



A Cardiac Support Group - Registered Charity No. 1023707

## Summer 2017

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.*

*Interesting talks and entertainers plus companionship: Meals out: Trips to the theatre and holidays. Take Heart helps you recover from Cardiac problems by mixing with people who've been there.*

*We lead by example you are not alone.*

*There is life after a heart attack - we prove it*

For Further Information Phone: 01702-309042

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

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



My first pleasant duty at our recent AGM was to accept another cheque from David Cane the outgoing president of Southend Bowls Club. This made a total of £4,013.00 from his year and everyone at Take Heart are most grateful for his support and the amazing amount raised by his club during his year as President. We are very lucky to have organisation such as this who continually support local charities.

A BIG BIG THANK YOU.

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

Chairperson: Hazel Staines .. Tel: 01702-230660  
Vice-Chair: Paul Halley ..... Tel: 01702-615660 paul@takeheartsouthend.org  
Secretary: Gill Stanley..... Tel: 01702-311796 g.l.stanley@hotmail.com  
Treasurer: Colin Stanley... Tel: 01702-311796 finance@takeheartsouthend.org  
Press Officer: Lesley Pettengale Tel: 01702-340769 lesleycyd@aol.com  
Hospital Rep: Richard Lefever Tel: 07850662422 richard.lefever@sky.com  
Raffles: June Johnson junejohnson2810@gmail.com  
Refreshments: Beryl Whitehead  
Grafter: 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

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All correspondence should be sent to:

The Editor Take Heart News  
23 Audley Court Forge Way Southend-on-Sea Essex SS1 2ZS

*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.

*Hello everyone — yes its me Hazel: The new face at the top of the page: I am very honoured to have been persuaded into taking this position. The committee thought it would be a nice way of celebrating 25 years of Take Heart by me and*



**“Take Heart”  
Southend and District  
Cardiac Support Group  
New Chairperson  
Hazel Staines**

*Paul swapping roles for the year and also as they put it “a way of thanking me for being the longest serving committee member” I am very honoured to take this position and with all your good wishes and support I am sure I will not let you down.*

*I have been around a long time in Take Heart. My late husband John and I joined in 1992 and over the years I have seen many faces come and go. It has always been a group with large numbers attending our meetings and variety of events, I think this is because we have always felt that we are all good friends. Take Heart started as an exercise group for “Heart Victims” and with the help of our Clinical Nurse Specialists Sue Middleton and her colleagues it soon became a cardiac support group and registered charity and has grown into one of the largest in the country with over 800 members.*

*You will see from this edition we have been spending lots of money supporting cardiac departments at Southend University Hospital and I hope to continue that good work with the continued support of our local community and the many local clubs and organisation who donate to support cardiac sufferers through our organisation. Bowls clubs, Golf Clubs / Societies, Masonic Lodges, Local Theatrical Groups to mention but a few.*

*We are always very touched when people think of Take Heart at times of sadness at the loss of a loved one and nominate us to receive donations instead of floral tributes. Many people also support us when celebrating a special birthday or anniversary by asking family and friends to make a donation to us instead of buying a present. To all of you and on behalf of all at Take Heart and all the cardiac nurses I thank you from the bottom of my heart for your generosity.*

*It has to be said that our successes over the years would not have been possible without the hard work and many contacts of our past chairman Paul. Knowing him he has probably edited out most of my nice comments about him!*

*Some 80 members and friends including 16 nurses celebrated our “25th” at the Pearl Dragon on Southend sea front on the 18th May. Unfortunately I was not able to attend due to an important hospital appointment but I’m told a great time was had by all and in the region of £500 was raised. Well done to all who attended.*

*Once again I thank you for all your support and lets hope we all have a good year ahead and I look forward to seeing you soon.....Love Hazel*

**\*DON'T FORGET THERE IS NO MEETING IN JUNE BECAUSE OF THE GENERAL ELECTION WHICH USES THE HALL AS A POLLING STATION.**

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# When we were young

A takeaway was a mathematical problem.

Bananas and oranges only appeared at Christmas time

The only vegetables known to us were spuds, peas, carrots and cabbage.

All crisps were plain, the only choice we had was whether to put the salt on or not

No fast food in those days, other than fish and chips!

Coke was something that we put on the fire.

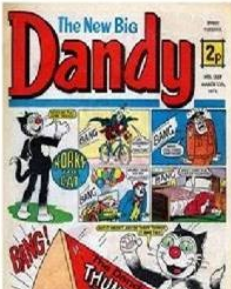
Coffee was Camp and came in a glass bottle.

The starter was our main meal. Soup was a main meal.

Nothing ever went off in the fridge because we never had one.

Healthy food consisted of anything edible

Toy of the year free with the Dandy The Thunder Bang



On the right a good night out down the pub



Cliff/Adam and Helen who are the other two?

The Good Old Days



Remember those haircuts they took hours

The Mini Skirt turned heads when first out

**DON'T FORGET NO MEETING IN JUNE DUE TO THE GENERAL ELECTION.  
THE HALL IS USED AS A POLLING STATION**

## **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: 8th June: NO MEETING RE: GENERAL ELECTION.**

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

Thurs: 10th Aug: Canine Partners with Merlin their new dog

Thurs: 14th Sept: Mind The Gap: London Underground : David Williams.

**Weds: 20th Sept: Italian Night at Padrino's Westcliff** booking form in Sept. Mag.

Thurs: 12th Oct: The Old Palace Theatre Southend: Sophie Manners

**Weds: 25th Oct: Fish & chip night at The Fishermans Wharf on the Sea front.**

Thurs: 9th Nov: Remus Horse and Donkey Sanctuary

Thurs: 14th Dec: to be confirmed.

**Mon: 18th Dec: Take Heart Christmas concert and Grand Draw**

**Weds. 27th — Fri. 29<sup>th</sup> Dec. PARIS CHRISTMAS LIGHTS**

Thurs: 11th Jan: to be confirmed.

### **Report from our recent AGM**

*On April 13th forty eight members gathered for our annual A.G.M Your committee was up for re-election and it was a good opportunity for any members who would like to join the committee to stand. Paul (Chairperson) and Hazel (Vice Chairperson) have swapped positions for the next year (Take Hearts 25th) Hazel is a very well known and popular member of Take Heart who has served on the Committee for many years and we all wish her well in her new position. Paul will continue to tirelessly fund raise for Take Heart as he has always done for which we are very thankful, and support Hazel in her new role.*

*The Hospital nurses were there to tell us about the equipment that Take Heart have supplied to Rehab and the Day Stay Unit, and to explain the need for a new small scanner. It is always nice to see the nurses who are well known to most of our members and hear how much they appreciate the help that Take Heart gives them.*

*There was also a lively discussion about the cost of printing and sending out our magazine. It was decided to continue the same format at the moment but to review it on a regular basis it was also agreed to encourage members to send us a book of stamps once a year which if everyone did would reduce our postage costs considerably.....June*

### **An Important Message from Essex Police**

***That there will be armed officers on uniform patrol throughout Southend over the next few weeks but this is not relating to any specific threat, it is simply our response to the national rise to critical and in order to reassure and protect our communities.***





Take Heart have been very busy providing extra equipment for the Cardiac Rehab Dept. and the Cardiac Day Stay Ward (CMDs) at Southend University Hospital. Over the last year we have bought an electric wheelchair, a Special exercise bike and 500 more pedometers.

We are about to purchase a special scanner for the Cardiac Day Stay which will make life on the ward a lot more comfortable for patients. A specialist Nurses explained how this scanner would help.

\* This equipment will allow us to scan patients with poor vascular access. Most cardiology (and other) patients that come through this ward require a cannula and although the nurses are quite expert at this skill some patients have poor veins and are difficult to cannulate. Being able to scan the patient's arm first will help make this a much easier process for the nurse and more comfortable for the patient.

\*Another service that we have started facilitating on CMDs is the insertion of long lines such as PICC and MID lines. These are like long term cannula's that can be left in place for up to a year and the demand for these is growing. Their insertion is more complex and involves a small surgical procedure under ultrasound guidance and at the moment we have to beg or borrow a machine from elsewhere in the hospital. These long lines might be used for a variety of reasons such as for cardiology patients with endocarditis - they might need intensive treatment with IV antibiotics and a long line insertion means that they don't need repeated punctures and if well enough can then go home and have antibiotic treatment in the community.



Currently these insertions are carried out by a doctor but CMDs plans to train some nurses to specialise in this.

\*An ultrasound machine can be very helpful when there is a complication for example after an angiogram or pacemaker insertion sometimes an urgent ultrasound is required to check there is no bleeding. An ultrasound machine would also be used with the "medical" cohort of patients that come to us for things such as assisting with drain insertion.

\*\*\*\*\*

**I am pleased to announce that we have recently placed the order for the above scanner which will be delivered in the next few weeks and will be in use on the Cardiac Daystay ward soon after.**

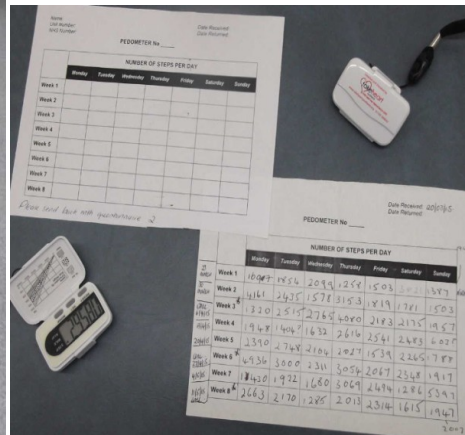
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*Cardiac Daystay showing off their new electric wheel chair that is making life much more comfortable for both patients and staff. As demonstrated by Ellie Martin a HCA on the ward.*



Take Heart has spent in the region of £12,000 over the past few months supporting Cardiac Day Stay and Cardiac Re-Hab at Southend University Hospital



250 pedometers were purchased last year and were so successful that we have recently purchased another 500 for the Cardiac re-hab



Electric wheelchair for the Cardiac Daystay has now been delivered and is in use daily



Pedometers are worn by clipping to the belt. It monitors how many steps you take each day when exercising



The Ultrasound Machine Take Heart has just ordered will be delivered in the next few weeks to the Cardiac Daystay at Southend University



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Russell McKenzie HG.dip.p Tanya Lee HG.dip.p

## **How to feel better *today***

**Whatever the cause, there's  
no need to suffer anymore from:**

Depression - Fears & Phobias  
Addiction

Poor Sleep - Self Harming

Low Self-Esteem

PTSD - Panic Attacks - Anger problems

Past Trauma - Relationship problems

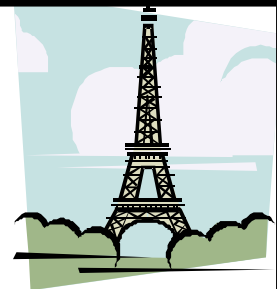
Anxiety - OCD

Eating Disorders - Stress



## **PARIS CHRISTMAS LIGHTS**

**Fancy a "Take Heart" Break  
Weds. 27th —Fri. 29<sup>th</sup> 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 35 people interested in going. If you might be interested please let me know. Booking forms from Cooks Coaches will be sent out during June at which time payment will be required. Providing we get confirmed bookings from most that are interested then this will be a Take Heart Event organised by Cooks.*

**Let me know if interested: Phone Paul 01702 615660**





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### Short and Sweet

Frustration is trying to find your glasses without your glasses.

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

A woman asks a man who is travelling with six children, "Are all these kids yours?" The man replies, "No, I work in a condom factory and these are customer complaints".

Nominated as the best short joke this year...

A three-year-old boy was examining his testicles while taking a bath.

"Mom" he asked, "are these my brains?" "Not yet," she replied

### Short and Sweet!

I dialled a number and got the following recording:

"I am not available right now, but thank you for caring enough to call.  
I am making some changes in my life. Please leave a message after the beep.  
If I do not return your call, you are one of the changes."

My wife and I had words, But I didn't get to use mine!



### Southend-on-Sea Bowling Club.

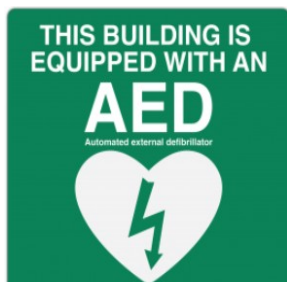


With six outdoor rinks and three indoor rinks Southend Bowls Club have the facilities for all members to enjoy all year round bowling.

With extensive bar and full catering facilities available for all social occasions we welcome new Lady and Gentlemen members to either Bowling and or Social Membership.

Bowling tuition always available for beginners.

Membership Secretary: Mr Don Fowler. 01702-206235



## **Defibrillators save lives**

### **If you use a Gym regularly make sure it has a defibrillator on the premises**

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. Defibrillation is an essential life- saving step.

There are many defibrillators available in public places such as train stations, shopping centres, airport and leisure centres. They are also known as public access defibrillators (PAD) and come with clear instructions on how to use them, so that anyone can use them in an emergency.

Prompt use of a defibrillator if a person is in cardiac arrest can significantly boost their chances of survival and recovery.

One person who can vouch for this is Tony Kerrigan, who had a cardiac arrest in his local gym early this year. Tony, a postman, was 62 at the time, and had gone to the gym after work. He recalls: "I'd been on the treadmill, then had a sauna. As I was walking up a flight of stairs, I remember someone talking to me and then nothing after that.

"I had never had cardiac episode before I do have a family history of heart problems and I was diagnosed with atrial fibrillation (irregular pulse) in 2013.

"I had always been very active, playing football until I was 50, and I had been told to carry on exercising."

Fortunately for Tony, Club Kingswood in Basildon has a defibrillator and he was resuscitated by staff who performed CPR and defibrillation after finding him collapsed.

He was taken to the Essex Cardiothoracic Centre at Basildon Hospital, and had a quadruple by-pass operation. Following surgery he completed cardiac rehabilitation and has made a good recovery. Doctors said that the fact he was very fit meant the damage to his heart was reduced.

He added: "I wasn't really aware of defibrillators before but I owe my life to the team at the gym and the fact they had a defibrillator. I was so lucky they had installed it."

*Taken from Basildon's Hearts and Minds newsletter.*

### **Report from our March meeting:**

*March brought speaker Jacqueline Aviloto to the Eastwood Community Centre to address Take Heart members and we were anticipating a good evening. This funny, very charming lady had come to speak to us about names of plants...It seems that we all have a flower, fruit, vegetable or tree with which we share our Christian name and our members had a lot of fun finding out what we all are. It turns out that some of us are magnolias, daffodils pinks, roses, potatoes or trees etc. while a few others are much more exotic and rare. Jacquie told us about her home and garden with such self effacing humour it had us laughing most of the time..In the future her plan is to find a field and grow the plants so that everyone can have a named plant to either grow or give to someone as a very personal gift .We all thought that was a nice idea. and wished her well with that and finally she very kindly donated some plants she had brought for raffle prizes, The evening flashed by so quickly, she had made it interesting and enjoyable so we were all surprised to find that we were half an hour late for our tea break when the talk ended.....June*



## **Sun safety tips**

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

### **Make sure you:**

- spend time in the shade between 11am & 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- Use at least factor 15 sunscreen

### **Who should take extra care in the sun?**

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally – for example, while on holiday
- are in a hot country where the sun is particularly intense and you have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions.

People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur.

The Cancer Research UK website has a tool where you can [find out your skin type](#) to see when you might be at risk of burning.

### **How to deal with sunburn**

Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion. Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

For more information visit [www.nhs.uk](http://www.nhs.uk)



The Cast and Crew Theatre workshop, based on Canvey presented Take Heart with a cheque for £300.00 after collecting the funds at their last production—stags and Hens. Sarah Lepley (who directed the play) pictured above presenting the cheque to our vice chair Paul, said “I wanted to make sure a local cardiac support charity would benefit in honour of my own father who passed away some years back of a heart condition” For information on future productions

**visit: [castandcrew.org.uk](http://castandcrew.org.uk)**

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**Report of our May Meeting**

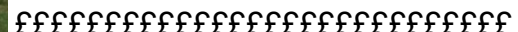
*The speaker for our May meeting was the charming Mr. Arthur Brooks who came to tell us about 'Old Time Music Hall'. Arthur has been a fan since he was quite a little boy and his passion and enthusiasm for his subject was a delight. We sang along with much treasured recordings of Florrie Forde, Little Titch. and of course Marie Lloyd. One record was made when Marie was only sixteen years old . Although much was made of her colourful private life she was in fact a generous benefactor paying for shoes for many children who lived in poverty. Marie also gave money so that 100 homeless people would have beds for the night, . We also learnt about the Wilton Music Hall built in 19th century and still open. A place that has been many things including burned and derelict and which started life as three houses and a Pub. Now finally restored and used as a Music Hall once again. Arthur spoke for over an hour about the subject that he so obviously loves and we hope that he will return to tell us more next year.....June*

[illegible]

Above the Take Heart Team playing in the Colin Langstone organised Golf day at Ballards Gore Golf Club in aid of Take Heart. Cardiac Support Group

Our team didn't win but Take Heart was a big winner on the day with a magnificent £3,200.00 raised (and still counting) To the left Paul thanking Colin for all his hard work and for nominating Take Heart to receive the proceeds of the day.

Also a big thank you to the owners and members of Ballards Gore for there generosity.





## ( W. E. COOK)

ESTABLISHED 1908

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### **The importance of an occupation after retirement**



As we get older we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of other "seniors" who have found the courage to take on challenges that would make many of us wither. Harold Schlumberg is such a person:

#### **THIS IS QUOTED FROM HAROLD:**

"I've often been asked, 'What do you do now that you're retired?'

Well...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and whisky into urine.

It's rewarding, uplifting, satisfying and fulfilling. I do it every day and I really enjoy it."

**Harold is an inspiration to us all.**

### **An Important Message from Essex Police**

***That there will be armed officers on uniform patrol throughout Southend over the next few weeks but this is not relating to any specific threat, it is simply our response to the national rise in critical incidents and in order to reassure and protect our communities.***