



**( W. E. COOK )**

ESTABLISHED 1908

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**Every bit helps:** Take Heart is joining the anti plastic movement and in a very small way try to help save this planet we live on. We will be doing away with plastic cups at our meetings so if you would like a cup of tea/coffee at future meeting and events, please bring your own cup/mug.



A Cardiac Support Group - Registered Charity No. 1023707

**JUNE 2018**

(Covers: June/July/August)

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

**THE EASTWOOD COMMUNITY CENTRE**

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*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.*

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

Chairman: Paul Halley .....Tel: 01702-615660  
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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,

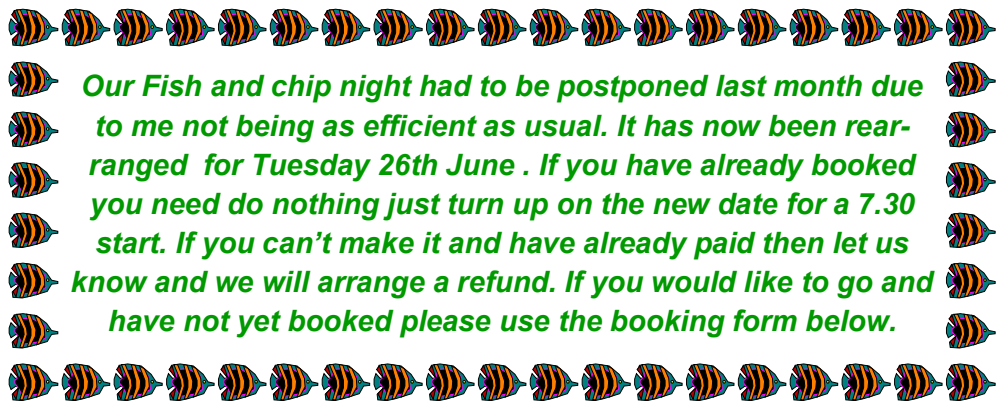
1/2 page £40.00 per year, 1/3 page £30.00 per year, 1/4 page is £25.00 per year.

who are supplying the vehicle free of charge the unit will be based at Southend to ensure safety and governance standards are met and Professor Grunwald has been working with the Trust's stroke team to put plans into place. Anglia Ruskin University and the team will be evaluating the information collected during the project. Professor Grunwald said: "We know that Mobile Stroke Units work in a densely populated city through trials carried out in Germany, Norway, Australia and the USA. "The data and learning we gather during the period the vehicle is in use will be valuable in understanding the benefits and challenges of using a Mobile Stroke Unit in a more suburban or rural area, like we have across mid and south Essex." While the project is limited to a three-month period, the stroke team are looking to the future and hope that the information they gather over the 12 weeks will help inform plans to develop stroke services across mid and south Essex. Dr Guyler continued: "Specialist stroke clinicians across mid and south Essex agree that we should, as a group, aspire to provide the highest quality services for patients with stroke, which is why we are supporting proposals for a single specialist acute stroke unit located at Basildon, and acute stroke units at both Southend and Mid Essex hospitals.



"This project is completely separate from the STP proposals and, if the data support a Mobile Stroke Unit providing benefit for the people of mid and south Essex, we will put forward proposals and engage with our regulators and local communities to get a conversation going." Dr José Garcia Lobera, Southend CCG Chair and clinical lead for mental health, said "The arrival of the mobile stroke unit is very exciting news for Southend. I have been sited on this project from the very early stages and it has my full support with real potential to reduce time to treatment and improve patient outcomes."

**NOTES:** The MSU arrived in the UK on 25 March to ensure the teams involved have adequate time to undertake the appropriate preparation, training and checks to ensure patient safety needs are met. We anticipate the MSU will be in action from late April once all safety, quality and regulatory arrangements are satisfied.



*Our Fish and chip night had to be postponed last month due to me not being as efficient as usual. It has now been rearranged for Tuesday 26th June . If you have already booked you need do nothing just turn up on the new date for a 7.30 start. If you can't make it and have already paid then let us know and we will arrange a refund. If you would like to go and have not yet booked please use the booking form below.*

### **Booking Form**

**Tues. 26th June:** **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 to order  
**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** **Chairman: Paul Halley**

Here we are again our summer edition, doesn't time fly? June already. It won't be long before we have the longest day and then the evenings start closing in. We've had some great weather so far lets hope that's not been our summer! Hopefully there's lots more sunshine to come. Easter weekend was terrible but both bank holiday weekends were fabulous. We now have to wait a long time for the August Bank Holiday but if that's good we will have a full set this year which must be some kind of record.

Take Heart continues to do well with your new committee voted back at our recent AGM. Our new look full colour Magazine was well received back in March. Albeit with a few big mistakes, lets hope we have it right this time. Our fish and chip night back in May had to be postponed (my fault) it is now on Tuesday 26th June. See information on page 14.

We have been informed of the passing of a couple of members whose families have expressed a wish for donations to Take Heart instead of flowers, which is very kind of them to think of us at such a sad time. We will report on these in our next edition when final totals are known.

We have given our Re-hab nurses clearance to purchase some small apparatus to the value of £850.00 and also permission to purchase another batch of 500 pedometers (pictured left) which are proving very popular with re-hab classes the cost for these will be in the region of £2,500.00.



Thank you to all who regularly purchase raffle tickets at our meetings and donate silver for their teas / coffees / biscuits. Also to those who regularly donate prizes for our raffles, without your continued support we would have to buy these. As a couple of regular members who always buy £5.00 worth of ticket said "where can you go and have entertainment with refreshments for a fiver?"

*All the best Paul*



Our Speaker for May was Paul Adams and his subject was 'Rock and Roll will never die' and Paul put on a good show. He sang and showed slides giving us the history of the performers while playing snatches of their music from the very start of this 'new' musical trend in the early 1950's. For those of us born just before or during the war it brought back a host of memories of our youth. Austerity and rationing had been our way of life for many years and wild Rock and Roll with the fashion trends that came with it (Drain pipe trousers. Jeans, D.A. hair cuts for the lads and full skirts with loads of petticoats. wide belts and pony tails for the girls) was being enjoyed in the dance halls and youth clubs. The mid fifties was very exciting for us, as young folk we were now under the influence of American films and Rock and Roll music and so gradually began morphing into a new species that would eventually become Teenagers. Paul certainly awoke a lot of memories for us, So remember to bring your dancing shoes when he comes back again next year with Part 2.

June

### The Importance of walking

*My grandpa started walking five miles a day when he was 60. Now he's 97 yrs old and we have no idea where the hell he is.*

*I have to walk early in the morning,  
before my brain figures out what I'm doing...*

*I joined a health club last year, spent about 250 quid.  
Haven't lost a pound. Apparently you have to go there!*

*Every time I hear the dirty word 'exercise',  
I wash my mouth out with chocolate.*

*I do have flabby thighs,  
but fortunately my stomach covers them.*

## ENTITLED TO WEAR THIS ?



Then Join us at 20.00 hrs 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**

**The frequency of sexual activity** of senior males depends on where they were born. Statistics just released from Statistics Canada and The United Nations reveal that: North American, Australian, New Zealanders and British men between 60 and 80 years of age, will on average, have sex two to three times per week, (and a small number a lot more), whereas Japanese men, in exactly the same age group, will have sex only once or twice per year if they are lucky.

This has come as very upsetting news to both me and most of my buddies at the golf club, as none of us had any idea that we were Japanese!!!



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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.



**Stroke clinicians at Southend University Hospital are leading a three-month project using a Mobile Stroke Unit (MSU), in partnership with the East of England Ambulance Service NHS Trust (EEAST) and Anglia Ruskin University. This the first time a Mobile Stroke Unit, a concept developed**

**by the University of the Saarland in Germany, has been tested in the UK.** The Mobile Stroke Unit, which has an on-board CT scanner and blood-testing equipment, will be staffed by stroke and imaging experts who can diagnose and start treating patients with suspected stroke at the scene. Lead Stroke Consultant at Southend, Dr Paul Guyler explains: "It's widely known that 'time is brain' when it comes to stroke. When a patient is suspected to have had a stroke a CT scan is essential to allow specialists to determine whether the patient has a blood clot in the brain, a bleed in the brain or something else." The scan determines the diagnosis and what treatment happens next, and the Mobile Stroke Unit brings the scanner and the clinicians to the patient." Daniel Phillips, Area Clinical Lead for EEAST, said: "We are looking forward to working with Southend University Hospital on the Mobile Stroke Unit project, which is a first for the UK. The project aims to dispatch the unit with a doctor, radiologist and paramedic on board to patients having a suspected stroke in the Southend and Castle Point and Rochford area. We know that early treatment of a stroke dramatically improve the outcomes for patients." Thanks to the generosity of local people, Southend's stroke fundraising has been very successful and Southend Hospital Charitable Foundation, Southend Hospital Charity and the Advanced Surgical Equipment Trust (ASET) have been able to contribute funds specifically set aside for stroke to support the project. The Trust was offered the opportunity, to test the specialist ambulance in the community for a short period of time. This was made possible because of the of the strong links between Consultant Interventional Neuroradiologist Professor Iris Grunwald, who works at the Trust and also holds the post of Director of Neuroscience at Anglia Ruskin University School of Medicine, and her colleagues at the University of the Saarland, Germany .....Con't page 15

## **SPEAKERS AT OUR MEETINGS**

**Second Thursday of each Month from 8.00pm**

**(extra events in bold and colour)**

- Thurs. 14th June:** Simply Stride: Walking & Posture Importance of movement
- Tues. 26th June:** **Fish and Chip Night: New date see page 14**  
*Fishermans Wharf on Southend Sea front: (See Booking form on page 14)*
- Thurs. 12th July:** Penny Poppins: Life as a chimney Sweep.
- Weds. 18th July:** **Chinese Night:** *The Pearl Dragon Southend Sea front. one of the best Chinese restaurants in town. (See Booking form on page 14)*
- Thurs. 9th August** "KARIZMA" Musical night from Sinatra to Buble to Country something for everybody
- Thurs. 13th Sept:** The Work of the Dog Trust with Slides.
- Mon.17th Sept:** **Italian Night at Padrino's Westcliff**  
*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 14)*
- Thurs. 11th Oct.:** The Wilderness Foundation: *Helping the environment and young adults with various problems.*
- Date To be confirmed:** **Fun Quiz night:** To find Take Hearts very own "Egg Heads" at The Eastwood Community Centre Bring your own food and drink. Booking form in Septembers magazine.
- Thurs. 8th Nov.:** David Williams: Another interesting and entertaining talk by the "Mind the Gap" man
- Thurs. 13th Dec:** Christmas concert with a local Choir and Grand Christmas Draw .

**NEW DATE: Tuesday 26th June: Fish and Chip Night:**

***Fishermans Wharf on Southend Sea front:***

*(See details and Booking form on page 14)*



Seven of the committee together with some friends attended the Leigh Chase Lodge Ladies night back in May where long time supporter of Take Heart Andrew Fletcher was celebrating his year in the chair. Andrew and wife Anne nominated Take Heart to receive half of the monies raised with the other half going to Blesma The Limbless Veterans. As you can see from the photo above your committee scrub up quite well and a great time was had by all.



A few weeks later our Chairman Paul was invited to accept a blank cheque from Andrew as the final figure is not yet known but is expected to be in the region of £1,200.00 (possibly more) a wonderful amount for which we are truly grateful. For regular Take Heart members Andrew is the son-in-law of long term member Sid Mitchell and his late wife Daphne.



07/07/18

The Colourthon

**Moonlight Colourthon** The flagship event and still Southend's ultimate challenge. A half marathon FUN walk around Southend by night... with a difference!

The walk kicks off at 6pm (just as the sun is setting) on Saturday 7th July 2018, and those walking are encouraged to dress as brightly as their imaginations will allow! As organisers, we think we have seen it all... but there are charity spot prizes for those who impress us with their costumes! Besides the obvious fun of dressing up, when you are out on the course, it highlights to the public the many worthy causes represented by our walkers in full and spectacular colour!

With 13.1 miles to cover, the walk takes in all the sights, sounds and smells of the seaside by night. Our stewarding team will keep you safe and cheer you on, all the way back to our amazing night time finish line party!

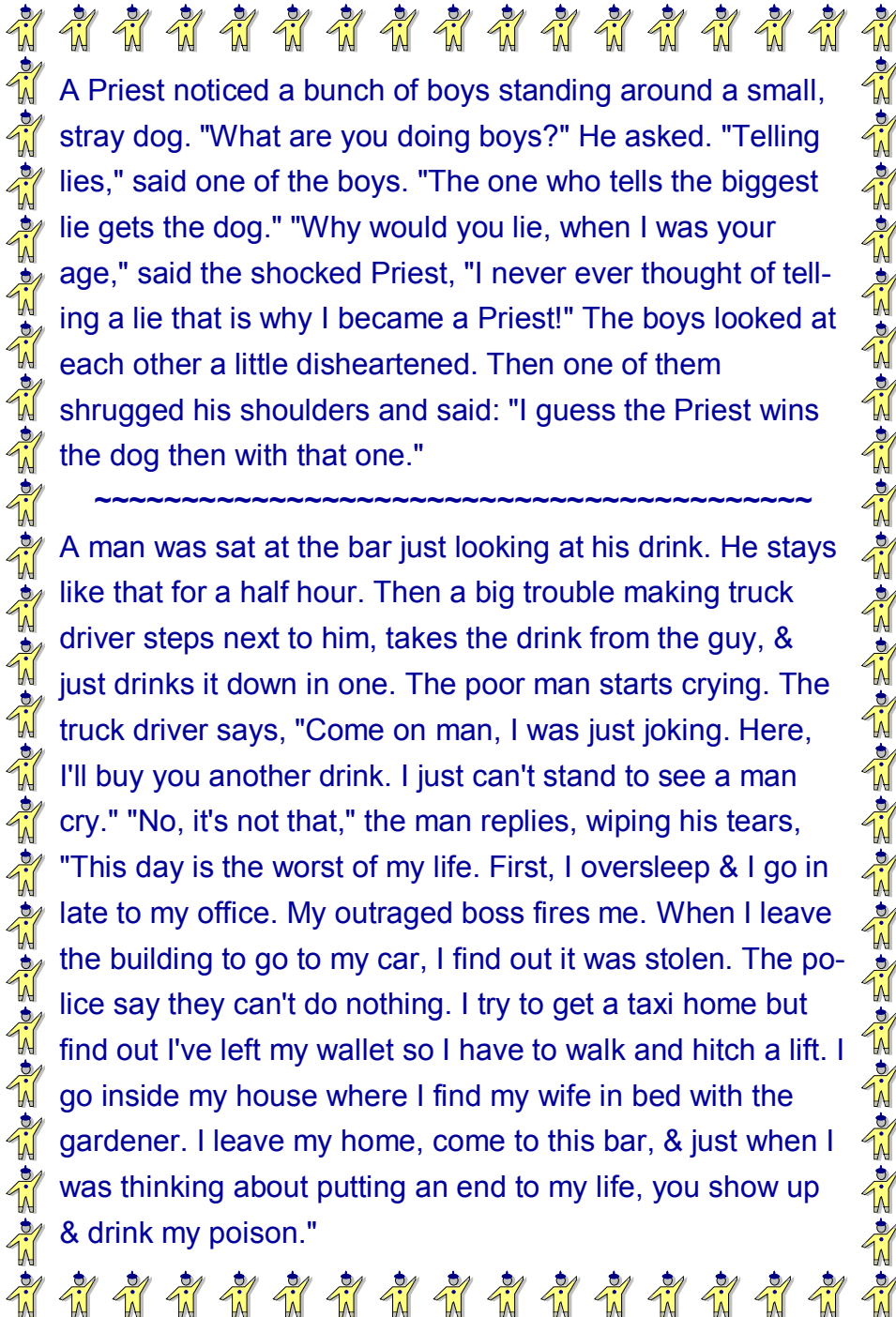
If you would like to take part and raise funds for a worthwhile charity (hopefully Take Heart) Phone; Megan on 08448 028505 or e-mail: [megan@colourthon.org](mailto:megan@colourthon.org).



**ROUND TABLE**  
SOUTHEND NO. 106

**Every bit helps:** Take Heart is joining the anti plastic movement and in a very small way try and help save this planet we live on. We will be doing away with plastic cups at our meetings so if you would like a cup of tea/coffee at future meeting and events please remember to bring your own cup/mug.





A Priest noticed a bunch of boys standing around a small, stray dog. "What are you doing boys?" He asked. "Telling lies," said one of the boys. "The one who tells the biggest lie gets the dog." "Why would you lie, when I was your age," said the shocked Priest, "I never ever thought of telling a lie that is why I became a Priest!" The boys looked at each other a little disheartened. Then one of them shrugged his shoulders and said: "I guess the Priest wins the dog then with that one."

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A man was sat at the bar just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it down in one. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can't do nothing. I try to get a taxi home but find out I've left my wallet so I have to walk and hitch a lift. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."

## WHERE ARE MY GLASSES?

Yesterday, my daughter e-mailed me - AGAIN - asking why I didn't do something useful with my time. Talking about my "doing something useful" seems to be her favorite topic of conversation these days. "Like sitting around the pool and drinking wine is not a good thing?" I countered. She said she was "only thinking of me," and suggested I go to the senior center and hang out with the guys. So I went to the senior center, and had a nice day. However, when I arrived home last evening I decided to teach her a lesson about staying out of my business. I e-mailed her and informed her I had joined a parachute club. Daughter emails back.... "Are you nuts? You're 71 years old, and now you're going to start jumping out of airplanes?" I told her I even got a membership card and e-mailed a copy to her. She immediately telephoned me: "Good grief, where are your glasses? This is a membership to a **Prostitute Club**, not a **Parachute Club!!**" "Oh man, I've got a problem," I answered, "and I don't know what to do." "No problem," she said. Just tell them you made a mistake. "It's not that easy. When I signed up, I pre-paid for three jumps a week for the next month." She hung up on me!

***Life as a senior citizen is not getting any easier but sometimes it can be a whole lot of fun.***



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## **New General Data Protection Regulations (GDPR)**

New regulations in connection with Data Protection due to come into force May 2018.

Previously there were exemptions for small groups such as ours, provided that we sought members' consent to hold their details. No such exemptions will exist from May this year. In order to comply with the new regulations, we will have to document what personal data we hold and with whom it is shared. We will also need to state how we process the information and how we obtain consent for holding the data.

### **The approach that Take Heart has decided to take is as follows:-**

1. The data held is information freely given at time of registering as a Take Heart member and consists of names, addresses, email addresses and telephone numbers (when given) of those people who wish to belong to Take Heart the Southend and District Cardiac Support Group.

2. The data described above will only be used for the purposes of: - Distribution of newsletters, reminders and other information pertaining to the meetings and business of the Take Heart the Southend and District Cardiac Support Group.

· The sale of Take Heart the Southend and District Cardiac Support Group Christmas Raffle Tickets.

· The sale of tickets to events organised by the Take Heart the Southend and District Cardiac Support Group.

3. We will never pass any details of, or pertaining to, members to any individual or organisation.

4. We will store the data in a secure manner and take all reasonable steps to ensure that security.

5. If for any reason you would like to be taken off our list of members please inform us and it will be done. To be deleted from our membership list please phone 01702309042 (if no answer leave a brief message with your name and post code. Or e-mail g.l.stanley@hotmail.com.

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### **Never bring children to a dinner party**

*We hosted a dinner party for all our friends, some we hadn't seen for quite a while, and everyone was encouraged to bring their children as well.*

*All during dinner my wife's friend's four-year-old kept staring at me. The girl hardly eat her food for staring at me.*

*I checked my shirt for spots, felt my face for food, patted my hair in place but nothing stopped her from staring.*

*I tried my best to ignore her but eventually it was too much for me. I finally asked her "Why are you staring at me?"*

*Everyone at the table had noticed her behaviour and the table went quiet, curious and eager to hear her response.*

*The little girl said  
"I'm just waiting to see how you drink like a fish."*