



**( W. E. COOK )**

ESTABLISHED 1908

607 London Road

Westcliff-on-Sea Essex SS0 9PE

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E-mail: [info@cookscoaches.co.uk](mailto:info@cookscoaches.co.uk)

Website: [www.cookscoaches.co.uk](http://www.cookscoaches.co.uk)

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Half-timbered houses, medieval walled cities, tiny harbour towns, castles, windmills, awesome rivers & golden sandy beaches. A very high standard holiday discovering scenes of breathtaking beauty. So much provided to add to the enjoyment of the tour by way of welcome drinks, choice of menu etc. Our hotel overlooks the bay of Concarneau & has a spacious restaurant with panoramic views.

**30<sup>th</sup> September 2018 – 7 days – from £739.00**

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*Paddy was driving home, suddenly he has to swerve to avoid a tree, then another tree, then another. A cop car pulls him over as he veers about all over the road. Paddy tells the cop its not his fault its all the trees in the road. Cop says " Paddy, that's your air freshener swinging about!"*



A Cardiac Support Group - Registered Charity No. 1023707

**APRIL 2018**

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

### **THE EASTWOOD COMMUNITY CENTRE**

WESTERN APPROACHES

EASTWOOD

SS2 6SH

Free Parking in

Supermarket car park

*New Members welcome :  
come along and introduce yourself*

**[www.takeheartsouthend.org](http://www.takeheartsouthend.org)**

For Further Information:- 01702-309042

*Leave a message and phone no. and we will contact you*

**YES WE'RE BACK AND IN FULL COLOUR**

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

Vice-Chair: Paul Halley .....Tel: 01702-615660  
*paul@takeheartsouthend.org*  
Secretary: June Johnson.....Tel: 01702-309042  
*junejohnson2810@gmail.com*  
Treasurer: Colin Stanley.....Tel: 01702-311796  
*finance@takeheartsouthend.org*  
Membership Sec. Gill Stanley.....Tel:01702 311796  
*g.l.stanley@hotmail.com*  
Hospital Rep: Richard Lefever.....Tel: 07850662422  
*richard.lefever@sky.com*  
Refreshments: Eileen Stewart..... *eileengas3@gmail.com*  
Advertising: Lesley Pettengale.....Tel: 01702-340769  
*lesleycyd@aol.com*

Co-opted Member: 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](mailto:susan.middleton@southend.nhs.uk)

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All correspondence should be sent to:

**"Take Heart" 47 Ness Road Shoeburyness Essex SS3 9DB**

The views expressed in articles submitted for publication are not necessarily the views of the Editor or The "Take Heart" Committee.

### **To advertise in Future Editions of this magazine**

Please contact the Editor: 01702 615660 or e-mail enquires to: [lesleycyd@aol.com](mailto:lesleycyd@aol.com)  
Circulation is 2,500 copies per quarterly edition posted to all 800 "Take Heart" members with copies sent to all 110 local G.P. surgeries and clinics within our area and all local libraries also waiting areas within Southend Hospital.

The cost per page advert is £70.00 per year,  
1/2 page £40.00 per year, 1/3 page £30.00 per year, 1/4 page is £25.00 per year.

## THE ANNUAL GENERAL MEETING OF "TAKE HEART"

THE SOUTHEND AND DISTRICT CARDIAC SUPPORT GROUP  
TAKES PLACE AT 8.00PM ON THURSDAY 12<sup>th</sup> APRIL 2018  
THE EASTWOOD COMMUNITY CENTRE,  
WESTERN APPROACHES, EASTWOOD.

### AGENDA

1. APOLOGIES FOR ABSENCE.
2. APPROVE THE MINUTES OF THE A.G.M. HELD ON 13<sup>th</sup> APRIL 2017
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. An Appreciation of Thanks from the Nurses of Southend Cardiac Day Stay and Cardiac Re-hab for the equipment Take Heart have donated throughout the last year and how this equipment has made life so much better for cardiac patients and staff..
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-----	
VICE-CHARMAN -----	PAUL HALLEY
HON. TREASURER-----	COLIN STANLEY
HON. SECRETARY -----	JUNE JOHNSON
MEMBERSHIP SECRETARY-----	GILL STANLEY
HOSPITAL REP.- -----	RICHARD LEFEVER
REFRESHMENTS-----	EILEEN STEWART
ADVERTIZING-----	LESLEY PETTENGAL
COMMITTEE MEMBER-----	LES WHITEHEAD
Southend Hospital (ex officio) -----	SUE MIDDLETON
Southend Hospital (ex officio) -----	SARAH SAYER

Paddy's in jail. The Guard looks in his cell and sees him hanging by his feet. "What the heck you doing?" he asks.

"Hanging myself", Paddy replies.

"It should be around your neck", says the Guard.

"I know I tried that" says Paddy, "but I couldn't breathe."

\*\*\*\*\*

Reilly went to trial for armed robbery. The jury foreman came out and announced, 'Not guilty.' 'That's grand!' shouted Reilly. 'Does that mean I can keep the money?'

### Booking Form

**Weds. 23rd May:** **Fish and Chip Night:** Fishermans Wharf on Southend Sea front: 3 course with tea and coffee If you don't like fish an alternative meal can be arranged.

Cost: £16.00 each

**Weds. 18th July:** **Chinese Night:** Pearl Dragon on Southend sea front. one of the best Chinese restaurants in town Free parking. English meal available if required.

Cost: £20.00 each

**Mon. 17th Sept:** **Italian Night:** Padrino's the best value restaurant around (above the archway cafes) on Westcliff sea front.

Cost: £16.50 each

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

Please book me ..... Fish and Chip Night: at £16.00 each = £

Please book me .....Chinese Night: at £20.00 each.....= £

Please book me .....Italian Night: at £16.50 each.....= £

Total = £

Separate cheques for each event please 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 309042  
(if no answer please leave message & phone No. and I will get back to you)



## **"Take Heart"** **Southend and District Cardiac Support Group**

**Vice Chairman: Paul Halley**

### **YES WE'RE BACK AND IN FULL COLOUR**

Hi, our magazine is back and in full colour after a few months of uncertainty hopefully future editions are now secured.

We are building up our advertising so if you or anyone you know would like to advertise please give them our details.

What a last few months its been for Take Heart, as you will know we lost our chairman Hazel after a long and brave fight against cancer. The wonderful amount of £1,150.00 arrived from donations in her memory. Also at our Christmas meeting we unveiled a banner which will be hung at each of our meetings in her memory. (See picture page 9)



The new year started off with more bad news. Committee member Beryl Whitehead suddenly passed away at home whilst watching TV. What a lovely way to go but a terrible shock for Les and the rest of us, she will be sorely missed by all who knew her.

The bad news continued with news that long term committee member Diane Price was seriously ill and in a hospice in Chelmsford and unfortunately has since passed away after a short battle with a rather vicious form of cancer. Our condolences go out to her family.

Long term member William Sharpe MBE also sadly passed away and the family nominated Take Heart to receive donations instead of flowers and I am happy to announce the sum of £587.00 has arrived, what a wonderful amount and our thanks go out to the family for thinking of us at such a sad time.

Cont'd over.....



Cont'd.....All these amounts are ring fenced in our accounts and will be allocated to different projects in the near future. We can then inform the families what their donations were used for and if there is a presentation of equipment they can be invited to attend.

On the page opposite is a complete list of our events up to the end of the year. Cut it out and pin it to your notice board for future reference. Extra events may be added during the year which will be announced in future magazines. ....Paul

### News from our friends at Hearts and Minds group Basildon

Heart patient group adds a homely touch to the Essex Cardiothoracic Centre and members of Hearts and Minds join hospital staff to celebrate the opening of the new lounge for patients & carers

Patients at the Essex Cardiothoracic Centre (CTC) can now relax before and after their treatments in a lounge with home comforts, thanks to a donation from a cardiac rehabilitation support group. Basildon Hearts and Minds is a charity run by heart patients, working with clinical staff at the CTC, offering support and information to people with heart conditions, along with their relatives and carers.

The group gave £2,400 to pay for an unused room on Chelmer ward to be decorated and equipped with furniture, a television, a water cooler and a kettle and the new lounge was officially opened on 13 September by Danny McCormack, general manager of the CTC, with invited guests from Hearts and Minds and hospital staff, including Colin Barrow, building craftsman, who renovated the room.

Danny said: "Hearts and Minds have been doing wonderful work for the benefit of patients for many years and this is a shining example of that. It



is invaluable to have their support and involvement to help determine improvements for the people from Essex and the whole country who use our services." Feedback from patients who have been treated at the world-class heart and lung specialist centre at Basildon Hospital is overwhelmingly positive, and many of them said that a lounge would be a welcome addition. Liz

Shaughnessy, manager of Chelmer ward, said: "A lot of people mentioned that they would appreciate being able to make a hot drink without having to ask busy staff. Cont'd next page....."

## ENTITLED TO WEAR THIS ?



Then Join us at 20.00 on the  
2nd Tuesday of each month at

**The Royal Naval Association**  
**73-79 East Street**  
**Southend-on-Sea**  
**Essex SS2 6LQ**

**Further information Call Peter Ford 01268 696625**  
**pford15952@aol.com**



**Unveiling of the banner in memory of our Chairman Hazel which reads "In Memory of a Lovely Lady" with Hazels 2 Daughters and Son in the back ground.**

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## George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. 'How old are you?' 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. 'How old are you?' 'I'm gonna be 16!' You could be 13, but hey, you're gonnabe 16! And then the greatest day of your life! You **become** 21. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**

But then you **turn** 30. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed? You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH** 50, and your dreams are gone.... **But! Wait!!** You **MAKE** it to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH** 40, **REACH** 50, and make **it** to 60. You've built up so much speed that you **HIT** 70! After that, it's a day-by-day thing; you **HIT** Wednesday! You **get into** your 80's, and every day is a complete cycle; you **HIT** lunch; you **TURN** 4:30; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards; 'I **Was JUST** 92.' Then a strange thing happens.. If you make it over 100, you become a little kid again. 'I'm 100 and a half!' May you all make it to a 100 and a half!!

## HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them.
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's family name is **Alzheimer's**.
4. **Enjoy** the simple things.
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.
7. **Surround yourself** with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country, but NOT to where the guilt is.
10. **Tell the people you love that you love them**, at every opportunity. **AND, ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.**

Life's journey is not to arrive at the grave safely in a well preserved body, but rather to skid in sideways, totally used up and worn out, shouting  
**'Man, what a ride!'**

## SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events in bold)

<u>Thurs. 12th April:</u>	A.G.M. (See page 11 for details)
<u>Thurs. 10th May:</u>	Paul Adams: Rock & Roll will never die. <i>Talk with music</i>
<u><b>Weds. 23rd May:</b></u>	<b>Fish and Chip Night: Fishermans Wharf on Southend Sea front: (See Booking form on page 10)</b>
<u>Thurs. 14th June:</u>	Simply Stride: Walking & Posture <i>Importance of movement</i>
<u>Thurs. 12th July:</u>	Penny Poppins: Life as a chimney Sweep.
<u><b>Weds. 18th July:</b></u>	<b>Chinese Night: The Pearl Dragon on Southend Sea front. one of the best Chinese restaurants in town. (See Booking form on page 10)</b>
<u>Thurs. 9th August</u>	"KARIZMA" Musical night from Sinatra to Buble to Country something for everybody
<u>Thurs. 13th Sept:</u>	The Work of the Dog Trust with Slides.
<u><b>Mon.17th Sept:</b></u>	<b>Italian Night at Padrino's Westcliff</b> <i>above the Archway cafes on the sea front at Westcliff. 3 course menu, come on your own / bring some friends. Book early this will be a sell out like last year. (See Booking form on page 10)</i>
<u>Thurs. 11th Oct.:</u>	The Wilderness Foundation: <i>Helping the environment and young adults with various problems.</i>
<u>Thurs. 8th Nov.:</u>	David Williams: Another interesting and entertaining talk by the "Mind the Gap" man
<u>Thurs. 13th Dec:</u>	Christmas concert with a local Choir and Grand Christmas Draw .

Cont'd...And it's also very positive for patients and carers to have a place to meet and share their experiences. Guests at the opening included Jim Roberts, 64, from Brentwood, who had a heart procedure in the CTC last year. He subsequently joined the Hearts and Minds support group and is now chair. Mr. Roberts said: "I received excellent care at the CTC – within an hour of collapsing in my local high street I was in theatre." Also at the opening was Colin Blackall, from Benfleet, with his wife Gillian. Mr. Blackall donated two pictures for the new lounge. He was the first patient to have a quadruple by-pass at the CTC, after it opened in 2007. He was 73 when he had heart surgery, and ten years later remains in good health





**In a criminal justice system based on 12 individuals not smart enough to get out of jury duty, here is a jury to be proud of:**




A defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse. In the defence's closing statement, the lawyer, knowing that his client would probably be convicted, resorted to a trick. "Ladies and gentlemen of the jury, I have a surprise for you all," the lawyer said as he looked at his watch. "Within one minute, the person presumed dead in this case will walk into this courtroom." He looked toward the courtroom door. The jurors, somewhat stunned, all looked on eagerly. A minute passed. Nothing happened. Finally the lawyer said, "Actually, I made up the previous statement. But you all looked on with anticipation. I, therefore, put it to you that you have a reasonable doubt in this case as to whether anyone was killed, and I insist that you return a verdict of not guilty."

The jury retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty. "But how?" inquired the defence lawyer. "You must have had some doubt; I saw all of you stare at the door."

The jury foreman replied:

"Yes, we did look.....But Your Client Didn't."



**A car full of Irish nuns are sitting at a traffic lights in downtown Dublin when a bunch of rowdy drunks pull up alongside of them. "Hey, show us yer teets, ya bloody penguins." shouts one of the drunks. Quite shocked, Mother Superior turns to Sister Mary Immaculata and says, "I don't think they know who we are; show them your cross. " Sister Mary Immaculata rolls down her window and shouts, "P\*ss off, ya f\*\*kin' little w\*nk\*rs, before I come over there and rip yer balls off." She then rolls up her window, looks back at Mother Superior quite innocently, and asks, "Did that sound cross enough?"**

## Report on our March Meeting



At our March meeting our members welcomed Colin Banks as the speaker and his subject was "My life in Hats". He took us on his life journey by making use of appropriate hats he had worn along the way to illustrate each phase from babyhood to his latest acquisition bought while on a skiing holiday with his son. Colin was highly entertaining and cleverly interacted with his audience which had all of us laughing. He finished by reciting "Albert and the Lion" a comic poem



often heard on the radio performed by the character actor Stanley Holloway long before we all had T.V. Our members enjoyed the cheery evening that had brought back many memories for most of us and sent us home with a smile.....June



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