

A Cardiac Support Group - Registered Charity No. 1023707

DECEMBER 2014

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

THE EASTWOOD COMMUNITY CENTRE

WESTERN APPROACHES EASTWOOD LEIGH-ON-SEA SS2 6SH

Free Parking in Supermarket car park

New Members welcome: come along and introduce yourself.

Interesting talks and entertainers plus companionship: Meals out: Trips to the theatre and even holidays. Take Heart helps you recover from Cardiac problems by mixing with people who have been there.

> We lead by example you are not alone. There is life after a heart attack - we prove it

For Further Information Phone: 01702-309042 Please leave a message and phone no. and we will contact you www.takeheartsouthend.org (New Site under construction)



MERRY CHRISTMAS FROM ALL AT TAKE HEART

See back page for details of our Grand Christmas Draw



Paul Halley Chairman



Colin Stanley Treasurer



Gill Stanley Membership secretary



Gary Jackson

Veb-Master

Hazel Staines Vice Chair

Diane Price

Raffles



Lesley Pettengale Press Officer





Rita Spence Refreshments





George Turner
Vice President

The Who's Who of "Take Heart"

Chairmam: Paul Halley Tel: 01702-615660 paul@takeheartsouthend.org

Vice-Chair: Hazel Staines .. Tel: 01702-230660

Secretary: Tony James.... Tel: 01702-293469 takeheart@blueyonder.co.uk

Treasurer: Colin Stanley... Tel: 01702-311796 takeheart@hotmail.co Press Officer: Lesley Pettengale Tel: 01702-340769 lesleycyd@aol.com

Membership: Gill Stanley...... Tel: 01702-311796 glstanley@blueyonder.co.uk

Web-Master: Gary Jackson... Tel: 07516 077255 jackogary@gmail.com

Raffles: Diane Price diane@mjprice.demon.co.uk
Refreshments Rita Spence ritaspence@btinternet.com

ritaspence@btinternet.com
422 richard lefever@sky.com

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

Committee (Ex Officio) Members Sue Middleton and Sarah Sayer both Clinical Nurse Specialists and joint Rehab Team Leaders Southend Hospital Cardiac Rehabilitation Centre

E-Mail: susan.middleton@southend.nhs.uk Tel: 01702-385028

All correspondence should be sent to:

"Take Heart" 59 High Street Shoeburyness Essex SS3 9AW

All correspondence relating to this magazine should be sent to: The Editor Take Heart News c/o the address above.

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

Here I am with the sun shining through the windows as I put the finishing touches to this our December Magazine. Did I say December? Feels more like September. The longer this goes on the



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

smaller our heating bills will be and I'm all for lower bills.

It's that time of year again when you will find some raffle tickets with your magazine. Please return these in the envelope provided or bring them along to our December meeting or our Christmas concert on the 15th December, the night of the draw. If you would like any more tickets please ring me and I will send them out to you. Hopefully the raffle will be as successful as in previous years.

We have had some generous donations over the past few months. We received a total of £525.00 in memory of Evaline Harrold who with husband Trevor used to live in Shoebury before moving to Ongar last year. They still enjoyed receiving their Take Heart Magazine and we thank Trevor and the family for thinking of us at such a sad time. We have also received a generous £250.00 from the Southend Masonic Golfing Society which we understand is part of a total of £1,700.00 donated by them this year to a number of local charities. Well Done to them. We received £250.00 from Take Heart member David Manners (photo: see page 8) and £60 from Derek Murphy who gave a talk to Southchurch Village W. I. and asked them to send a donation to us. Many thanks to all who think of Take Heart when it comes to donations.

We had a great day in London when we took some 98 of you to see the Poppies at the Tower, it was so successful we had to disappoint over 30 of you. We stayed for the roll of honour and the last post which was very moving and many came back to the coaches with tears in their eyes. This event was not organised to make a profit but we do have a surplus of £140.00 which when asked, both coaches agreed unanimously that this amount should go to The British Legion Poppy appeal.

We also had a great evening at the Fishermans Wharf back in October, and raised £300.00 Likewise another evening last week at Zen City proved equally successful with another £300.00 raised. Many thanks to all those who regularly support our events.

As I said before if you are a member and you have been sent this in the post you will find as usual at this time of year a book of our Christmas Draw tickets enclosed. If the system works you will also find an addressed envelope to return your tickets, with a cheque made out to Take Heart or if you wish a £5 note tucked in the counter foil. Good Luck and remember if your not in it you can't win it. The draw will take place at our Christmas Concert with the sixty strong choir "Funky Voices" admission is free and it will be your last chance to return your tickets or to buy some. So to put you in that Christmas spirit and a last chance to go home £250 richer come along and bring some friends.

As usual, I always write of the happiness felt by most at this time of year, but it is also a sad time for some, a time to reflect on the events of the last year and to remember those who are no longer with us. So whatever Christmas means to you, I wish you health and happiness at this time of year and a healthy and prosperous new year.

Kind regards to all Paul

From all the committee may we wish you a Very Merry Christmas and a Healthy and Prosperous New Year.



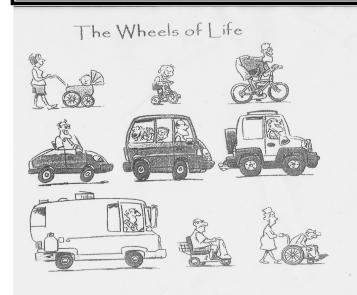


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Lexophilia is a word used to describe those that have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless." A competition to see who can come up with the best lexophiles is held every year in an undisclosed location. Some of this year's winning submissions are posted within this edition.

Win £25.00

Return your answers on a piece of paper with your name and address together with your raffle tickets. All Answers are Television Programs old and new.

GOOD LUCK

- 1. 1953 Road?
- 2. Physician I've never heard of?
- 3. Found on Franks Christmas Table?
- 4. Waters Edge?
- 5. Pepy's diary entry?
- 6. Fruit with no sight?
- 7. Watch the Clock tick?
- 8. Roughly four Counties?
- 9. The Boat arrives?
- 10. XV II I?
- 11. Tuneful accolades?
- 12. Time Gentlemen, autumns is nearly here?
- 13. Abode gets smashed?
- 14. The Trainee?
- 15. What's the use?
- 16. Young brain?
- 17. A colourful male youth who is married?
- 18. Two greet to greet?
- 19. 12 inches in 6 foot of dirt?
- 20. Town in Sussex?

Don't forget to return your raffle tickets by the 15th December or you will miss out on your chance to win £250.00 . Tickets can be brought along to the Take Heart Christmas Concert with the 60 voice Choir Funky Voices, on Monday 15th December at the Eastwood Community Centre starts at 8.00 all are welcome : **Entrance is FREE**



క్ఫోం **SPEAKERS AT OUR MEETINGS** Second Thursday of each Month from 8.00pm (extra events and outings in bold) Thurs. 11th Dec. Christmas Fun Night Mon. 15th Dec. Funky Voices: a 60 strong choir present a Christmas concert with the draw of the Grand Christmas Draw in the break, your last chance to by a ticket to win £250.00 Fun Auction of unwanted gifts and quality second-hand goods. Thurs. 8th Jan. Thurs. 12th Feb. To be announced Thurs. 12th March. To be announced Tues. 17th March. St Patricks Night at The Polash Indian restaurant West Road Shoeburyness. Wear something green! (See page 10) Thurs. 9th April. A.G.M. The business side of Take Heart. Mon. 27th April. Night at the Dogs: Romford by coach and Dinner. (See page 10) Thurs. 14th May. Hospital Pharmacist (Date to be confirmed) A full list of all our events will be confirmed and published in our next edition in March

Lexophilias

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles U.C.L.A.

A will is a dead giveaway.

A bicycle can't stand alone; it's just two tired.

He had a photographic memory which was never developed

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An elderly couple, who had just learned how to send text messages on their mobile phones. The wife was a romantic type and the husband was more of a no-nonsense guy. One afternoon the wife went out to meet a friend for coffee. She decided to send her husband a romantic text message and she wrote:

"If you are sleeping, send me your dreams. If you are laughing, send me your

smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you

The husband texted back to her.

" I'm on the toilet. Please advise."



<u>*******************************</u>

Unwanted Presents and quality second hand goods
Thursday 8th January 2015
Eastwood Community Centre
Come along and bag a bargain
Bring some friends make a night of it
Viewing from 7.45Auction starts 8.15
Tea & Coffee served in the break

If you have any items you would like to donate please phone Paul 01702 309042 or email: paul@takeheartsouthend.org and it can be itemised in the catalogue and brought along on the night.

Late lots also accepted on the night

Don't forget to return your raffle tickets by the 15th December or you will miss out on your chance to win £250.00. Tickets can be brought along to the Take Heart Christmas Concert with the 60 voice Choir Funky Voices, on Monday 15th December at the Eastwood Community Centre SS2 6SH starts at 8.00 all are welcome: Bring some friends.

Christmas Starts Here! Entrance is FREE!



Another great night at Zen City in Hamlet Court Road. Good food and good company and about £300.00 made for Take Heart. Well done to all who attended.

Also a similar amount was raised at our fish & chip night at the Fishermans Wharf on Southend sea front back in October.



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If you wish to attend Phase 4 please speak to the cardiac rehabilitation nurses and physiotherapist to see if you are eligible.

If you are eligible to complete Phase 4, we currently have 4 trained Phase 4 instructors working within the community.



<u>Lita Freegard</u> - 07949667866 or email LFREEGARD@aol.com **Shelley Gleadell -** 07773216274

Phoneix Karta Club, 12b Northwick Road, Canvey Island *Fridays – 2-4 pm*

WRVS Hall, Richmond Avenue, Benfleet *Tuesdays* – 1:30 –3pm

The Stables (at the rear) Chalkwell Park Drive, Leigh in Sea, SS9 1NN • Wednesdays- 1.30-3pm

£ 5.00 per session

Karen Beardsall – Garons reception desk – 01702 613000

Southend Tennis and Leisure Centre, Garons Park, Southend on Sea *Fridays 9 am to 11 am (gym-based)*

£ 3.50 per session

Martin Frost - 07940327151

Eversley Leisure Centre, Crest Avenue Pitsea, Basildon *Tuesdays* – 2:30 – 3:30 pm

Pitsea Leisure Centre, Northlands Pavement, Pitsea, Basildon *Thursdays* – 8:30 – 9:30 pm

Hockley Health Club, Eldon Way, Hockley

Fridays - 6:45 - 7:45 pm

£ 3.50 per session

If you wish to attend any of these sessions you will need an information sheet. Please speak to a cardiac rehab nurse or physio who will complete the form. The Phase 4 instructor needs the form prior to attendance.

NB There is a charge for each session



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Of all the photos taken of the Poppies round the Tower this is probably one of the best taken on the last day thanks to my Daughter and partner Charlotte & Barry



Take Heart member David Manners: presents a cheque for £250.00 to our Treasurer Colin Stanley. David raised the money when he celebrated a very special birthday and requested that no one was to bring presents but to make a donation to his charity which luckily for us is Take Heart.

Well done David many thanks for thinking of us. A belated Happy Birthday from all at Take Heart and note I haven't given the secret away I just mentioned a special birthday obviously with a nought at the end!



Richard Sanderson MCFHP MAFHP Foot Health Practitioner

35 years qualified nursing experience 37 Henley Crescent Westcliff on Sea Essex SS0 0NS

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Lexophilias

When she saw her first strands of grey hair she thought she'd dye.

The guy who fell into an upholstery machine is now fully recovered.



Castle Point & Rochford 2014 **Annual Sports Awards**

Heart & Soul Rehabilitation Won the category 'Respect' for the work that they do in the community and how the classes enhance the lives of their, clients.

Well Done to our fitness guru Lita Freegard

Nominate your local athlete,

coach, club or volunteer

Rochford &

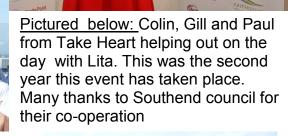
Castle Point

Awards

Phone: 01702 318121 Email: sport@rochford.gov.uk itter: @rochford_sport

Sports

Pictured below: Some of the many walkers who took part in the annual Promenade Down The Pier organised by local keep fit Guru Lita Freegard. What a lovely day it turned out to be, no rain just wall to wall sunshine.





Congratulations to Lita who has just announced that this years pier walk raised the fantastic sum of £2,000.00 This amount will be split between Take Heart and Hearts and Minds (Basildon) to be spent on the re-hab departments in both Southend and Basildon WELL DONE TO ALL Hospitals.





Southend-on-Sea Bowling Club.

Rochford & Castle Point

Sports

Awards

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 Don Fowler. 01702-206235



Night at the Dogs CORAL ROMFORD STADIUM

Monday 27th April 2015 Coach, Entrance, Race card, plus 3 course Meal

All this for only £27.50

Coach will leave Shoebury at 5.00pm

<u>Local pick up points</u>. Coaches have toilet facilities, and all trips are disabled friendly and can accommodate wheelchairs.

Booking Form will be in our next edition (March)



Sir Winston Churchill

30th November 1874—24th January 1965

2015 is the 50th anniversary of the passing of Sir Winston Churchill who died 24th January 1965 at the age of 84. We hope to visit his home, for many years, up until his death, at Chartwell in Kent sometime during 2015 (probably in July). We will also take advantage of being in that part of the country to visit our Italian restaurant on the way home for a slap up

meal. Look out for further details in future editions this our news magazine.

"TAKE HEART'S" St PATRICK'S NIGHT

ΔΤ

THE POLASH WEST ROAD SHOEBURYNESS



On Tuesday 17th March 2015: 7.30pm. For a 8.00pm. start

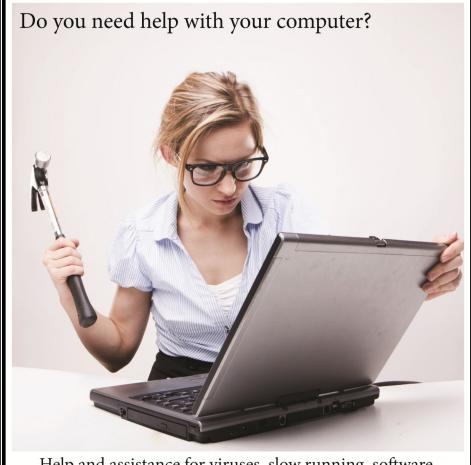
3 courses with coffee & Mints ONLY £20.00 EACH (English meal available if required pre-order only)

2

~~~~~~~~booking form cut here~~~~~~~~~~~~~			
Charity Indian Night:	Book meTickets @ £20.0	0.each. Total = £	
Name:	Address		
Phone No	E-mail:		
	orm together with your cheques ma		

eart (Polash) 30 Westminster Drive Westcliff on Sea Essex SS0 98 (Cheques should be dated 1st February 2015)

Further enquiries phone Paul: 01702 615660



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#### FEAR OF FALLING or HAD A FALL

Staying Steady is a 16 week exercise programme that is aimed at anyone who has two of the following criteria: A fear of falling, poor balance/gait, has fallen, has Osteoporosis/fractures. The class is 1.1/2 hours long which consists of an hour of very simple basic exercises followed by a weekly chat on falls related subjects. The results have been amazing, helping people gain confidence and continue to lead independent lives. The social element is also greatly appreciated by our participants. We charge just £1 to cover the cost of refreshments.

Should anyone know of anybody that they think can benefit from this service, please

contact Southend Adult Community College on 01702 445700, Ambleside Drive, Southend-on-Sea SS1 2UP for details of classes in your area and to find out which class would be most suitable for the participant. We currently have eight classes running from Monday to Friday daytime in Southend, Shoebury and Leigh and are continuing to set up new classes throughout Southend.

Suzanne Speirs – Staying Steady Co-ordinator Southend Adult Community College, Ambleside Drive, Southend-on-Sea, Essex, SS1 2UP

- T. 01702 445700
- F. 01702 445739
- E. SuzanneSpeirs@southend-adult.ac.uk

#### MERRY CHRISTMAS TO YOU ALL FROM TAKE HEART

#### ***************** Raise funds for Take Heart with Easyfundraising *As Treasurer I am charged with keeping our finances in order and at the same time trying to increase our income, you as members are fantastic, you support the group from individual donations to personal events, however, there is a way whereby you can still donate to Take Heart and it does not cost you a penny, sounds to good to be true. BUT IT IS..... 米 It all relates to the internet and on-line shopping. Now before you turn the page to find something more interesting to you, please read on for if you do not use the world wide web I'm sure your children and grandchildren do and the more the merrier. Many of us, now buy gifts, do our shopping or book a holiday online, it is In order for Take Heart to benefit from your on-line shopping, you need to do the following: Log onto the <u>WWW.Easyfundraising.org.uk</u> register your details (no Debit or Credit cards are required to set up your details) with TAKE HEART CAR-DIAC SUPPORT GROUP SOUTHEND as your nominated charity the rest is up to you and your spending habits. There are over 2,700 retailers, Tesco / John 米 Lewis / EBay / Amazon amongst many others. * Procedure when shopping go to web site www.easyfundraising.org.uk Set up your personal details and nominate TAKE HEART CARDIAC SUPORT ₩ GROUP, SOUTHEND You will be required to down load a tool bar Then start buying. The tool bar will inform you if the retailer is a donating one or not. 米 What's the catch, there is none: you do NOT pay a premium for going through the www.Easyfundraising.org.uk web site, you are paying exactly the same as you would if you went on that webpage directly, however by going through the www.Easyfundraising.org.uk web site, the seller, will donate part of their profit to the nominated charity, that being us. Only a small percentage is donated but from little acorns ect ect. The more people that do this the more it will benefit Take Heart tell all your family and friends also your work colleges everyone if we can encourage 10 or 20 people and they in turn encourage 10 or 20 then it soon adds up to thousands of people and we will make lots of money for very little effort. It 米 really works. I recently purchased a new washing machine. I still got it at a discounted price with Argos but by purchasing on line through easyfundraising Argos donated to

Take Heart. We have about 800 members if everybody told 2 people and they in turn told 2 people and so on.... Well you do the maths.........

Colin Stanley: Treasurer Take Heart

#### ****************

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#### Lexophilias

Those who get too big for their pants will be totally exposed in the end.

A boiled egg is hard to beat.



#### **HEALTH WALKS**



#### **SOUTHEND - Phone: 077**7192693

Wednesdays: 11.00am at The Billet Public House, High Street Old Leigh

Wednesdays: 1.30pm at The Beach huts opposite The Shorehouse Public House, seafront Shoeburyness.

Thursdays: Every 2nd and 4th Thursday of the month 1:15pm at Priory Park, Meet outside the cafe. Victoria Avenue, Southend on Sea

#### CASTLEPOINT - Phone: 01702 318121

Mondays at 10.45am. Hullbridge Community Centre, Car Parking available.

Mondays at 10.30am, Richmond Hall, Benfleet (meet in the car park/ free for 30-45mins – all levels of walkers, path and grass walk, please wear suitable shoes

Wednesdays - 10.30 am - Canvey Sea Wall 30 - 45 mins (meeting Labworth Car Park, free) Paved flat walk, suitable for wheelchairs & buggies

Thursdays at 10.45am Hockley Woods, Hockley, Car parking available in Hockley Woods Car Park - entrance next to The Bull.

Friday 1st & 3rd every month - 10.30 am (approx 1 hour) Salvation Army Car Park (Hadleigh) Please visit The Walking Your Way to Health website for walks outside of your local area http://www.wfh.naturalengland.org.uk

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PALS staff have considerable experience of how the hospital works and have access to all departments and staff at all levels, including the chief executive. This supports us in negotiating prompt solutions. We have contacts within many local NHS services, social services, voluntary, charitable and advocacy agencies. PALS can give advice and information about all services provided by Southend Hospital and also in relation to other health care providers. If we cannot help you we will be able to put you in touch with someone who can. Confidentiality Our service is confidential and staff will not speak to anyone else about your issues unless they have your permission to do so, except where there are concerns about safety. Assist you in resolving your concerns or difficulties quickly and effectively. Provide you with information about our hospital and its services. Support you with interpreting services if you need language assistance How to contact PALS Southend University Hospital NHS Foundation Trust Prittlewell Chase Westcliff on Sea Essex SS0 ORY Tel: 01702 385333 Fax: 01702 385915 Email: PALS@southend.nhs.uk The office is open 08.00 - 16.00 Monday to Friday. Voicemail is available out of working hours and all messages are responded to first thing on the next working day. The team: Lesley Vale and Kim Dunmore - PALS officers

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I will seek and find you.
I shall take you to bed have my way with you.
I will make you ache, shake & sweat until you moan and groan.
I will make you beg for mercy, beg me to stop.
I will exhaust you to the point that you will be relieved when I'm finished..
And, when I am finished, you will be weak for days.
All my love,

The Flu

Now get your mind out of the gutter and go get your flu jab!

# Steve Ashby



Toastmaster
Master of Ceremonies



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Email: steve.ashby@blueyonder.co.uk



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Keukenhof there will be Volendam & Windmills and a day in Amsterdam on the 5 day tour.

bed & buffet breakfast.

#### **MEDITERRANEAN DREAMS**

6th June 2015. 9 days - £699.00

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#### To advertise in this magazine

Please contact the Editor: 01702 615660 or e-mail paul@takeheartsouthend.org

The cost per 1/6 page advert is £30.00 per year, 1/3 page is £50.00 per year. 1/2 page £80.00 per year. (Sizes are approximate)

Circulation of 2,500 copies per quarterly edition posted to all 700 "Take Heart" members with 10 copies sent to all local G.P. surgeries and clinics within our area (approx. 110) and all local libraries also all waiting areas within Southend Hospital

The Treasurer, and members of "Take Heart" would like to thank the advertisers in this magazine for their continued support.

Please, in turn, support them, and please Take Heart when replying to advertisements.

### **GRAND CHRISTMAS DRAW**

***********

Take Heart Southend and District Cardiac Support Group
Supporting Cardiology in Southend

TICKETS ONLY £1 each

1st Prize: £250 Cash

2nd Prize: £100 Voucher

(Donated by Cooks Coaches Southend)

3rd Prize: Large Christmas Hamper

4th Prize: £50 Voucher

(Donated by the **Fisherman's Wharf** Southend)

5th Prize: £40 Voucher

(Donated by **The Polash** West Road Shoebury)

#### 6th Prize: 12 Christmas Cup Cakes with Stand

(Made & Donated by Tina Martin)

7th Prize Set of Swiss Kitchen Knives 8th Prize Necklace & Matching Earrings

9th Prize 6 Bottles of Pesseco 10th Prize 6 Bottles of Red Wine

11th Prize Cuddly Toy Christmas Penguin

12th Prize Bottle of Captain Morgan Rum (large)

13th Prize 3 Bottles of Red Wine 14th Prize 3 Bottles of White Wine

15th Prize Bottle of Port

16th Prize Selection of M&S Biscuits

17th Prize Set of Four Jigsaws

18th Prize Panettone Cake

19th Prize Bottle of White and Red Wine

20th Prize Tin of Chocolates

Draw will take place on Monday 15th December 2014 at 9.00pm at the Take Hearts Christmas Concert with the 60 voice choir "FUNKY VOICES" Eastwood Community Centre, Eastwood, Southend-on-Sea, Essex SS2 6SH.

Concert starts at 8.00: All Welcome: Entrance Free:

**Registered Charity Number 1023707** 

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