



A Cardiac Support Group - Registered Charity No. 1023707

SEPTEMBER 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

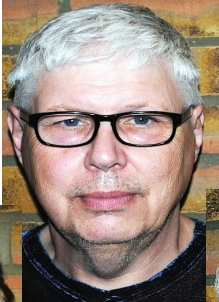


Every evening, the Last Post will be played at sunset over the Tower of London moat, which is being progressively filled with 888,246 ceramic poppies – one for every death in the British forces in the First World War.

Join Take Heart on Monday 3rd November to witness this very moving ceremony. (See inside back cover for details) if you lost a loved one in the first world war and would like to register there name to be added to the roll of honour and read out on this night please contact Paul for instruction on how this can be done. (contact details over)



**Paul
Halley**
Chairman



**Colin
Stanley**
Treasurer



**Gill
Stanley**
Membership
secretary



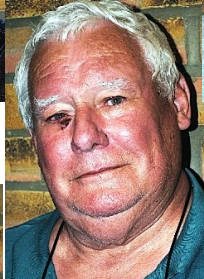
**Gary
Jackson**
Web-Master



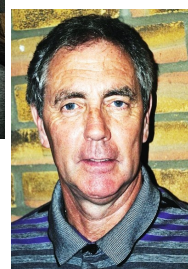
Hazel Staines
Vice Chair



Lesley Pettengale
Press Officer



Tony James
Secretary



Richard Lefever
Hospital
Representative

Awaiting
Photo

Diane Price
Raffles

Awaiting
Photo

Rita Spence
Overseas

Awaiting
Photo

**George
Turner**
Vice President

The Who's Who of "Take Heart"

| | | | |
|-----------------------|--------------------------|--------------------------|-----------------------------------|
| Chairman: | 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 |
| Overseas: | Rita Spence | | ritaspence@btinternet.com |
| Hospital Rep. | Richard Lefever | | 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.*

Welcome to this our September edition of the Take Heart news, our next one will be the December one and we all know what happens in December?

I hope you all have had a good summer. Weather

hasn't been too bad and if you believe the forecast we are going to have sunshine and higher than average temperatures until mid November. I'll believe that when it happens!

Sorry about the rogues gallery opposite but we have been asked if we could put a face to the names, so here you are. (Frightening isn't it?) a couple are missing but we will catch up with them for the next edition.

If you read on you will find a lot of information particularly regarding holiday insurance. This is the one subject we get asked about the most so hopefully all your questions will be answered. There is also a list of companies that look sympathetically on people who have pre-existing medical conditions. My advise to you is always read the small print and watch out for what appears to be cheap insurance but have large excess. That is the amount you have to pay before the insurance takes over. Some can be many hundreds or even thousands of pounds.

We have some interesting talkers at our next few meetings. Check out the list on the next page. Our valuation night in October will be interesting so if anyone has got the odd Rembrandt or Van Gough in the loft bring it along and have it valued.

You will also find a booking form for our next few events, the fish & chip night is always a sell out so get your form back by return. The same applies to the visit to the Tower to see the poppies, I am sure that this will be sold out as well, so hurry up and get those forms sent back together with your cheques.

Please read the article headed Easyfundraising for Take Heart and encourage your family and friends to participate, its easy once you have registered. I registered the other day and now when I buy on line the toolbar tells me automatically if the company is a donating one or not. (simples!)

Our planned French Trip between Christmas and New Year has stalled, we have about 20 at the moment but need at least 40 to make it viable so if you are interested in going let me know as soon as you can otherwise we will have to cancel.

Don't forget the promenade down the Pier organised by Lita Freegard on Sunday 28th September if you are interested please see details and come along and have a stroll We will be there so hopefully we will see you on the day.

All the best Paul.....

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 University Hospital



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Web: www.securesittingservice.com

They'll Find us !

Abe and Esther are flying to Australia for a two-week vacation to celebrate their 50th anniversary. Suddenly, over the public address system, the Captain announces:

"Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing. Luckily, I see an uncharted island below us and we should be able to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives!"

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later Abe turns to his wife and asks, *"Esther, did we pay our Visa and MasterCard bill yet?"* "No, sweetheart," she responds.

Abe, still shaken from the crash landing, then asks, *"Esther, did we pay our American Express card yet?"* "Oh, no! I'm sorry. I forgot to send the cheque," she says.

"One last thing Esther. Did you remember to send the income tax cheque to the Revenue this month?" he asks.

"Oh, forgive me, Abe," begged Esther.
"I didn't send that one, either."

Abe grabs her and gives her the biggest kiss in 40 years. Esther pulls away and asks him, *"What was that for?"*

Abe answers,

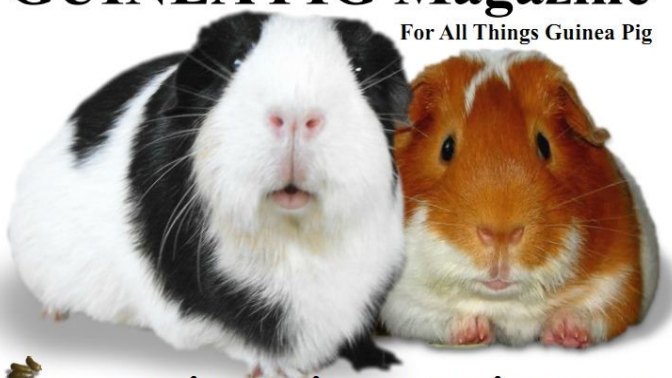
"They'll find us!"

A teacher wanted to teach her students about self-esteem, so she asked anyone who thought they were stupid to stand up. One kid stood up and the teacher was surprised. She didn't think anyone would stand up so she asked him, "Why did you stand up?" He answered, "I didn't want you standing up by yourself."

Why am I getting divorced? Well last week was my birthday. My Wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office my Secretary said "Happy Birthday" I felt so special. She asked me out to lunch and afterwards invited me back to her apartment, when there she asked if I minded if she went into the bedroom for a minute. okay I said and 5 minutes later she came out with a big birthday cake, my wife, my parents, my kids, my friends all yelling Happy Birthday. There I was waiting on the sofa.....Naked!!!

GUINEA PIG Magazine

For All Things Guinea Pig



www.guineapigmagazine.com

SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events and outings in bold)

- | | |
|------------------------|---|
| Thurs. 11th Sept. | Canine Partners: Stephanie together with John and Dog |
| Sun 28th Sept. | Sponsored Walk down Southends longest Pier in the world see details in this Magazine. |
| Thurs. 9th Oct. | Auctioneer Mark Stacey: Valuation Night. Bring your antiques. If to many we can not guarantee we will have time to value all items. |
| Weds. 15th Oct. | Fish / Chip Night : Fishermans Wharf Southend sea front. See booking form in this edition. |
| Mon. 3rd Nov. | See the Poppies at the Tower: see front cover for details see booking form inside back cover |
| Thurs, 13th Nov. | <i>Local heroes who paid the ultimate price In both world wars.</i> |
| Weds. 19th Nov. | Chinese Night: Zen City Hamlet Court Road. Eat as much as you like. See booking form. |
| Thurs. 11th Dec | Christmas Fun Night with exotic animals bring your cameras |
| 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 buy a ticket to win £250.00 |

Sun. 28th Dec.—Tues. 30th Dec.

Take Heart trip to Paris:

for further details see back page in this edition and if interested phone Paul for a booking form. 01702 615660

Feeling Stressed? Back Ache?

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53 Church Road, Shoeburyness SS3 9EU

Increase in parking charges at Southend University Hospital Why!

Car parking charges at Southend University Hospital are set to increase for the first time in three years to allow for much-needed improvements to car parks and pedestrian walkways across the Prittlewell Chase site.

Hospital users will still be able to park for up to 30 minutes free of charge and there will be no change to the discounted weekly concession ticket for patients requiring multiple visits, the cost of which has remained the same for more than seven years.

Director of estates and facilities, Jan China said: "Parking at the hospital is understandably important to our patients, visitors and the local community. This small fee increase will help the trust to make some much-needed improvements to the existing facilities and the general condition of our car parks. We do try to keep car parking charges as low as we possibly can and the current charges have not changed since April 2011. We have minimised the increase as much as possible and have found our revised rates compare favourably with those of other hospitals in the local area."

The changes will take effect from Friday 1 August with rates revised as follows:

| | |
|----------------------------------|------|
| Up to 30 minutes | free |
| Up to 3 hours | £3 |
| 3 to 6 hours | £4 |
| 6 to 12 hours | £6 |
| Over 12 hours and up to 24 hours | £10 |
| 7 day concession | £10 |

Full details of parking charges can be found on the hospital's website:

www.southend.nhs.uk



From the left: Sarah Moore, Harrison Phillips, Cameron Phillips, Karen Phillips.

All walked the colourthon back in July in memory of their Dad and Granddad Terry Mathers who passed away recently. Monies are still coming in but it is expected the total raised for Take Heart will be in the region of £400 which when added to the £600 already received instead of floral tributes at Terry's funeral makes a grand total of over £1000.00 in his memory. Well Done to you all.



Southend-on-Sea Bowling Club.

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



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

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

Bowling tuition always available for beginners.

Membership Secretary: Mr Don Fowler. 01702-206235

Lita Freegard Fitness

Promenade on the Pier

Sunday 28th September 2014 - 10.30am

Heart & Soul Rehabilitation Classes invite you to

Promenade on the Pier, Southend

All monies going to

Southend and Basildon Cardiac Rehab Gyms.

- ✧ Registration from 10am
- ✧ Friends and family welcome
- ✧ Please come dressed according to weather conditions
- ✧ Distance : Just over 1 mile each way (train is optional)

Suggested min sponsorship £20 or £10 donation on the day.

**For more information and Term and Conditions / Walker Guidelines
Sponsor Forms please email LFREEGARD@aol.com**



**Lita Freegard on 01268 759554
/ 07949667866**



Event Sponsored by

**Take Heart (Southend) Registered Charity no.1023707
and**

Hearts & Minds (Basildon) Registered Charity No 1144451



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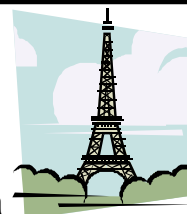
For more details call Kevin Nuttman on 07771 646337 or 01621 772843



PARIS CHRISTMAS LIGHTS

Fancy a "Take Heart" Break

Sunday 28th December—Tuesday 30th 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



Richard Sanderson MCFHP MAFHP
Foot Health Practitioner

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

Tel: 01702 340783 Mob. 07725116448

Email: feetforyou@hotmail.co.uk
Centrally based Clinic in Leigh on Sea
Home appointments available

See Booking form on the inside cover of the back page for our next few events

AIRPORT/LONG DISTANCE FARES

Do you think all long distance cabs use MPV/Wheelchair Taxis that are hard to get into or out of? THINK AGAIN!

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Major Credit/Debit cards accepted.

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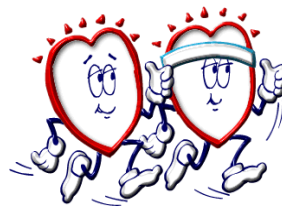
E MAIL: roadvoyager@btinternet.com or log into: www.roadvoyager.co.uk

CARDIAC REHABILITATION – Phase 4



If you wish to attend Phase 4 please speak to the cardiac rehabilitation nurses and physio-therapist 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

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

All you need to know about Travel Insurance (MAY 2014)

The British Heart Foundation strongly recommends that you consult with your GP before purchasing health insurance over the phone or via the internet. The health declarations are in extreme detail and require information of conditions and medications going back years. These details will all be checked if you later try to make a claim. Any omissions or mistakes you make can be used as grounds to refuse your claim. This is equally true for conditions other than heart disease.

The list of insurance companies below: has been compiled from the feedback received from heart patients. You may find that the type and cost of the cover offered will vary depending on your individual condition and where you will be travelling to. When you contact the companies, you may be asked to call a medical screening number who will then give you a reference to quote back to the insurance company. It is important to always read any small print on any policy you are offered.

The British Heart Foundation does not endorse or work with any of the companies on this list. There is no guarantee that the companies on the list will be able to offer insurance to every individual. Please note that companies may change their underwriters and this may affect the cover they are able to offer. As companies frequently change their policies, we are always grateful for any feedback. Feedback can be sent via email to hearthelponline@bhf.org.uk or to the British Heart Foundation, Heart Help Line, 180 Hampstead Road, London, NW1 7AW

EHIC, E111

Important changes to E111 from 1 September 2005, European Health Insurance Cards (EHIC) were issued instead of the E111. Although the EHIC application form and booklet is available from the Post Office it cannot be validated on the spot at the Post Office. The EHIC is issued by a central agency and posted to you. The EHIC booklet explains how to apply for an EHIC and will give advice on the changes to entitlement and the claims process. You can also apply for an EHIC online at www.dh.gov.uk/travellers

While an EHIC is not a substitute for insurance, it is important to have one. A European Health Insurance Card (EHIC) entitles UK citizens to free or reduced-cost, sometimes free, medical treatment that becomes necessary while you're in a European Economic Area (EEA) country or Switzerland.

The EEA consists of the European Union (EU) countries plus Iceland, Liechtenstein and Norway. Switzerland applies the EHIC arrangements through an agreement with the EU.

The EHIC is valid in: Austria, Belgium, Cyprus (but not Northern Cyprus), Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland and United Kingdom Because it reduces medical costs, your insurer may require you to have one. The EHIC is normally valid for three to five years and covers any medical treatment that becomes necessary during your trip, because of either illness or an accident.

The card gives access to state-provided medical treatment only. This might not cover all the things you'd expect to get free of charge from the NHS in the UK. You may have to make a contribution to the cost of your care. The EHIC also covers any treatment you need for a chronic disease or pre-existing illness. You need to make arrangements in advance for kidney dialysis and oxygen therapy. To arrange for kidney dialysis while you're away, contact your NHS renal unit in the UK before you travel. For limited information on oxygen supply services in the EEA countries and Switzerland, call the Department of Health's Customer Service Centre on 020 7210 4850.

The EHIC won't cover you if getting medical treatment is the main purpose of your trip. You are advised to take out comprehensive private insurance for visits to all countries, regardless of whether you are covered by your EHIC.

For further information contact the Department of Health, Customer Service Centre on 020 7210 4850 Email: dhmail@dh.gsi.gov.uk
Web: www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/fs/en

Travel Insurance Companies:

1066 Travel Insured (A trading style of Manor Insurance Services)

Tel.: 0845 850 1066 (free on a BT Callplan) 01424 718790 (normal rates apply)

www.1066travelinsured.co.uk Specialist broker reviewing a panel of insurers to get the best policy for the client's needs. Up to £15,000,000 medical cover. No upper age limit for annual or single trip policies. No credit card fees. Based in Hastings – no overseas call centres.

Able2Travel (a subsidiary of Voyager Insurance Services Ltd) Tel.: 0845 839 9345

www.able2travel.com Single policies up to 79 yrs Annual and long stay policies up to 69 yrs Excess varies. in-House Medical Screening

All Clear Travel Insurance Tel.: 0845 250 5200 www.allcleartravel.co.uk no age limit on single or annual trips policies all clear travel provides medical travel insurance for people with pre-existing medical conditions who find difficulty in getting travel insurance elsewhere, whether its because of medical conditions, disability or age

Brunsdon LLP Tel.: 01452 623623 Email: enquire@brunsdon.co.uk www.brunsdon.co.uk Open 8.30am-5pm Mon-Fri Single trip policies no upper age limit Annual multi-trip policies up to 85yrs.

Bupa Travel Cover Tel. 0800 0010 22 Age limit 79 yrs; Medical screening will only accept proposals within 3 months of travel date

Flexicover Direct Tel. 0800 093 9495 www.flexicover.co.uk Age limit 80 yrs Medical screening

Free Spirit Travel Insurance Tel 0845 230 5000 8am-6pm, Mon-Fri www.free-spirit.com Specialist travel insurance for people with pre-existing medical conditions and disabilities. No upper age limits on Single Trip & Annual Multi-trip.

Freedom Insurance Services Limited Tel 01223 454 290 www.freedominsure.co.uk Offers Travel Insurance for people living with pre-existing medical conditions. Single trip policies up to 85 yrs of age Annual policies up to 75 yrs of age

Getmy.com www.getmy.com/travel Tel 0845 0262441 Single policies up to 85 yrs of age Annual policies up to 79 yrs of age

G.J. Sladdin & Company Ltd <http://www.sladdininsurance.co.uk/> Free phone 0800 731 3989

No upper or lower age limit Under the age of 79 in-house medical screening Most medical conditions accepted no additional premium Annual policies up to 85 years of age. The company states they do special Australia/NZ rates for visiting family for anyone with multiple conditions

Global Travel Insurance Tel 01903 235042 Specialist policy that covers pre-existing medical conditions. Single policies up to 90 yrs of age Multiple policies up to 75 yrs

Goodtogoinsurance.com Tel: 0844 334 0160 www.goodtogoinsurance.com Travel insurance specialist for people with pre-existing medical conditions No age limits In-house/Online medical screening 3 levels of cover available Company states they have a straight forward,

Go Travel Insurance Tel 08444 820880 Go Travel changed their underwriters in 2005. The cover they offer may now be different Specialist policy that covers pre-existing medical conditions. Single policies up to 75 yrs of age Annual policies up to 64 yrs of age Put through a health declaration first and may then have to do a medical screening

Heart Insurance Services Tel: 01424 220110 <http://www.heartinsuranceservices.co.uk/> Heart Insurance Services (a trading name of Orbis Insurance Services) specialises in insurance products that have been developed specifically for people with heart conditions and their families. Single age limit: 100 – unlimited duration on a single trip basis Annual age limit 75

Higos Insurance Services tel: 01458 270 374 No Age Restrictions. Specialist travel insurance for people with pre-existing medical conditions. Includes medical aids and medication cover. Higos advises that they offer travel insurance for people who are regularly declined cover because of ill health/disabilities past and present. Individually underwritten so that each case can be considered. Patients are referred to a medical screening line.....**Continued over.....**

Insurance Choice - Travel Insurance Specialists Tel: 0844 55 77 488 Email: bhf@insurancechoice.co.uk Website: www.insurancechoice.co.uk/bhf Open: Mon-Fri 09.00 to 18.00 Sat 09.00 to 13.00 Single Trips – No upper age limit Annual Trips – Up to 85 years young UK call centre All pre-existing medical conditions considered Specialised panel of over 10 insurers ensures you get the right policy to meet your needs. As well as heart conditions, they can also cover other medical conditions. Cover online or by calling on 0844 55 77 488.

Insuremore Travel Insurance Tel 0870 054 0162 Age limit 65 yrs Excess varying Patients need to have been stable for about 12 months and do not cover patients on waiting lists. Medical screening to determine whether they will cover

It's So Easy Travel Insurance www.itssoeasytravelinsurance.com/ Single trip cover – up to 85 yrs Annual Europe cover – up to 75 yrs Annual world wide cover – up to 65 yrs The company states that they provide travel insurance specifically designed for people with medical conditions or who are older

J.D. Travel Insurance Consultants www.jdtravelinsurance.co.uk Tel 01689 859102 (24-hour service) No upper age limit. No destination restrictions. The company states that they help seriously ill people and their families to get travel insurance at fair prices.

Just Insurance <http://www.justthecover.co.uk/> Tel: 0800 231 5532 No age limit They have a large panel of insurers who offer bespoke travel insurance policies which cover 98% conditions

Makesure Insurance services ltd Tel 0845 309 4439 Policies considered up to the age of 99 years Specialise in providing cover for most pre-existing medical conditions medical screening

Manor Insurance www.manorinsurance.co.uk Tel: 01424718790 or Tel: 0800 027 6171 www.travelinsured.co.uk Annual policies up to 79 years of age Single trip policies no age limit Medical screening not always required They are not a call centre and are Registered Insurance Brokers dealing with a panel to get the best terms for your needs No credit or debit card fee.

Marks and Spencer Tel 0800 068 3918 M & S changed their underwriters in 2005 and now have medical screening to determine whether will cover patients. Marks and Spencer say that although they may offer cover for heart conditions, they tend to be rather expensive for the cover itself, and that they may still decline cover if the conditions are too severe. Please also note that they will only speak to the person requiring the insurance.

Orbis Insurance Services Tel 01424 220110 Ask to speak to Leane or Lauren <http://www.orbisinsurance.co.uk/> The company advises that they offer travel insurance for people who are regularly declined cover because of their ill-health/disabilities, past and present. Individually underwritten so that each case can be considered. Please note that there are some conditions which they state that they cannot quote for. Single trip unlimited time Age limit for single trip: 99 yrs Age limit for annual trip: 75 yrs (Europe only) Age limit for annual trip: 70 yrs outside Europe-

Rothwell & Towler Tel 0845 90 80 171 www.world-first.co.uk Age limit for single trip: 100 yrs Age limit for annual trip: 74 yrs This company advised that they specialise in providing insurance for people with medical conditions.

Staysure Tel 0844 692 8444 (Open Mon-Fri 08:30-21:00, Sat 08:30-18:00, Sun 10:00-18:00) www.staysure.co.uk This company is an over 50s specialist, providing a wide range of insurance products specifically designed for over 50s. Their speciality is providing travel insurance that covers 220 pre-existing medical conditions free of charge They also provide cover for a range of heart conditions. Cover available up to age 85 on a single trip

Travelbilty Call: 0845 338 1638 Online quoting facility at www.travelbilty.co.uk This company advises that they offer travel insurance for disabled people and for those with pre-existing medical conditions and their carers Annual policies 69 yrs Single policies 79 yrs Excess: £50 subject to medical condition. All quotes subject to medical screening

Unique Tel: 01603 828246 Email: unique@heathlambert.com No upper age limits on single trip policies. Annual multi-trip policies within the EU are available up to age 69 and worldwide policies up to age 64. Unique provides a range of insurance products that have been developed for people living with a heart condition. Although they can't guarantee to be the cheapest, they promise a sympathetic approach because they say they have an understanding of heart disease and work with insurers to help you get the protection you need.

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BAG IT. BEAT IT.

Message from the British Heart Foundation

Our September appeal for bags of donations to help fund life-saving heart research is back. This year, we are calling it 'BAG IT. BEAT IT.' – with your group's support, we believe we can. The British Heart Foundation's research is helping more than 40,000 schoolchildren in the UK continue to fight congenital heart disease. Every bag donated to your local BHF shop this September will fund life-saving heart research, which is vital in helping little heroes like Daniel get well and get back to school. Daniel was born with a hole in his heart. When he was nine years old, his family was devastated to hear he needed life-saving open heart surgery. Daniel fought back. He recovered from his surgery and was determined to get back to school. Six weeks

later, he did, and he continues to enjoy his maths classes and football with his friends.

Can you help to BAG IT. BEAT IT. this September? We're asking Heart Support Groups across the country to help us reach our target of 1 million bags to fund life-saving heart research. Getting involved couldn't be easier:

BAG IT – Everyone has stuff they no longer need; clothes, shoes, books, handbags, DVDs, CDs and bric-a-brac. Encourage every member of your group to donate a bag. Why not create a competition in your group to see how many bags you can collect?

GIVE IT - Drop off your bags of unwanted items at your local BHF shop. You can find your shop online at bagit.bhf.org.uk. Or to book a free collection, call on 0800 915 7000.

FUND IT – The BHF currently provides funding of more than £14 million for congenital heart disease research. This year, we need to raise more.

BEAT IT - Before the BHF was founded, only one in five babies born with congenital heart disease ever saw their first birthday. Let alone their first day of school. But now, thanks to pioneering research, around 4,000 turn up for their first day every year and there are an estimated 40,000 school age children now alive thanks to this work.

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 too good to be true. BUT IT IS.....

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 so simple.

In order for Take Heart to benefit from your on-line shopping, you need to do the following : Log onto the WWW.Easyfundraising.org.uk register your details (no Debit or Credit cards are required to set up your details) with TAKE HEART CARDIAC SUPPORT GROUP SOUTHEAST as your nominated charity the rest is up to you and your spending habits. There are over 2,700 retailers, Tesco / John 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 SUPPORT GROUP, SOUTHEAST You will be required to download a tool bar Then start buying. The tool bar will inform you if the retailer is a donating one or not.

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 etc etc. The more people that do this the more it will benefit Take Heart tell all your family and friends also your work colleagues 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 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

S. H. A. P. S.

81 Ness Road Shoeburyness

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FRIENDLY AND HELPFUL STAFF



A husband and wife tried to set a new password for their computer. The husband puts, "My penis" and the wife falls on the ground laughing because on the screen it says, "Error" Not long enough



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>

HELP WANTED

HAVE YOU HAD ANY CARDIAC TREATMENT IN THE LAST 6 MONTHS IN SOUTHEND OR BASILDON CARDIAC CARE UNITS

“Do you have feedback that would be helpful to assist the Hospital and Primary Care in shaping the delivery of Cardiac Services?

Dr Khokhar, Consultant Cardiologist at Southend Hospital, is chair of the Coronary Heart Disease (CHD) Group who meet bimonthly to discuss issues, with their colleagues in Primary care, regarding Cardiac services within the hospital and community. They are keen to gain feedback from you, the service users, regarding issues that have gone well and also areas where you feel the service has not performed so well, to help them to identify which areas require attention and what can be done to address these issues.

Richard Lefever, Take Heart committee member representative, would welcome your feedback by e-mail, phone, letter or in person at a Take Heart meeting. He will then feed this back to Dr Khokhar via the CHD meeting.

Richard's contact details can be found on the inside front cover of this magazine.”

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A doctor tells an old couple at his surgery he needs to get a stool sample, a urine sample, and a blood test from the old man. Hard of hearing, the old man asks his wife what the doctor said. The wife replies, "He needs a pair of your pants" *****
A woman places an ad in the local newspaper. "Looking for a man with three qualifications: won't beat me up, won't run away from me, and is great in bed." Two days later her doorbell rings. "Hi, I'm Tim. I have no arms so I won't beat you, and no legs so I won't run away." "What makes you think you are great in bed?" the woman retorts. Tim replies, "I rang the doorbell, didn't I?" *****
As an airplane is about to crash, a female passenger jumps up frantically and announces, "If I'm going to die, I want to die feeling like a woman." She removes all her clothing and asks, "Is there someone on this plane who is man enough to make me feel like a woman?" A man stands up, removes his shirt and says, "Here, iron this!" *****

Steve Ashby



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"TAKE HEART" BOOKING FORM

Wednesday 15th October: Charity Night at the Fisherman's Wharf: on Southend sea front. First course of cold platter of fishy things including cockles, mackerel all with various dips. also a hot platter of fishy things including whitebait, onion rings and various coujons of fish. We then have a choice of cod and chips, Plaice and chips or fish pie and veg. followed by either Rossis ice cream or fruit crumble and custard. Portions are very generous. Plus tea/coffee. Licensed bar. If you like to come but don't fancy fish an alternative of chicken can be arranged but must be ordered with me at least 3 days before.

Cost only £16.00

Monday 3rd November: See the Poppies at the Tower. Leaving the Southend area about 10.30 We will make our way to the Tower for about 1.00 spend an hour there for photos then we will move on to Covent Garden for a late lunch (or you can stay at the tower if you wish) then we will go back to the Tower for the roll of honour and the last post at about 5.30 and then make our way home about 7.00

Cost coach only £10.00

Wednesday 19th November: Chinese Night at Zen City (Hamlet Court Road) *Eat as much as you like.*

Cost only £16.00

If you would like to be seated with certain people but have not booked together on the same form please inform me as we do have a table plan

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**

**Fishermans Wharf:** Book me..... Tickets @ £16.00.each. **Total = £**\_\_\_\_\_

**Poppies at the Tower:** Book me..... Tickets @ £10.00.each. **Total = £**\_\_\_\_\_

**Chinese Night:** Book me..... Tickets @ £16.00.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. (*poppies only*) ..... E-mail.....

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

To:

Take Heart Events: Colin Stanley  
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 number. and I will get back to you)**





**( W. E. COOK)**

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**0300 330 3311**

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

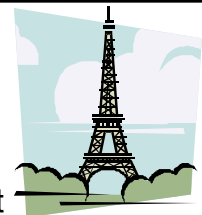
Information and support on anything heart-related. Phone lines open 9am to 5pm Monday to Friday. Similar cost to 01 or 02 numbers.



## **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)**