



Solihull Heart Support Group Heart Line News

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Reg Charity No 1171677

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Winter/Spring 2019/2020

7.15 to 9.00 pm, at the Marie Curie Hospice, Marsh Lane, Solihull, B91 2PQ . Third Wednesday in the month.

Jan 15th Tisi Dutton ; Tisi is a private practitioner talking on the benefits of Acupuncture
Feb 19th 25th Anniversary Quiz Night; themed around Events taking place 25 yrs ago/ Hearts / 25th Anniversaries + some surprises !!
Mar 18th Tony Fryer – Talking about Freemasonry

Notices

Friends Against Scams Awareness Session

Mike & Tricia Lines have teamed up with National Trading Standards to provide a complimentary talk to individuals/organisations who would like an awareness session to find out more about Scams and how you can protect yourself and others from being a victim.. Interested then please call Mike or Tricia on **0121 430 3502**

Programme Secretary

We would like to thank Kate Kearney for everything she has done over the past few years as programme secretary, we have had some really excellent evenings with interesting talks on a range of subjects. Regrettably she is having to resign due to work and family commitments so we are looking for someone who would like to take over. Kate has compiled a paper record of everything she has done with all the contacts she has found – she will keep adding to this and will provide a copy on a USB stick and will pass on as much information as she can to whoever takes over The programme has been arranged until the end of May. Kate is happy for anyone who may be interested to contact her by email (cmk@pml.co.uk) and she will go through what has to be done. Obviously the committee will also support any volunteer. Call **0121 430 3502**.

ReCOM bridging the IT gap in the community.

Feeling isolated? Need help getting On-Line to keep in touch with family and friends?

IT@Home is a free service providing training for people who are housebound or tied to the house for whatever reason. Our volunteers will provide an hour of support each week for up to 12 visits, tailored to meet your needs. Learn on your iPad, Tablet, Laptop or Computer. All this in the comfort of your own home!
Learn to – Search on Line, Use Facebook, Send an Email, Chat to your family, Catch up on TV..... and more.
For further details call Mike Lines on 0121 430 3502.

Becketts Farm Charity Tokens

The tokens for SHSG which you can get when shopping at Becketts Farm and put in the appropriate box is finishing 15th of January 2020 so if anyone is Christmas shopping

there please don't forget to make use of this fund raising for SHSG.

Meeting Reports

Canal History and Heritage – 18.09.19

Roger Hunt who gave this presentation used to work for British Waterways – did you know that there are over 2,100 mile of canals in Great Britain and that Birmingham is the centre of the canal network ? There are only 3 canals in Scotland and a further 3 in Wales. The term for a person watching the boats go by is a Gongoozler !!! Amongst other fascinating facts we learnt that there are 32,000 boats registered on our canals and more than 10 million people visit the canals annually. We are lucky to have so many working canals in our area - 50 years ago the Coventry canal was derelict but it has now been restored and has new buildings and craft workshops for people to visit and of course we have the flight of locks at Hatton to visit. Roger gave us an excellent presentation with some amazing photographs he had taken of various canals as well as magnificent scenery we were able to see traditional examples of canal art – it is thought that these bright paintings and ornamentations came from Romany gypsies many years ago. A good visit would be the National Waterways Museum at Ellesmere Port

Optometry and Systemic Disease – 16.10.19

Owen Clarke from Specsavers gave us a very interesting and informative talk and presentation on how cardiac disease can affect our eyesight and how in fact some of the symptoms of heart disease can be picked up through regular eye tests – e.g. high cholesterol, high blood pressure etc. Hypertension can lead to a number of optical problems including hypertensive retinopathy, cotton wool spots in the eyes and arteriosclerosis. Owen showed us some very clear photographs showing us what a normal eye should look like and then how various problems occur and what they look like in a photograph behind the eye and what symptoms we might recognise. He also expanded on all problems which might be experienced by diabetics and the importance of keeping it under control to prevent or at least delay the most serious side effects. It was obvious from the number of questions asked how involved those members present felt and Owen was very patient both

during and after the meeting answering as many queries as possible. As a result of the number of questions on Age Related Macular Degeneration Owen has agreed to return and give a further presentation purely on this towards the end of next year so do look out for the date in your newsletter.

Robert Dugoid ; 20.11.19

Risk & Reward; Threats to the Heart & How to Prevent them. Robert is a trainee Healthcare Specialist who has been working with Emily Wills at Solihull Hospital. Robert started by giving us a brief history of how the examination of the heart and thoughts of how it worked has been found from over 1000 years ago and even then, when discoveries could only be made from animal studies and autopsies, a good general guide was used which could be recognised today. He went on to talk about the workings of the heart under the main headings of “wiring” and “plumbing” and looked at the more commonly known risks and also some of those which may not be so commonly recognised. Special reference was made to cholesterol and how important it is in the body in building cells and giving them structure – none of us realised that there are actually 5 stages of density lipids ranging from the HDL and LDL that we are all familiar with to ULDL (ultra large density lipids). Robert covered a great deal of ground and answered numerous questions from our members with great patience. Everyone agreed that the talk was fascinating, pitched at just the right level and left us wanting more. Hopefully we will have a further visit later in our programme.

5 of the best Health Trends

Here's how to get the wellbeing fads worth following into your life.

A gut makeover

Why – the importance of your gut microbiome to your overall health is only really now starting to be understood. The 50 trillion microbes in your gut include over 1,000 different species, and may affect your health way beyond digestion, including immunity and mood regulation. The brain and gut are highly interconnected. Signals from the gut go up into the brain and vice versa.

How – Eat high fibre foods (fresh fruit, veg, wholegrains and pulses) which help gut bugs grow. Antibiotics and processed foods kill them so avoid or rebuild with fermented foods, such as sauerkraut and probiotic supplements.

Music Therapy

Why – Music calms, stimulates, and speeds recovery. It can help lower heart rate and blood pressure and alter brain chemistry. The NHS even employs music therapists.

How – Listen to music or join a choir – it raises levels of the ‘bonding’ hormone oxytocin – or use sound to help meditation. ‘Gong bathing (using sounds and vibrations) can help with sleep, relaxation, stress and digestion problems.

Turn flexitarian Why – Cutting back on red meat is a great way to reduce saturated fat in your diet – too much of it increases your blood cholesterol and raises your risk of

heart disease and stroke. And, while a balanced vegetarian/vegan diet can have many health benefits, it can be trickier to follow while getting key nutrients vitamin B12, iron and zinc. Get the best of both worlds by turning veggie on selected days only.

How – Introduce some meat free days, or meals into your week. And bulk out ‘meaty’ mince dishes such as cottage pie and Bolognese, with extra veg, beans and pulses. Anything which boosts your five a day is a smart health move.

Outdoor Wellness

Why – Outdoor exercise is important, you reap the physical and mental benefits of activity while getting the “green” effect, a calming of the senses which comes from being in nature. Natural daylight helps regulate your sleep cycle and sunlight on unprotected skin makes essential vitamin D, just make sure you don't burn.

How - Try Parkrun (for details go to parkrun.org.uk) Saturday morning, free, timed, 5km runs in parks throughout the UK. Walk them if you're not a runner. Do some gardening, cycle or walk.

CBD Oil

Why - Cannabinoid (CBD) is a natural extract of the Hemp plant. A consultant neurologist says there are four conditions where there's evidence of its benefits. Chronic pain, as a result of cancer, an accident or arthritis, for example, he says ‘It can help with spasticity after a stroke or injury; with anxiety; and with nausea or vomiting, for example as a side effect of chemo.

How – Pure CBD is available as oil and supplements and is legal to buy in the UK – find it in health food shops and online. The Hemp plant, from which it's extracted, has very small traces of the THC – the ingredient in cannabis which has ‘psychoactive’ effects so it doesn't produce a high but is believed to have a relaxing effect. If you think it may help you, discuss it fully with your GP before going ahead.

Things they say

Those who bring sunshine into the lives of others cannot keep it from themselves – J M Barrie (1860-1937)

Always laugh when you can it is cheap medicine. - Lord Byron (1788-1824)

Love all, trust few, do wrong to none – William Shakespeare (1564-1616)

Life began with waking up and loving my mother's face. George Eliot (1819-1880)

Christmas

The Festive Feast is back for another year in Mel Square Solihull from Wednesday December 18th to Sunday 22nd December. There will be continental street market traders joining local regional producers as part of the festive feast event. Food from around the world for you to sample. Also a variety of Christmas acts and other activities.

The Committee of the Solihull Heart Support Group would like to take this opportunity of wishing you a Happy Christmas and a Very Healthy 2020