

BAD NEWSLETTER



FEBRUARY 2009

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DATES FOR YOUR DIARY:

BAD MEETINGS 2009

Monday 2nd March
Monday 6th July
Monday 2nd November

BAD SOCIAL EVENTS:

Skittles evenings:
Friday 27th March
Friday 20th November

NEW DEVELOPMENTS:

BAD Notelet cards on sale at next meeting.

BAD MEETING/AGM NOVEMBER 2008

Thank you to all those who came along to the last BAD meeting and AGM.

Rob Coley presented the treasurers report on the group accounts, which had been independently audited. Rob explained that the group was not funded by the NHS but from monies generated from social events, raffles and donations.

Expenditure included printing booklets for the group and setting up a buddy system for ICD patients.

Mike Johnson reported on the progress of the BAD group over the last two years. We looked back at the topics discussed at the meetings, which included speakers from Medtronic, Guidant and the patron of the Arrhythmia Alliance - Trudie Loban.

Mike Ebdon reported on the success of the BAD social activities to date which have included skittles, music quiz and a dance evening.

There were no nominations for the BAD committee and therefore, the existing gang were elected to serve for the next year. Thank you to all of the committee!!!

Following the AGM Clare Shaban, clinical psychologist, summarised the findings from July's meeting.

Then followed the refreshment break which allowed people the time to socialise and participate in a picture quiz which required you to name the faces of celebrities.

SOCIAL EVENTS 2009

Mike Ebdon writes:

Happy New Year to you all and here's hoping for lots more success in 2009!!

At the last meeting the possibility of a coach trip was discussed. I have made initial enquiries for a potential trip in May to Portsmouth to visit HMS Victory and/or go to Gun Wharf Quays for shopping. Have asked that the trip be on a Saturday to ensure that those who work can be involved. If this is not possible then will have to think again about going on a weekday. I have a rough idea of cost per head but will know more when we next meet at The Village on the 2nd March. I will need to know who is really interested so can confirm the booking. We can also discuss arranging a trip to London for a matinee show. Look forward to seeing you all again in March.

If you are interested in attending any of the social events please contact:

Mike Ebdon Tel: (01202) 484373

ICD BUDDY

2008 saw the launch of the ICD buddy system. The Buddy is a form of peer support that complements the support already available to patients. The main purpose of a buddy is to be a positive role model. It gives people the opportunity to meet someone who may have been through a similar experience.

A total of 8 people, with ICDs and their partners, kindly volunteered to be a buddy. All volunteers were “informally interviewed” by the arrhythmia nurses and then underwent listening skills training. The training was paid for through BAD group funds and ensured that the buddies were given the necessary training and skills to be able to be a supportive role-model. The training had very positive feedback from all those who attended.

The Skittles Event by Ken Hadley

On the 28th November 2008, it is an evening, and a riotous assembly is occurring with cannon ball size round shot hammering the ground around we band of intrepid revellers.

No, it is not a re-enactment of the battle of Waterloo but another wonderful evening's entertainment organised and run by those stalwarts of the BAD Group, Patsy and Mike & Maureen Ebdon. Eighty plus people turned up for the organised skittle match, including a number from the Bournemouth Hospital Heart Club, and a right old battle took place too, in a 'no holds barred sort of atmosphere. With three separate bowling lanes in action a dozen teams of delinquents sent ball bouncing, flying, screeching or simply spinning down boarded lanes to hammer forcibly or simply kiss the padded back panels. Barnes Wallace would have been proud at the dexterity shown by many of the ladies as they sent one ball after

another thudding or hopping or skipping into the cringing wooden skittles, if these small pillars of hardwood had arms surely they would have been holding them above their heads, crying as they did so. Hoburne Caravan Park venue proved a super place for the BAD people to enjoy themselves, as our knowledgeable organizers knew that they would.

There is nothing that I know to get ones 'state of the art' defibrillator going nicely than happy laughter or so many people having fun, of course the occasional alcoholic drink or two during the evening may have had some influence too but that's just by-the-way. The prearranged meals were served in quick order, allowing individuals to regain their breath before the next round of mayhem, the food was well prepared, presented and proved excellent. Whilst the cold wind and temperature outside dropped below freezing, we lucky people within basked in friendly warmth in very pleasant surroundings.

To make it all happen for we happy band, a few well organised people organised and ran the scoring system, not above accepting a bribe as I found out when I casually enquired, sadly I could not afford the price, well not and remain living anyway. The well supported contest sadly came to an end with team 10 declared the overall winners, which is a bit strange really for two reasons, firstly it was short of three members resulting in an average score being awarded to these ghosts,

secondly, I along with 'Birthday Girl' Gaynor, her husband Simon, plus Dr Sopher's Secretary, Mary and her son Henry (our star player) made up the team. Questions must be asked about this I feel, terms like 'doping and fixing' come to mind, especially when a certain team 'one' actually scored one more point than us. Never-the-less we members of "team ten", including my wife Carol who was one of the ghosts due to injury, triumphed and were duly awarded the 'Skittle Champion' winning certificates. For those of you who were unable to make it to this evening, you missed a real treat, but maybe next time. I assure you that it will exercise those with pacemakers and defibrillators exceedingly well, plus everybody's heart will also get a good workout, as well as aiding the Group financial coffers admirably.

Finally, let me express on behalf of all those who attended the event, a big thank you to those who helped plan and organise the spectacular itself, the raffle and catering aspects, together with helpers who assisted on the night. To Maureen, Patsy and Mike, well done and thank you.

Anyone with a tale to tell or any ideas for future newsletters please email John Peskett (jpeskett@ntlworld.com).

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