



Solihull Heart Support Group

Heart Line News

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Reg Charity No 1171677

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Autumn 2021

FAREWELL NEWSLETTER

After 26 years we are very sorry to confirm that Solihull Heart Support Group will close as from June 30th 2021. The committee/trustees have had to make this difficult decision as we do not have sufficient people to run the group in line with both BHF and the Charities Commission regulations. Mike and Tricia Lines who started SHSG in 1995 are both retiring due to personal reasons and our treasurer, John Court, has also decided that it is time for him to retire leaving us with only 1 member of the executive committee left.

When our accounts are finalised, there will be a sum of money left which – in line with our constitution – will be donated to local health related organisations/charities. We have always been grateful that donations received by us were often made because we would spend it to benefit local residents and wish to continue that to the end. The committee have made a number of suggestions (listed below) and we would appreciate your comments/further suggestions.

BHF (Young @ Heart)

Marie Curie Hospice – Solihull (in thanks for use of their facilities)

Shelly Farm Community Centre “ “

John Palmer Hall Christchurch “ “

Solihull Stroke Survivors Group

Solihull Diabetes UK Group

Fast+Aid Solihull

Allison Stretton-Byrne - a sum to subsidise a continuing exercise class.

Continuation of Private Exercise Class

Alli Stretton-Byrne is hoping to continue with a privately run keep fit exercise class if enough members are interested. The class will be run circuit style (the same format as the previous SHSG classes). The provisional venue is John Palmer Hall, Warwick Road, Solihull on a Monday between 12.00-1.00 pm. Parking is available provided you display an approved parking ticket which can be obtained from Alli. She will need to have approximate numbers as soon as possible so that she can confirm the booking with the hall and arrange dates/ costings etc. We

all know the benefits of exercise, both physical, mental and social, many of you have exercised with the group for a long time and made friends in the classes who you will hopefully meet up with again (plus of course a great instructor !!) Please contact Alli on;

alli@personalexercise.co.uk or 07956251440

Update – Exercise Classes

The new exercise class will start on Monday August 2nd from 12.00 – 1.00pm at John Palmer Hall. The cost will be £4.50 per session (as before) and Alli would like 1 month's payment up front please to cover the room costs.

For members who paid their fees for exercise classes in March 2020 will either be included in the money given to the charities or will be refunded if requested.

Thank You – From Tricia and Mike Lines

Over the past 26 years we have seen almost 1000 members registered with SHSG & we thank you all for your support during this time. We have also had many very committed committee members starting from 1995 with Gerry Cawthray as our treasurer (& who is still in touch), through to the trustees/committee who saw us through our registration as a charity & currently to closure, to our president Dr. Gordon Murray who encouraged us to continue in our early days and involved us in local health initiatives. Mike and Tricia would particularly like to offer our own thanks to John Court, Roger Willis, Martin and Sue Morgan, Frank Smart, Mike Parsons & Kate Kearney who have supported us throughout & to Jeanne Ison who has spent many an hour with Tricia organising & sending out all our mail-outs. Thank you also to our exercise instructors Jayne Wetton, Allison Stretton-Byrne and Julie Walker for their hard work and good humour.

If we have forgotten anybody, please accept our apologies (old age you know !!).

On a quick count we have had over 200 speakers come to our meetings – far too many to thank by name although we have appreciated them all. We must also give a special thank you to all our medical speakers who have given so freely of their time and knowledge, the educational value of all their talks has been immeasurable and has eased

many of our fears and concerns and enabled us to go forward knowing that there is indeed a life after a diagnosis of heart disease.

Complimentary Farewell Lunch

As a thank you to members, committee & people who have helped us over the years we are having a farewell lunch at the West Warwickshire Sports Club on Wednesday July 21st – Boris and Covid Regulations permitting. This will be a **free** 2 course lunch concluding with a vocalist – Charlotte Costello and will, we hope, be a fitting end to our 26 years as SHSG. Numbers will be limited so bookings will be on a first come first served basis. Arrival will be at 12.30 for lunch at 1.00pm and the menu will be available nearer to the date. Book your place now with Tricia on 01214303502 or by email at tricia.lines@sky.com. If step 4 is delayed for any reason we will of course reschedule the date to comply with Government Regulations and notify you accordingly.

End of an Era - Roger Willis Welfare Officer

SHSG was formed in 1995 as a result of our Chairman Mike Lines, having undergone a heart operation, sought help and advice from the British Heart Foundation. He discovered there was no Support Group in the local area and was encouraged (with the help from like-minded friends) to start his own, thus a new era of help and information for Heart Patients has begun. With help from BHF the group began to flourish.

In 1996, following a heart by-pass operation I too was looking for similar support and came across Mike and SHSG who encouraged me to join and even later to become Welfare Officer which I continued to fulfil until the end.

During the past 25 years all members have been able to access various types of support and encouragement on a one to one personal basis of group meetings covering heart related developments and in particular topics on healthy eating provided by Vice Chairman Tricia, Mike's wife. Additionally, physical well-being has been encouraged by the establishment of several exercise groups.

None of this would have been achieved without the tireless personal dedication of Tricia and Mike. The hours of work they have put into running the Group to achieve its status has made them virtually irreplaceable to maintain any standard. However the current Pandemic COVID 19 brought a halt to all our current activities and gave rise to discussion on how to proceed from here. In this respect all group members were balloted for their opinions following which the Committee reached the decision to dissolve the Group.

I wish therefore to pay tribute to Tricia and Mike for their dedication and friendship over the years from myself and my wife Kay and hope you all do likewise in your own individual way.

Tribute from John Court – Treasurer & Web Master

I would like to thank Trish & Mike for all their help especially Mike for his accountancy skills. I have enjoyed being part of the committee over the years and being able to use my IT skills. Sharon and myself wish Trish, Mike, all the members and the committee good health and good wishes in the future.

Joint Editors Farewell

For four years we have been working closely with Tricia and Mike and the committee to produce the newsletters. When we started we did not realise the hard work all the committee put into the running of the SHSG group. We would like to thank them for their support and hope all the members and other recipients have found the newsletters informative and an enjoyable read. As this is the last newsletter we wish you all good health for the future. We hope you will continue to support the BHF as research into heart problems is essential. You can do this by donations or supporting the charity shops. We hope we will see some of you out and about around Solihull. Keep well and stay safe. Sue and Martin Morgan.

Things they say.

Think for yourselves and let others enjoy the privilege to do so too. - Voltaire 1694 – 1778

The secret of success is to be ready when your opportunity comes - Benjamin Disraeli 1804 – 1881

Anyone who keeps the beauty never grows old. Franz Kafka 1883 – 1924

A good laugh is sunshine in the house. William Makepeace Thackeray 1811 – 1863

If you accept your limitations, you go beyond them Brendan Behan 1923 – 1964

I take the simple view of life. It is keep your eyes open and get on with it. Laurence Sterne 1713 – 1768

Mixing one's wines may be a mistake, but old and new wisdom mix admirable. Bertolt Brecht 1898 – 1956

Don't cry because it's over, smile because it happened. Dr Seuss 1904 – 1991