725**.

KNOW YOUR PULSE!!! *Amanda Mitchell* Quoting **Arrhythmia Alliance**

Did you know that it was heart rhythm week recently? For one week at the beginning of June, **Arrhythmia Alliance**, **The Heart Rhythm Charity** raised awareness of heart rhythm disorders encouraging people to empower their friends, family and colleagues to take their heart health in to their own hands. Learn how you can take your heart health into your hands.

Firstly, what is your pulse? Your pulse is your heart beat, your heart rate, and your heart rhythm.

Where can I find my pulse? One of the easiest places to find your pulse is on your wrist, just below your thumb. You can also feel your pulse in other areas of your body, including the crease of your elbow, in your groin or behind your knee.

Why and when should you check your pulse? Being aware of your pulse is important because it may indicate an abnormal heart rate or rhythm. It is a good idea to try taking your pulse at various points of

throughout the day (before and after various activities). Your pulse rate will change during the day depending on what activity you are doing. This is normal. To get your baseline pulse and normal rhythm, try taking your resting pulse when you wake in the morning and before going to bed.

What is a normal pulse? Between **60** and **100** beats per minute.

However, there are normal reasons why your pulse may be slower or faster. This may be due to your age, medications, caffeine, level of fitness, and other illnesses including heart conditions, stress and anxiety.

When should you seek further advice?

If your pulse seems to be racing some or most of the time and you are feeling unwell.

If your pulse seems to be slow some or most of the time and you are feeling unwell.

If your pulse feels irregular ("jumping around"), even if you do not feel unwell.

Everyone is different and it is difficult to give precise guidelines. Many people have pulse rates over **100** beats/min (bpm) and less than **60** bpm. Irregularity is quite difficult to assess since the normal pulse is a bit irregular, varying with the phase of respiration. You should see your doctor if you have a persistent heart rate above **120** bpm or below **40** bpm.

Ask a member of the AOH committee team at the next monthly meeting for a "Know Your Own Pulse" check card with instructions inside.

For more information go to www.knowyourpulse.org
Or Tel: **01789 450 787**
Email: info@heartrhythmcharity.org.uk

TAI CHI—Slow It Down by Rhonda Bailey



SLOW IT DOWN!

Tai chi is an ancient Chinese practice that is well known for its health benefits although it was initially developed as a martial art. The movements of Tai Chi are carried out slowly and you may have seen people doing it in parks or spotted it in the film 'Calendar Girls'.

It is well-known that healthy lifestyles that include physical activity can improve the quality of life and Tai Chi fits the bill well. The movements are low-impact, flowing and circular, gently strengthening the body and regulating breathing. Carrying out the movements can be very relaxing, reducing stress and anxiety...which is why Tai Chi is also known as 'meditation in motion' and can

help people feel more positive about themselves. The health benefits of Tai Chi are extensive – you just have to google Tai Chi and a health condition to find a wealth of information on how Tai Chi can help. To give a few more examples, it can improve blood circulation, lower and stabilize high blood pressure, strengthen the immune system, improve balance and much more. Back in October last year the BBC reported on a US study where regular Tai Chi classes gave patients reduced BNP levels, a measure of heart failure. Don't be fooled by the slow movements, recent studies have shown that Tai Chi can provide the same cardiovascular benefit as moderate impact aerobics!

Rhonda has been practicing Tai Chi for 20 years and teaches classes in Bexley and South East London.

Details on the website: www.bexleyandsoutheasttaichi.com

MOTORING - CRASH of the TITanS by Phil

Amanda's motoring exploits are suspended this time due to a major motoring incident between Frank and Phil at Crayside recently. The photo below will be forwarded to the insurance companies and the courts if necessary. Phil claims that 'Kamikaze' Frank hit him broadside as retribution for 2 previous Newsletter articles edited by Phil which were supposed to be funny. Frank is believed to have been a crack kamikaze pilot in WW2 and Phil's evidence is that Frank was wearing his old leather helmet and flying goggles at the time of this crash. Old habits die hard ! Still, all friends now !?!



Huh! Friend my !!!! I'll get him next time - Frank Ramamoto Staggs

Following AoH Anniversary appearance by Sally Bee, Members are reminded that free recipe cards are available at her web site:- www.sally-bee.com (it's free to sign up to and receive Sally's free news letter and recipes).



British Heart Foundation - London - Brighton Cycle Ride by Guy

London to Brighton Bike Ride has been going for over 25 years and is BHF's largest and well established event. This year we had **28,500** riders registered to take part – however, we know other riders join along the route. BHF are always oversubscribed so we now also offer London to Brighton Night Ride and London to Brighton Off Road as alternatives to take part in. There are many people who take part every year and also new people taking on the 54 miles challenge. BHF are grateful to all those that take part to help in the fight against heart disease. Even if cycling is not for you then there are other events you can take part or hold your own. (**Jo Howe BHF**).

Preparing for the London to Brighton 54 mile ride was daunting; first I needed to get hold of a bike; next Liz and I went off to Malta for weeks all inclusive luxury holiday. Then my friend Jane, who did the ride with me, shared advice from her experiences last year. She said:-

“Go Commando, use lots of Sudacrem, wear proper riding shorts and get a gel saddle.” I also received offers from friends to help with the petroleum jelly (Thanks for the offer Phil!) **Editor's comment: I did NOT offer!! Also, I think you may find Jane is a sadistic practical joker)**

Sunday 16th June came and I was up at 4am and at Clapham Common start line ready to cycle by 6am. The crowd was amazing! I have never seen so many cyclists and we eventually got away at 6.20am. It was all going well until I got a puncture right under the Gatwick flight path (**See Pic**). At the top of Turners Hill we were treated to a free cup of tea and cake from the local church. The slog up Ditching Beacon was immense, (I walked) but once up there the view was breath-taking. From there on it was all easy riding down in to Brighton and an amazing welcome by the crowd when we arrived at 1.30pm.

A great big thanks to all my sponcers. **Total raised - £581.18.**

And the good news in the end I did not need Phil's helping hands! PS Phil has promised to do it with me next year so let's get an **A o H** team going. If you want more details about the BHF contact **Jo Howe 01474 537997 or 07711 195746.**



**AoH HERO - GUY
TEAM SUDACREM**



I know it looks bad but
Guy's mending a puncture





SIMPLY ACTIVE Exercise Classes in Bexley by *MARCUS*

The charge is **£79.99** for the complete course of **14 weeks** (Heart of Gold membership) or **£15** joining fee and **£4.50** per session. The Heart of Gold membership allows participants to attend up to 4 times per week.

We would like you to continue after your 14 week program and not for you to stop exercising, this is something for life and not just for 14 weeks! We offer a 10% discount if you continue exercising with us.

Boys & Girls Memorial Hall, Lesley Close, **BEXLEY**, DA5 1LX.

Monday

10.00-11.00am Low/Medium intensity circuit class

Tuesday

11.30am-12.30 Low/Medium Intensity circuit class

Wednesday

10.00-11.00am Low/Medium intensity circuit class

Thursday

11.30am-12.30 Low/Medium intensity circuit class



St Peters Church, Pickford La, **BEXLEYHEATH**, DA74RW

Tuesday

5.30-6.30pm Low/Medium intensity Circuit Class

Thursday

6.00-7.00pm Low/Medium intensity circuit class

Christ Church, Glebe Road, **ERITH**, Kent, DA8 3AN.

Wednesday

10.00-11.00am Low/Medium intensity circuit class

Tel: 07840 379 316

[Email:info@simplyactivehf.com](mailto:info@simplyactivehf.com)

Website: simplyactivehf.com

**NORDIC WALKING
COMING TO BEXLEY**
Full Article
In Next Newsletter



Helen and Charlene (Bexley) are training JudoMike, Guy and Phil as Nordic Walk Leaders to help them deliver a professional exercise facility which will benefit everyone's health. Nordic walking uses your arms to burn up to 40% more calories and uses 90% of your body's muscles. [See Helen for details - STARTS SOON.](#)



ACE of HEARTS

EVENTS / WALK PROGRAM 2013

July 10 th (WED)	AoH Meeting at Sunrise – Exercise & Relaxation – Tai Chi	Rhonda Bailey - 1.00 to 3.00 pm
July 24 th (WED)	AoH LONDON RIVER CRUISE GREENWICH O2 – CHARING X	Meet at O2 - 10.00 to 16.00
Aug 14 th (WED)	Sporting Themed Meeting at Sunrise	Charlton Athletic TBC - 1.00 to 3.00 pm In Grounds Frogna Hou Also Kevin May (Heart Transplant Patient– 1 year on)
Aug 24 th (SAT)	AoH Summer Fete at Sunrise	Open Event at Sunrise, SIDCUP – events, attractions 2.00 to 4.30
Aug 28 th (WED)	AoH WALK EVENT	HALL PLACE - 10.00 to 12.00 pm
Sept 11 th (WED)	AoH Meeting – Bexley Conservation and Community Officer	Marc Taylor - 1.00 to 3.00 pm
Sept 25 th (WED)	AoH WALK EVENT	CONDUCTED TOUR OF GREENWICH 10.00 to 14.00 With Roger McLean (AoH Member & Tourist Office Guide)
Sept 28th (SAT)	AoH EVENING EVENT – QuizNight	Hurst Community Center - 7.30 to 10.30
Oct 9 th (WED)	AoH Meeting – Laughter Therapy	Cathy Collymore - 1.00 to 3.00 pm
Oct 23 rd (WED)	AoH WALK EVENT	Danson Park - 10.00 to 12.00
Nov 13 th (WED)	AoH Meeting – Looking After Your Heart	Jill Fitnum - 1.00 to 3.00 pm
Nov 27 th (WED)	AoH LONDON MUSEUM VISIT	TBC - 10.00 to 15.00
Dec 11 th (WED)	AoH Christmas Dinner Event	SIDCUP PLACE, SIDCUP - 12.00 TO 3.00pm

Jo Howe of BHF intends to hold a fundraising event called **Exercise & Empowerment** at White Oak Leisure Centre on Monday 7th OCT 2013