



# Solihull Heart Support Group

## Heart Line News

**ISSUE 84**  
**Winter/ Spring 2018**  
Reg Charity No 1171677

### Contacts

Address: 66 Pear Tree Crescent, Shirley, B90 1LD  
Tel: 0121 430 3502  
Web site: [www.solihullheartsupport.org.uk](http://www.solihullheartsupport.org.uk)

General enquiries: [heartline@solihullheartsupport.org.uk](mailto:heartline@solihullheartsupport.org.uk)

Membership: [secretary@solihullheartsupport.org.uk](mailto:secretary@solihullheartsupport.org.uk)  
News items: [heartlinenews@solihullheartsupport.org.uk](mailto:heartlinenews@solihullheartsupport.org.uk)

Visit our new FACEBOOK page, this can be accessed from our website

### Spring meetings 2018

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

Jan 17th Becky Wilkins, Senior Dental Nurse – Dental health  
Feb 21st Shahzad Razaq – Principal pharmacist Heartlands NHS Trust; Cardiac Medication  
Mar 21<sup>st</sup> Dr. Ali Kamal, Consultant Heartlands NHS Trust – Diabetes & Cardiac Conditions. A Very welcome return to this excellent speaker

### Meeting Report

#### Summer Meal 19<sup>th</sup> July 2017

This year we had our summer meal at the West Warwickshire Club in Grange Road, Olton – one of our new exercise venues. We had 30 members present to enjoy excellent food and the opportunity to socialise. The chef certainly did us proud and the general consensus was that we should make a speedy return there as we all had such a good time.

#### Trading Standards 20<sup>th</sup> September 2017

We welcomed Jamie Shore from Solihull Standards. He is one of only 3 advisors covering the whole of Solihull who give consumer advice for vulnerable residents, deal with business advice, consumer credit, fair trading – rogue traders, scams etc. – underage sales, counterfeit items, weights and measures and product safety. Since new regulations came into force in 2015 there is a 30 day period after purchase for full refund for faulty goods, after this “rejection period” you are entitled to repair, replacement or partial refund (or if it can't be fixed within the first 6 months after purchase you should get a full refund), If you receive poor service you are entitled to have the original cost back. For distance selling i.e. on-line or postal purchases you are entitled to a 14 day cancellation period except for personalised or perishable goods, this is the same for doorstep sales. For the latter, sales people must give you written cancellation rights – if they don't the contract is unenforceable and a criminal offence. It is worth knowing the legislation as 53% of people over 65 were targeted last year and between 5 and 10 billion pounds were lost to scams. Jamie also mentioned No Rogue Traders Here, a trusted trader scheme in partnership with Trading Standards. Jamie left a list of useful phone numbers which have been put on our website, we also have additional copies for anyone who does not have access to the internet. A fascinating and useful talk.

#### Vanessa Morgan 18<sup>th</sup> October 2017

This was a welcome return for Vanessa who talked about tracing your family tree and how to avoid some of the common pitfalls. When Vanessa started in 1980 she had to spend long periods trawling through microfiches in records offices, this has been made a little easier now through availability of much information on the internet. It is important to use only websites which have original

documents up-loaded as a number of websites consist of family trees compiled by individuals who may not have checked their accuracy. You also need to check original spellings, nicknames etc., it is often a case of having to widen your searches to parish records as well as census information as prior to 1887 people may not have had a birth certificate and guessed their age or place of birth or even, if illegitimate, made up a name for their father. All this obviously makes our task more difficult. DIGI is the Mormons web site which holds millions of records – some of which will need double checking before using. The 1911 census is the first full one available although there are 10 yearly partial census records back to 1841. The General Register Office indexes from 1837 are also useful. Two of the better websites for research are [www.ancestry.co.uk](http://www.ancestry.co.uk) and [www.findmypast.co.uk](http://www.findmypast.co.uk). Solihull Central Library is useful as they have paid subscriptions for 2 Genealogy sites for the use of Solihull residents and you can book time on their computers for research. An excellent talk again.

#### Quiz Night 15<sup>th</sup> November 2017

This year we held our annual quiz in November instead of January and it made an excellent start to the festive season. Our programme secretary Kate Kearney and her husband David compiled the quiz and acted as quiz masters for the evening. As the 30+ members made their way into the conference room we all filled up the spaces on the tables and made up teams of around 6 people. After the major task of choosing a team name we took part in 5 rounds plus a picture blockbuster. The blockbuster ran throughout the evening and soon picked out those of us who watched a lot of television at Christmas and also how often we actually noticed the logos of the main retailers we might have visited. There was much hilarity throughout and we all had a chance to get to chat to members we may not have had the opportunity to meet before. Our hosts for the evening had put in a great deal of work and I hope that they realised how much we all enjoyed ourselves.

### Notices

#### Exercise classes

In order to make it easier and more affordable for members to join more than one exercise class per week it has been decided to make any additional classes available at half price. Your first class will be charged at £4.00 and other classes in the week will be only £2.00 each. Please let your exercise instructor know which classes you attend so that

they can ensure that the necessary adjustments to your session bills are made. This will take effect from November 2017.

## A Few Tips for a Healthy Christmas

### Keep temptation at bay while out Christmas shopping

From eggnog lattes to gingerbread cappuccinos, those festive drinks can contain rather more Christmas spirit than you bargained for. Many clock up more calories than a Big Mac. By all means have a hot drink, but cut out the added syrup shots, whipped cream and marshmallows.

### Take a Daily Walk

Do this every day in December if you can. Being in the fresh air for a 15 minute walk will wake you up, give a quick blast of vitamin D and boost your mood as well.

### Stock up the Medicine Cabinet.

Make sure you have essentials, such as painkillers, including children's paracetamol, indigestion medicines, cold and flu remedies and rehydration sachets. Don't leave it too late to request repeat prescription-only medicine from your GP

### The Morning After

Eat a pear suggests nutritionists. The water and mineral content of fresh fruit will help to rehydrate you, and pears are a particularly good choice as they contain an enzyme that scientists are currently investigating for its ability to help us metabolise alcohol and prevent hangovers.

### Start the Day With Your Usual Breakfast

At this time of year it's tempting to indulge in fry-ups and pastries, or skip breakfast to try and compensate for indulgences. Both are a disaster. A good low-GI breakfast will give you a boost of slow-release energy, setting you up for the day and lessening the urge to eat more.

### Entertaining in your own home

Pour drinks into small glasses. Remember home measures are inevitably much bigger than in a pub or restaurant, so using smaller glasses or an alcohol measure will make sure you don't drink more than you intend to.

### The Big Day: Enjoy your Christmas Lunch

The traditional spread of turkey, carrots and Brussel sprouts is packed with nutrients. The combined vitamins, minerals, antioxidants and flavonoids in your feast have been linked to boosting the immune system and protecting against heart disease and cancer. Just go for a walk afterwards to aid digestion.

### Recipe for Chocolate Panettone

Ingredients      350g strong white bread flour  
                         1 x 7g sachet easy blend dried yeast  
                         3 large eggs, at room temperature  
                         2 large yolks, at room temperature  
                         75g caster sugar  
                         ½ teaspoon salt  
                         Grated zest of 1 orange  
                         Grated zest of 1 lemon  
                         175g unsalted butter, very soft  
                         75g sultanas  
                         50g candied peel, very finely chopped  
                         50g orange milk chocolate very finely chopped  
                         40g unsalted butter, melted for brushing  
                         Extra flour for working

You will need a 15cm round deep cake tin, greased and lined (base and sides, so paper extends 5cm above the height of the tin)

### Method

- 1) Put half of the flour into the bowl of a food mixer. Add the yeast and combine using the dough hook attachment. Beat the 3 whole eggs until just mixed then add to the yeast mixture. On low speed work the ingredients together to make a very thick, smooth batter. Cover the bowl with a lid or cling film and leave in a warm spot until doubled in size – about 1 hour.
- 2) Mix the two egg yolks into the batter, then add the rest of the flour, the sugar, salt, plus the orange and lemon zest. Mix the ingredients together on low speed to form a very soft and sticky dough. Cut up the butter into small pieces and gradually work into the dough, still at low speed. Knead the dough in the machine on low speed for 3-4 minutes until it is no longer streaky but looks smooth and silky.
- 3) Cover the bowl as before and leave in a warm but not hot spot until doubled in size – about 2 hours. Flour your knuckles then punch down the dough to deflate it. Cover again and leave to rise as before until doubled in size – about an hour this time. Turn out the dough onto lightly floured work surface and punch down.
- 4) Combine the sultanas with the chopped peel and chocolate in a small bowl. Add a teaspoon of flour and toss gently – this helps prevent them sticking together in clumps in the dough. Scatter the mixture over the dough and gently knead in with your hands. Shape the dough into a ball and gently drop into the prepared tin. Cut a cross in the top of the dough with the tip of a sharp knife. Cover the top of the tin loosely then leave in a warm spot until double in size – about 1 hour. Meanwhile heat the oven to 200C/400F/Gas 6
- 5) Brush the top of the loaf with plenty of melted butter then bake for 10 minutes. Brush again with melted butter, then reduce the oven temperature to 180C/350F/Gas 4 and bake for about 40 minutes, or until a skewer inserted in the centre comes out clean. Set the tin on a wire cooling rack and leave to cool for 15 minutes (the crust of the loaf will be very fragile) then gently turn out and leave to cool completely before slicing.  
Store in an airtight container and eat within 5 days or toast.

### Winter Gardening Tips.

As the weather turns increasingly wet raise your containers off the ground using small pieces of wood to allow them to drain more freely.

Securely fasten climbing plants to their supports, as winds can damage loose stems at this time of year. Ensure the string doesn't cut into the stem though.

Regularly (weekly if possible) rake up any fallen leaves that land on your lawn. If left these could leave brown patches on your lawn.

**Wishing everyone a Merry Christmas and a Happy & Healthy 2018 from your committee**

