



A Cardiac Support Group - Registered Charity No. 1023707

SUMMER 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



The Who's Who of "Take Heart"

Chairman: Paul Halley Tel: 01702-615660 paul@takeheartsouthend.org
Vice-Chair: Hazel Staines .. Tel: 01702-230660
Secretary: Gill Stanley..... Tel: 01702-311796 glstanley@blueyonder.co.uk
Treasurer: Colin Stanley... Tel: 01702-311796 finance@takeheartsouthend.org
Press Officer: Lesley Pettengale Tel: 01702-340769 lesleycyd@aol.com
Web-Master: Gary Jackson... Tel: 07516 077255 jackogary@gmail.com
Hospital Rep: Richard Lefever Tel: 07850662422 richard.lefever@sky.com
Raffles: Diane Price Tel: 01702 295505 diane@mjprice.demon.co.uk
Refreshments: Beryl Whitehead
Assist. Editor: June Johnson jandj06@blueyonder.co.uk
Co-opted: Les Whitehead

President: Dr Paul Kelly BSC. MD. FRCP.

Vice President : Mr George Turner

+++++

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.*

+++++

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 £50.00 per year, 1/3 page is £70.00 per year. 1/2 page
£100.00 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 website which will also have a link to your web-
site 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,

I'm writing this in a bit of a hurry and will not have time to have it proof read so I apologise now for any spelling errors or bad grammar. The spell check on my computer sometimes doesn't know what I am trying to

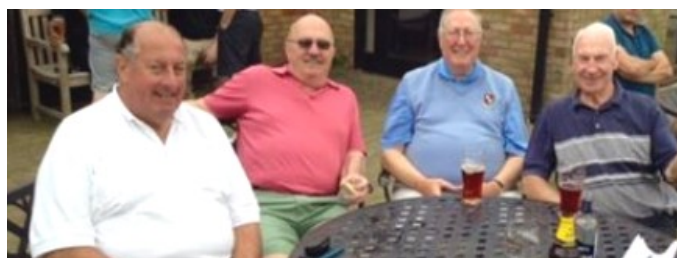
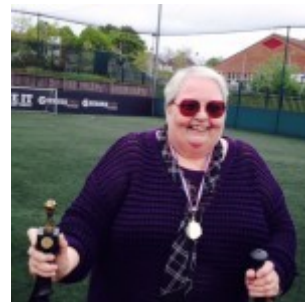
spell so what chance do I have! I'm off to find some sun so will be away when you receive this, so don't bother to ring and tell me all the mistakes as you will only get the answer phone.

This summer edition is all about what we have bought or are about to buy the various Cardiac Departments at our Southend University Hospital. Details and pictures are on the centre pages, hopefully in colour.

At our AGM back in April all those who stood for committee were voted on with a few new volunteers. We welcome back June Johnson and new members to the committee Beryl Whitehead and co-opted member Les Whitehead. Grateful thanks to Tony James and Rita for their work in the past, both deciding to stand down. Our treasurer Colin reported that we are still solvent and the future looks good, even after spending £20,000.00 we still have a bit to play with.

We recently took part in a challenge walking football match against the local "Puffer Club" for people with COPD, it was great fun the teams are pictured on the front cover. The game finished 8 all with the Puffers retaining the trophy as we need to win it! to keep it! so we will have a return match next year. Pictured is Annie the captain of the Puffers with her trophy (as they say size doesn't matter)

We also recently entered a Take Heart Team into a charity golf day held at Ballards Gore golf club in aid of "Help Tracy get Back on her Feet appeal" which most of you would have read about in the papers. Tracy is a very brave local 34 year old mum



of two small boys who was very ill last Christmas with meningitis and other problems and unfortunately doctors had to amputate both legs from the knees and her fingers. We were pleased to support this day and the amount raised is expected to be over £5,000. Pictured is our team Paul Halley, Frank James, Des Murphy and Terry Ryan. We were nearer last than first but the day was for a very good cause so the standard of golf didn't matter.

We hope to arrange a Take Heart holiday in April next year to the Warners hotel at Cricket St. Thomas in Somerset (the manor house used in the popular series "To the Manor Born") The dates are Monday 18th to Friday 22nd April. Full board with excursions every day and all transport, cost will be in the region of £330.00 each. If you would like more details and a booking form please declare your interest to me at our meetings or phone 01702 309042 leaving your name and address and a form with full details will be sent to you when available.

If you are, like me off to find some sun this year always remember to order your medication nice and early and make sure you pack them along with passports, insurance documents and European medical cards if going to Europe and all the other important items you need for a hassle free holiday. All the best and have a great summer. *Paul*



"Take Heart" Southend and District Cardiac Support Group

**Chairman:
Paul Halley**

Subject: ACTUAL SENTENCES FOUND IN PATIENTS HOSPITAL CHARTS

1. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
2. Patient has chest pain if she lies on her left side for over a year.
3. On the second day the knee was better, and on the third day it disappeared.
4. The patient is tearful and crying constantly. She also appears to be depressed.
5. The patient has been depressed since she began seeing me in 1993
6. Discharge status: Alive but without my permission.
7. Healthy appearing decrepit 69 year old male, mentally alert but forgetful.
8. The patient refused autopsy.
9. The patient has no previous history of suicides.
10. Patient has left white blood cells at another hospital.
11. Patient's medical history has been remarkably insignificant with only a forty pound weight gain in the past 3 days.
12. Patient had waffles for breakfast and anorexia for lunch.
13. Between you and me, we ought to be able to get this lady pregnant.
14. Since she can't get pregnant with her husband, I thought you might like to work her up.
15. She is numb from her toes down.
16. While in ER, she was examined, X-rated and sent home.
17. The skin was moist and dry.
18. Occasional, constant infrequent headaches.
19. Patient was alert and unresponsive.
20. Rectal examination revealed a normal size thyroid.
21. She stated that she had been constipated for most of her life, until she got a divorce.
22. I saw your patient today, who is still under our care for physical therapy.
23. Both breasts are equal and reactive to light and accommodation.
24. Examination of genitalia reveals that he is circus sized.
25. The lab test indicated abnormal liver function.
26. The patient was to have a bowel resection. but, he took a job as a stock broker instead.
27. Skin: somewhat pale but present.
28. The pelvic exam will be done later on the floor.
29. Patient was seen in consultation by Dr. Blank, who felt we should sit on the abdomen and I agree.
30. Large brown stool ambulating in the hall.
31. Patient has two teenage children, but no other abnormalities.

Quiz Night Saturday 27th June

Always popular and entertaining come and join us at Eastwood Community Centre
(Western Approaches, Eastwood Essex SS2 6SH).

Price: £4 Date: 27th June 2015 Time: 7:30pm

Join us as we play host and welcome your quizmaster and ex Mayor Ron Price assisted by his lovely wife Janice in what promises to be a lively evening, which is always enjoyed by members and their friends. Ideal team sizes are around 6-8 people but please do not worry if you are attending in lesser numbers, we will create teams for those of you who wish to attend alone or as a couple – often a great way of getting to know new people in a relaxed and fun environment. Bring along your own nibbles and drinks, alcohol is permitted. We will be offering some light refreshments on the night with some home made cakes to fuel those brains! We will also be holding a raffle on the evening – if you have any prizes to donate please contact Paul 01702 615660

info@takeheartssouthend.org

SPEAKERS AT OUR NEXT SIX MEETINGS

Second Thursday of each Month from 8.00pm

(extra events and outings in bold)

- Thurs. 11th June: Keith Lovell; *History through Essex Foods.*
(*Mersea Oysters, Malden Salt and Tiptree Jams*)
- 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: 9th July: Author Eve King: *Talks about The History of Harrods*
"The Palace in Knightsbridge"
- Mon. 27th July: Chartwell (home of Sir Winston Churchill) with dinner on**
the way home. *National Trust members free entrance* (see booking form)
- Thurs: 13th Aug: Fred Feather: *Tracing your Family history.*
- 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.*
- Tues: 15th Sept: Chinese Night. Zen City Hamlet Court Road**
(booking form available in our Septembers / Autumn Magazine)
- Thurs: 8th Oct: Mark Stacey: *Antiques Roadshow.*
- Weds. 14th Oct: Fish and chip Night: Fishermans Wharf on Southend Sea Front.**
(booking form available in our Septembers / Autumn Magazine)
- Thurs: 12th Nov. *Peter King: (to be confirmed)*
- Thurs: 10th Dec: *Christmas Fun Night*

During a recent physical examination, my doctor asked me about my physical activity level.

I described a typical day this way:

*"Well, yesterday afternoon, I took a five hour walk,
about 7 miles, through some pretty rough terrain.*

I waded along the edge of a lake.

I pushed my way through brambles.

I got sand in my shoes and my eyes

I avoided standing on a snake.

I climbed several rocky hills.

I took a few 'leaks' behind some big trees.

The mental stress of it all left me shattered.

At the end of it all I drank eight beers".

Inspired by the story, the doctor said,
"You must be one hell of an outdoorsman!"

"No," I replied, "just a crap golfer".

After the Recent General Election

These are the views of the various departments to new NHS Proposals

The Allergists voted to *scratch it*.

The Dermatologists advised *not to make any rash moves*.

The Gastroenterologists had *a gut feeling about it*,

The Neurologists thought *the Administration had a lot of nerve*.

The Obstetricians felt *they were all labouring under a misconception*.

The Ophthalmologists considered *the idea short-sighted*.

The Pathologists yelled, *"Over my dead body!"*

The Paediatricians said, *"Oh, Grow up."*

The Psychiatrists thought *the whole idea was madness*,

The Radiologists could *see right through it*.

The Surgeons were *fed up with the cuts and decided to wash their hands of it*.

The Ear Nose and Throat specialists *didn't swallow it, and just wouldn't hear of it*.

The Pharmacists thought *it was a bitter pill to swallow*,

The Plastic Surgeons said, *"This puts a whole new face on the matter...."*

The Podiatrists thought *it was a step forward*,

The Urologists were *p_ _ _ ed off at the whole idea*.

The Anaesthetists thought *the whole idea was a gas*,

The Cardiologists didn't *have the heart to say no*.

In the End

The Proctologists won out, *leaving the decisions up to the a_s_holes in Whitehall*.



Secure Sitting Service Ltd
Respite Care, Companionship & Support



A complete individual community service supporting independent living.

- 7 day service
- Ages 18+ catered for
- Respite service for carers
- Outings & appointments
- Preparation of light meals
- Overnight stays
- Help with mail & forms
- Day to day tasks

All staff are fully trained, insured and DBS checked.
A helping hand when you need it is just a phone call away.

Contact us today to discuss your requirements

Tel: 01702 522896 Mob: 07703 515242

Email: info@securesittingservice.com

Web: www.securesittingservice.com

I The wife was counting all the 5ps and 10ps out
I on the kitchen table when she suddenly got very
I angry and started shouting and crying for no
I reason. I thought to myself,
I "She's going through the change."

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



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!

Call ROAD VOYAGER LTD for a competitive quote today. We use a large estate car suitable for 4 passengers with luggage.

Major Credit/Debit cards accepted.

CALL 0800 085 4644 or 07956 331443

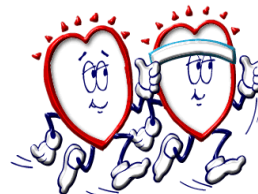
E MAIL: roadvoyager@btinternet.com or log into: www.roadvoyager.co.uk

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

A Great time was had at our night at Chelmsford Races. Weather could have been a bit kinder but we all enjoyed our selves and there was not to many tears when all got back on the coach after the last race. Members of Take Heart (pictured right).

Mr racing himself Derek Thompson (Tommo) was there and generously posed for a photo (pictured below) with the wife.



Just in case she asked me where all my money had gone I took the other photo of the staff so I could show her the people who apart from the last race took all my money. Some of our party had a meal in the restaurant and reported it was very good. All said they would like to go back so watch out for the date later on in the year.....



A Total of £20,000.00

for Cardiac Care at Southend University Hospital

Cheques cheques cheques: At last we have spent some of the funds that we have all worked so hard to raise over the past few years. Together with the generous amounts from lots of you who have supported us with many donations, some in memory of loved ones, some in celebration of an event, special birthday or anniversary and donations from the many clubs and organisation who have been supportive to us over the years and who continue to support us.

At a recent presentation held at Southend Bowls Club much of the recently purchased or ordered equipment was on display. The final cheque was presented to nurses from most of the cardiac departments who afterwards responded with a short explanation of how this equipment would be of great assistance to them and



in turn their patients. Pictured at the foot of the next page are members of Take Hearts committee together with Sue, Sarah, Emma, Sharron and Rebecca all nurses from the various cardiac departments at Southend University Hospital. (picture left is our Chairman together with vice chair Hazel presenting a cheque at an earlier Take Heart meeting to Alison part of the Rehab Team.



Becky Green Deputy Sister at the Cardiac and Medical Day stay and Helen Bayly Deputy Sister Diagnostics, receiving a cheque from Take heart Vice Chair Hazel for



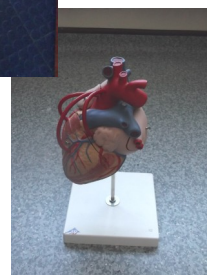
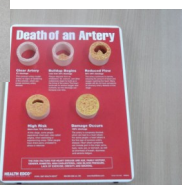
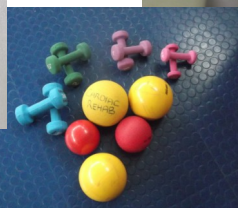
£1,950.00 to purchase 9 new mattresses for the Cardiac Medical Day Care Centre which is at present being refurbished and will doubled in size when finished.



A Total of £20,000.00 for Cardiac Care at Southend University Hospital



An array of various equipment, monitors, teaching aids, syringe drivers, exercise aids, wheelchairs, Mattresses (above left) with lots more to follow in the next few weeks. All purchased by Take Heart thanks to our wonderful members and supporters who continue to amaze us by there continued generosity.





It's 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 Below

All who attend will receive a commemorative Churchill Crown complements of Take Heart.

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

Saturday 27th June:

Ron & Janice Price present a Fun Quiz Night

at Eastwood Community Centre.

Western Approaches

Bring your own food and drink.

Starts 7.30. sharp

only.. £4.00 each

Booking form Below

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

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 choice is yours.

Only..£12.50 each

Booking form Below

"Take Heart" Events Booking Form

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 choice 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 meQuiz Night: at £ 4.00 each =£

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

* Please book me.....National Trust Member 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)



Future Green Electrical Ltd
Electrical Contractors & Energy Consultants



25 Years Experience All types of Electrical Work Domestic & Commercial Areas covered: **Southend, Basildon, Chelmsford And Dengie Peninsula**

Free Energy Surveys for all Commercial Business & Farms

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

Do you need help with your computer?



Help and assistance for viruses, slow running, software, hardware, networking, upgrades and building websites

Lessons for ALL AGES & ABILITIES

Prices from £20 p/h - NO FIX NO FEE

Call Simon on 07590 554709 (text/call for a call back) or 01702 617018 and leave a message. Visit www.blaireau.co.uk or email simon@blaireau.co.uk

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

We Learn a Lot from our Parents

My mother taught me
RELIGION.

"You better pray that will come out of the carpet."

My father taught me about
TIME TRAVEL.

"If you don't behave, I'll knock you into the middle of next week"

My mother taught me
FORESIGHT.

"Make sure you wear clean underwear, in case you're in an accident."

My father taught me
IRONY.

"Keep crying, and I'll give you something to cry about."

My mother taught me about
CONTORTIONISM.

"Just you look at that dirt on the back of your neck!"

My mother taught me about
WEATHER.

"This room of yours looks as if a tornado went through it."

My mother taught me about
HYPOCRISY.

"If I told you once, I've told you a thousand times, don't exaggerate!"

My mother taught me about
ANTICIPATION.

"Just wait until we get home."

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

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.

81 Ness Road Shoeburyness

Telephone 01702 293598 Fax 01702 295494

DISCOUNT PLUMBING & HEATING MATERIALS BATHROOMS
& SHOWERS ELECTRICAL, D.I.Y. HARDWARE IRONMONGERY
SUPPLIESTRADE AND D.I.Y. WELCOME "SMALL SHOP - BIG STOCK"

BOILERS, RADIATORS, PUMPS, BATHROOMS, SANITARYWARE. TAPS, WASHERS, PLUGS.NAILS,
SCREWS, STRING & EVEN THE KITCHEN SINK.

FRIENDLY AND HELPFUL STAFF



Police hunting the 'knitting needle nutter', who stabbed six people in the rear in the last 48 hours, believe the attacker is following some kind of pattern.



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>**

At the Easter service, an Alabama pastor said to his congregation,

"Someone in this congregation has spread a rumour that I belong to the Ku Klux Klan. This is a horrible lie and one which a Christian community cannot tolerate. I am embarrassed and do not intend to accept this. Now, I want the party who said this to stand and ask forgiveness from God and this Christian family."

No one moved. The preacher continued,

"Do you have the nerve to face me and admit this is a falsehood? Remember, you will be forgiven and in your heart you will feel glory. Now stand and confess."

Again, all was quiet.

Then, slowly, a drop-dead gorgeous blonde with a body that would stop a runaway train rose from the third pew. Her head was bowed and her voice quivered as she spoke, *"Reverend there has been a terrible misunderstanding. I never said you were a member of the Ku Klux Klan. I simply told a couple of my friends that you were a wizard under the sheets."*

The preacher fell to his knees, his wife fainted, and the congregation roared.

Applying common sense to complex matters



CIVIL LITIGATION | DIVORCE AND FAMILY LAW
POWER OF ATTORNEY | PROBATE | WILLS

We know your problems don't work 9-5, so we have out of hours appointments to suit you – contact us today for your FREE Initial Consultation

Call: 01702 804 106

Mobile: 07967 991 472

Email: vincent@vmsolicitors.co.uk

Visit: www.vincentmccarthsolicitors.co.uk

The Gateway Building, 10 Elmer Approach,
Southend-on-Sea, Essex SS1 1LW



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

Ambleside Social Club,
Ambleside Drive,
Southend-on-Sea, Essex SS1 2UP.

For more information
please contact:

Annie on 01702 - 610050

or

June on 01702 - 313341

e mail:

thepuffersclub@hotmail.co.uk

**My girlfriend thinks that
I'm a stalker.**

**Well, she's not exactly
my girlfriend yet.**

Steve Ashby



**Toastmaster
Master of Ceremonies**



**Masonic Functions - Weddings - Social Events
Bar Mitzvahs - Corporate Functions**

23 Gainsborough Drive
Westcliff-on-Sea
Essex SSO 9AH

Telephone: 01702 302713
Mobile: 07885 630550
Email: steve.ashby@blueyonder.co.uk



Anderson Brothers Plumbing & Property Services

Showers, kitchens, bathrooms, WC's Leaking taps, radiators
& general maintenance, no job too small

Telephone Lee on: 01702305516

Mobile: 07909695045

25 Eastern Avenue Southend-on-Sea Essex SS25QX



It takes a college degree to fly a plane but only a high school diploma to fix one. After every flight, Qantas pilots fill out a form, called a 'gripe sheet,' which tells mechanics about problems with the aircraft. The mechanics correct the problems, document

their repairs on the form, and then pilots review the gripe sheets before the next flight.

Never let it be said that ground crews lack a sense of humour.

Here are some actual maintenance complaints submitted by the Qantas' pilots (**marked with a P**), and the solutions recorded by maintenance engineers (**marked with an S**).

(By the way, Qantas is the only major airline that has never, ever, had an accident.)

P: Left inside main tire almost needs replacement.

S: *Almost replaced left inside main tire.*

P: Test flight OK, except auto-land very rough.

S: *Auto-land not installed on this aircraft.*

P: Something loose in cockpit.

S: *Something tightened in cockpit*

P: Dead bugs on windshield.

S: *Live bugs on backorder.*

P: Autopilot in altitude-hold mode produces a 200ft per min descent.

S: *Cannot reproduce problem on the ground.*

P: Evidence of leak on right main landing gear.

S: *Evidence removed.*

P: DME volume unbelievably loud.

S: *DME volume set to more believable level.*

P: Friction locks cause throttle levers to stick.

S: *That's what friction locks are for.*

P: IFF inoperative in OFF mode.

S: *IFF always inoperative in OFF mode.*

P: Suspected crack in windshield.

S: *Suspect you're right.*

P: Number 3 engine missing.

S: *Engine found on right wing after brief search.*

P: Aircraft handles funny.

S: *Aircraft warned to straighten up, fly right, and be serious.*

P: Target radar hums.

S: *Reprogrammed target radar with lyrics.*

P: Mouse in cockpit.

S: *Cat installed.*

P: Noise from under instrument panel. Sounds like a midget pounding with a hammer.

S: *Took hammer away from midget.*



(W. E. COOK)

ESTABLISHED 1908

607 London Road

Westcliff-on-Sea Essex SS0 9PE

Tel: 01702 344702 or 349215

Fax: 01702 436887

E-mail: info@cookscoaches.co.uk

Website: www.cookscoaches.co.uk

Continental & British Holidays:

Day Excursions: Private Hire :

HOLIDAYS 2015

LOOE, CORNISH COAST

Creeks, Inlets, sheltered harbours, on the South, cliffs & award winning beaches on the North. A quaint fishing village to stay in. Also a visit to the Lost Gardens of Heligan.

All good reasons to travel on this relaxing holiday.

31st August 2015—5 days - £409.00

Half Board & excursions included.

Tel: 01702 344702

LONGLEAT & WONDERFUL WILTSHIRE.

A very popular touring area

Interesting places each day-

Devizes, Chippenham, Lacock,

& Bradford upon Avon and a

day at Longleat House & Safari Park.

24th August 2015 - 5 days - £349.00

BEAUTIFUL

THE CAROLE KING MUSICAL

Tues 6th October 2015. - £59.00

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 £50.00 per year, 1/3 page is £70.00 per year. 1/2 page £100.00 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 website which will 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.



R. L. SERVICES

Plumbing and Heating Engineers.

Central Heating, bathroom Suites,

Showers Etc. Free Estimates.

Corgi Registered Installer. ACS Approved

Telephone/fax 01702 511181

Mobile 07850662422

www.rlservicesrayleigh.co.uk

