



A Cardiac Support Group - Registered Charity No. 1023707

# MARCH 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

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*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*



## **“TAKE HEART’S” St PATRICK’S NIGHT AT THE POLASH WEST ROAD SHOEBOURNESS**

**On Monday 17<sup>th</sup> March 2014: 7.30pm. For a 8.00pm. start**

**3 courses with coffee & Mints ONLY £20.00 EACH  
Booking form on page 16**



**For Further Information:- 01702-309042**

*Please leave a message and phone no. and we will contact you*

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

<b>Chairman:</b>	<b>Paul Halley .....</b>	<b>Tel: 01702-615660</b>	<b>paul@takeheartsouthend.org</b>
<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>	<b>takeheart@blueyonder.co.uk</b>
<b>Treasurer:</b>	<b>Colin Stanley...</b>	<b>Tel: 01702-311796</b>	<b>takeheart@hotmail.co</b>
<b>Press Officer:</b>	<b>Ron Price.....</b>	<b>Tel: 01702-339169</b>	<b>ronprice92@tiscali.co.uk</b>
<b>Committee :</b>	<b>Diane Price</b>		<b>diane@mjprice.demon.co.uk</b>
<b>Committee:</b>	<b>Gill Stanley</b>		<b>colin.stanley@blueyonder.co.uk</b>
<b>Committee:</b>	<b>Rita Spence</b>		<b>ritaspence@btinternet.com</b>

**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.

It is with great regret to inform you of the passing of Mike Colclough who many of our older members will remember was our chairman for a few years back in 1993 and together with his wife Jean remained great supporters of Take Heart. For those who knew him, the Funeral arrangement are as follows: Friday 7th March 11.20 at Southend crematorium and afterwards at Saxon Hall Aviation Way SS2 6UN

**March already!** what happened to the winter? Ok we have had a lot of rain and wind but no snow and ice and the temperatures have been so high for the time of year the garden doesn't know where it is and flowers are blooming early. Just need it to stay dry long enough to get a cut on the grass.



**“Take Heart”  
Southend and District  
Cardiac Support Group**

**Chairman:  
Paul Halley**

We have been very busy at Take Heart. Our Christmas concert was a great success with Funky Voices wowing us with their talents. The Christmas Draw was also a great success and raised with extra donations just under £1,500.00. Thank you all for your help and support. Our January auction of unwanted gifts was also great fun and a few bargains were to be had, the total raised including items we held back for future raffles was over £300.00. Our February meeting turned out to be a fun night with the local comedian Joe Goodman talking about his new book and telling us a few stories and lots of one liners on the way. Many of us were in tears of laughter and the night ended with Joe signing copies of his autobiography and promising to return and finish what he started.

We have received some more very generous donations. £1,050.00 arrived in Lou of flowers in memory of Ruby Grout a long standing member of Take Heart. We have decided to buy something special for the Hospital with this amount and Take Heart will make up any shortfall if needed. We are at present talking to Gordon and will report back to everyone what has been decided. We also received just over £600.00 for our share of the Promenade along the Pier organised by Lita Freegard which we are using to purchase equipment for the cardiac rehab at Southend University Hospital. We also received another generous donation from local Freemasons, this time from Lodge of Fraternity No. 5916 to the tune of £200.00. and finally £80.00 arrived in memory of Brian Thomas.

Our new look Magazine went down very well with the December edition and as you can see we are continuing this format for the foreseeable future. It is a bit awkward to send out in the post as we have to fold it by hand which takes a while but we cannot send out without folding as we are still using the stamps we bought 3 years ago and the stock of these will last another 18 months.

There is a full list of events on page 5 and a booking form for some of the events on page 16. If you haven't been to our meetings but would like to, please do come along and introduce yourself, we're a very friendly bunch and we don't bite. Bring a friend with you if you don't have the confidence to come on your own. We usually get between 60 and 100 at our meetings so you won't be on your own for long and it always works out that new members seem to win a raffle prize.

At time of going to print I have been invited to Eastwood Townswomen's Guild next week to give them a talk on our work and rumour has it I am to pick up a cheque from them as Take Heart was their chosen charity over the last year (Details and photo in our next edition)

Our April meeting is our AGM (The formal side of Take Heart) and all are welcome. We do need a couple more committee members. If you can spare a couple of hours each month please consider joining us and have a word with any of the committee.

Our grateful thanks goes to Ron Price who has resigned this year due to his commitments as president of his local Rotary Club which has taken up more of his time than was expected. Thanks Ron. Rita Spence who is off to live part of the year in sunnier climates, hopes to continue her committee duties long distance and will make a few meetings during our summer months. *That's fine with us Rita.* This now only leaves Hazel to supply our teas and coffees at our meetings so if there is anyone out there that could help on a regular basis please see either Hazel or myself at our next meeting.....*Paul*





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## Latest Pub just opened for Seniors



**Book your seat early !**

**The Alphabet Wife:** Being married for thirty years, a wife asked her husband to describe her. He looked at her for a while, then said, "*An Alphabet Wife* .

A,B,C,D,E,F,G,H, I,J,K.  
She asks ... "*What the hell does that mean?*"

He said,

***"Adorable,  
Beautiful,  
Cute,  
Delightful,  
Elegant,  
Foxy,  
Gorgeous,  
and Hot".***

She smiled happily and said ... "*Oh, that's so lovely, but what about I, J, K?*"

He said,

***"I'm  
Just  
Kidding!"***

He's black eye and thick lip should be better soon !!

## 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 in bold)**

**Thurs. 13th March:** Doodle Bugs & Rockets: Bob Ogley

**Mon: 17th March:** **St Patricks Night at the Polash Indian restaurant in Shoebury. Wear something GREEN** (See page 16)

**Thurs. 10th April:** A.G.M. and the business side of Take Heart:  
*New committee members wanted, can you spare a couple of hours a month? Have you got any new ideas? Do you have any IT skills? If so and you would like to get involved and help out, talk to any of the present committee and find out how to be nominated..... go on !*

**Friday 25th April:** **Night at the Dogs: Harlow Stadium: Includes entrance 3 course pre-ordered meal from an exclusive menu: plus transport by coach from local pick-up points. (See page 16)**

**Saturday/Sunday 3rd and 4th May:** **Fund raising: Bucket Shake at the Royals, Southend. Volunteers needed if you can spare a few hours please let us know.**

**Thurs. 8th May:** **Saving Lives at Sea: Jim Mackie (RNLI)**

**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. (see page 16 for booking form)***

**Thurs. 12th June:** Days of Dolly Blue and Izal: Brian Carline

**Weds. 25th June:** **Miss Saigon: Be the first to see this new production few seats left: phone Paul 01702 615660 for availability.**

**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. 10th Sept.** Canine Partners: Stephanie together with John and Dog

**Sun 25th Sept.** **Sponsored Walk down the Pier watch out for details in our next Magazine and registration forms.**

**Thurs. 8th Oct.** Auctioneer Mark Stacey: Valuation Night.

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

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**King of the One Liners** local comedian Joe Goodman (pictured on the left signing his book) kindly came along to our February meeting and gave us all a very interesting and funny account of his life as portrayed in his recent autobiography. Most of the 90 members (which included 7 new members) attending were crying with laughter. Joe also brought along some of his photo albums which created lots of interest and he very kindly signed his new book for the many who purchased it.

**Colin our Treasurer** collecting a bumper cheque from Lita Freegard who runs Cardiac Rehab phase 4 classes in Canvey / Benfleet and Leigh on sea. Total amount was £600 and was raised from her walk down the pier back in September last year. Look out for this years walk in September .



**Pictured right:** Another successful fish and chip night at the Fishermans Wharf on Southend Sea front- a good time was had .



**Pictured left:** the Funky Voices who wowed us all at our Christmas concert which was attended by over 100 members and friends who were also there to witness the draw for our Grand Christmas Raffle which raised the wonderful amount of £1,500.00 A full list of the lucky winners can be found on page 19.....



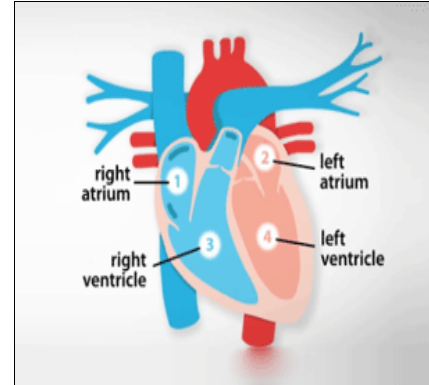
### **Southend-on-Sea Bowling Club.**

7. Tunbridge Road, Southend-on-Sea, Essex, SS2 6LT  
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**About your heart: Your heart is a muscle, about the size of a fist. It is in the middle of your chest tilted slightly to the left. Each day, your heart beats about 100,000 times. It pumps about 23,000 litres (5,000 gallons) of blood around your body. This blood delivers oxygen and nutrients to all parts of your body, and carries away unwanted carbon dioxide and waste products**



**Your heart is made up of three tissue layers:**

**Pericardium** – a thin outer lining that protects your heart

**Myocardium** – the thick muscular tissue that contracts and squeezes blood out of your heart

**Endocardium** – a thin inner lining that also provides protection.

Inside the heart there are four chambers – two on the left side and two on the right.

The two small upper chambers are called the **atria**

The two larger lower chambers are called the **ventricles**

The left and right sides of the heart are divided by a muscular wall called the **septum**.

For your heart to keep pumping regularly, it needs an electrical supply. This is provided by a special group of heart cells called the sinus node - also known as your heart's natural pacemaker. Some people are born with hearts that have not developed properly before birth - this is called congenital heart disease. Sometimes you can inherit a heart condition from your family. Some heart conditions may develop later in life, including coronary heart disease and atrial fibrillation. People who have coronary heart disease are at risk of having a heart attack. Damage to the heart muscle because of a heart attack can lead to heart failure which can affect you for the rest of your life. However, there's plenty you can do to keep your heart healthy.

Taking exercise, eating a healthy diet, encouraging children to be heart healthy and being aware of dangers such as smoking, drinking, high blood pressure, and stress are all important for your long term heart health, whether you have heart disease or not.

Drinking too much alcohol is one of the most common causes of hospital admission in the UK. Drinking more than the recommended limits can have a harmful effect on the heart. It can cause abnormal heart rhythms, high blood pressure, damage to the heart muscle and other diseases such as stroke, liver problems and some cancers. Alcohol is also high in calories so it can lead to weight gain. It also lowers inhibitions which might mean you find it harder to stick to your healthy eating plans when you have been drinking. If you are trying to lose weight, cut down on alcohol.

**How much can I safely Drink see page 12.....**



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



My wife and I went to the San Joaquin/Stanislaus/Merced Counties agricultural show and one of the first exhibits we stopped at was the breeding bulls.

We went up to the first pen and there was a sign attached that said,

**THIS BULL MATED 50 TIMES LAST YEAR '**

My wife playfully nudged me in the ribs ....Smiled and said,  
'He mated 50 times last year, that's almost once a week.'

We walked to the second pen which had a sign attached that said,  
**"THIS BULL MATED 150 TIMES LAST YEAR"**

My wife gave me a healthy jab and said, 'WOW~~That's more than twice a week!  
You could learn a lot from him'

We walked to the third pen and it had a sign attached that said,  
**'THIS BULL MATED 365 TIMES LAST YEAR'**

My wife was so excited that her elbow nearly broke my ribs, and said,  
'That's once a day ..You could REALLY learn something from this one.'

I looked at her and said, 'Go over and ask him if it was with the same cow?.'

(If all goes well I should be out of intensive care soon)

**TAKE HEART NEEDS YOUR HELP:**

We need a couple of members to become committee members and help us continue to run our club to the standards we have all become accustomed too, I'm sure there are a few of you out there that can spare a couple of hours a month. Ideally we would like someone with some knowledge of web sites / internet, if not we will even fund some courses for the right candidate. There must be someone who is retired and bored and would love to get involved but just needs a little push! Well we are pushing.

**Give Paul a ring 01702 615660 and find out more**



**Richard Sanderson MCFHP MAFHP**  
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**A big row has broken out in the Irish Olympic Synchronised Diving Team after Paddy accused Mick of copying him all the time!!**



## **AIRPORT/LONG DISTANCE FARES**

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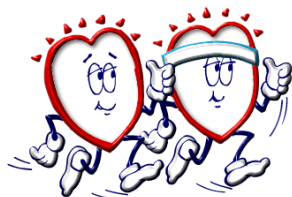
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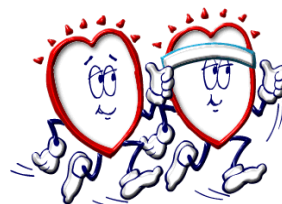
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## **CARDIAC REHABILITATION – Phase 4**



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***

*See page 15 for all you need to know about Phase 4  
and page 16 about local Health Walks*

## Biography: Siegfried Loraine Sassoon (1886–1967)



Weirleigh outside of the village of Matfield in Kent on 8th September 1886 to Alfred Ezra Sassoon, a member of a wealthy Jewish merchant family, and to Georgiana Theresa Thornycroft, who came from a family of prominent sculptors. Theresa was an Anglo-Catholic, and her marriage to Alfred resulted in his being disinherited by the Sassoons. Siegfried had one older brother, Michael, born in October 1884, and one younger brother, Hamo, born in 1887. His parents separated when he was very young, meaning that in his younger years he saw his father only rarely. Alfred died in 1895.

As a child Siegfried was prone to illness, and spent many hours reading and writing poetry. Despite his mother's reservations, he was finally sent to study at the New Beacon School in Kent in 1900, followed by Marlborough College in 1902. In 1905 he went up to Clare College, Cambridge, where he officially read law at the encouragement of his uncle, Sir Hamo Thornycroft, but in practice spent the majority of his time hunting, golfing and reading and writing poetry. His senior tutor, W. L. Mollison, urged him to publish his poetry, which he did in a private volume in September 1906. He subsequently left Cambridge after only a year without a degree and lived the life of a country gentleman publishing nine pamphlets between 1906 and 1912 encouraged by luminaries such as Edmund Gosse, Edward Marsh, and Robert Ross. Siegfried joined the Sussex Yeomanry on 4th August 1914, the day that England declared war, but soon after broke his arm in a hunting accident. He received his commission as a second lieutenant in the 3rd Battalion, Royal Welch Fusiliers in May 1915. While drilling at Litherland in Nov. 1915, he received word of Hamo's death at Gallipoli.

Siegfried left England to join his battalion in France on 17th November just after the Battle of Loos, serving as a transport officer. In March 1916 Siegfried was finally able to secure a front-line placement. He displayed courage and calm under fire, receiving a Military Cross for his actions during a raiding party in May 1916; in fact he displayed such bravery that he attracted the nickname 'Mad Jack'. He spent the early summer of 1916 on leave, returning to his battalion for the Somme offensive in July. He contracted dysentery, and was invalided to Somerville College, Oxford.

During his recovery period, discouraged by the politics of war at home and the deaths of numerous friends at the front, he made contact with the group of pacifists led by Bertrand Russell and Lady Ottoline Morrell. He returned to France in January 1917, was wounded by a sniper during a raid near Fontaine-les-Croisilles in April, and was sent back to England. Encouraged by Russell and the journalists John Middleton Murry and H. W. Massingham, he wrote his soldier's statement (or 'declaration against the War'), dated 15th June 1917, calling for a negotiated peace, and acted to resign his commission. Robert Graves intervened, fearing that his friend would be court-martialled. His commanding officers were sympathetic, and sent Siegfried to Craiglockhart War Hospital near Edinburgh to be treated for neurasthenia. There he met and formed a friendship with the psychiatrist W. H. R. Rivers, and the poet Wilfred Owen and worked on the hospital's literary journal,

In February 1918 Siegfried was dispatched to serve in Palestine, but in May found himself back in France with the battalion supporting allied forces shaken by the St Michael's Offensive of March. On 13th June while returning to the trenches from a patrol in No Man's Land he was accidentally mistaken for a German by a sentry from his company, and was shot in the head. This event ended his direct experience of the war. Throughout his war service he continued to read and write poetry, encouraged by Robert Graves. He published a series of volumes containing poems inspired by the war: *The Old Huntsman* (1917); *Counter-Attack and Other Poems* (1918); and *Picture-Show* (1919). In the inter-war years he developed a wide literary circle, lived in Oxford and involved himself in Labour politics, served as literary editor for the *Daily Herald*, and travelled widely in the United States and Europe. He published his semi-autobiographical trilogy, including *Memoirs of a Fox-Hunting Man* (1928); *Memoirs of an Infantry Officer* (1930); and *Sherston's Progress* (1936).

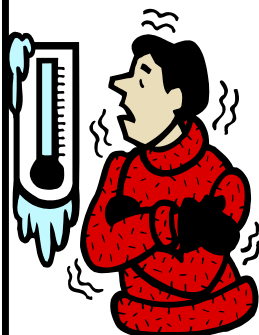
Cont/.....

Cont/..... He later added a series of more factual autobiographies to these culminating in Siegfried's Journey (1945). He became friends with fellow war-poet Edmund Blunden, but fell out with Robert Graves. Following a series of failed homosexual affairs, in December 1933 Siegfried married Hester Gatty and purchased Heytesbury, an estate in Wiltshire. Their son George, whom Siegfried adored, was born in 1936. The couple separated a few years later. In 1951 Siegfried was made a Commander of the Order of the British Empire, in 1953 became an honorary fellow at Clare College, Cambridge, and in 1965 received an honorary degree from Oxford University. He died at the age of 80 and is buried at St Andrew's Church, Mells, Somerset. On 11 November 1985 his name, along with 15 others, was added to a slab in Poets' Corner in Westminster Abbey.

### Siegfried Loraine Sassoon (1886–1967)

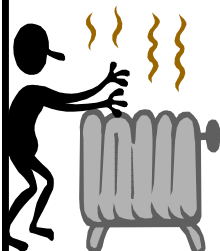
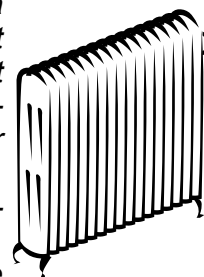
Read his many Poems from the first world war which at that time were not well received by his commanding officers

## IS YOUR CENTRAL HEATING COSTING YOU MORE THAN IT SHOULD? IS THE HEAT FROM IT NOT UP TO PAR?



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*This sludge is mainly caused by the rusting of the inside of the radiators and which collects in the bottom of the radiators or other parts of the system where the flow of the water is reduced. The way to overcome all of these problems is to have the whole system cleaned out and this is done by a method called POWERFLUSH where a qualified Plumbing and Heating Engineer literally pumps water and the sludge out of the pipes and radiators until it is clean and then uses chemicals to ensure that the radiators remain clean and efficient.*

**You should FLUSH the whole system not Just the toilets !**



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Southend - Westcliff - Leigh - Benfleet - Shoeburyness - Rochford - Rayleigh - Thorpe Bay



Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married.

One broom was, of course, the bride broom, the other the groom broom.

The bride broom looked very beautiful in her white dress.

The groom broom was handsome and suave in his tuxedo.

The wedding was lovely..

After the wedding, at the wedding dinner, the bride-broom leaned over and said to the groom-broom, 'I think I am going to have a little broom!'

'IMPOSSIBLE !' said the groom broom. We haven't swept together

**Men should not regularly drink more than 3 – 4 units of alcohol a day**  
**Women should not regularly drink more than 2 – 3 units of alcohol a day**

### **How much is one unit of alcohol?**

A unit is a measure of alcohol. The number of units is based on the size of the drink and its alcohol strength. The ABV (alcohol by volume) figure is the percentage of alcohol in the drink. One small glass (100mls) of wine (10% ABV) - be aware that many wines have a higher alcohol content than this and the size of glasses may be bigger. For example, a standard 175ml glass of wine (13% ABV) would be 2. 3 units. Half a pint (about 300mls) of normal strength lager, cider or beer. For example 3.5% ABV - be aware that many beers and ciders have a higher volume than this.

A single pub measure (25mls) of spirits (40% ABV).

A glass (50 ml) of liqueur, sherry or other fortified wine (20% ABV).

## **THE ANNUAL GENERAL MEETING OF "TAKE HEART"**

THE SOUTHEND AND DISTRICT CARDIAC SUPPORT GROUP  
TAKES PLACE AT 8.00PM ON THURSDAY 10<sup>th</sup> APRIL 2014  
THE EASTWOOD COMMUNITY CENTRE,  
WESTERN APPROACHES, EASTWOOD.

### **AGENDA**

1. APOLOGIES FOR ABSENCE.
2. APPROVE THE MINUTES OF THE A.G.M. HELD ON 11<sup>th</sup> APRIL 2013
3. MATTERS ARISING FROM THOSE MINUTES (If any)
4. CHAIRMANS ANNUAL REPORT.
5. HON. TREASURER'S REPORT AND STATEMENT OF ACCOUNTS
6. ELECTION OF OFFICERS AND COMMITTEE MEMBERS (see below)
7. APPOINTMENT OF AUDITOR
8. PRESENTATION TO BE MADE TO THE RE-HAB NURSES.
9. ANY OTHER BUSINESS

THE MEETING WILL CLOSE WITH REFRESHMENTS BEING SERVED

**THE FOLLOWING OFFICERS AND COMMITTEE MEMBERS ARE  
PREPARED TO STAND FOR RE-ELECTION / ELECTION**  
(subject to further nominations being received)

CHAIRMAN—	PAUL HALLEY
VICE-CHARMAN	HAZEL STAINES
HON. TREASURER—	COLIN STANLEY
HON. SECRETARY	TONY JAMES
MEMBERSHIP SECRETARY-	GILL STANLEY
COMMITTEE MEMBER	DIANE PRICE
COMMITTEE MEMBER	RITA SPENCE
COMMITTEE MEMBER	RICHARD LEFEVER
CCU Southend Hospital (ex officio) - - - - -	SUE MIDDLETON

### **Will a European Health Insurance Card (EHIC) cover my heart condition?**

The EHIC can entitle UK citizens to free or reduced-cost medical treatment in many European countries. This can include treatment for problems caused by pre-existing heart conditions. While it is important to have a European Health Insurance Card (EHIC) when you're travelling in most European countries, it doesn't replace travel insurance so it's important to have both.

You can apply for an EHIC online on the NHS Choices website or through the Post Office. For a full list of the countries covered by an EHIC and more general information, contact the Department of Health.

You can also access oxygen supply services while you're abroad through the EHIC. You will need to contact the Department of Health's Customer Service Centre on

## ALL YOU NEED TO KNOW ABOUT: PHASE 4

**What is Phase 4:** Cardiovascular Health & Rehabilitation is a medically supervised program that helps improve the health and well-being of people who have or are at risk with heart problems. Phase 4 Cardiac Rehabilitation is an exercise program run at a local community or sports centre which is specifically designed to help those with heart conditions to protect health by maintaining and improving fitness.

**Phase 4 Cardiac Rehab is relevant for:** Anyone who has had a hospital intervention for a cardiac condition and who has completed Phase 3 Cardiac Rehabilitation. Anyone who has a stable form of cardiovascular disease and who is referred by the hospital, or your GP. There is a wealth of evidence to support the notion that physical activity plays a key role in improving people's health and well-being.

**What Can Phase 4 do for you:** Physical activity provides a range of health benefits at any age. The good news is activity doesn't have to be vigorous - moderate activity, such as brisk walking, is great for your health! It offers an opportunity to increase levels of physical activity, modify lifestyle behaviours, improve well being and halt the progression of coronary heart disease (CHD).

**Physical activity can:** Improve psychological well-being and mood, and thus improve mental health and improve quality of life. There are also a number of practical gains to be made from participating in physical activity. It can help you: **Sleep better: Feel more energetic: Stay independent: Improve co-ordination and flexibility, hence reducing the risk of falls**

Feel good about yourself: Maintain independence Increase socialisation

**How to Obtain Phase 4:** Phase 4 can directly follow on from a Phase 3 Cardiac Rehabilitation program. Please ask the Rehab Team at Southend Hospital for details where this can be obtained when finishing Phase 3. For those with established heart conditions or who do not go following Phase 3 your GP will give you a referral letter if he thinks it would be beneficial.

**See Page 9 for your local Phase 4 Groups**

**Don't forget to support the business's that advertise in this publication and please mention Take Heart when replying to advertisements.**

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

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Two cannibals are eating a clown.  
One says to the other,  
"Does this taste funny to you?"





## 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>



Hi All,

We have just had the most brilliant week taking part in the BHF Ramp up the Red. I extended the fundraising for the whole week to allow all my clients (cardiac or otherwise) to take part. You will be very pleased to hear that at present, we have raised just over £500 with donations still coming in. Wow, there are some very generous people out there.

On the same note, I am looking to organise the Promenade on the Pier again in this year. I am awaiting confirmation of a date but it looks like the end of September. Take Heart has confirmed that they would like to help out and make the event a lot bigger this year so I would be grateful for any extra volunteers on the day.

All funds raised will again be going to the Basildon and Southend Hospital Rehab Gyms through The Take Heart and Hearts and Minds Support Groups. - As last year.

Thanks again for all your support over the last year and look forward to 2014.

Kind regards

Lita Freegard (Health Rehabilitation Specialist)

# **“TAKE HEART EVENTS”**

## **BOOKING FORM**

**Monday 17<sup>th</sup> March: “Take Hearts” St. PATRICK’S NIGHT AT THE POLASH (Indian)**  
Restaurant West Road Shoeburyness 7.30pm. 3 courses with coffee & Mints.  
**Wear something GREEN.....Only £20.00 each**

\*\*\*\*\*

**Friday 25<sup>th</sup> April: Night at the Dogs:** Harlow Stadium: Includes entrance 3 course pre-ordered meal from an exclusive menu: plus transport by coach from local pick-up points.  
**all this for only £27.50 each:**

\*\*\*\*\*

**Wednesday 28<sup>th</sup> May: Day in Windsor with 3 courses Dinner on the way home:**  
Leave Southend area at about 9.30 am, have approx. 5 hours in Windsor to do what you want, go on the river: visit the Castle and the doll’s house, take a bus tour: you choose (cost not included) Stop off at our Italian restaurant in Surbiton on the way home for a slap up meal and then make our way home to get to the Southend area for about 8.30  
**This is a subsidised event and is for members only with their partner or one guest.**  
**Only £17.50 each (including Dinner)**

\*\*\*\*\*

### **Pick up points:**

Church Road Shoebury: Whitehorse Southchurch: The Bell: Kent Elms:  
Progress Road (A127 side): Rayleigh Weir: Vic House Corner: Tarpots:

~~~~~**Cut here**~~~~~

## **BOOKING FORM**

**St Patricks Night:** Book me..... Tickets @ £20.00.each. **Total = £**\_\_\_\_\_

**Night at Dogs:** Book me..... Tickets @ £27.50.each. **Total = £**\_\_\_\_\_

**Day in Windsor:** Book me..... Tickets @ £17.50.each. **Total = £**\_\_\_\_\_

**Grand Total = £**\_\_\_\_\_

**Please note:** *If you are going to more than one event, please send separate Cheques for each And write on the back of the cheques which event it is for*

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

.....Phone No.....

Pick up Point..... E-mail.....

**Please SEND this form** together with your cheques made payable to: **“Take Heart”**

To: Take Heart Events: Colin Stanley (Treasurer)  
30 Westminster Drive Westcliffe on Sea Essex SS0 9SL

**Further inquiries regarding any of the above events Please only phone Paul  
01702 309042 (if no answer please leave message & phone No.)**

## Applying common sense to complex matters



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Vincent McCarthy  
Solicitors



An 83-year old woman decided that she'd seen and done everything, and the time had come to depart this world.

After considering various methods of doing away with herself she came to a conclusion. The quickest and surest way would be to shoot herself through the heart.

The trouble was, she wasn't certain about exactly where her heart was, so she phoned her doctor to ask him.

He told her that her Heart was located just below her left nipple.

She shot herself in the left kneecap !

# Steve Ashby



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.....

**Do you have a Pacemaker? If yes read on.....**

.....

Dear Paul

My name is Sue Morrison and I work for M3 Global research.

We are conducting some very well paid research for patients who have a Pacemaker fitted. We are looking for some-one quite specific - they need to have a home monitor which is a piece of equipment from the manufacturer of the pacemaker that typically plugs into the phone line & transmits information from the implanted directly to the physician.

The research will involve the person being filmed for one whole day (around 6 hours) - they are to live that day as they normally would - shopping, meeting friends, or anything they would be doing.

If you can help us to find some-one to take part we would be willing to pay you a referral fee of £50. Respondents will be paid £325 as a thank you. Please feel free to pass my contact details onto anyone you think may be interested in taking part My contact telephone number is - 07932 997432

Kind regards

Sue Morrison / Senior Research Recruiter M3 Global Research

First ISO Certified Healthcare Panel in Europe Galena House, 8-30 Galena Road, Hammersmith, London, W6 OLT

.....

The logo for 'Miss Saigon' features the word 'Miss' in a large, bold, serif font, with the 'i' in 'Miss' having a white dot. Below 'Miss' is the word 'Saigon' in a similar, slightly smaller serif font. The entire logo is set against a dark background with a yellow border.

**Wednesday 25th June**

Reserve list now open if you would like to put your name down in case of anyone cancelling.

please phone Paul  
01702 615660  
for details.

A young girl walks into a supermarket and on her way round she sees the bloke who had his way with her the previous evening, after they had met in a pub.

He was stacking boxes of washing powder on the shelves.

"You lying toad," she yells, "last night you told me you were a stunt pilot."

"No," he says, "I told you I was a member of the Ariel display team."

**TAKE HEART NEEDS YOUR HELP:**

We need a couple of members to become committee members and help us continue to run our club to the standards we have all become accustomed too, I'm sure there are a few of you out there that can spare a couple of hours a month. Ideally we would like someone with some knowledge of web sites / internet, if not we will even fund some courses for the right candidate. There must be someone who is retired and bored and would love to get involved but just needs a little push! Well we are pushing.

**Give Paul a ring 01702 615660 and find out more**

We also need a new Tea Lady for our meetings to help our head Tea Girl Hazel if you would like to help out on a regular basis please see Paul or Hazel

## Winners of our Christmas Draw.

- 1<sup>st</sup> Prize: £250 Cash ..... Mr Vink..Southend  
 2<sup>nd</sup> Prize: £100 Voucher Cooks Coaches.....Mr Ferguson..Rochford  
 3<sup>rd</sup> Prize: Christmas Hamper .....Mrs Streams...Southend  
 4<sup>th</sup> Prize: £50 Voucher Fisherman's Wharf .....Mr Spicer...Southend  
 5<sup>th</sup> Prize: £40 Voucher The Polash.....Mr Darby...Rochford  
 6<sup>th</sup> Prize: Dozen Christmas Cup Cakes.....Angela...Thorpe Bay  
 7<sup>th</sup> Prize 6 Bottles of Red Wine.....Mr Pearce...Eastwood  
 8<sup>th</sup> Prize 6 Bottles of White Wine.....Mrs Lazell...Southend  
 9<sup>th</sup> Prize Bottle of champagne.....Mrs Goodchild Thorpe Bay  
 10<sup>th</sup> Prize Large Bottle of Whisky.....Mr Edwards...Rayleigh  
 11<sup>th</sup> Prize Large Cuddly Peter Rabbit.....Mr Mc Arthur...Southend  
 12<sup>th</sup> Prize Christmas Cuddly toy.....J North...Shoeburyness  
 13<sup>th</sup> Prize 3 Bottles of Red Wine.....Rita Spence...Hullbridge  
 14<sup>th</sup> Prize 3 Bottles of White Wine.....Mr Holdsworth...Thundersley  
 15<sup>th</sup> Prize Poodle Scarf (hand made.....Lily Green...Rochford  
 16<sup>th</sup> Prize Autobiography: Joe Goodman (signed)..Dot Campan...Shoeburyness  
 17<sup>th</sup> Prize Large Christmas Pudding.....D Harding ... Shoeburyness  
 18<sup>th</sup> Prize Panettone Cake.....K Hastings...Shoeburyness  
 19<sup>th</sup> Prize Bottle of White and Red Wine.....J Tarling...Shoeburyness  
 20<sup>th</sup> Prize Tin of Chocolates.....Perryman...Rayleigh

**Together with a few extra donations sent back with the counterfoils we made just under £1,500.00p Thank you to all for your help and Support**


### 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



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*"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**



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### **HOLIDAY CALENDER 2014**

**7<sup>th</sup> April : WARNER – NORTON GRANGE, ISLE OF WIGHT:** Beautiful coastal walks with stunning views over the Solent. 5 days – half board – excursions included - **£289.00**

**18<sup>th</sup> April – EASTER in TORQUAY:** The harbour, theatres, clubs & restaurants provide a true holiday atmosphere. The coves, beaches, cliffs, gardens and palm trees complete the picture. 4 days - half board – excursions included..... **£199.00**

**18<sup>th</sup> April – EASTER TYNE CRUISE, WEARDALE & DURHAM:** Enjoy a cruise on the river Tyne, shopping at Newcastle's Quayside market, explore Barnard Castle & the Cathedral City of Durham 4 days - – half board & excursions as described - .....**£249.00**

**28<sup>th</sup> April SCOTTISH BORDERS & ENGLISH LAKES:** With a base at Gretna, fascinating areas are within easy reach for our excursions Keswick, Grasmere, Ullswater, the Kirkstone Pass, Dumfries & Galloway, Alston, Hexham & Hadrian's Wall. A lot to fit in. 5 days – half board& excursions as described –..... **£269.00**

**3rd May ISLE OF SKYE:** Wild moorland & stunningly beautiful lochs, coastal waters with amazing bird and marine life, romantic castles with their legends and the most impressive mountain range in Britain. 7 days – half board & excursions included - ..**£499.00**

**26<sup>th</sup> May TREASURES OF NORTHERN IRELAND:** Titanic Belfast visitor centre, Carlingford Lough & the Mourne Mountains, the spectacular Antrim Coast & the Giants Causeway – its very special 5 days – half board, excursions as described + a boat trip around Belfast Harbour - .....**£379.00**

**Tel: 01702 344702**

You probably know that smoking is one of the biggest preventable causes of premature death in the UK. It's linked to a range of serious and often fatal conditions; including heart disease and lung cancer. But there is good news. No matter what your age or how long you've been smoking, almost as soon as you quit, the health benefits begin.

Are you under 35? If you stop now, it's likely you'll live just as long as a non-smoker.

And even if you're between 65 and 74, give up smoking and you'll have a better life expectancy beyond 75 than those who continue to smoke. (Info supplied by BHF)

