



A Cardiac Support Group - Registered Charity No. 1023707

AUTUMN 2015

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

THE EASTWOOD COMMUNITY CENTRE
WESTERN APPROACHES EASTWOOD
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Free Parking in Supermarket car park

New Members welcome : come along and introduce yourself.

*Interesting talks and entertainers plus companionship: Meals out:
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For Further Information Phone: 01702-309042

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

www.takeheartsouthend.org

Pick up a croquet mallet, or play lord and lady of the manor with an afternoon tea. Or of course, you could just stroll through the magnificent lakes and gardens, play disc golf, take a dip in the pool or treat yourself to some TLC in the leisure club. No matter how you choose to fill your days at Cricket St. Thomas Somerset they have plenty on offer. Imagine yourself swimming in the middle of April on your Take Heart Holiday.



This could be you so act now as places are limited. Turn to page 10 to find out all the details to make your holiday with new friends become reality.

The Who's Who of "Take Heart"

Chairman: Paul Halley Tel: 01702-615660 paul@takeheartsouthend.org
Vice-Chair: Hazel Staines .. Tel: 01702-230660
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Co-opted: Les Whitehead

President: Dr Paul Kelly BSC. MD. FRCP.

Vice President : Mr George Turner

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Committee (Ex Officio) Members Sue Middleton and Sarah Sayer
both Clinical Nurse Specialists and joint Rehab Team Leaders

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Southend Hospital Cardiac Rehabilitation Centre. Tel: 01702-385028

E-Mail: susan.middleton@southend.nhs.uk

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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.*

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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,

September once again! what happened to the summer? In the last magazine back in June we were all looking forward to a nice hot summer as predicted by various organisations, what went wrong? The pundits



"Take Heart" Southend and District Cardiac Support Group

**Chairman:
Paul Halley**

certainly got it wrong again. We had a few good days but we didn't seem to put a few nice days together which was disappointing. Now the kids are back at school I bet we get some hot weather soon.

Take Heart had a busy few months. Our meetings have been good with Eve King back in July giving an interesting talk on The history of Harrods for whom she worked for many years. August saw Fred Feather give us some ideas on how to trace our family history which included many interesting facts about his own family history.

We also had a great day out to Chartwell the home of Sir Winston Churchill with another great meal on the way home at our Surrey restaurant. Our day trip to Brighton was also popular but a crash on the M25 made the homeward journey difficult and about 3 hours longer than it should have been.

Our Take Heart holiday in April next year to the Warners hotel at Cricket St. Thomas in Somerset has now been arranged (the manor house used in the popular series "To the Manor Born") The dates are Monday 18th to Friday 22nd April with excursions every day and all transport, cost will be £335.00 each. (no single room supplement but rooms are limited) All we need know at this moment is for the many that have shown an interest in going, to tick the box on the events booking form in this edition and return to the address shown and you will be sent a booking form.

You will see from the booking form our next three events involve eating! we have our usual "eat all you like" Chinese night at **Zen City** on the 15th September. **Yes next week** so get those bookings forms sent in quickly. (forms can be handed in at our September Meeting) In October our popular fish and chip night at the **Fishermans Wharf** on Southend sea front takes place on the Wednesday 7th which is a week earlier than previously advertised. A new venue this year is our Italian night on Monday 9th November at "**Padrino**" (used to be Mamma Mia's) above the archway cafes on the sea front at Westcliff. Details of all these events are on the booking form in this edition.

Mark Stacey will be with us again at our October meeting (8th) so if you have any antiques you would like valued (no not granny) please bring them along. November Meeting (12th) we will be entertained by Peter Regelous "A Life On the Road" a talk about his time on the road in show business with some songs.

As I said previously our summer has not been that good so I have been told by my doctor that I need a strong dose of the sunshine medicine! so I will be away from the 10th October till 4th November If you need to get in touch I will pick up my emails when in port! Failing that if your inquiry is urgent please phone our vice chair: Hazel on 01702 230660 or Colin and Gill on 01702 311796.

Our commitment in supporting cardiac care locally is ongoing with the opening of the new revamped Cardiac Day Care Unit soon at Southend University Hospital. We have already purchased a number of items for this unit and plan to purchase more in the coming weeks. We also purchased some minor items for the cardiac re-hab department and are presently negotiating with them regarding various other items that will make their lives easier and of course enhance the treatment that you the patient / general public receive. This is only possible through the support we receive from you our members and of course the general public for which we are truly grateful. Paul



Our quiz night proved very popular again and great fun was had by all. All brought their own food and drink which resulted in a wonderful array of food and snacks. I have to report that there were more Waitrose carry bags than

Asda. Grateful thanks to our quiz masters and long standing members of Take Heart Ron and Janice Price who



conducted the evening like my old headmaster from my school days. *(It was a good school it was approved!)* Results were close but the eventual winner won a pack of "smarties" each. (pictured left) Take Heart was also the winner as due to everyone's generosity a total of £250.00 was raised. Thanks to all who attended and to those who donated raffle prizes

Don't forget to support our fitness guru Lita with her promenade down the longest pier in the world on Sunday 20th September: Full details on the inside back cover of this edition. Southend Pier is the town's historical icon as well as being the longest pleasure Pier in the world. It stretches for 1.34 miles, putting Southend on the map as well as into the record books. Since it was built in 1830 the Pier has seen both good and troubled times. With its many changes it has evolved to meet the trends of the passing decades of the 20th and 21st centuries. It is a true survivor, having lived through fires, boat crashes, two world wars and economic decline as well as braving the elements of Mother Nature in beating off the effects of the weather and the waves. The present iron Pier was first opened in 1889 but only extended as far as what is now known as the Old Pier Head. The first extension was built to accommodate the increased number of steamboats visiting the Pier. This was opened in 1898 and is known as the New Pier Head. An upper deck was added and opened in 1908 and further extensions to this area were completed in 1927. The final addition to the length was opened in 1929. The Prince George Extension brought the length to 2360 yards (2158 metres) or 1.34 miles, making Southend Pier the longest pleasure Pier in the world. The electric tramway was installed by Cromptons and opened in 1890. It had one car of the toast rack type which operated on 0.75 miles of single track. By the following year the track had been extended to the full 1.25 miles and two further cars were added. More cars were added until four trains were operated with seven cars in each. In 1949 the rolling stock was replaced with four new trains similar in design to the London Underground stock. In 1978 the electric railway stopped operating due to the wear and tear of the track and the high cost of repairs. Between 1984 and 1986 the Pier was repaired and a new track laid. Two new trains began running again in 1986 on a single track with a passing loop. Each train has a diesel-hydraulic locomotive at the southern end, five trailer coaches at the northern end and a driver control unit with passenger space.

For further information on this iconic landmark please see the [Southend-on-Sea Pier museum](#) website

SPEAKERS AT OUR NEXT SIX MEETINGS

Second Thursday of each Month from 8.00pm

(extra events and outings in bold)

- Thurs: 10th Sept: Dee Gordon: *Local Author with her talk "Journey through Writing."*
- Tues: 15th Sept: Chinese Night: Zen City** Hamlet Court Road
(look for the booking form in this edition)
- Thurs: 8th Oct: Mark Stacey: *Antiques Roadshow.*
- Weds. 7th Oct: Fish and chip Night: Fishermans Wharf** on Southend Sea
Front. New date than previously advertised (look for the
booking form in this edition)
- Mon. 9th Nov. Italian Night at "Padrino"** (used to be Mamma Mia's) above the
Archway cafes on the sea front at Westcliff. (look for the booking form
in this edition)
- Thurs: 12th Nov. Peter Regelous "A Life On the Road" talk with some songs .
- Thurs: 10th Dec: Christmas Fun Night
- Tues: 15th Dec: Take Heart Christmas Concert: with not just one choir but
Three. Also the draw of our Grand Christmas Raffle. Last
chance to buy your tickets! You could go home with £250.00**
- Thurs 8th Jan Fun Auction: Unwanted Christmas presents new and quality
used items. *Bring along your donations on the night*

Dave Smith is on his death bed and knows the end is near. His nurse, his wife, his daughter and 2 sons are with him at his home in London.

He asks for 2 independent witnesses to be present and a camcorder be in place to record his last wishes.

When all is ready he begins to speak

"My son, Bernie, I want you to take the Mayfair houses."

"My daughter, Sybil, you take the apartments over in the East end."

"My son, Jamie, I want you to take the offices over in the City."

"Sarah, my wife, takes all the residential buildings on the banks of the Thames."

The nurse and witnesses are blown away. They did not realize the extent of his holdings. As Dave slips away, the nurse says to his wife, "Mrs. Smith, my deepest condolences. Your husband must have been such a hard-working and wonderful man to have accumulated all this property....."

"Property?" Sarah Smith replies. "The old bugger had a window cleaning round"

**Look out for details of our Take Heart Holiday to Cricket St
Thomas in Somerset: 18th April till 22nd April: Full details and
information on how to book is available on page 10
go on treat yourselves: you deserve it:**



There were four churches and a synagogue in a small town:

A Presbyterian church, a Baptist church, a Methodist church, a Catholic church and a Jewish synagogue. Each church and the synagogue had a problem with squirrels.

The Presbyterian Church called a meeting to decide what to do about their squirrels. After much prayer and consideration they determined the squirrels were predestined to be there and they shouldn't interfere with God's divine will.

At the Baptist church the squirrels had taken an interest in the baptistery. The deacons met and decided to put a water slide on the Baptistery and let the squirrels drown themselves. The squirrels liked the slide and, unfortunately, knew instinctively how to swim so twice as many squirrels showed up the following week.

The Methodist church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist Church. Two weeks later the squirrels were back, the Baptists took down the water slide.

But the Catholic Church came up with a very creative strategy. They baptized all the squirrels and consecrated them as members of the church. Now they only see them at Christmas and Easter.

Not much was heard from the Jewish synagogue, but it's rumored that they took one squirrel and circumcised him and they haven't seen a squirrel on their property since.



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Today's Short Reading from the Bible...

From Genesis: "And God promised men that good and obedient wives would be found in all corners of the earth."

Then He made the earth round.!!!!!!!

Richard Sanderson MCFHP
MAFHP

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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



A woman in a hot air balloon realized she was lost. She reduced altitude and spotted a man below. She descended a bit more and shouted: *'Excuse me, can you help me? I promised a friend I would meet him an hour ago but I don't know where I am.'*

The man below replied, *'You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude.'*

You must be an Engineer,' said the balloonist.

'I am,' replied the man, 'how did you know?'

'Well,' answered the balloonist, 'everything you have told me is probably technically correct, but I've no idea what to make of your information and the fact is, I'm still lost. Frankly, you've not been much help. If anything, you've delayed my trip by your talk.'

The man below responded, *'You must be in Management.'*

'I am,' replied the balloonist, 'but how did you know?'

'Well,' said the man, 'you don't know where you are or where you're going. You have risen to where you are, due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my bloody fault.!!'



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

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

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

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

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

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

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

B Breathing

Check: Look, listen and feel for signs of normal breathing. Only do this for up to 10 seconds.

Action: Get help If the person is unconscious and not breathing normally, phone 999 for an ambulance.

Con't / over



- *you become exhausted.*



(Answers are on the bottom of the back page.)

Join us on a Take Heart Holiday to Cricket St. Thomas in Somerset

Surrounded by rolling countryside and close to the Jurassic Coast, this Regency gem has something for everyone. From archery and spa treatments to cream teas and croquet - how very English! And if you fancy burning a few calories after visiting the lovely restaurants, take a dip in the pool or enjoy a stroll around 160 acres of lakes and grounds.

Pick up from local points around Southend —Live entertainment every night—Standard Room based on double occupancy— some single occupancy—Daily activities and coach outings —use of leisure facilities—Breakfast and 3 course dinner—plus all travel and trips

Monday 18th April 2016Friday 22nd April 2016

Only £335.00 each

All you need to do at this stage if you are interested in going is just tick the box below and return it and a booking form will be sent to you at which stage when you return it completed we will require a deposit of £50.00 per person with the balance becoming due in the new year. We have had a lot of interest in this holiday so don't wait, do it now! to avoid disappointment. Once sold out we will run a reserve list in case of any cancellations.

"Take Heart" Events Booking Form

Tues: 15th Sept: **Chinese Night: at Zen City in Hamlet Court Road Westcliff:**
*4 courses: come on your own or bring some friends, numbers no problem. eat as much as you like :.....***only £15.00 each**

Weds. 7th Oct: **Fish and chip Night: at the *Fishermans Wharf* : on Southend Sea Front. 3 course (New date than previously advertised) alternative menu to fish if required booked before the day****only £16.50 each**

Mon. 9th Nov. ***Italian Night at "Padrino" (used to be Mamma Mia's) above the Archway cafes on the sea front at Westcliff. 3 course menu, come on your own / bring some friends.*** **Only £14.50 each**

-----Cut here-----

Take Heart Holiday April 2016

If you are interested in going please tick box for a booking form:

☐

Please book meChinese Night: at £ 15.00 each =£

Please book meFish & Chip night: at £ 16.50. each =..£

Please book me.....Italian night: at £14.50 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.....

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 615660 (if no answer please leave message & phone No. and I will get back to you but please note I shall be away from 10th October till 4th November)



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A man was sitting reading his papers when his wife hit him round the head with a frying pan. "What was that for?" the man asked.

The wife replied, "That was for the piece of paper with the name Jenny on it that I found in your trouser pocket."

The man said "When I was at the races last week, Jenny was the name of the horse I bet on." The wife apologized and went on with the housework.

Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon regaining consciousness the man asked why she had hit him again. The Wife replied.

"Your horse phoned."

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Son: "Mum, when I was on the bus with Dad this morning, he told me to give up my seat to a lady."

Mum: "Well, you have done the right thing."

Son: "But mum, I was sitting on daddy's lap."

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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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Husband and wife had a tiff. Wife called up her mum and said, *I am coming to live with you.*" mum said, *"No darling, he must pay for his mistake. I am coming to live with you!!*



HEALTH WALKS



SOUTHEND - Phone: 0777192693

Wednesdays: 11.00am at The Billet Public House, High Street Old Leigh

Wednesdays: 1.30pm at The Beach huts opposite The Shorehouse Public House, seafront Shoeburyness.

Thursdays: Every 2nd and 4th Thursday of the month 1:15pm at Priory Park, Meet outside the cafe. Victoria Avenue, Southend on Sea

CASTLEPOINT - Phone: 01702 318121

Mondays at 10.45am. Hullbridge Community Centre, Car Parking available.

Mondays at 10.30am, Richmond Hall, Benfleet (meet in the car park/ free for 30-45mins – all levels of walkers, path and grass walk, please wear suitable shoes

Wednesdays - 10.30 am - Canvey Sea Wall 30 - 45 mins (meeting Labworth Car Park, free) Paved flat walk, suitable for wheelchairs & buggies

Thursdays at 10.45am Hockley Woods, Hockley, Car parking available in Hockley Woods Car Park - entrance next to The Bull.

Friday 1st & 3rd every month - 10.30 am (approx 1 hour) Salvation Army Car Park (Hadleigh) **Please visit The Walking Your Way to Health website for walks outside of your local area <http://www.wfh.naturalengland.org.uk>**

A married man went into the confessional and said to his priest, *"I almost had an affair with another woman."* The priest said, *"What do you mean, almost?"*

The man said, *"Well, we got undressed and rubbed together, but we didn't put anything in! And then we stopped."*

The priest said, *"Rubbing together is the same as putting it in. You're not to see that woman again. For your penance, say five Hail Mary's and put £50 in the poor box"*

The man left the confessional, said his prayers, and then walked over to the poor box. He paused for a moment and then started to leave.

The priest, who was watching, quickly ran over to him saying, *"I saw that, you didn't put any money in the poor box."*

"Yeah, but I rubbed the £50 on the box, and according to you, that's the same as putting it in."

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand!!

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON : No sir, I don't have to, my Mum is a good cook.

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For more information
please contact:

Annie on 01702 - 610050

or

June on 01702 - 313341

e mail:

thepuffersclub@hotmail.co.uk

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Answers to the True or False:

Believe it or not they are all True: Now go back and see question 16 again!