



A Cardiac Support Group - Registered Charity No. 1023707

SPRING 2017 (June)

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.

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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



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 g.l.stanley@hotmail.com
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Refreshments: Beryl Whitehead
Assist. Editor: June Johnson junejohnson2810@gmail.com
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.*

To advertise in this magazine

Please contact the Editor: 01702 615660 or e-mail paul@takeheartsouthend.org

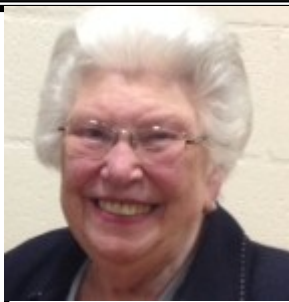
The cost per 1/6 page advert is £30.00 per year,
1/3 page is £50.00 per year. 1/2 page £80.00 per year.
(Sizes are approximate)

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

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 please Take Heart when replying to advertisements.

Another year gone! They always said that time goes quicker the older you get and how true that is. I know you will find it difficult to believe but I just became an official pensioner a couple of weeks ago and it doesn't seem that long ago I was leaving school. Frightening!



**"Take Heart"
Southend and District
Cardiac Support Group
Chairman:
Hazel Staines**

Once again our Christmas Draw was a great success with a profit of over £1,000 after expenses. A big thank you to all who bought tickets. Our Christmas concert was also a great success with a record 180 attending.

All our meetings during the past year have been well attended and grateful thanks go to the members who regularly bring raffle prizes and also to our band of tea ladies lead by Hazel who all work very hard to provide us with refreshments.

We have lots planned for this coming year, most of which seem to involve eating and drinking, as meals out are still our most popular event. As usual we will be having our Indian, Chinese, Italian, and the good old Fish and Chip nights arranged. We are also celebrating our 25th year with a bumper night out with entertainment at the Pearl Dragon one of the best Chinese restaurants in the area. (See over for details and booking form)

We are going to repeat a very successful trip we did a few years ago to Paris between Christmas and New Year. See details in this edition and if you would like a booking form please let me know by phone or at one of our meetings and one will be sent to you. We have about 20 members and friends interested at the moment so it looks good that we will confirm this trip in the near future.

Our AGM takes place in April and it's always nice to have a good crowd there which is a way of saying thank you to your committee for all their hard work throughout the year. This magazine does not fold itself and find its way on to your door step, or events don't plan themselves, all this would not happen without your committee.

Hope to see you at the AGM.

regards Paul

We do have a couple of spaces for new committee members so if you can spare a couple of hours each month and would like to get involved with one of the largest Heart Support Groups in the country

"don't be shy put yourself forward" we don't bite! Come along on the night or phone 01702 615660 before hand and get nominated.

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A generous donation from the proceeds of this event is to be made to Take Heart. Some of the committee and members are attending the Saturday performance. If you would like to join us please make contact and book direct using the details below.



Stags and Hens

By Willy Russell



The War Memorial Hall,

High Street, Canvey Island, SS8 7RF (sat nav)

Saturday 25th March 1.30pm & 7.45pm

Sunday 26th March 1.30pm

Tickets £7 (£5 Concs.) Book now 07544 273 535

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**WARNING! This play contains
bad language and sexual innuendo**

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SPEAKERS AT OUR MEETINGS

Every Second Thursday of each Month throughout the year from 8.00pm

(extra events and outings in bold and underlined)

Thurs: 13th April: A.G.M. Including a presentation of a further donation to Take Heart by David Cane the 2017 President of Southend-on-Sea Bowling Club. Followed by talk on drugs and medication from the Hospital Pharmacist Joanna Jedlinska (to be confirmed)

Thurs: 11th May: Old Time Music Hall, (talk and music) Arthur Brooks

Thurs: 18th May: **Special 25th Anniversary Event at The Pearl Dragon on Southend Sea front, the best Chinese restaurants in town.**
Booking form see below:

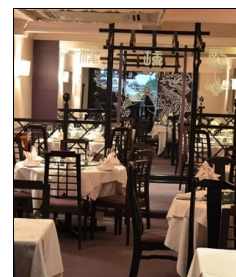
Thurs: 8th June: Remus Horse Sanctuary .

Thurs: 13th July: Entering Consumer Competitions. (audience participation)

Iain Davidson



**HELP TAKE HEART CELEBRATE 25 YEARS
OF LOCAL CARDIAC SUPPORT AT
THE PEARL DRAGON
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(OPPOSITE THE SEA LIFE CENTRE CAR PARK)
THURSDAY 18TH MAY AT 7.30**



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

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**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 event Please only phone Paul 01702 309042
(if no answer please leave message & phone No. and I will get back to you)*



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Anxiety - OCD

Eating Disorders - Stress



June's reports: DEC/JAN/FEB.

20th December saw a packed house for our Christmas Concert and the 'Take Heart Big Christmas Draw.' Our Members and supporters welcomed the Waterside Choir Group and the Daisy Bowlers who were making a return visit after their success last year. They did not disappoint, we were entertained with a variety songs all very harmonious and carefully arranged. In between the set choral pieces some individual choir members had requested to performed solo's for us which went down well as did the Daisy Bowler's who true to form were in great voice and good fun There where Christmas refreshments to be enjoyed during the interval and we discovered who the lucky Prize Draw Winners were. At the end of the Concert the happy and friendly atmosphere left over from what had been a really nice evening, sent me and I'm sure a lot others home with a happy warm feeling and looking forward to a Merry Christmas

Due to the bad weather the January meeting was cancelled

February 9th when our members assembled for the first time this year. Our speaker was Keith Lovell a retired Minister and a true Essex man who is passionate about his home county and a keen supporter of Colchester United FC. He gave a talk about some of the famous people who have lived or had links with our county. There were quite a few including George Shillibeer, inventor and coach maker of the first London Horse drawn bus, Harry Beck born in Leyton the man who designed the wonderful London Underground map, Gustav Holst who wrote part of his Planet Suite in Thaxted where he lived for many years. Then we heard about Charles Dickens who lived in Chigwell for a while and was inspired by the then Kings Head Pub but named it The Maypole featured in the Barnaby Rudge novel. Keith told us as many stories as time would allow and also quizzed us on who appears on which Bank of England notes. It appears that we spend it to quickly to notice because most of us didn't have a clue to be honest.....June

Maybe I was wrong?

"The Americans have need of the telephone, but we do not. We have plenty of messenger boys." — Sir William Preece, Chief Engineer, British Post Office, 1878

"When the Paris Exhibition [of 1878] closes, electric light will close with it and no more will be heard of it." — Oxford professor Erasmus Wilson

"No one will pay good money to get from Berlin to Potsdam in one hour when he can ride his horse there in one day for free." — King William I of Prussia, on trains, 1864

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us." — Western Union internal memo, 1876



PARIS CHRISTMAS LIGHTS

Fancy a "Take Heart" Break

Weds. 27th —Fri. 29th December



QUALYS, RUEIL-MALMAISON: is in a quiet tree lined street in a select suburb. This four star hotel is well run and very comfortable. The bar is open whenever required. There are two lifts and shops restaurants and bars & station are a ten minutes level walk away.

Day 1 Cross the Channel to Calais, via the motorways to Paris arriving for two nights with bed and buffet breakfast at the QUALYS, RUEIL-MALMAISON: in the pleasant suburb of Rueil-Malmaison. Remainder of the day free.

Day 2 There will be an included orientation drive, so you will see where the most famous buildings are—the Arc de Triomphe, Eiffel Tower, Notre Dame, and the Louvre etc. but if you would like to see a lot more with an interesting commentary you can book a Seine Cruise during the day (extra).

Day 3 More sightseeing time in the morning in Montmartre where the Sacre Coeur and Place du Tertre are easily accessible by funicular then the drive to catch the Ferry home.

Cost ONLY £155.00 each (Single supplement £60.00)

At this stage we have about 20 people interested in going. If you might be interested please let me know. Only when we have about 35 then you will be sent a booking form from Cooks Coaches and the booking will be done through them at which time payment will be required. If we get enough support this will be a Take Heart Event organised by Cooks.

**Let me know if interested: Phone Paul 01702 615660
Or E-mail: paul@takeheartsouthend.org**

AGE Concern Southend

Loneliness is a massive issue for people in later life in the UK. Half of all people aged 75 and over live alone, and 1 in 10 people aged 65 or over say they are always or often feel lonely – that's just over a million people. According to a recent study of three million people, LONELINESS is as big a killer as obesity and as dangerous to health as smoking 15 cigarettes a day.

AGE Concern Southend on Sea is a small, stand-alone charity based in Westcliff offering services to the over sixties within Southend and surrounding areas. We are not linked to any other organisation and have a very supportive community who help us through donations and bequests, and a team of volunteers who work tirelessly to help provide our services.

We offer a face-to-face friendship/befriending service where we currently have 110 volunteers visiting 118 older people with is fantastic; however a drop in the ocean when you consider the number of lonely and/or isolated older people. This service seeks to provide comfort, friendship and practical help to older residents who feel lonely or isolated. Weekly contact also enables the volunteer to monitor their well-being. This is an invaluable service in that any signs of deterioration in the health of the older person can be reported to the appropriate authority at the earliest possible stage.

We have also introduced telephone befriending in order to reach more people. A regular chat on the phone can be just as effective and we have volunteers who come into the office or ring from home.

Another key service we offer is our volunteer drivers' service. 16 brilliant volunteer drivers take our older residents to medical appointments, clubs, day centres, shopping or visiting loved ones in homes or hospitals. This service not only ensures that older people don't have to worry about getting to their medical appointment on time (and know we're going to take them back home too ...) but also helps the lonely or isolated reintegrate into the community through clubs and/or daycentres. *[There is a small charge for mileage paid direct to the driver.]*

Loneliness in the older population is a real concern. By helping alleviate this issue, we will not only assist them with personal confidence and wellbeing, but aid social integration and also help ease the pressure on the NHS and GPs in particular.

This is a fantastic Charity. Our vision is to be the 'Go to agency for the elderly of Southend on Sea' ... a big ambition for a small, standalone charity, but we feel strongly that by working with other local charities, we can enhance the life of our elderly residents, and the support that is provided.

However, AGE Concern Southend can ONLY deliver its services with the help of its brilliant team of volunteers. Whether it be befriending, driving or working alongside the regular team in the office – our volunteers are a very special group of people who get as much out of volunteering, if not more, than the older people that we help.

If you would like to find out more about becoming a volunteer; what we do or if you know of an older relative or neighbour who would benefit from our services, please call 01702 345373. I look forward to hearing from you.

Maybe I was wrong? "How, sir, would you make a ship sail against the wind and currents by lighting a bonfire under her deck? I pray you, excuse me, I have not the time to listen to such nonsense." — Napoleon Bonaparte, when told of Robert Fulton's steamboat, 1800s.

A rocket will never be able to leave the Earth's atmosphere." — New York Times, 1936



Southend on Sea CIO
Registered Charity No. 1160916

*Committed to
providing services
which make a difference*

Volunteers Needed



*Would you be able to spare a couple of hours a week
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THE DIFFERENCE BETWEEN OFFICERS AND NCO'S

A young Army officer was severely wounded in the head by a grenade, but the only visible, permanent injury was that both of his ears were amputated. Since his remaining hearing was sufficient, he remained in the Army. Many years later he eventually rose to the rank of Major General. He was, however, very sensitive about his appearance. One day the General was interviewing three servicemen who were candidates for his headquarters staff.

The first was a Captain, a tactical helicopter pilot, and it was a great interview. At the end of the interview the General asked him, 'Do you notice anything different about me?'

The young officer answered, 'Why, yes, Sir, I couldn't help but notice that you have no ears.' The general was displeased with his lack of tact and threw him out. The second interview was with a Navy Lieutenant, and he was even better. The General then asked him the same question, 'Do you notice anything different about me?'. He replied sheepishly, 'Well, sir, you have no ears.' The General also threw him out.

The third interview was with an old Sergeant Major, an Infantryman and staff-trained NCO. He was smart, articulate, fit, looked sharp, and seemed to know more than the two officers combined. The General liked this guy, and went ahead with the same question, 'Do you notice anything different about me?'

To his surprise the Sergeant Major said, 'Yes, sir, you wear contact lenses.'

The General was very impressed and thought, 'what an incredibly observant NCO, and he didn't mention my ears.' He asked, 'Sergeant Major, how do you know I wear contacts?'

"Well, sir," the soldier replied, 'it's pretty hard to wear glasses with noing 'ears.'"

Maybe I was wrong?

"Reagan doesn't have that presidential look." – United Artists executive after rejecting Reagan as lead in the 1964 film *The Best Man*"

There is not the slightest indication that nuclear energy will ever be obtainable. It would mean that the atom would have to be shattered at will." – Albert Einstein, 1932

The idea that cavalry will be replaced by these iron coaches is absurd. It is little short of treasonous." — Comment of Aide-de-camp to Field Marshal Haig, at a tank de-



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THE ANNUAL GENERAL MEETING
OF "TAKE HEART"

THE SOUTHEND AND DISTRICT CARDIAC SUPPORT GROUP
TAKES PLACE AT 8.00PM ON THURSDAY 13th APRIL 2017
THE EASTWOOD COMMUNITY CENTRE,
WESTERN APPROACHES, EASTWOOD.

AGENDA

1. APPOLOGIES FOR ABSENCE.
2. APPROVE THE MINUTES OF THE A.G.M. HELD ON 14th APRIL 2016
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. A FURTHER PRESENTATION TO TAKE HEART FROM DAVID CANE THE
2016/17 PRESEDENT OF SOUTHEND-ON-SEA BOWLING CLUB
9. Talk from the Hospital Pharmacist Joanna Jedlinska (if in attendance)
10. 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)

HON. CHAIRMAN-----	PAUL HALLEY
VICE-CHARMAN -----	HAZEL STAINES
HON. TREASURER-----	COLIN STANLEY
MEMBERSHIP SECRETARY-----	GILL STANLEY
COMMITTEE MEMBER -----	
COMMITTEE MEMBER -----	RICHARD LEFEVER
COMMITTEE MEMBER -----	
COMMITTEE MEMBER -----	LESLEY PETTENGAL
COMMITTEE MEMBER -----	JUNE JOHNSON
COMMITTEE MEMBER -----	BERYL WHITEHEAD
COMMITTEE MEMBER -----	LES WHITEHEAD

We do have a couple of spaces for new committee members so if you can spare a couple of hours each month and would like to get involved with one of the largest Heart Support Groups in the country "don't be shy put yourself forward" we don't bite! Come along on the night or phone 01702 615660 before hand and get nominated.

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Vincent McCarthy
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Maybe I was wrong?

"We don't like their sound, and guitar music is on the way out." – Decca Recording Company on declining to sign the Beatles, 1962.

"Television won't last because people will soon get tired of staring at a plywood box every night." – Darryl Zanuck, movie producer, 20th Century Fox, 1946

"It'll be gone by June." – Variety Magazine on Rock n' Roll, 1955

STUDENT WHO OBTAINED 0% ON AN EXAM

I would have given him 100%! Each answer is absolutely grammatically correct and funny too. The teacher had no sense of humour.

Q1.. In which battle did Napoleon die?

His last battle

Q2.. Where was the Declaration of Independence signed?....

At the bottom of the page

Q3.. River Ravi flows in which state?

Liquid

Q4.. What is the main reason for divorce?

Marriage

Q5.. What is the main reason for failure?

Exams

Q6.. What can you never eat for breakfast?

Lunch & dinner

Q7.. What looks like half an apple?....

The other half

Q8.. If you throw a red stone into the blue sea what will it become?.....

Wet

Q9.. How can a man go eight days without sleeping? **No problem, he sleeps at night.**

Q10.. How can you lift an elephant with one hand?.... **You will never find an elephant that has one hand.**

Q11.. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have?..... **Very large hands**

Q12.. If it took eight men ten hours to build a wall, how long would it take four men to build it?.... **No time at all, the wall is already built.**

Q13.. How can u drop a raw egg onto a concrete floor without cracking it?.. **Any way you want, concrete floors are very hard to crack.**



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First patients in East of England fitted with world's smallest pacemaker

Dr Stuart Harris, consultant cardiologist at the Essex Cardiothoracic Centre, compares a traditional pacemaker (left hand) with the new leadless version (right hand)



Two patients at the Essex Cardiothoracic Centre (CTC) have been implanted with the world's smallest pacemaker, in the first procedures of this type to be carried out in the East of England. The cutting edge devices are less than one tenth of the size of a conventional pacemaker, and do not require a lead to be threaded into the heart.

The implants were carried out by Dr Stuart Harris, consultant cardiologist and clinical director of the CTC at Basildon University Hospital. Dr Harris explains: "A traditional pacemaker involves a device the size of a tea bag to be implanted under the skin in the upper chest. A lead from the pacemaker is threaded into the heart to carry electrical signals to help it beat regularly. "The new Micra Transcatheter Pacing System, known as the invisible pacemaker, is 93% smaller than a traditional pacemaker and lasts as long. No lead is required because it is small enough to be implanted into the heart chamber through a vein in the patient's leg, in a minimally invasive procedure. "The component of a traditional pacemaker that is most likely to fail is the lead, so these new pacemakers are more reliable. And because they are so small, the implant only involves a small incision, meaning a reduced risk of infection for the patient, no visible sign of the device and a greater chance of resuming their normal activities. "A pacemaker is designed to send an electrical impulse to the heart when the rhythm is too slow or is interrupted. It also monitors the heart's activity, and does not deliver a pacing pulse when that is normal. The new leadless pacemaker is suitable for patients who need a pacemaker for a single chamber of the heart.

Joshua Taylor, aged 25, was the first patient to receive the leadless pacemaker at the Essex Cardiothoracic Centre.

Joshua, a pharmacy store manager and pharmacy technician, had experienced unexplained black-outs since he was 11 years old. He said: "I was under the care of a specialist children's hospital, and had every test under the sun, but they couldn't work out why I was fainting. The problem went away for a few years then last year I had a black-out as I was getting ready for bed. I was unconscious for a few minutes."

Joshua was referred to Basildon Hospital to see Dr Jason Dungu, consultant cardiologist. He was given several tests, including seven day electrocardiogram (ECG) monitoring to check the rhythm and electrical activity of his heart, blood pressure monitoring and an echocardiogram (heart scan). The results showed his heartbeat was pausing at intervals. He continued: "I was fitted with a heart monitor and at my first follow-up appointment; the doctors saw that the pauses had increased. "Dr Dungu said I would need a pacemaker and he would refer me to Dr Harris in the CTC to have one of the new leadless ones fitted. "When I met Dr Harris he gave me a very good explanation of the new technology; he had recently been for training in the United States. Being the first patient to receive a leadless pacemaker made me feel slightly apprehensive, but I could see the advantages and he reassured me that if there were any problems, I could have a traditional one fitted." Outside his work, Joshua edits a pharmacy technicians' trade journal and plays the piano. He has now returned to his job in the pharmacy store and is looking forward to resuming his busy life. He added: "I feel very well. The care and treatment at the CTC has been amazing."

Issued by: Basildon and Thurrock University Hospitals NHS Foundation Trust Communications Office



(W. E. COOK)

ESTABLISHED 1908

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HUSBAND AND WIFE JOKES

A bookseller conducting a market survey asked a woman – "Which book has helped you most in your life?" The woman replied – **"My husband's cheque book!!"**

A prospective husband in a book store "Do you have a book called, 'Husband – the Master of the House'? Sales Girl: **"Sir, Fiction and Comics are on the 1st floor."**

Someone asked an old man: "Even after 70 years, you still call your wife – Darling, Honey, Luv. What's the secret? Old man: **I forgot her name and I'm scared to ask**

Wife: I wish I were a newspaper so I'd be in your hands all day.

Husband: **I wish that you were a newspaper so I could have a new one every day!**

Husband to wife – "Today is a fine day." Next day he says: "Today is a fine day." Again next day, he says same thing – "today is a fine day." Finally after a week, the wife asks her husband– "since last week, you are saying today is a fine day. I am fed up. What's the matter?" Husband: **"Last week when we had an argument, you said, I will leave you one fine day. I was just trying to remind you."**