

BAD NEWSLETTER



November 2009

www.bournemouth.icd-support.org.uk

DATES FOR YOUR DIARY:

BAD MEETINGS 2010

Monday 8th March

Monday 5th July

Monday 8th November

BAD SOCIAL EVENTS :

Skittles Evening- Friday 20th November 2009 at Hoburne Holiday Park, Highcliffe. 18:30 for 19:00 start. Tickets £10.

Cheese and Wine Tasting- Friday 7th May 2010 in the "Inspiration suite" Village Hotel

Tickets for both events can be obtained from Mike Ebdon Tel: (01202) 484373.

BAD MEETING 6th July 2009

Clare Shaban (clinical psychologist at the Royal Bournemouth Hospital) writes:

"What difference has the ICD made to your life?"

'If only I had known.....'

"What else would have been helpful to know at the beginning?"

These were the questions for discussion at the afternoon meeting held in July. We had separate rooms for those with the ICD and for relatives and carers. Discussion in small groups was stimulated by these questions and fed back to the combined group. There were a lot of experiences to share and not enough time before we paused for a much needed tea break.

Overall the experience of having the ICD has been a positive one for all parties, both groups feeding back that it had enabled you to lead a normal life. The people with ICD's group discussion focused on specific aspects of the device and the impact of medications and the positioning of the box.

In contrast the relatives and carers group talked more about the consequences of lifestyle changes such as the stress associated with driving (tricky one that!) and the conflict between caring and being told that you are nagging. The 'what if' and 'what to do' anxiety in anticipation of a shock is a real fear for many. The main areas where there were still questions were related to the use of DIY equipment, holidays and travel insurance and what a shock feels like.

Gaynor and Sharon were able to reassure people and offer up to date information. In the main people were extremely appreciative of the service and the hard work of all members of the team. It is difficult to achieve a balance between overloading you with information at the beginning and ensuring that you have enough information to make the best decision and to feel confident.

COFFEE MORNING HASKINS 27th July

Alan Williams writes:

This little event was a welcome get together without being structured, giving us all the freedom to chat away about anything we fancied. It was attended by 16 members along with 4 very charming youngsters. We had our own little area in the corner of the restaurant. The coffee was excellent and enjoyed along with cakes and scones etc.

All in all it was a very pleasant experience and very repeatable. We met at 10:30am and ended at 12 noon when some of us then decided to stay and have lunch.

UPTON HOUSE WALK 17th August

Patsy (BAD Committee member) writes:

We all met up in the car park at 10:30am then off we walked (ambled) on the nature trail which took us down through the woodlands and up along the shore line where we could look out for various birds and plants etc. Then it was into the gardens of Upton House with it's beautiful trees and plants and, for real

flower lovers, the beautiful walled gardens were especially lovely.

The walk took approximately 1.5 hours and gave us plenty of time to chat away. We finished up in the coffee shop for a well-deserved rest and all agreed that it was a lovely morning and something that we should do again as soon as possible.

Unfortunately, there were only 8 members plus Mike and Maureen's 2 lovely Granddaughters who certainly had a wail of a time.

RETIREMENT AND ALL THAT STUFF

Mike (BAD Committee Member) writes:

After 52 years of working in the print trade, I decided it was time for the great retirement and, having heard all the comments that people had made about the various aspects of retirement, I wondered if it would be all true, partly true or absolute downright lies!

As I am a member of the heart club as well as the BAD Group, and have been going to the gym a couple of times a week, I have now upped that to 3 times a week plus lots more fresh air and walking. This has certainly been a big plus in my life since April which was when I retired – some 5 months ago.

Another aspect of my retirement has been the discovery of day trip coach rides. So far Maureen and I have been on 5 trips and we enjoy not having to worry about driving responsibilities and parking etc. I also have much more time to enjoy with my 2 lovely

Granddaughters. Next week we are all off as a family on holiday to Cornwall so, as I write this, I am praying for good weather. So, up 'til now, the verdict must be a big plus for the retirement lark but, come the winter, maybe I shall have a huge change of mind – we'll let you know!

CHEESE AND WINE TASTING EVENING

DATE: Friday 7th May 2010
TIME: 19:30
VENUE: The Village Hotel,
Wessex Fields,
Deansleigh Road, Bournemouth
(opposite A & E entrance, Royal
Bournemouth Hospital).

This evening will offer the opportunity to socialise with other people and their relatives with ICDs. Its open to everyone so please come along even if you haven't been to a BAD meeting. All ages are welcome. We know that some of you are unable to attend the BAD meetings on weekdays due to work commitments so this gives you the opportunity to meet us and tantalise your taste buds!!!

As the evening will be funded by the BAD group we can only offer 100 places. This will be done on a "first come first served basis" with one relative / friend per person with ICD. Please contact Mike Ebdon for ticket tel: (01202) 484373.

PLEA FOR NEW BAD COMMITTEE MEMBERS

Last month saw the resignation of two of our committee members Mike and Anne Johnson. Mike and Anne have made a valuable contribution to the group and their support and hard work has been very much appreciated.

We are therefore looking for new committee members. The commitment is small. We have approx 10 committee meetings annually in addition to the 3 main BAD group support meetings. Attributes for the role include a commitment to the BAD group in terms of both time and support. You won't be expected to do any public speaking or anything you are not happy with.

Although not essential, and please don't let this put you off, we are particularly interested in someone with computer skills who would be prepared to be the "newsletter editor" in the 3 BAD newsletters published once a year.

Anyone with a tale to tell or any ideas for future newsletters please email The Arrhythmia Nurse Specialists can be contacted on:

Tel: 01202 726154
Email: arrhythmia.nurses@rbch.nhs.uk