



# Solihull Heart Support Group

## Heart Line News

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Winter/Spring 18/19  
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/Ex.class:[secretary@solihullheartsupport.org.uk](mailto:secretary@solihullheartsupport.org.uk)

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

### Winter/Spring 2018/2019

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

Jan 16<sup>th</sup> Fun Quiz – Teams of up to 6 which can be made up on the night

Feb 20<sup>th</sup> Warwickshire Wildlife Trust  
Gardening for wildlife and your plate

Mar 20<sup>th</sup> Cardiac Rehabilitation – nurse and physiologist  
Elaine Smith and Marck

### Notices

#### SHSG Open Day February 16<sup>th</sup> 2019

We have decided to hold an Open Day/Well-being Event to publicise what we do together with Healthy Living activities on Saturday February 16<sup>th</sup> at the Core Studio in Solihull Library. Solihull Rotary Club are sponsoring the hire of the venue and some of the incidental costs and Waitrose Solihull have also agreed to sponsor us and will be providing Healthy foods to taste, a large basket of fruit raffle prize and bags for life, magazines etc. for every visitor. The Mayor of Solihull will be opening the event. More details will be available on the web site as we confirm the programme for the day. We hope to see as many of you as possible on the day.

### Meeting Reports

#### Overcoming Stress September 19<sup>th</sup>

We were pleased to welcome Sarah Emery and Sam Hunt from Improving Access to Psychological Therapies Service, Coventry and Warwickshire Partnership who are linked with Solihull. Web address [www.covwarkspt.nhs.uk/apt](http://www.covwarkspt.nhs.uk/apt). We learnt about the Cognitive Behavioural Therapy (CBT) ways of dealing with stress. Stress is the feeling of being under too much emotional pressure, this pressure turns to stress when you feel unable to cope and can become severe depression if not dealt with. People do not realise that if stress gets too much they can ring NHS Direct (111) or ring/text/email the Samaritans (111123) or go to the nearest A & E for help. Sarah and Sam led us in a number of inter active group discussions around this topic to talk about how we cope with stress and ways of coping. Their service is open Monday to Friday 024 7667 1090 and they can give an initial phone assessment. It certainly sparked off an interesting discussion with everyone having something to add, the time seemed to pass too quickly, always a sign of a good talk.

#### Midlands Air Ambulance October 17<sup>th</sup>

Annabelle Feetenby who is the Fundraising Executive for the West Midlands gave us a presentation about the West Midlands Air Ambulance and how it needs £9 million per year to carry out its current workload. Since 1991 it has responded to over 50,000 emergencies – an average of 2,000 per year at an approximate cost of £2,000 per call-out. In general the call-out time for our region is within 8

minutes for 90% of the region. The three bases operate 3 helicopters which are on a lease basis and work 7 days a week, 365 days per year from 2.00am – 9.00pm. There are Rapid Response Vehicles for when the helicopters are off-line. Emergency calls come into the control room where a paramedic sits with the operator so they can advise what is needed, the helicopter can be airborne in 2 minutes from receipt of call. Each one carries full medical equipment and supply of drugs as found in A & E together with a pilot and crew comprising at least 1 doctor and 1 critical care paramedic. Our area stretches down to Gloucester in the south and across to Shropshire and Staffordshire, we are on the edge of the region bordering the Warwickshire Air Ambulance. The critical care car alone deals with 200 call-outs per month. More information can be seen on [www.midlandsairambulance.com](http://www.midlandsairambulance.com).

Annabelle showed us an excellent short video featuring a family who might not be here now without their services. We made a donation to the Air Ambulance in thanks for their talk.

#### Community Pharmacist November 21<sup>st</sup>

We were delighted to welcome back Carol McNidder from Cheswick Green Pharmacy. She started by telling us that there are 46 pharmacies in Solihull serving approximately 137 each per day and filling over 87,000 prescriptions per year. Carol gave us a brief rundown of the patient categories and numbers, in each, in Solihull which was fascinating. Since 2005 the government has allowed registered on line pharmacies to also fill prescriptions and send medications through the post. This is obviously competition for our local pharmacies – over 3,000 of which have closed down in the last 3 years. If you always use the same local pharmacy you can build up a good working relationship with the pharmacist who can then monitor your drugs and in particular any new prescriptions to ensure that they are working well for you. Pharmacies can also give your flu jab – particularly important for cardiac patients. This year's vaccination is an adjuvanted tri-valent which is supposed to be better protection, there are now plenty of supplies and you should get it asap as it takes 3 weeks to become effective. As from January you will notice that all medication packs will have a bar code – this is the new Falsified Medicines system which means that all packs have to be bar coded and scanned in an attempt to stop fake drugs entering the marketplace. As usual Carol was

ready to answer any questions and we certainly kept her busy. Yet another excellent talk.

**Health Matters** – Health specialists gave their one most important piece of advice

**The Optometrist** – Wear sunglasses

You should be as cautious with your eyes around sunlight as you are your skin. Protecting against UV light helps reduce the risk of cataracts and age-related macular degeneration, which can lead to blindness. Make sure you have a good quality pair of sunglasses that meet EU regulations. Diet also helps protect eyes against UV damage. Eat five portions of fruit and vegetables daily.

**The Nutritionist** - Eat only when you're hungry

Don't just eat because it's lunchtime. Understand when you're hungry and eat then – and stop eating when you're full. If that means not eating breakfast until mid morning or postponing lunch until 3pm, then go with it. It's been shown that people who eat in this more mindful way eat less across the day, which can help with weight maintenance. This in turn can assist in many areas of health, including lowering risk of heart disease, diabetes and some cancers.

**The Stress Expert** – Don't be so rigid

My one "rule" would be have fewer rules! A lot of stress is created by ourselves as we try to fit round rigid beliefs or ideas about what we should do or how we should do it. If we were all just a little bit more flexible in our thinking – if we stopped trying to be perfect – we'd create a lot less stress in our own lives

**The Gastroenterologist** – Don't just reach for fibre

The first thing anyone with digestive problems does to try to improve things is increase fibre. But it doesn't help everyone with IBS, and there's also a type of constipation called slow-transit constipation for which this is the worst solution – it'll just lead to more bloating, wind and pain. If you try raising fibre and things get worse, stop. In addition, if you make any change in your diet to improve digestion and you see no change within four weeks, stop.

I see too many people missing out on foods unnecessarily because they think they just need to give it more time, but if a diet change is going to help, you'll notice within four weeks.

**The Dermatologist** – Do eat some fat

I don't advocate a low fat diet. An intake of good fats, such as coconut oil, avocado, olive oil or nuts, slows down the skin's wrinkling process. Do avoid vegetable oils though – these are high in omega-6 fats that have an inflammatory effect in the body. To keep your skin beautiful, eat plenty of good fat – and of course, always wear sunscreen.

**The Physiotherapist** – Bend backwards more

Most of the bending we do each day involves forward bending, and this creates an imbalance in the body, which leads to poor posture, pain and spinal problems. Get up every now and again and gently bend backwards, or simply arch your back in your chair – even that's enough to help balance things.

**The Dentist** – Spend more time cleaning

For good dental hygiene you need to brush for two minutes twice a day – most of us brush for 30 seconds, but

that's not nearly enough time to remove all the plaque and prevent decay. I also tell people to smell their dental floss after using it because, usually, it smells gross, and that's the scent of bacteria having a party where your brush can't reach. It generally encourages people to keep using it. Floss or use an interdental brush twice a week.

**Recipe – Coconut custard tart with roasted pineapple**

Ingredients	300g plain flour, plus a little for dusting
For the pastry	150g cold butter, cut into small pieces 75g castor sugar 2 egg yolks plus 1 beaten egg
For the custard	400ml double cream 2 x 160ml cans of coconut cream 3eggs, plus 2 egg yolks 75g castor sugar Fresh nutmeg finely grated
For the Pineapple	1 small pineapple 4 tbsp light brown soft sugar 2 tbsp rum (or use lime juice if serving to children) fresh nutmeg finely grated small handful toasted coconut shavings

Method

- 1) Rub the flour and butter together until the mixture looks like breadcrumbs. Add the sugar, egg yolks and 1-2 tbsp cold water, then mix until the dough starts to form clumps. Tip onto your work surface and knead a few times to bring any crumbs into the dough. Shape into a puck, wrap in cling film and chill for at least 30 mins.
- 2) Heat oven to 180C/160C for fan/gas 4 and put baking sheet on the middle shelf to warm up. Roll out the dough on a flour-dusted surface to line the base and sides of a 23cm round fluted tart tin. Drape over a rolling pin and lift into the tin, keeping an overhang of about 1 cm. Press into the corners leaving no gaps. Save the pastry scraps.
- 3) Line the tart case with parchment and tip in baking beans or rice. Bake for 20-25 mins on the sheet, then remove the beans and parchment. Check for holes and patch them with the scraps. Put back in the oven for 5-10 mins to give a nutty brown colour. Brush with the beaten egg and return to the oven for 2 more mins. While still warm use a serrated knife to trim the pastry to the height of the tin. Leave to cool. Reduce oven to 140c/120Cfan/gas1
- 4) Put the cream and coconut cream in a pan and heat until steaming. Meanwhile whisk the whole eggs, yolks and sugar until pale. Pour the hot cream over the eggs, whisking until the sugar has dissolved. Pour through a sieve into a jug.
- 5) Put the tart case on the baking sheet in the oven, with the shelf pulled out. Pour in the custard, using up as much as you can. Sprinkle nutmeg over the top generously and bake for 50-55 mins until the custard is set with a little wobble when gently shaken. Leave to cool. Chill for at least two hours, or up to two days.
- 6) When ready to cook the pineapple, heat oven 240C/220C fan/gas 8. Peel using a knife to carve away the skin, then cut into four wedges and remove the core. Slice lengthways into long slivers. Arrange over a baking tray line with parchment. Mix the sugar, rum (or lime juice) and a grating of nutmeg. Then paint this over the pineapple. Bake for 10 mins, or until caramelised. Serve warm with the cold tart. We served ours on top with coconut shavings

**We wish you all a Merry Christmas and a Happy and Healthy New Year**