



A Cardiac Support Group - Registered Charity No. 1023707

SPRING 2015

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



"TAKE HEART'S" St PATRICK'S NIGHT

AT

THE POLASH

West Road Shoeburyness



Tuesday 17th March 2015: 7.30pm. for a 7.45pm. Start

3 courses with coffee & Mints only £20.00 each

(English meal available if required pre-order only)

Late booking available just phone Paul to book in and pay on the night

Paul: 01702 —615660



**Paul
Halley**
Chairman



**Colin
Stanley**
Treasurer



**Gill
Stanley**
Membership
secretary



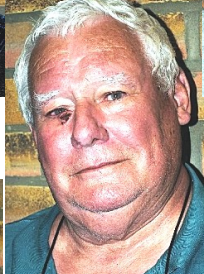
**Gary
Jackson**
Web-Master



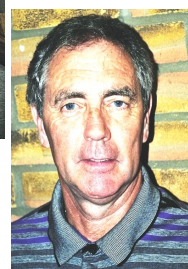
Hazel Staines
Vice Chair



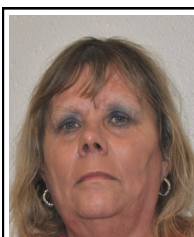
Lesley Pettengale
Press Officer



Tony James
Secretary



Richard Lefever
Hospital
Representative



Diane Price
Raffles



Rita Spence
Refreshments



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 |
| Refreshments | Rita Spence | | ritaspence@btinternet.com |
| Hospital Rep. | Richard Lefever | Tel: 07850662422 | richard.lefever@sky.com |

Committee (Ex Officio) Members Sue Middleton and Sarah Sayer
both Clinical Nurse Specialists and joint Rehab Team Leaders
Southend Hospital Cardiac Rehabilitation Centre. Tel: 01702-385028
E-Mail: susan.middleton@southend.nhs.uk

All correspondence should be sent to:
"Take Heart" 47 Ness Road Shoeburyness Essex SS3 9DB
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.*

Hello again: Summer is nearly here so get out your bikinis and factor cream and the deck chair. If you believe the forecast you will need these for the Easter holidays

Take Heart did very well through the winter with

some lovely generous donations. We received £100 from the Monday Benfleet Club, which followed an earlier amount of £50 from the Thursday Benfleet club (am awaiting to hear from the Tues/Weds/Fri. Benfleet Clubs!) also £350.00 from Michael Bull from Rochford who celebrated his 80th birthday by requesting no presents but donations to Take Heart instead. (what a good idea!) The Southend Tanager No. 5 Club sent us £35 which was raised from a small raffle organised by Betty James. We also received £20.00 from Beryl & Les Whitehead in memory of Catherine Ball. Grateful thanks goes to all and apologies to anyone I have missed. Please phone me and tell me off and I will make sure I mention you in the next edition.

Our Christmas Draw this year was again very successful and raised together with some extra donations just over £1,000.00 thank you for your support and thank you to all who donated vouchers and prizes. Congratulations to Mr D. Bolton of Hockley who won 1st Prize of £250.00 and well done to all the other prize winners.

Our Fun Auction of unwanted presents in January was great fun again this year and a total of £380.00 in cash and approximately £120.00 in goods (to be use in future raffles) making a total of £500.00 raised. Well done to all.

Hazel our vice chair has been in the wars since Christmas having to eventually undergo more surgery. Slow but sure she is on the mend and by the time this edition is published she should be home and on the road to recovery. Hopefully we will see her at one of our meetings soon.

We are very excited with the development of our new web site (at last) which should be live when you read this. All last years magazines including this one and all future ones will be available to read or if you wish to download and print yourselves. If this is something you are happy to do please let Gill know (e-mail address opposite) and we will save the postage by taking you off our mailing list. Hopefully over the coming years we will save on postage as more new members choose to receive there news magazine in this way. But don't worry if you still require us to post yours we are happy to continue to do so. If you wish you can always send us a book of 2nd class stamps every bit helps.

We have a nice list of events for the coming year with more being added in due course. A booking form is available in this magazine for most events so act quickly to avoid disappointment.

We have been challenged to a game of "Walking Football" by the local Puffers Club (COPD suffers) full details are on the back page. Please do come along and support us it will be fun with a few surprises thrown in. We also need to form a team Male and Female so if anyone fancies it please let me know at the next couple of meetings. Don't worry we will have the Essex Air Ambulance on stand by!

Our meeting in April is our AGM where all the business side of Take Heart is discussed and confirmed. Its a bit boring for some but yet an important part of our charity. So please make an effort to come along and participate. We can always do with a few extra volunteers or helpers so if you can spare a couple of hours a month or have any ideas for the future of Take Heart please come forward and be heard. We are always open to new ideas and new ways of supporting you our members and any one that have been effected by a cardiac event, whether themselves or a member of your family.

Regards Paul



"Take Heart" Southend and District Cardiac Support Group

**Chairman:
Paul Halley**



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Physical inactivity may be associated with twice as many deaths as obesity, according to research.

A study, published in the American Journal of Clinical Nutrition, found that just a modest increase in physical activity, such as a brisk 20 minute walk, could have significant health benefits. Researchers, from University of Cambridge, studied data from 334,000 European men and women, and measured height, weight and waist circumference, and measured levels of physical activity using self-assessment. Using data on European deaths, they estimated that 337,000 of the 9.2 million deaths amongst European men and women were attributable to obesity but twice

this number of deaths could be attributed to physical inactivity. They also estimated that doing exercise equivalent to a 20 minute brisk walk each day would reduce their risk of premature death by between 16 to 30 per cent. June Davison, Senior Cardiac Nurse at the British Heart Foundation, said: "The results of this study are a clear reminder that being regularly physically active can reduce the risk of dying from coronary heart disease." "The research suggests that just a modest increase in physical activity can have health benefits." "Adults should aim to do at least 150 minutes of moderate intensity activity a week, carrying it out in sessions of 10 minutes or more. "Whether it's going for a walk, taking a bike ride or using the stairs instead of the lift, keeping active every day will help reduce the risk of developing coronary heart disease."

**TAKE HEART'S NEW WEB SITE GOING LIVE VERY SOON
IF NOT ALREADY
WWW.TAKEHEARTSOUTHEND.ORG**

Margaret Ivy Turner: Known to her many friends as just



"PEGGY"

Sadly passed away on 19th January 2015

Peggy was a lovely lady who was always dressed up the nines where ever she went. She would have been 81 this March but never looked a day over 65. Her funeral on the 2nd February was standing room only with a good turn out from all her friends at Take Heart. George and the family requested donations to Take Heart instead of flowers which was very nice of them to think of us at such a sad time. George was happy to inform us that a total of £500.00 will be forthcoming soon which shows just how much Peggy will be missed by everyone who new her.

SPEAKERS AT OUR NEXT SIX MEETINGS

Second Thursday of each Month from 8.00pm

(extra events and outings in bold)

- Tues. 17th March.** **St Patricks Night at The Polash Indian restaurant West Road Shoeburyness. Wear something green!** (See front page)
- Thurs. 9th April. A.G.M. The business side of Take Heart.
- Mon. 27th April.** **Night at the Dogs: Romford entrance coach and Dinner.**
(see booking form)
- Sunday 3rd May Walking Football : The Puffer Club v Take Heart (See back page)
- Thurs. 14th May. Emma Matthews: all about the important work carried out at the Cardiac and medical Day Centre at Southend University Hospital.
- Tues. 19th May:** **Night at the GGs: Chelmsford Race Course entrance and coach. Meals available to book via course** (see booking form)
- Thurs. 11th June: Hospital Pharmacist: To be confirmed
- Sat. 27th June:** **Fun Quiz Night: Eastwood Community Centre £4.00 each bring your own food and drink starts 7.30.** (see booking form)
- Thurs: July: Eve King: Author
- Mon. 27th July:** **Chartwell (home of Sir Winston Churchill) with dinner on the way home. N. T. members free entrance** (see booking form)
- Thurs: Aug: Tracing your Family history: with Fred Feather
- Weds: 19th Aug:** **Day trip to Brighton: do what you like. Visit the pavilion or the lanes or just sit on a deck chair** (see booking form)
- Thurs: 10th Sept: Dee Gordon: story teller and local Author

No Wonder I'm so Tired !!!!!

I thought I was knackered lately and I've just found out, why?

The population of Britain is 51 Million

21 Million are retired

That leaves 30 Million to do the Work

There are 19 Million at school , Collage, University

2 Million are unemployed and 4 Million are employed by the Government

That leaves 5 Million to do the Work

1 million are in the armed Forces

That leaves 4 Million to do the Work.

3 Million are employed by the County and Borough Councils

That leaves 1 million to do the Work

There are 620,00 People in Hospital and 379,998 in Prison

Which leaves two people to do the Work

YOU & ME

And your sitting on your backside reading this !

So No Wonder I'm So Bloody Tired !!!!

Extracts from genuine letters written by council tenants

1. It's the dog mess that I find hard to swallow.
2. I want some repairs done to my cooker as it has backfired and burnt my knob off.
3. I wish to complain that my father twisted his ankle very badly when he put his foot in the hole in his back passage.
4. Their 18 year old son is continually banging his balls against my fence.
5. I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other day that blew them off.
6. My lavatory seat is cracked, where do I stand?
7. I request permission to remove my drawers in the kitchen.
8. 50% of the walls are damp, 50% have crumbling plaster, and 50% are plain filthy.
9. The next door neighbour has got this huge tool that vibrates the whole house and I just can't take it anymore.
10. The toilet is blocked and we cannot bath the children until it is cleared.
11. Will you send a man to look at my water; it is a funny colour and not fit to drink.
12. Our lavatory seat is broken in half and now is in three pieces.
13. I want to complain about the farmer across the road. Every morning at 6am his cock wakes me up and it's now getting too much for me.
14. The man next door has a large erection in the back garden, which is unsightly & dangerous.
15. I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night.
16. Please send a man with the right tool to finish the job and satisfy my wife..
17. I have had the clerk of works down on the floor six times but I still have no satisfaction.
18. This is to let you know that our lavatory seat is broke and we can't get BBC2.
19. Our kitchen floor is damp. We have two children and would like a third, so please send someone round to do something about it.

We save the best till last

20. My bush is really overgrown round the front and my back passage has fungus growing in it.

**Sorry it must be your mind:
these are extracts from genuine letters**



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HELP

If you can spare a couple of hours each month and would like to help Take Heart then become a committee member or a helper at our meetings making teas and coffees. Have a word with one of the committee. They will do the rest.

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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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



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A small church had a very attractive big-busted organist, Linda, and her breasts were so large that they bounced and jiggled while she played the organ. Unfortunately, she distracted the congregation considerably.

The very proper church ladies were appalled. They said something had to be done about this or they would have to get another organist. So one of the ladies approached Linda very discreetly about the problem, and told her to mash up some green astringent persimmons and rub them all over her breasts, which should cause them to shrink in size, but warned her not to taste any of the green persimmons, because they are so sour they will make her mouth pucker up, and she wouldn't be able to talk properly for a while.

The voluptuous organist reluctantly agreed to try it.

The following Sunday morning the minister walked up to the pulpit and said,

"Dew to thircumsthanthis bewond my contwol, we will not hab a thermon tewday

Important Message from the British Heart Foundation

"In the coming weeks MPs will be given a final chance to vote on standardised packaging of tobacco. A vote for standard packs would signal one of the biggest changes to public health policy in a generation. Young people could grow up in a world where they're better protected against the devastating impact of tobacco. But this all hinges on the next vote. And every MP will get to decide how they vote, independent of their party.

We've been calling on the Government for years to standardise tobacco packaging and put in place a policy which will ultimately save lives. We mustn't risk falling at the last hurdle. Can you contact your MP to encourage them to vote against big tobacco?

Thank you.

Susannah Kerr (British Heart Foundation)



Richard Sanderson MCFHP MAFHP
Foot Health Practitioner

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Essex SS0 0NS

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Centrally based Clinic in Leigh on Sea
Home appointments available

Bloke Joke...

I got a text from the wife saying she was in casualty. I rushed home and watch the entire episode and didn't see her once.

Hope she gets home soon I'm starving!

THE ANNUAL GENERAL MEETING
OF "TAKE HEART"

THE SOUTHEND AND DISTRICT CARDIAC SUPPORT GROUP
TAKES PLACE AT 8.00PM ON THURSDAY 9th APRIL 2015
THE EASTWOOD COMMUNITY CENTRE,
WESTERN APPROACHES, EASTWOOD.

AGENDA

1. APOLOGIES FOR ABSENCE.
2. APPROVE THE MINUTES OF THE A.G.M. HELD ON 10th APRIL 2014
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 of VARIOUS CHEQUES TO BE MADE.
9. ANY OTHER BUSINESS

THE MEETING WILL CLOSE WITH REFRESHMENTS BEING SERVED

THE FOLLOWING OFFICERS AND COMMITTEE MEMBERS ARE
CONSIDERING STANDING 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 |
| COMMITTEE MEMBER | GARY JACKSON |
| COMMITTEE MEMBER | LESLEY PETTENGAL |
| CCU Southend Hospital (ex officio) | SUE MIDDLETON |



Southend-on-Sea Bowling Club.

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Lady and Gentlemen members to either Bowling and or Social Membership.

Bowling tuition always available for beginners.

Membership Secretary: Mr Don Fowler. 01702-206235



Night at the Dogs
CORAL ROMFORD STADIUM

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

All this for only £27.50

Coach will leave Shoebury about 5.00pm

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

"Take Heart" Events Booking Form

Monday 27th April: Night at the Dogs: Romford : coach entrance race card plus meal.
only..£27.50

Tuesday 19th May: Night at the GGs: Chelmsford Race Course. Meals available in various restaurants and bars these should be booked separately with the course if required. Coach and entrance to the Grandstand and Paddock area: **only..£21.00**

Saturday 27th June: Quiz Night at Eastwood Community Centre. Western Approaches Bring your own food and drink. Starts 7.30. **only.. £4.00**

Monday 27th July: Chartwell: (Home of Sir Winston Churchill) with dinner on the way home (paid for on the day 3 course meal approx. £15.00) Coach+entrance **only..£22.50**
National Trust Members pay only £12.50

Wednesday 19th August: Day trip to Brighton: do what you like when there, visit the Lanes or the Pavilion or sit on a deck chair on the Pier the chose is yours. **Only..£12.50**

Pick up points:

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

-----**Cut here**-----

Please book meNight at the Dogs: at £27.50 each =..... £

Please book me Night at the GG's: at £21.00 each =.....£

Please book meQuiz Night: at £ 4.00 each =£

Please book meChartwell: at £ 22.50. each =.....£

Please book me.....National Trust Member at £12.50 each =... £

Please book me.....Day Trip to Brighton at £12.50 each =... £ _____

Total = £ _____

Separate cheques please if going on more than one event and write on the back which it is for.

Name:.....Address.....

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

Pick up point or points.....

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

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

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

Riddles

????????????????

Q 1: A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son." How is that possible?

Q 2: What is the longest word in the dictionary?

Q 3: What word becomes shorter when you add two letters to it?

Q 4: What occurs once in a minute, twice in a moment and never in one thousand years?

Q 5: We see it once in a year, twice in a week, and never in a day. What is it?

????????????????

Answers

bottom of next page

????????????????



Its 50 years this year since Sir Winston Churchill died at the grand old age of 91. Join Take Heart as we visit he's home Chartwell in Kent and have a 3 course meal on the way home. National Trust Members get in FREE. Booking form opposite. All who attend will receive a commemorative Churchill Crown complements of Take Heart.



The Puffers Club

Supporting people with COPD



Wheezy, Breathless - lost confidence in exercising on your own? Then come along to Puffers and join your local exercise support group run for people with breathing difficulties by people with breathing difficulties.

The Puffers meet every Tuesday
Between 12:45 p.m. and 2:30 p.m.

At

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For more information please contact:
Annie on 01702 - 610050

or

June on 01702 - 313341

e mail: thepuffersclub@hotmail.co.uk

Raise funds for Take Heart with Easyfundraising

As Treasurer I am charged with keeping our finances in order and at the same time trying to increase our income, you as members are fantastic, you support the group from individual donations to personal events, however, there is a way whereby you can still donate to Take Heart and it does not cost you a penny, sounds to good to be true. BUT IT IS.....

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 SOUTHEND 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 SUPORT GROUP, SOUTHEND You will be required to down load a tool bar Then start buying. The tool bar will inform you if the retailer is a donating one or not.

What's the catch, there is none: you do NOT pay a premium for going through the www.Easyfundraising.org.uk web site, you are paying exactly the same as you would if you went on that webpage directly, however by going through the www.Easyfundraising.org.uk web site, the seller, will donate part of their profit to the nominated charity, that being us. Only a small percentage is donated but from little acorns ect. The more people that do this the more it will benefit Take Heart tell all your family and friends also your work colleges everyone if we can encourage 10 or 20 people and they in turn encourage 10 or 20 then it soon adds up to thousands of people and we will make lots of money for very little effort. It 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.

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FRIENDLY AND HELPFUL STAFF



A 1: doctor is his mum

A 2: Smiles, because there is a mile between each 's'

A 3: Short

A 4: letter M

A 5: letter "E"



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>**

Evening at the races at Chelmsford Race Course

Join Take Heart at the Races
Tuesday 19th May
Coach and entrance: only £21.00
local pickup points.

If you would like a meal there are a couple of restaurants which can be booked through the course on 01245360300

info@chelmsfordcityracecourse.com

Limited food and snacks are also available in the Sports Bar

See booking form

**Further information phone
Paul 01702 615660**



Applying common sense to complex matters



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5 undeniable facts....

***1.** We all love to spend money buying new clothes but we never realize that the best moments in life are enjoyed without clothes.*

***2.** Having a cold drink on hot day with a few friends is nice, but having a hot friend on a cold night after a few drinks - PRICELESS.*

***3.** Breaking News: Condoms don't guarantee safe sex anymore. A friend of mine was wearing one when he was shot dead by the woman's husband.*

***4.** Arguing over a girl's bust size is like choosing between Molson, Heineken, Carlsberg, & Budweiser. Men may state their preferences, but will grab whatever is available. *

***AND *5.** I haven't verified this: but it sounds legit.*

* A recent study found that women who carry a little extra weight..... live longer than the men who mention it!*

Steve Ashby



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HEART ATTACKS AND WATER!

How many people do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

I asked my Doctor why people need to urinate so much at night time.

Answer : Gravity holds water in the lower part of your body when you are upright (legs swell) When you lie down and the lower body (legs etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

Correct time to drink water...Very Important. Drinking water at a certain time maximizes its effectiveness on the body

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - helps avoid stroke or heart attack

My Doctor told me that water at bed time will also help prevent night time cramps. Your leg muscles are seeking hydration when they cramp and wake you up.

Most heart attacks occur in the day, generally between 6.00am and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. If you take an aspirin once a day, take it at night. Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

Something that we can do to help ourselves:

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 999 then phone a neighbour or a family member who lives very close by. Say "heart attack!" say that you have taken 2 Aspirins. Take a seat on a chair near the front door, and wait for their arrival and.....DO NOT LIE DOWN

Source: Journal of the American College of Cardiology.

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 £40.00 per year, 1/3 page is £60.00 per year. 1/2 page £85.00 per year. (Sizes are approximate)

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

Your advert will also appear on our new website a number of times and also have a link to your website if you have one.

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 mention Take Heart when replying to advertisements.



(W. E. COOK)

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Take Heart (Southend Cardiac Support Group)



SUNDAY 3rd MAY Kick off 11.00.

lots of surprises on the day including a raffle and a bucket shake
(so bring some change)

Come along and support your charity: free entry programmes on sale 50p

Playfootball Southend: 5-aside Centre

Chase High School Prittlewell Chase

Southend-on-Sea Essex SS0 0RT

Free parking and refreshments available

TAKE HEART'S NEW WEB SITE GOING LIVE VERY SOON

IF NOT ALREADY

WWW.TAKEHEARTSOUTHEND.ORG