

THE BRITISH CARDIAC PATIENTS ASSOCIATION

(Lincoln Branch)

President: Professor John Wallwork CBE DL FMedSci

Vice-President: Mr Alan Bowcher DMS FFA

Founder: Mr. Fred Roach MBE

Charity No: 289190



Newsletter for August 2015

Tuesday 14 July 2015 – Afternoon meeting at The Methodist Chapel, North Hykeham – Presentation by Rod Fanthorpe B.Ed – Kill or Cure – which immediately provokes curiosity. As the subject unfolded it became clear that it was a narrow margin between life and the high mortality especially among young children. As the well know paintings of Holbein show, the population were addicted to opium and many Class A drugs as we know them today – some compounds were available as potential poison given in small quantities stimulated the immune system. Operations and amputations were conducted under a large dose of either gin or rum as an anaesthetic – a most entertaining afternoon although not everybody's choice.



Rod Fanthorpe B.Ed

Julie made £40 from the raffle.

FUTURE EVENTS

It would be most helpful if you could please pay for trips, socials etc when you book as it takes a lot of the problems away having to collect money on the day and also makes it hard work for the committee members concerned.

Coach Trips – please make sure you have a drink with you or ask a committee member to get one for you. It is a problem if you are on diuretics (water tablets). Should you require a comfort stop it is quite reasonable for us to pull into a layby for you to use the coach toilet or suitable public toilets – Remember dehydration is to be avoided especially by elderly members.

Tuesday 11 August 2015 at The Methodist Chapel, North Hykeham – afternoon meeting 2pm. Presentation by June Barton (Queen of the Salt Marshes). Life on the Lincolnshire Salt Marshes – history and survival of early settlers, development of wildlife and its progression – we have now realised the value and importance of these vast areas and their ecological part in nature's influence over our very existence.



June Barton – Queen of the Salt Marshes

Tuesday 8 September 2015 – Trip to Hunstanton for our Autumn Program – via Sleaford and Kings Lynn to the Best Western Hotel and Spa, Knights Hill, South Wootton for lunch

Full carvery with choice of desserts and coffee - Arrive 12.30pm – lunch 1pm. Location 6 miles to Sandringham, 10 miles to Hunstanton – became popular when the railway opened in 1860 and made it fashionable to bathe with its long beach and walks, surrounded by private Victorian hotels – lighthouse built 1666 – seaside town with a great history – arrive 2.30pm – depart 4.30pm – arrive back in Lincoln 6pm. Cost for the coach and lunch £18.00 members / £23.00 non members. Depart Lincoln North Hykeham Chapel 10.30am.

To book ring Julie Treanor on 01522 685362 – please pay when making reservations.





Hunstanton Cliffs



Hunstanton Lighthouse

Mary Poppins

Thursday 22nd October 2015 – 2.15pm - Mary Poppins. Amanda Parker has negotiated a very attractive visit to the Curve Theatre, Leicester, matinee performance of special production by Cameron Mackintosh organisation of Mary Poppins.

The cost of theatre and coach is £35.00 members / £40.00 non members. Booking – contact Julie Treanor – 01522 685362.

Coach departs North Hykeham Chapel at 11am – arrive Curve Theatre 12.15pm – bars, restaurants available – matinee show 2.15pm – return to Lincoln 5.30pm.

NOTE – Some seats are still available on the coach – please contact Julie Treanor

Christmas Dinner

Wednesday 16 December 2015 – Annual Christmas Dinner in the Nielsen Suite – Old Bell Hotel, Markham Moor, Bawtry. Coach departs Lincoln 11am – arrive Old Bell 12noon – dinner 1pm – cost £20.00 members / £25 non members. Contact Julie Treanor 01522 685362.

MEMBER UPDATE

Walter Meyer and Bob Parker are making good progress after being in hospital and we hope to see them back in their usual form and as always be an inspiration and excellent company in the Lincoln Group.

We are very sad to hear of the sudden passing of Keith Jackson's wife Janet. A hardworking Trustee and Secretary of the British Cardiac Patients Association – we have no further details. A letter of condolence to Keith has been sent on behalf of the members.

For Your Information

Bill Lawton – Honorary Chairman Tel No: (01522) 703026
Email: william.lawton1@btinternet.com

Eileen Newman - Treasurer

Committee Members – Brian Newman, Julie Treanor, Bob and Jean Parker

Swimming at Wragby

The swimming programme is sponsored by “02” and costs £1.00 per person. Facilities include the water at a constant 30°C, fully trained lifeguard, hoist to assist swimmers in and out of the water, defibrillator plus first aid kit. Please check with your GP to ensure that you are able to participate safely. If any members wish to join in with swimming please contact Jean Parker (01522) 525705 who will make you very welcome and provide the latest opening times. Concession members can partake in any senior sessions during the week.

Monday 10:30 am -11:30 am (Note revised timings)

Wednesday 10.30am to 11.30am

Bentley Hotel Leisure Centre Lincoln

Sponsored by Waitrose Ltd customer support, Lincoln Co-operative Ltd and Royal Air Force Cranwell - negotiated by the committee for Health and Fitness programme.

The facilities are excellent. Members using the Leisure Centre are requested to pay **£40.00 per quarter**. Facilities are available 7 am to 5 pm Monday to Friday.

Two fully trained and medically qualified lifeguards are on duty at all times – defibrillator now in place. Please do not begin a programme unless you have your doctor's permission.

Just sign the register and make cheques payable to B.C.P.A. (Lincoln).

New members – Allow 2 months before requesting to join. Only limited numbers - if it is over subscribed names will be put on a waiting list.

To register please contact Eileen Newman (01522) 694165

Members support for this facility is vital if we are to continue financing it with the help from our sponsors



Bentley Hotel Lincoln