



A Cardiac Support Group - Registered Charity No. 1023707

## JUNE 2014

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

### **THE EASTWOOD COMMUNITY CENTRE**

WESTERN APPROACHES EASTWOOD  
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*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](http://www.takeheartsouthend.org)**



**What to do between Christmas and New Year.**

**Join us, with a Take Heart trip to Paris .**

**Only £132.50**

**( single room supplement £60.00)**

**See inside for further details**



## **The Who's Who of "Take Heart"**

<b>Chairman:</b>	<b>Paul Halley .....</b>	<b>Tel: 01702-615660</b>	paul@takeheartsouthend.org
<b>Vice-Chair:</b>	<b>Hazel Staines ..</b>	<b>Tel: 01702-230660</b>	
<b>Secretary:</b>	<b>Tony James....</b>	<b>Tel: 01702-293469</b>	takeheart@blueyonder.co.uk
<b>Treasurer:</b>	<b>Colin Stanley...</b>	<b>Tel: 01702-311796</b>	takeheart@hotmail.co.uk
<b>Press Officer:</b>	<b>Lesley Pettengale,</b>	<b>Tel: 01702-340769</b>	lesleypettengale@gmail.com
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<b>Overseas:</b>	<b>Rita Spence</b>		ritaspence@btinternet.com
<b>Hospital Rep.</b>	<b>Richard Lefever</b>	<b>Tel :07850662422</b>	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.*

## **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 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 University 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 mention Take Heart when replying to advertisements.

## **Abdominal Aortic Aneurysm screening**

Men aged 65 or over who have high blood pressure or smoke may be at higher risk of an abdominal aortic aneurysm (AAA).

The good news is that men aged 65 or over, are entitled to free screening - simply go to your nearest screening service or ask your Doctor

With this simple, non-invasive abdominal ultrasound you could help reduce your risk.

Summer is here ! As I sit writing this my head is tingling from sun burn, must remember to pack some suntan lotion in my golf bag.

Lets hope this good weather will last through the rest of the summer. I can't

help thinking if it does we will soon be on a hose pipe ban. That's just how crazy the weather can be in this country but then that's why we like it so much.

Our AGM in April was well attended and we welcomed two new committee members Gary Jackson and Lesley Pettengale and with Richard Lefever rejoining we are now at a full complement. This coming year is going to be a busy one and we have a large shopping list for the hospital lots and lots of small items and a couple of large ones so look out for all the details in our next edition.

A nice duty to perform at the AGM was to appoint George Turner our past Chairman as our new Vice President. George was very pleased to except the honour and pledged his continuing support for Take Heart. Georges wife Peggy has not been too well and he had to leave early to be with her. We sent him on his way with a nice bunch of flowers for Peggy, who duly phoned the next day to thank everyone for thinking of her.

Quite a few of us attended the funeral of our past Vice President Mike Colclough back in March and we were pleased to see June Medcalf, who older members will remember was an active committee member and secretary of Take Heart for many years. Unfortunately we have just heard that she has passed away after a short illness. Our thoughts are with her family at this sad time.

More sad news I'm afraid. Terry Mathers who many will know from all the events and outings he and Beryl have supported over the years has sadly passed away. At this sad time Beryl and the family chose to nominate Take Heart to receive donations instead of floral tributes and we all thank them for thinking of us . Beryl came to our May meeting and presented us with a total of £607.00 in memory of Terry, a wonderful amount that proves how much he will be missed.

I have lost all my e-mail addresses (again) so if you haven't had an email from me for a month or so then it would help me to build up my address book again if you would e-mail me at [paul@takeheartsouthend.org](mailto:paul@takeheartsouthend.org) just say Hi and leave your name and I will add you to my list. If you are new to e-mails and you are not on my list please do the same. This way of communication is instant and you get all the news good or bad as and when it happens and not just when the magazine arrives.

As I'm sure you know, copies of this magazine are sent to each doctors surgery within the Castle Point, Southend, Rayleigh, Rochford, and Hullbridge areas, so next time you go to your Doctors have a look to see if there is a copy in their waiting room and if not ask if they receive their copies, if their answer is no please inform me and I will make sure they are on our list. Also whilst there see if they are displaying a Take Heart poster and if so make sure it is up to date. If not also let me know and I will arrange to send them one. I recently took a friend to his Doctors and found them displaying a poster informing people that we meet at Flights in Aviation Way. We haven't met there for, must be 10 or 12 years. It is important that we have the right information out there so we need to use you as our spies and report back to us if you see something that is not right so we can put it right.

Holiday season is upon us, so if you are off to find some foreign sunshine hope you have a good time and more importantly a safe time. Make sure you have the appropriate insurance and don't forget your medication, take two lots, one in your case and one in your hand luggage. Someone somewhere will lose there luggage so be prepared in case its you.



**"Take Heart"**  
**Southend and District**  
**Cardiac Support Group**

**Chairman:**  
**Paul Halley**



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## Clever Words

1. ARBITRATOR: A cook that leaves Arby's to work at McDonald's
2. AVOIDABLE: What a bull-fighter tries to do
3. BERNADETTE: The act of torching a mortgage
4. BURGLARIZE: What a crook sees with
5. CONTROL: A short, ugly inmate
6. COUNTERFEITERS: Workers who put together kitchen cabinets
7. ECLIPSE: What an English barber does for a living
8. EYEDROPPER: A clumsy Ophthalmologist
9. HEROES: What a guy in a boat does
10. LEFT BANK: What the robber did when his bag was full of money

Visiting hours at Southend Hospital.

Visiting times for most wards are

14.30 - 16.30, and then 18.00 - 20.00.

For special arrangements outside of these hours please contact the ward manager. Please note that visiting for Windsor ward is 15.30 - 16.30, and then 18.30 - 20.00.

Protected meal times

Many wards operate a no visiting policy during meal times. Meals and drinks are usually served around these times:

Breakfast\* 07.30 - 08.30

Morning drink 10.00 - 10.30

Lunch\* 12.00 - 13.00

Afternoon tea 15.00

Supper\* 17.00 - 18.00

Late evening drink

20.30 - 21.30

Times may vary slightly, please check individual times with the ward staff.

## HEART HELPLINE

**0300 330 3311**

**[heartmatters@bhf.org.uk](mailto:heartmatters@bhf.org.uk)**

Information and support on anything heart-related. Phone lines open 9am to 5pm Monday to Friday. Similar cost to 01 or 02 numbers

## GUINEA PIG Magazine

For All Things Guinea Pig



**[www.guineapigmagazine.com](http://www.guineapigmagazine.com)**

## **SPEAKERS AT OUR MEETINGS**

Second Thursday of each Month from 8.00pm

(extra events and outings in bold)

**Saturday/Sunday**  
**24th & 25th May:**

***Fund raising: Bucket Shake at the Royals, Southend.***  
**Volunteers needed if you can spare a few hours please let us know.**

**Weds. 28th May:**

**Day in Windsor with 3 courses Dinner on the way home:**  
***This is a subsidised event and is for members only with their partner or one guest. (This event is SOLD OUT)***

Thurs. 12th June:

Days of Dolly Blue and Izal: Brian Carline

**Weds. 25th June:**

**Miss Saigon: (This event is SOLD OUT).**

Thurs. 10th July:

Secure Sitting Service Ltd: Respite and companionship  
(Support in your own home)

Thurs. 14th Aug.

Re-discover your Library Service: Simon Wallace

Thurs. 11th Sept.

Canine Partners: Stephanie together with John and Dog

**Sun 28th Sept.**

**Sponsored Walk down the Pier watch out for details in our next Magazine and registration forms.**

Thurs. 9th Oct.

Auctioneer Mark Stacey: Valuation Night.

**Weds. 15th Oct.**

**Fish / Chip Night Fishermans Wharf Southend sea front.**

Thurs, 13th Nov.

*Local heroes who paid the ultimate price In both world wars.*

**Weds. 19th Nov.**

**Chinese Night: Zen City Hamlet Court Road.**

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**

**Sun. 28th Dec.—Tues. 30th Dec. Take Heart trip to Paris: for further details see advert in this edition.**

### ***Feeling Stressed? Back Ache?***

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***53 Church Road, Shoeburyness SS3 9EU***



**Donation one:** Rayleigh ladies lunch group invited me along to one of there lunch's and presented me with a wonderful cheque for £500.00



**Donation Two:** Pat Catling presents Colin our Treasure with a cheque for £200.00 Money raised by her grand daughter Roma running a marathon in memory of her Granddad Ron who passed away last year. Well done Roma

**Donation Three:** The Eastwood Townswomen Guild nominated Take Heart as there charity for the year. They very kindly invited me along to their meeting to give them an update of our work and



before leaving they presented me with a cheque for the unbelievable amount of £1,700.00 What a lovely surprise it was and many thanks to all of their members for there hard work during the year in raising such a large amount. Well done to all !



**Donation from last year:**

Members of Ballards Gore Golf Club last year raised the grand total of £1,770.00 for Take Heart at there charity golf day. I recently attended this years charity day which was for Peaceful Places and took the opportunity to present the organiser Colin Langstone with a certificate of achievement which will be displayed in the club house.



**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.  
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Bowling tuition always available for beginners.  
Membership Secretary: Mr Don Fowler. 01702-206235

## **What to do if someone has a heart attack or cardiac arrest**

Ideally, everyone should know what to do if someone has a heart attack or a cardiac arrest. (A cardiac arrest is when the heart stops pumping and the person stops breathing.) About three in every four cardiac arrests happen away from hospital and there may be nobody else around to help. *Heartstart UK* is an initiative co-ordinated by the British Heart Foundation to teach members of the public what to do in a life-threatening emergency - simple skills that can save lives. If you think someone is having a heart attack

- 1** Get help immediately.
- 2** Get the person to sit in a comfortable position.
- 3** Phone 999 for an ambulance.

If the person seems to be unconscious and you think they are having a cardiac arrest

- Approach with care, making sure that you, the person and anybody nearby are safe. To find out if the person is conscious, gently shake him or her, and shout loudly, 'Are you all right?' If there is no response, shout for help.
- You will need to assess the casualty and take suitable action.

Remember **A, B, C**, - **Airway, Breathing, CPR**,

### **A. Airway**

Open the person's airway by tilting their head back and lifting the chin.

### **B. Breathing**

Check: Look, listen and feel for signs of normal breathing. Only do this for up to 10 seconds. *Action:* Get help If the person is unconscious and not breathing normally, phone 999 for an ambulance.

### **C. CPR**

## **Action: Cardiopulmonary Resuscitation (CPR)**

**1 Chest compression:** If the person is not breathing normally, start chest compression. Place the heel of one hand in the centre of their chest. Place the heel of your other hand on top of your first hand and interlock your fingers. Press down firmly and smoothly 30 times. Do this at a rate of about 100 times a minute - that's a little more than two each second.

**2 Rescue breaths:** After 30 compressions, open the airway again by tilting the head back and lifting the chin, and give two of your own breaths to the person. These are called rescue breaths. To do this, pinch the person's nostrils closed using your index finger and thumb and blow into the person's mouth. Make sure that no air can leak out and that the chest rises and falls with each breath. Then give another 30 chest compressions and then 2 rescue breaths.

**3 Continue CPR:** Keep doing the 30 chest compressions followed by 2 rescue breaths until: the casualty shows signs of life, or professional help arrives. Or you get exhausted

**See page 15 to see how a supermarket giant is helping to save lives**



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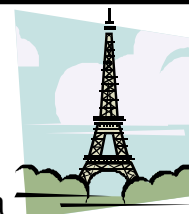
**For more details call Kevin Nuttman on 07771 646337 or 01621 772843**



## PARIS CHRISTMAS LIGHTS

Fancy a "Take Heart" Break

**Sunday 28th December—Tuesday 30<sup>th</sup> December**



**QUALYS, RUEIL-MALMAISON:** is in a quiet tree lined street in a select suburb. This four star hotel is well run and very comfortable. The bar is open whenever required. There are two lifts and shops restaurants and bars are a ten minutes level walk away as is the RER station.

**Day 1** Cross the Channel by Ferry to Calais, via the motorways to Paris arriving for two nights with bed and buffet breakfast at the **QUALYS, RUEIL-MALMAISON:** in the pleasant suburb of Rueil-Malmaison. Remainder of the day free.

**Day 2** There will be an included orientation drive, so you will see where the most famous buildings are—the Arc de Triomphe, Eiffel Tower, Notre Dame, and the Louvre etc. but if you would like to see a lot more with an interesting commentary you can book a Seine Cruise during the day (extra).

**Day 3** More sightseeing time in the morning in Montmartre where the Sacre Coeur and Place du Tertre are easily accessible by funicular then the drive to catch the Ferry home.

**Cost ONLY £132.50 each (Single supplement £60.00 )**

At this stage I only need to know if you might be interested in going. If so you will be sent a booking form from Cooks Coaches and the booking will be done through them at which time payment will be required.

If we get enough support this will be a Take Heart Event organised by Cooks.

**Let me know if interested: Phone Paul 01702 615660**

**Or E-mail: [paul@takeheartsouthend.org](mailto:paul@takeheartsouthend.org)**



**Richard Sanderson MCFHP MAFHP**  
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**Don't Forget** if you can send and receive e-mails please email "Hi" with your name to: **[paul@takeheartsouthend.org](mailto:paul@takeheartsouthend.org)** and I will put you on my list.

## **AIRPORT/LONG DISTANCE FARES**

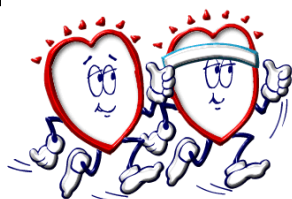
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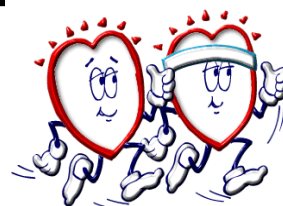
**CALL 0800 085 4644 or 07956 331443**

**E MAIL: [roadvoyager@btinternet.com](mailto:roadvoyager@btinternet.com) or log into: [www.roadvoyager.co.uk](http://www.roadvoyager.co.uk)**



## **CARDIAC REHABILITATION – Phase 4**

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.



**Lita Freegard** - 07949667866 or email [LFREEGARD@aol.com](mailto: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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Southend - Westcliff - Leigh - Benfleet - Shoeburyness - Rochford - Rayleigh - Thorpe Bay



I like this tree bark:



Unfortunate  
restaurant  
names



## ARE YOU A CARER ?

**Carers Direct is a free national service. They offer information, advice and support for people like you who care for someone else**  
**Call free on 0808 802 02 02**

### Becoming the carer

Becoming a carer may be something that happens gradually or, in the case of a heart attack, is sudden and unexpected. Few of us are trained to be carers, so it can cause anxiety and stress to both patient and carer.

Caring for someone can be physically exhausting as well as emotionally draining. Some carers will juggle their job at work with home and family life as well as looking after their partner. It may be particularly hard for some carers if they are in poor health themselves, or have their own medical problems.

A confusing mix of emotions is quite normal. You may feel love and concern, mixed with sadness, anger, hostility and guilt. At times you may also feel frustrated that life is not the same as it was before, and that it may never be the same again. Carers may sometimes feel isolated or frightened, and may feel that nobody listens to them or understands how they feel.

Talking to each other can be comforting and helpful. You may also find it helps to talk to a friend or other member of the family. Sharing your thoughts and feelings can often take the sting out of the stress. Talking helps to get your fears out into the open, and can help you to keep them in proportion. Hopefully this role as a carer will not be permanent, and the help and support your partner needs now may get less with time.

Try to take time for yourself too. In order to continue in your caring role, you also need to take care of yourself. We are not always very good at asking for help, or accepting it. But asking for or accepting someone's help is not a sign of weakness, or of not coping. Offering help is one way that other people show their affection and support for you and your partner.

Beware of neighbourhood experts! Everybody knows somebody who has a heart condition, and they often want to tell you all about it. On the one hand, this direct experience can be useful - to see how other patients and carers coped. On the other hand, every patient is an individual, and scientific knowledge and medical treatments have advanced, so what was right for one person in the past may not be relevant now,



The world is a sadder place but heaven is full of laughter

### **Rest in peace Joe Goodman.**

Joe came to our meeting back in March and what a night it was, full of laughter from the stories he recalled. What an interesting life he led. Alas his threat to come back and finish his story will now sadly not take place. Joe made many new friends that night and lots of people bought his book and Joe gladly signed every one. Joe might not have been on TV for a while but he never stopped working and was highly respected in the industry. I have been in his company many times on the golf course and various functions and I know he will be missed by all who had the pleasure to know him. *Paul*

## A Nice Story by an Unknown Author

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band – he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you to get better."

*Author Unknown*

### **S. H. A. P. S.**

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**Don't Forget** if you can send and receive e-mails please email "Hi" with your name to: **paul@takeheartsouthend.org** and I will put you on my list.



## HEALTH WALKS



**SOUTHEND - Phone: 0777192693**

**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>**



**Brains of the elderly slow because they know so much..**

**The brains of older people only appear to be less speedy, because they have so much information to access, much like a full-up hard drive, scientists believe.**



Elderly people have so much information in their brain that it takes longer for them to access it, scientific studies show.

Older people do not decline mentally with age. It just takes them longer to recall facts, because they have more information in their brains, research suggests.

Much like a computer takes longer as the hard drive gets full up, so to do humans take longer to access information, it has been reported.

Researchers say this slowing down it is not the same as cognitive decline. "The human brain appears to work slower in old age," said Dr. Michael Ramscar, "but only because so much information has been stored over time.

Older people simply know more, so selecting a correct choice from the trove of stored data may take a bit longer.

So there now!!!!!!

## Applying common sense to complex matters



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\*\*\*\*\*  
**Jokes for the Girls:**  
 A man rubbed a lamp and a genie came out. The man asked to be stronger than any other man. He was given the strength to crush boulders. He asked for the worlds fastest sports car and a Ferrari appeared in front of him. He then asked to be smarter than any other man on the earth. He was turned into a woman !! .....  
 What's the smartest thing a man can say? "My wife says....."  
 Why do female black widow spiders kill the males after mating? To stop the snoring before it starts.....  
 Why does it take 100 million sperm to fertilize one egg? Because not one will stop and ask for directions.....  
 \*\*\*\*\*

# Steve Ashby



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## The British Heart Foundation in partnership with Asda

The chance of surviving a cardiac arrest could rise in more than 600 UK communities thanks to the British Heart Foundation ground breaking partnership with Asda.

Ambulance services aim to respond to life-threatening 999 calls within eight minutes. But your chance of survival falls by 10 per cent every minute without CPR and defibrillation. Immediate action is needed to save a life. Asda has become the UK's first large retailer to commit to having CPR trained staff and a public access defibrillator in every store.

Asda's Head of Community, Dawn Clements, said: "We're really proud of our investment of over £500,000 in providing life-saving defibrillators for all of the communities we operate in. The commitment we're making today could significantly cut the amount of time a cardiac arrest sufferer has to wait for life-saving CPR and defibrillation, giving them the best possible chance of survival."

More than 60,000 people suffer a cardiac arrest outside of hospital every year in the UK. But only one in ten people survive. Research has shown that if a chain of survival is followed - immediate 999 call, early CPR and defibrillation and proper post resuscitation care - then survival rates can reach 75 per cent.

BHF's Chief Executive, Simon Gillespie, said: "Cardiac arrest survival rates in the UK are astonishingly low. But Asda's bold commitment to become the first large retailer to have CPR trained staff and public access defibrillators in every store will be instrumental in helping communities up and down the country access the life-saving support they need in an emergency."

### Contact Papworth Trust Home Solutions

Helpdesk (local call rates apply):

📞 0300 333 6543

Your local office:

📞 01702 530300

✉ Papworth Trust Home Solutions

Ground Floor, Lancaster House,  
Aviation Way, Southend-on-Sea  
Essex SS2 6UN

@ homesolutions@papworth.org.uk

🌐 www.papworth.org.uk/homesolutions

### About Papworth Trust

Papworth Trust is a leading disability charity. Each year, the Trust supports over 20,000 people from the East of England and beyond through a wide range of services.

To find out more, visit the website:

🌐 www.papworth.org.uk.



This information is available in other formats and languages on request.

Registered Charity Number: 211234 © Papworth Trust November 2012



### Home adaptations, repairs and advice for older and disabled people in Southend-on-Sea



"We were very impressed with Papworth Trust's care, support and knowledge. Everybody involved from planning to completion has been a pleasure to have around. It has made our lives much easier – the garden is much easier to access, beautiful in fact." Ron

Papworth Trust working with Southend-on-Sea Borough Council to help homeowners and tenants stay safe and in their homes and gardens



**( W. E. COOK )**

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**HOLIDAY CALENDER July / August 2014**

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7 <sup>th</sup> – Devon Steam & Sail – 5 days.....	£389.00
7 <sup>th</sup> – Lytham St Annes – 5 days .....	£279.00
7 <sup>th</sup> – Luxembourg – 5 days .....	£349.00
13 <sup>th</sup> – Isle of Wight – 6 days .....	£429.00
14 <sup>th</sup> – Forest of Dean – 5 days.....	£329.00
17 <sup>th</sup> – Romantic Journeys of Yorkshire 5 days.....	£329.00
18 <sup>th</sup> – Stratford upon Avon – 4 days.....	£259.00
21 <sup>st</sup> – Alvaston Hall – 5 days.....	£399.00
21 <sup>st</sup> – Bournemouth – 5 days .....	£299.00
21 <sup>st</sup> – Eifel Mountains – 5 days.....	£349.00
24 <sup>th</sup> – Bristol & Cardiff – 5 days.....	£359.00
28 <sup>th</sup> – Llandudno – 5 days.....	£299.00
28 <sup>th</sup> – Weston-super-Mare – 5 days .....	£279.00

**AUGUST**

4 <sup>th</sup> – Amsterdam – 4 days .....	£229.00
4 <sup>th</sup> – York – 5 days .....	£379.00
4 <sup>th</sup> – Bridlington – 5 days.....	£299.00
4 <sup>th</sup> – Dorset Scenes – 5 days.....	£279.00
9 <sup>th</sup> – Romantic Journeys of Scotland 8 days.....	£599.00
11 <sup>th</sup> – Somerset – 5 days.....	£279.00
11 <sup>th</sup> – English Lakes – 5 days.....	£319.00
11 <sup>th</sup> – Paris – 4 days.....	£229.00
16 <sup>th</sup> – Bavarian Forest & Prague.....	£549.00
18 <sup>th</sup> – Babbacombe – 5 days.....	£249.00
18 <sup>th</sup> – Warner Lakeside – 5 days.....	£299.00
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