



Solihull Heart Support Group

Heart Line News

ISSUE 88
Summer 2019
Reg Charity No 1171677

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Summer Meetings 2019

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

Apr 17th – Hearing Dogs, David Hare and his dog Millie

May 15th – AGM, Chiropody, Niku Mehta

June 19th – Tricia Lines: Looking at some of the new Healthy Eating diets together with a tasting of some summer foods

July 17th – Summer Meal, West Warwickshire Sports Club

Notices

AGM – May 2019

Our annual AGM will take place at the beginning of our May meeting. We are in need of more members to join our committee, especially if anyone is interested in becoming secretary. We will give any volunteers all the support we can and would like to welcome “new blood” to our committee meetings (held on the 2nd Wednesday of each month). Please send Nominations and any agenda items for the AGM to Tricia Lines by Friday May 3rd. We try to keep our AGM to 30 minutes & will have a speaker to follow.

Open Day – 16th February 2019

Our first Open Day for 14 years at the CORE studio, Solihull was a great success. We had chosen the theme of Health and Well-being in order to publicise our group and, hopefully encourage more members. We were lucky enough to have 2 main sponsors – the Rotary Club of Solihull and Waitrose Solihull. Rotary members also helped us on the day for which we are very grateful. Waitrose Solihull provided goody bags for all the visitors, 2 large raffle prizes and a wonderful range of their Healthy Eating products for visitors to see and taste. Other stalls were Solihull hospital – with free blood pressure checks and advice, Jayne Wetton Fitness, Personal Exercise with Ali Stretton-Byrne, Health Watch Solihull – Natalie Travers also gave a talk, Citizens Advice Bureau, British Heart Foundation, Solihull Special Care Dental Services and Johnsons Coach Travel (who also donated a travel voucher to the raffle). Notcutts garden centre also donated 3 planted primrose bowls and Lillian Parsons a flower arrangement. The Mayor of Solihull, Councillor Flo Nash opened the event and spent an hour touring the stalls, she also very sportingly took part in a short exercise class demonstration with Jayne and Ali and some of our members.

A special thank you to all our committee – and also to their family members, who came early in order to set up the CORE studio and staff the stands where necessary.

Subscriptions

Subscription renewal forms are enclosed with your newsletter or emailed with it ready for the start of our financial year on April 1st. We would appreciate it if you could send your cheques as soon as possible to our subscriptions officer, Frank Smart who can be reached on

01564 200512. Alternatively you can pay us at the next monthly meeting or at your exercise class.

Silver Anniversary 14.02.20

Next year is the 25th anniversary of starting SHSG and we were wondering how to celebrate this so any ideas would be welcome – so far we have thought of a celebration meal at the West Warwickshire Sports Club, a coach trip out somewhere, or perhaps a Warner’s weekend away (as we used to do some years ago). Do you have anything else to suggest and what would you like to do? Please let us have your thoughts at one of the meetings or exercise classes or let any of the committee know so we can investigate further as to feasibility.

Summer Meal – 17.07.2019

Our summer meal will be held at the West Warwickshire Sports Club, Grange Road, Olton. This is always a popular event and tickets will be on a first come, first served basis. Prices are £16.95 for two courses or £19.95 for three courses. The menu will be on our web page and copies will be available at our evening meetings or by email/post as required. Tickets must be booked by June 30th, chosen menu confirmed and paid for by that date.

Meeting Reports

Quiz Night 16.01.19

Once again Kate and David Kearney put on a wonderful evening for us with a range of quiz rounds including a picture round and anagrams of TV programmes. As members arrived they joined a table to form a team. There was much hilarity at trying to stop the other teams from hearing our deliberations. In a perfect finish every team won something – particularly well-organised Kate!! And went away feeling a great deal more light-hearted than when they arrived. They say laughter is the best medicine and we certainly proved that. We are looking forward to the next one.

Warwickshire Wild Life Trust 20.02.19

We were pleased to welcome Gina Rowe, Living Landscape Manager of the Trust who entitled her presentation “Gardening for Wild Life and The Good Life”. After a brief introduction about the work of the trust and why it is important to help bring people close to nature and to increase wildlife in our towns and cities as well as in the country Gina explained the benefits from increasing our Living Landscape. With so much air pollution it is vital that

we encourage natural habitats, plants and soils to absorb carbon dioxide, absorb water and release oxygen into the atmosphere. It is especially important to attract pollinators and we saw and heard a number of ways to do this. Gina also showed us how to use natural predators to reduce garden pests and avoid the use of chemicals. It was a very thought provoking presentation with a lot of questions and interaction with our group. For more information, look at www.mywildlife.org.uk.

Cardiac Rehabilitation & Exercise 20.03.19

We were pleased to welcome Elaine Smith, Cardiac Rehab Sister at Solihull Hospital to talk about maintaining well-being & cardio vascular fitness. The BACPR (British Association for Cardiovascular Prevention and Rehabilitation) standards were updated in 2017 – all our exercise instructors are trained to these. There are 6 core components to this which include covering long term strategies, lifestyle management, psychological health, medical risk management and ongoing evaluation. It is very important that we don't just stick to one type of exercise at one level all the time. We all need to periodically review what we are doing – our goals, what we have tried and was successful, did we feel better for it, were we motivated to continue and what was difficult. For cardiac patients we should have our cholesterol checked annually – it should be less than 4 mmols with an LDL level of less than 2 mmols (more than that level of LDLs would need referral to a lipids clinic. In general our blood pressure should be less than 130/80. We should be looking at the FITT principals of exercise - F – frequency I – Intensity, how hard should I work: T- Time, average approx. 20-30 mins: T – Type, what type of exercise do I enjoy. Just as important as the exercise, is having quiet moments of relaxation or meditation to relieve stress and slowly unwind. This was a thought provoking talk which encourages us all to look again at what we do and how we do it.

Recipe for Marinated Salmon Remoulade

This recipe is a light, refreshing salmon starter that is best served with freshly baked bread and unsalted butter.

Serves 10

Preparation time 25 minutes plus 48 hours to cure the salmon.

Ingredients – For the marinated salmon

15g (1/2oz) caster sugar

15g (1/2oz) sea salt

50ml (1 3/4fl oz) yuzu juice

Juice and zest of 1 lemon

1 tsp coriander seeds, toasted and crushed

600g (1lb 5 1/4oz) side of salmon, skin on and pinboned by a fishmonger

Ingredients – For the remoulade

60g (2oz) mayonnaise

1tsp Dijon mustard

Juice of 1 lemon

Sea salt and freshly ground black pepper

400g (14oz) celeriac, peeled, quartered and grated

A handful of pea shoots

15ml (1/2 fl oz) lemon oil or light olive oil (optional)

Method – To make the cure, pound the castor sugar, sea salt, yuzu juice, lemon juice and zest and coriander seeds in a pestle and mortar until smooth.

Place the salmon skin side down and evenly cover with the cure. Cover with baking paper and clingfilm then press with a weight on top. Refrigerate for 48 hours

In a large bowl, mix the mayonnaise, mustard and lemon juice together thoroughly with a generous sprinkling of salt and some freshly ground pepper, so it all becomes one sauce.

Stir the celeriac into the remoulade until it is evenly coated.

To Serve – Place 3x20g (8in) slices of salmon on to each plate, with a teaspoon of remoulade with each slice, sprigs of pea shoots and a drizzle of lemon oil if wanted.

Gardening – Some tips on grow your own

Perfect Timing – Tips on when to plant

You can plant bean seeds in March, followed in April by carrots, turnips, brassicas, sugar snap and mange tout peas. Runner beans should go in two weeks before the last predicted frost in your area, and finally it's the turn of courgettes and sweetcorn. Salad leaves can be succession sown every two weeks

Children's Favourites – Tomatoes, which varieties would be best.

Tomatoes are always a hit with children as they can eat something straight from the plant (after a quick wipe) From seed try a bite size Table Top variety which produce tasty red cherry-sized fruit in about eight weeks. Sow seed in pots in a heated propagator or warm windowsill indoors and grow under glass or "harden off" in a cold frame. Plant outside in the garden or in patio pots after the risk of frost has passed. For a tomato crop that grows well in a hanging basket choose "Tumbler" which produces plenty of tiny fruits that have a really sweet flavour.

Berry Good – Tips for successful strawberry growing
Strawberries are easier to manage when grown in strawberry planters – such as the classic Ali Baba jars with holes in the sides, and even hanging baskets – rather than in a strawberry bed. To enjoy them all summer, grow the large fruiting varieties, along with ever cropping types that yield fruit from spring to autumn. A booster feed of an organic strawberry feed will give them more growing power.

Space Race – If you have a tiny garden.

Concentrate on family favourites like onions, beetroot, cauliflower, carrots, leeks, turnips and peas. You won't have space for potatoes so grow them in pots. Maybe try a few Heritage varieties. You'll double your yield if you grow veg in 1.2m-wide raised beds. Plant the beds in staggered rows, and inter-plant your crops with shorter veg that are shallow rooted and quicker growing.

Things they say

We can't help everyone, but everyone can help someone.
Ronald Reagan (1911-2004)

Continuous effort - not strength or intelligence – is the key to unlocking our potential. Winston Churchill (1874-1965)

A little nonsense now and then is relished by the wisest men. Roald Dahl (1916-1990)

All the world's a stage and most of us are desperately unrehearsed. Sean O'Casey (1880-1964)