



(W. E. COOK)

ESTABLISHED 1908

607 London Road

Westcliff-on-Sea Essex SS0 9PE

Tel: 01702 344702 or 349215

Fax: 01702 436887

E-mail: info@cookscoaches.co.uk

Website: www.cookscoaches.co.uk

Continental & British Holidays:
Day Excursions: and Private Hire :

CHRISTMAS WITH COOKS COACHES

23rd – 27th December 2019

EASTBOURNE - £585.00

DERBY - £585.00

NORTH WALES - £499.00

THURSFORD CHRISTMAS SPECTACULAR

Overnight stay from £175.00

17th and 27th November also 11th and 17th December

CHRISTMAS MARKETS

22nd November – LUDLOW

22nd November – YORK

29th November – BATH

29th November – DURHAM

CONTINENTAL

4th December – visiting AACHEN, DUSSELDORF
& VALKENBURG

Tel: 01702 344702



A Cardiac Support Group - Registered Charity No. 1023707

SUMMER 2019

(Covers: August / Sept / Oct)

The Group meets on the SECOND Thursday
of every month at 8.00 pm at:

THE EASTWOOD COMMUNITY CENTRE

WESTERN APPROACHES

EASTWOOD

SS2 6SH

Free Parking in
Supermarket car park

New Members welcome :

www.takeheartsouthend.org

For Further Information:- 01702-309042

Leave a message and phone no. and we will contact you.

The Who's Who of "Take Heart"

Chairman: Paul HalleyTel: 01702-615660
paul@takeheartsouthend.org

Secretary: June Johnson.....Tel: 01702-309042
junejohnson2810@gmail.com

Treasurer: Colin Stanley.....Tel: 01702-311796
finance@takeheartsouthend.org

Membership Sec. Gill Stanley.....Tel:01702 311796
g.l.stanley@hotmail.com

Hospital Rep: Richard Lefever.....Tel: 07850662422
richard.lefever@sky.com

Refreshments: Eileen Stewart..... *eileengas3@gmail.com*

Advertising: Lesley Pettengale.....Tel: 01702-340769
lesleycyd@aol.com

Committee Members: Les Whitehead & Angela Pyne
 President: Dr Paul Kelly BSC. MD. FRCP.
 Vice President : Mr George Turner

+++++

Committee (Ex Officio) Members Sue Middleton and Sarah Sayer
 both Clinical Nurse Specialists and joint Rehab Team Leaders

+++++

Southend Hospital Cardiac Rehabilitation Centre.

Tel: 01702-385028

E-Mail: susan.middleton@southend.nhs.uk

+++++

All correspondence should be sent to:

"Take Heart" 47 Ness Road Shoeburyness Essex SS3 9DB

The views expressed in articles submitted for publication are not necessarily the views of the Editor or The "Take Heart" Committee.

To advertise in Future Editions of this magazine

Please contact the Editor: 01702 615660 or e-mail enquires to:
lesleycyd@aol.com Circulation is 2,500 copies per quarterly edition posted to all 850 "Take Heart" members with copies sent to all 110 local G.P. surgeries and clinics within our area and all local libraries also waiting areas within Southend Hospital. The cost per page advert is £70.00 per year, 1/2 page £40.00 per year, 1/3 page £30.00 per year, 1/4 page is £25.00 per year.

Airport
transfers
Cruise
transfers
Theatre trips
Days out
Hospitals
Southend &
surrounding
areas

Road Voyager Ltd

Serving Southend-on-Sea since 2000

Telephone 0800 085 4644 mobile 07956 331443

Email roadvoyager@btinternet.com



Licensed to carry 4 passengers, Westcliff-on-Sea based
 Low floor estate car, room for a folding wheelchair
 Boot capacity for four 20kg cases and hand luggage
 Driver, car and operator licensed by Southend Council
 All major credit cards accepted

www.roadvoyagercab.co.uk

Registered company address 55 East Street, Faversham, Kent ME13 8AF, number 05781508

FOOT CARE HEALTH **PRACTITIONER**

Nail Trimming, Corn Removal, Hard Skin.

Thickened Nail Reduction, Fungal Nail +

ONLY £20 in your home, approx 40 mins

07486 122973 or 01702 295336

Shoebury, Thorpe Bay, Southend, Southchurch,

Wakering

Ray Prichard TCFCPdip NCFE Qualifications

DBS (Police Checked) Fully Insured

Weds. 28th Aug: **Chinese Night:** Back at Zen City Hamlet Court Road. Eat as much as you like.
..Cost: £15.00

Fri: 20th Sept: **Night at Romford Dogs:** 3 course dinner in there new splendid restaurant, entrance + race card and transport All for£45.00 each or **Transport only for£10.00 each**

Weds. 25th Sept: **Biggin Hill Museum.** With a talk on ATA women in the RAF. Mid-day start, stop for coffee on the way at a garden centre and dinner on the way home, 3 course meal for *£16. (*Payable on the night at the restaurant)
..Cost: £20.00

Tues. 15th Oct: **Italian Night:** Padrino's the best value restaurant around above the archway cafes at Westcliff.
..Cost: £16.50

-----Cut here-----

Booking Form

Please book meChinese Night: at £16.00 each..= £
Please book meRomford dogs: at £45.00 each..= £
Please book meRomford dogs: at £10.00 each..= £
Please book meBiggin Hill: at £20.00 each.....= £
Please book meItalian Night: at £16.50 each.....= £

Total = £ _____

Separate cheques for each please and write on the back which it is for.

Pick up points for Biggin Hill and / or **Romford:** Church Rd. Shoebury:
 Southchurch: The bell: Progress Rd: Rayleigh Weir: (Times to be announced)

Pick up point :

Name.....Address.....

Post Code.....Phone No.....E Mail.....

Please send this form and cheques made payable to: "Take Heart"
To: Take Heart Events 30 Westminster Drive
Westcliff on Sea Essex SS0 9SL

Further inquiries regarding these events Please only phone Paul 01702 309042
(if no answer please leave message & phone No. and I will get back to you)



"Take Heart" **Southend and District** **Cardiac Support Group** **Chairman: Paul Halley**

Here we are at the end of July and I'm a month late getting this magazine out. Time seems to fly by and life is busy.

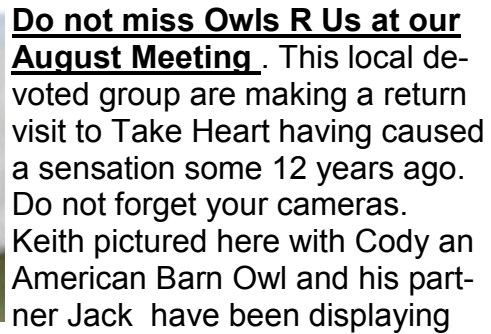
We have been very active at Take Heart organising many events. Lots of trips and meals are planned (see booking form on page 10) We have also booked a holiday for December 2020 at Warners Gunton Hall (details are on page 7) I know its a long way off but if you are interested you need to request a booking form and send your deposit to guarantee you place.

Lots of donations have been received over the past few months and a full report and list will be published in our next magazine. This edition is a bit thinner than usual with fewer stories and jokes which from our feedback will disappoint many but we will make it up with a bigger bumper edition in November.

We have also been approached by various organisation who wish to support Take Heart with fundraising and we are grateful for their interest and are willing to listen to any new and old ideas. We have just purchased another 500 pedometers for Cardiac Re-hab at Southend University Hospital (pictured below) Other equipment we planned to purchase have been put on hold for a couple of months due to storage issues with the up and coming merger. We hope to have this sorted in the next few

weeks and will take delivery soon after. I wish you all happy holidays for the summer and where ever you go remember to
BE SAFE AND ENJOY.....Paul





low left is Skye a female snowy owl. On the right is Teasel Indian Eagle Owl . Top right is Maple Canadian Great Horned Eagle Owl.



 **Toastmaster**
Master of Ceremonies 

Masonic Functions - Weddings - Social Events
Bar Mitzvahs - Corporate Functions

23 Gainsborough Drive
Westcliff-on-Sea
Essex SSO 9AH

Telephone: 01702 302713
Mobile: 07885 630550

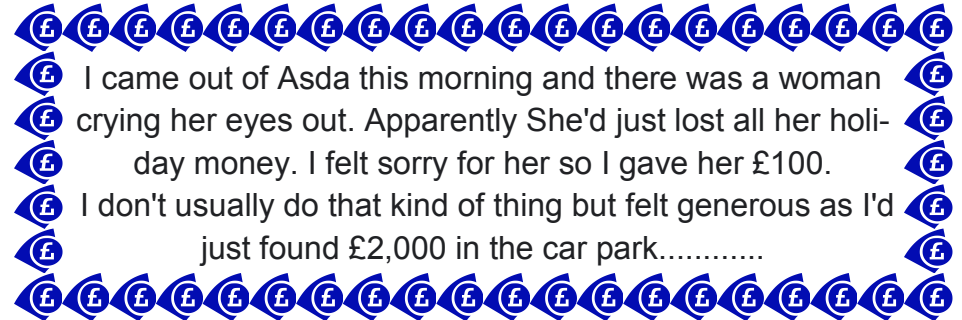
Email: steve.ashby@blueyonder.co.uk



**Boiler Changes—Central Heating,
Power Flushing—Bathroom Suites,
Showers Etc—Free Estimates.**

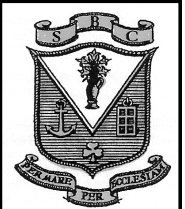
Gas Safe Registered Installer. ACS Approved

Telephone/fax 01702 511181 Mobile 07850662422



Southend-on-Sea Bowling Club.

**7. Tunbridge Road,
Southend-on-Sea,
Essex, SS2 6LT
Tele: 01702-467073**



With six outdoor rinks and three indoor rinks Southend Bowls Club have the facilities for all members to enjoy all year round bowling.

With extensive bar and full catering facilities available for all social occasions we welcome new Lady and Gentlemen members to either Bowling and or Social Membership.

Bowling tuition always available for beginners.

Membership Secretary: Mr David Lincoln. 01702-616774



On July 11th our members welcomed 'The Doppelgangers' Two strangers living in the same town constantly being mistaken for each other but never having met. This is what happened when Neil and Marion Richardson moved to Braintree in 2013. In 2015 they finally met John and Jenny Jemison on a coach trip. Neil and John really could be twins but in fact they have been tested and are not related to each other at all.

The couples spent the day together and found that both John and Neil had attended the same Teacher training college and started the same career as R.E teachers albeit at different times. They both sing and write poetry (It also turned out that each has a child who play the didgeridoo of all things)

After a short piece appeared in the local paper it suddenly went viral and after 5 days of testing at St. Thomas Hospital in London they were named the worlds most look alike strangers. They travelled to many places and for a short time became even more famous World Wide, when they were on T V They enchanted us with their poetry, some funny, some sad and some giving us food for thought by telling it like it is for those trapped in misery They even had a clever 'Brexit' poem which set us giggling.

The evening went swiftly and our members had shared an unusual, interesting and most enjoyable meeting with 'The worlds most famous look alike strangers' who now are actually strangers no more .

What exactly is a doppelganger? Someone who looks spookily like you, but isn't a twin is a doppelganger. Originally, this was a type of ghost. The word Doppelganger is German and literally means double walker-as in ghost or shadow of yourself.

SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events in colour)

- Thurs. 8th August:** **Owls R U:** Return visit of this famous local group who talk and exhibit various owls and birds of prey all done in an educational way .Don't forget your cameras. See opposite
- Weds. 28th Aug:** **Chinese Night: Back by popular demand at Zen City Hamlet Court Road. Eat as much as you like.** (See Booking form page 10)
- Thurs. 12th Sept:** **Wandsmen of St Pauls Cathedral** Very interesting talk by Patrick Wilkins
- Fri: 20th Sept:** **Night at the Dogs: Romford Stadium with Dinner or just transport only** (see booking form on page 10 for full details.)
- Weds. 25th Sept:** **Biggin Hill Museum. With a talk on ATA women in the RAF. Mid-day start and dinner on the way home** (see booking on page 10 form for full details.)
- Thurs.10th Oct:** **Around the World in 80 Days: Tony Curtis**
- Tues. 15th Oct:** **Italian Night at Padrino's Westcliff above the Archway cafes on the sea front at Westcliff. 3 course menu, come on your own / bring some friends. Book early this will be a sell out like last year.** (See Booking form on page 10)
- Thurs.14th Nov:** **Joanne Larner.....All about NORWAY**
- Thurs.12th Dec:** **Sea Shanty's: Local songs commonly sung to accompany labour on board merchant sailing vessels.**
- Afterwards we draw of our Grand Christmas Raffle.**
You could go home £250 richer.

Jim Wordsdale sadly passed away unexpectedly at the end of May and will be missed by all who knew him. Take Heart members will remember him warmly when he came to our meeting a few years back and gave us a very interesting talk on his life in journalism. Jim was a lovely man who always wrote passionately about his Southend and was never afraid to criticise people in authority when he thought they got it wrong. He wrote many books about Southend and supported many local charities of which Take Heart was one. I knew Jim for many years and saw him the week before he died so it came as a shock to me to hear the sad news. Unfortunately I was on holiday and could not attend his funeral but am told it was standing room only. Our thoughts go out to Beryl and the Family*Paul*





Thorpe Bay Bowling Club
 Thorpe Bay Gardens
 Thorpe Bay
 ESSEX
 SS1 3HL

Club tel: 01702 582074

Hon. Secretary
 Noel Hudson
 Tel: 07800 660 116
 email: TBBC2019@gmail.com



Situated on the sea front with extensive views over the estuary, the club is one of the most attractive in Essex. The Club is open to all with a membership in excess of 100. The Club offers members the opportunity to bowl in various leagues, competitions and friendly matches. For those new to bowls we have two qualified coaches to help you along your bowls journey.



VAL MARTIN Dip FH MCFHP MAFHP & pedicure diploma

FOOT HEALTH PROFESSIONAL

HOME VISITING SERVICE

Ashingdon & all surrounding areas

TOE OR FINGERNAIL CUTTING, THICKENED NAIL REDUCTION
 HARD SKIN REMOVAL CORN - ATHLETES FOOT - FUNGAL NAIL - VERRUCA
 TREATMENTS & MORE HAPPY TO MAKE HOSPITAL VISITS
 REDUCED RATES FOR COUPLES

07989 154371 or 01702 545145
 email: val.martin87@googlemail.com
 fb @ valsfeet



Festive Break (Tinsel and Turkey) 2020

7th to 11th December 2020

Warners Gunton Hall

4 Nights Dinner Bed & Breakfast
 Plus full Programme of Entertainment

Standard Double / Twin room Plus Coach
 Transport from Southend Area

All for only £196.00 each

If interested please phone 01702 309042 and leave your details or e-mail them to paul@takeheartsouthend.org and a booking form will be sent or emailed to you.

We only need a £30.00 Deposit to guarantee your place.

The sooner the better.....So don't wait do it now!

I know its a long way away but don't worry if you can't go due to health problem or worse we will refund your deposit