



# ACE OF HEARTS

CARDIAC SUPPORT GROUP

### Main Topics

- AOH 1st Anniversary
- London German Market
- Mudlark's Meeting
- London Ambulance
- AoH Issues for 2013
- AoH Antarctic Walk
- Frank's Cake Quiz
- AOH Events 2013



Chairman IAN GILES

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## ACE of HEARTS 1st ANNIVERSARY

This March, the Ace of Hearts celebrated its first anniversary and the Committee felt that we should hold an impressive event with top guest speaker in a large venue that could take up to potentially 100 guests. All the members of the Committee and the Friends of Committee spent much time inviting many health professionals, local councillors, voluntary groups and distributed large amounts of advertising material to attract a good turn out. Because of the predicted numbers, it was decided to hire the brand new, large Community Centre in Crayford. We were one of the first main events to open this excellent new community facility.

The big day was the **13th March 2013**. We were delighted at the excellent turn out which exceeded 75 members and guests. Fortunately Amanda had secured an inspiring guest speaker **Sally Bee** who is a mother of 3, celebrity chef and author. At the age of 36 Sally had a most harrowing heart condition which nearly took her life on several occasions. She brought her Healthy Heart



AoH Committee, Sally Bee with Deputy Mayor, Leader of Council and guests

Cook Book with her and sold out. She had given an outline of her traumatic heart events and impressed the audience with her optimism and positive approach to life. Her question and answer session was very entertaining.

The Chairman gave a short speech and thanked the Deputy Mayor (Cllr Brian Beckwith) and Leader of Bexley Council (Teresa O'Neill) who were among the special guests. Ian also thanked last years mayor Ray Sams, for his substantial

financial support to the Ace of Hearts. Steve Jeal (Vice Chairman) — with much assistance from Louisa - ran the extensive raffle event on the day which made over £260 for AoH.

Margaret (AoH Secretary) together with her associates Margaret Radcliffe and Elizabeth Brooker, provided an impressive catering and refreshment service to the large audience.

What a very good effort by Members and the Committee **GOOD JOB AoH !!**

### SOME MORE PICTURES OF THE ANNIVERSARY EVENT



75—80 guests at Crayford Community Centre



Anniversary Cake—Margaret R.



Sally Bee telling her incredible story

## London Ambulance Meeting by *Martin Bullock* (London Ambulance)



The National Defibrillator Program was set up in 2000 by the Department of Health, when they decided that more needed to be done to increase the survivor rates of patients who suffered cardiac arrest outside hospital.

At this time survivor rates were less than 5% in London. So defibrillators were placed at high profile locations such as airports, rail and underground stations. The scheme has continued to expand up until present day with the British Heart Foundation overseeing, and machines continuing to be placed at schools, colleges, universities, shopping centres, theatres and leisure centres; the list is endless.

In London last year there were **9,948** cardiac arrests of which **4,255** had resuscitation attempted, the rest were either found too late or their problem too severe for resuscitation to be commenced.

The current **2011/2012** Utstein survivor rate for cardiac arrest in London is **31.7%**.

The current survivor rate for cardiac arrests at locations where machines are sited is **35.5%** the highest ever; the previous year was **31%**.

The NHS Ambulance services are set Government targets in which we should reach 999 calls. **The current target is eight minutes**, although we currently reach most of our cardiac arrests within **six minutes**. This can still be too late if resuscitation is not being attempted.

**INTERESTING FACTS FOLLOW:-**

**1. For every minute that a Defibrillator doesn't get to a patient in cardiac arrest their chance of survival goes down by at least 14% per minute.**

**2. If no one is undertaking Basic Life Support there is a high risk of brain damage within three/four minutes.**

**3. The Ventricular Fibrillation rhythm that causes 80% of cardiac arrests and which the Defibrillator wants to shock on average only lasts for approximately five minutes after the arrest occurs. However it may not always be a cardiac problem that causes the arrest. An unlucky thump in the chest during sport could cause arrest. Or in the young, an undiagnosed condition can cause arrest even in those who appear physically fit and healthy.**

**4. The following information demonstrates how quickly a person's chance of survival can disappear the longer resus is delayed:-**

<b>Immediate Resus</b>	<b>90%</b> survival chance
<b>Within 2 minutes</b>	<b>75%</b> survival chance
<b>Within 4 minutes</b>	<b>55%</b> survival chance
<b>Within 6 minutes</b>	<b>36%</b> survival chance
<b>Within 8 minutes</b>	<b>16%</b> survival chance

(Yet that's our Government Cat A target)

**Within 10 mins** Remote survival chance  
In London currently the average age for cardiac arrest is **64** male and **72** female. Most cardiac arrests in public places involve

males, whereas most female cardiac arrests occur at home. In the last few months however our static site machines have been used on patients in their twenties, thirties and forties as well as the elderly, with a high percentage of these patients having no previous medical history.

When assessing a location for the placement of a machine, we tend to consider the two minute rule i.e. that it should never take longer than two minutes to collect a machine and return to the patient. There is currently no guidance on how many machines there should be per members off staff. With office blocks we would normally suggest one at reception and one on the middle floor as a guide, with a building protocol produced around their dispatch and usage.

**AoH thanks Martin for his recent talk at "Sunrise" which 22 AoH Members found most informative and entertaining!**

The Photos above show the well attended meeting. Lets hope none of our AoH Members is called upon to use the defibrillator—in particular **Ian** and **Steve** (see photo) - and especially **Phil** who decapitated his 'Annie' dummy trying to do a Vinnie Jones hard man impression! After surgery Annie has been resuscitated but she now attends persecution therapy and **Phil** is doing **Community Service!**  
**Editors Comment.**

## AoH ISSUES for 2013 by *Amanda*

The Ace of Hearts Committee comprises **Ian Giles** (Chairman), **Steve Jeal** (Vice Chairman), **Myself** (Healthy Living Lead), **Trevor Watkins** (Treasurer), **Margaret Kilsby** (Secretary) and **Phil Harle** (Publications and IT). I introduced the Committee members and their responsibilities in my article in the **1st AoH Newsletter**.

The AoH Annual General Meeting was held on the **15th April 2013**. The Committee was re-elected for a further year and aims to achieve even more in 2013.

The committee have found that the workload of running the expanding AoH Cardiac Support Group is increasing and we are all volunteers. I am taking more of a supportive, background role in accordance with the national guidelines for Support Groups.



**Mike Smith** (or Judo Mike) has been invited to be a Friend of Committee (FOC) to take a main role in conjunction with Steve and others in arranging Outings and Events for members. Mike will help to identify the type and timing of events that will be popular and useful to members and to integrate them into our 2013 program.

**Guy Beattie** has also been invited to be a FOC and take a lead role in arranging AoH walks and other events in conjunction with Steve, Mike and others. Guy, Liz and Steve will run the upcoming Quiz Night on the 11th May and October Whist Drive at Hurst Community Centre, Bexley. We are anxious to get the views of all members on a number of issues. Thus you will find a separate AoH Questionnaire inside this newsletter. Please help

us to provide meetings and events that you will all benefit from and are keen to attend. Any suggestions and advice will be welcome — **Louisa** is also a Friend of the Committee and will be involved in AoH promotion and other AoH advertising projects.

From the experience of other Cardiac Support Groups in other parts of the country (e.g. Derby—running for 25 years), we are currently looking to create the AoH Web Site in 2013. This could well double or treble membership in the light of other groups experiences. If you have any suggestions of the features that would be desirable on the new web site please outline them on the Questionnaire response form.

**Have a good year AoH!** *Amanda*

## AoH Mudlarkers Meeting Report by *Steve*



We all arrived at "Sunrise" expecting to see some "old relics" laid out on the tables! Instead, they were found sitting at the tables, all keen to look and learn about mudlarking! Sara-Jane was our guest mudlarker (i.e. someone with a permit to search the foreshore of the River Thames). Sara-Jane was very enthusiastic and

described her many expeditions in all weathers. She showed many artifacts — buckles, marbles, thimbles, gold & sapphire ring - also many sizes of clay pipes. The smaller they are the older they are—related to the varying cost of the tobacco. Thanks to Sara-Jane with her wicked sense of humour.

## AOH DANSON PARK — Antarctic Walk by *Phil*

Amanda led the undaunted group of 8 AoH Members for our January walk in the Antarctic (Danson Park). AoH Members are a hardy breed and have learnt that you do not cancel any events in Britain due to poor weather. Why; because we now get nothing but strange, unpredictable bad weather these days. I mean how could I have known that I should have taken my summer holiday in March 2012!! It is a good job I did not do that this March! I have bought a decent set of all weather walking gear. I now go out with the stubborn mindset of challenging the

British climate to do its worst and **try to ruin my day ! NO WAY !**



## MOTORING NEWS UPDATE by *Amanda*

By popular demand and against my better judgement, the Committee wanted to update you on my motoring experiences. Petrol supplies have been no problem now that Ford has clarified the instruction manual. However, the Fiesta seems reluctant to let me out on a number of occasions! The photo below is of me trying to leave AoH Christmas Dinner—my automatic wing mirrors would not open — Ford's CEO suggests that pressing the large button in front of me with a wing mirror symbol on may solve my problem??

**AoH Chair and Vice Chair laughing was NOT HELPFUL!**



## German Christmas Market LONDON by *Phil*



In December, AOH held a fantastic London South Bank trip to visit the annual German Market. The small intrepid group of AoH Members arrived at the colourful market and started to spend on a wide variety of attractive jewelry, watches and strange headgear. The picture of Chi Chi

and Cha Cha above was taken through their cage. Below shows our detour to Somerset House for an ice skating experience! The team were also photographed in their natural habitat—"The Nut House". Thanks to Mike and Steve for arranging this enjoyable day out.



## FRANK'S HEALTHY EATING ADVICE He bought Sally Bee's Book — But Has He Read It??



Frank's Official excuse:- Guess which one is correct??

- 1) I didn't want to upset Margaret R. who made them!
- 2) Sally Bee told me a little of what I fancy is good for me!
- 3) Phil made me pose for this picture to get me into trouble!

This amounts to defamation of character — my legal team and I look forward to a grovelling and expensive apology Phil.



## SIMPLY ACTIVE EXERCISE REFERRAL SCHEME by HELEN

The Simply Active Exercise Referral Scheme was launched in July 2011. After a lot of hard work and time we worked in partnership with Bexley Primary Care Trust to provide evidence our scheme met the criteria for delivering Exercise Referral which then enabled GP's and health professionals in Bexley to refer patients to our scheme. We have over 100 members attending our Bexleyheath, Bexley and Erith classes.

We pride ourselves in exercise being an enjoyable and a social activity. The scheme works by being referred from your Health Care Worker ie Nurse, Doctor, Physio etc. The first 12 weeks of the exercise program is closely monitored, following that we hope that the sessions have been so enjoyable that exercise is continued. Memberships can be paid in a 3 month lump sum or a pay as you go membership is available, you can exercise for as little as **£1.50** a session!

The Exercise Referral Team consists of 4 members of staff who are all qualified in Exercise Referral and three of us in Cardiac Rehabilitation working closely with S&C Healthcare. Between us we have over 25 years experience in referral schemes. If you are interested in joining please see our website for more details [www.simplyactivehf.com](http://www.simplyactivehf.com).



**HELEN:** We all know Helen for putting us all through punishing but fun exercise routines on Tuesdays & Thursdays at Crayside Leisure Centre.



**MARCUS:** Fantastically fit bloke. He regularly cycles **90 miles** in a morning before taking a Phase 3 Class. This is **91 miles** further than Frank, Ian, Steve or Phil does!!



**KERRY:** If you see her bike outside Crayside you know Helen is on leave and you are in for a fun but hard time. Always laughing – with us not at us (I hope! Although ???)

## Ace of Hearts Meetings and Events Program 2013

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 Cooking Sally Bee - Wed 1.00 to 3.00 pm Celebrity Chef -- <b>AOH BIRTHDAY CELEBRATION</b>
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 WED	AOH Walk Footscray Meadows Wed 10.00 to 12.00 am - TBC
May 8th WED	AoH Meeting - British Heart Foundation Jo Howe - Wed 1.00 to 3.00 pm
May 11th SAT	AOH QUIZ NIGHT Hurst Community Centre, Bexley - 7.30 to 10.30pm
May 22nd WED	AoH Daytrip Meet O <sub>2</sub> & then Cable Car Ride Over the River Thames - 10.00 to 3.00
June 12 <sup>th</sup> (WED)	AoH Meeting – Simply Active Kerry Young - 1.00 to 3.00
June 26 <sup>th</sup> (WED)	AoH DAYOUT TO BENTLEY MUSEUM – EAST SUSSEX TBC - Coach Trip + private transport - 10.00 to 18.00
June 28 <sup>th</sup> (FRI)	AoH Friday Dogs Night Out TBC Crayford Greyhound Stadium - 7.00 to 10.30 pm - TBC
July 10 <sup>th</sup> (WED)	AoH Meeting – Exercise & Relaxation – Tai Chi Phase 4 Instructor – Rhonda Bailey TBC - 1.00 to 3.00 pm
July 24 <sup>th</sup> (WED)	AoH DAY TRIP to LONDON TBC - 10.00 to 15.00 <b>LONDON WETLANDS WILDFOWL CENTRE</b>
Aug 3 <sup>rd</sup> (SAT)	AoH Party in the Park TBC Footscray Meadows Saturday Games / Barbeque - 2.00 to 7.00 TBC
August 14 <sup>th</sup> (WED)	Sporting Themed Meeting Surprise Sports Professional/Expert - 1.00 to 3.00
August 28 <sup>th</sup> (WED)	AoH WALK / EVENT TBC TBC - 10.00 to 12.00 <b>LONDON DUCK RIDE</b>
Sept 11 <sup>th</sup> (WED)	AoH Meeting – Bexley Conservation and Community Marc Taylor - 1.00 to 3.00 pm
Sept 25 <sup>th</sup> (WED)	AoH WALK - Joydens Wood TBC - 10.00 to 12.00
October 5 <sup>th</sup> (SAT)	AoH EVENING EVENT – Beetle/Whist Drive TBC - Hurst Community Center - 7.30 to 10.30
October 9 <sup>th</sup> (WED)	AoH Meeting – Laughter Therapy Cathy Collymore - 1.00 to 3.00 pm - TBC
October 23 <sup>rd</sup> WED	AoH WALK / EVENT TBC TBC - 10.00 to 12.00 <b>DAY TRIP TO LONDON MUSEUM</b>
Nov 13 <sup>th</sup> (WED)	AoH Meeting – Looking After Your Heart Jill Fitnum TBC - 1.00 to 3.00 pm
Nov 27 <sup>th</sup> (WED)	AoH WALK TBC TBC - 10.00 to 12.00
December ??	AoH Christmas Event TBC TBC

TBC = To Be Confirmed