



A Cardiac Support Group - Registered Charity No. 1023707

WINTER 2017

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

THE EASTWOOD COMMUNITY CENTRE
WESTERN APPROACHES EASTWOOD
LEIGH-ON-SEA SS2 6SH

Free Parking in Supermarket car park

New Members welcome : come along and introduce yourself.

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



MERRY CHRISTMAS
FROM ALL AT
TAKE HEART

See back page for details of our
Grand Christmas Draw

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
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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

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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:

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.

Hazel has asked me to write her piece this time as she is not too well at the moment. Some of you will know that our Hazel (affectionately known as the tough old bird) has been bravely fighting the big C for many years and its back again for another fight.



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

Hazel was in a bit of trouble back in July and was in a lot of pain and found it difficult to eat. She was taken into Fairhavens in the hope of sorting her out and to make her more comfortable. I went to see her at the beginning of August and I must confess I did not like what I saw. We have been down this road a few times before over the years but she always fights back and comes out winning.

I was away on holiday for a while and on my return was informed that Hazel had been moved to a nursing home. A few days later I went along to see her not knowing what to expect. Well you could have knocked me down with a feather what an improvement there she was in her own room bright and aware as the photo below shows. Surrounded by some of her own pictures and ornaments, very homely.

Both June and I have been back a number of times and have been pleased with the welcome. Hazel is currently in the process of becoming Queen Bee of her new surroundings and rightly so! June did visit earlier this week, Hazel was up and in the lounge with friends but had spent the previous two days in bed, Fighter that she is Hazel was chatty and charming as always but feeling very tired and had developed a cough.

At our last meeting we arrange for the members to sign a couple of cards to let Hazel know we were all thinking of her. When I last saw her she was extremely interested in what Take Heart had been up to in her absence and sent her good wishes to every-



one. Hazel was to go along to the Cardiac Day Stay at Southend University Hospital and have a photo with the latest piece of equipment that Take Heart has provided. Unfortunately she could not make it so I had to step in at the last minute so you've got my ugly mush instead...

Stop Press: *I have just spoken to the Nursing Home to enquire after Hazel and was told she is comfortable but does have a cough as do most of the residents.*

Paul..... vice chair



Sir Teddy Taylor

I'm sure you will all be aware of the sad passing of Sir Teddy Taylor. Teddy together with his devoted wife Sheila were great supporters of many local charities of which Take Heart was very lucky to be numbered amongst them. Sheila and Teddy were regular supporter at many of our events and outings. Our new year auction was one of Teddy's favourite where he would bid on a load of toot and then donate it back. A few years ago Teddy won the £250 first prize in our Christmas Draw and we had to be firm to stop him giving it back to us. Many will remember the talk he gave our members entitled “Life as an MP” which was followed a couple of months later by a talk entitled “Life married to an MP” by Sheila both talks were very interesting and very humorous. Teddy made himself available 24/7 and would help anyone who asked. A truly rare breed and he will be sorely missed by us all.

Our thoughts and prayers go out to Sheila and the family at this sad time.

Ray's Cardiac Episode



I would like to say a very big thank you to "Take Heart" for donating pedometers (and a host of other items of equipment) to Southend University Hospital.

I am now one of the many who are benefitting from the generosity of "Take Heart" supporters and the tremendous fundraising efforts that are made by them and the "Take Heart" committee. Many thanks and well done for what you all do.

I was given a "Take Heart" pedometer by the Cardiac Rehab team at Southend Hospital and have found this extremely helpful as I continue my recovery from the heart attack I suffered, on Sunday July 23rd 2017, which came as a big shock to me. When it happened, my quick-thinking wife Marion immediately gave me an aspirin and phoned for an emergency ambulance, which arrived within 4 minutes, with 3 paramedics in attendance.

The paramedics quickly got to work, gave me an ECG, and confirmed I was having a heart attack. They were in constant contact with the Heart Attack Centre at Basildon and the decision was made to get me to Basildon. On arrival at the Heart Attack Centre, I was speedily transferred to a trolley that was waiting for me and I was taken straight to the operating theatre. I had 4 stents put in, watched what was being done on screens nearby, and spoke to the cardiologists as they did their very skilful work.

The co-operation I had witnessed between the Southend based paramedics and the Basildon Heart Attack Centre was absolutely first class. It was the NHS at its best. I am very grateful to all those involved, including my wife Marion and son Stuart.

Less than 2 hours after my heart attack, I was taken to Roding Ward, in the Essex Cardiothoracic Centre, where I was very well looked after by the extremely conscientious, caring, and hard-working nursing staff, until my discharge on 26th July 2017.

The consultant who authorised my discharge made it very clear to me that that "this is the beginning and not the end", and that it is important to attend the Cardiac Rehab Course. Arrangements were made for me to attend it at Southend Hospital.

I am now in the latter stages of the Rehab Course, which lasts 6 weeks and requires attendance twice a week. The programme includes exercise & relaxation sessions followed by health education talks which include explaining the complexities of all matters relating to the heart. I have found the course very informative, beneficial and enjoyable.

The Southend Cardiac Rehab Team comprises clinical nurse specialists, staff nurses, physiotherapists, and rehab assistants, who all very friendly and helpful, work extremely well together, and do an excellent job.

Deserving of praise also are the British Heart Foundation for their excellent publications, that are made freely available, which are easy to read, very informative and helpful.

I was very lucky with my episode, things could have been so much worse if I had not been treated so quickly at the outset.

It is very reassuring that there is such high-quality support available when help is needed. Thanks again "Take Heart" for what you do as part of that.

My "Take Heart" pedometer will be a constant reminder not to be complacent and to keep up doing the steps..... Ray Bailey

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: 12th Oct: Colin and Jill's trip to Canada earlier this year with slides

Thurs: 9th Nov: Remus Horse and Donkey Sanctuary

Mon.13th Nov: 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. Find the booking form in this Mag.*

Thurs: 14th Dec: to be confirmed.

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

Weds. 27th — Fri. 29th Dec. PARIS at CHRISTMAS

Thurs: 11th Jan: to be confirmed.

Thurs: 8th Feb: to be confirmed

Thurs: 8th March to be confirmed.

Thurs: 12th April: AGM

At local Catholic Church, they have weekly husbands' marriage seminars. At the session last week, the priest asked Giuseppe, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands,

"Wella, I've tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for our 25th wedding anniversary!"

The priest responded, 'Giuseppe, you are an amazing inspiration to all the husbands here! tell us what you are planning for your wife for your 50th wedding anniversary?'

Giuseppe proudly replied, "I gonna go back to Italy and bring her back."

I went to the off-licence on Friday afternoon on my bicycle, bought a bottle of Scotch and put it in the bicycle basket. As I was about to leave, I thought to myself "if I fell off the bicycle, the bottle would break" So I drank all the Scotch before I cycled home. It turned out to be a very good decision, because I fell off my bicycle seven times on the way home.

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."*George Bernard Shaw to Winston Churchill* .

"Cannot possibly attend first night, will attend second... if there is one."
Winston Churchill, in response



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.

ONLY £155.00 each (Single supplement £60.00)

If interested

**Phone Paul 01702 615660 Or E-mail: paul@takeheartsouthend.org
and a booking form will be sent to you.**

"Take Heart" Event Booking Form

Mon. 13th Nov. *Italian Night at "Padrino" above the Archway cafes on the sea front at Westcliff. 3 course menu, come on your own / bring some friends. Book early will be a sell out like last year. **Only £15.00 each***

Please book me.....spaces Italian night: at £15.00 each =.....£ _____

Total = £ _____

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

Will a 'new wonder drug' cut The risk of a Heart Attack?

According to media coverage, a "new" drug could cut your risk of heart attacks and cancer. We look at the research behind the headlines. 29th August 2017



Researchers have discovered that a drug not currently used for heart patients could cut the risk of a heart attack or stroke. The study found that there was a 15 per cent reduction in the risk of a repeat heart attack among patients who took the drug canakinumab. They were treated with the drug, which is sometimes used to treat gout (a type of arthritis) and some rare inherited auto-inflammatory conditions. The study was funded by Novartis, which makes the drug.

Participants in the study were given canakinumab once every 3 months, and monitored for up to 4 years. The trial involved 10,061 patients and was held in almost 40 countries. Canakinumab is designed to reduce inflammation, which is one of the body's natural responses to infection or injury. But it also plays a major role in causing heart attacks and strokes. The study found that it did lower inflammation but had no effect on cholesterol - showing that inflammation is involved in the processes leading a heart attack or stroke. The research, presented at the European Society of Cardiology Congress in Barcelona, also found that, because of its effect on the immune system, the drug contributes to more occurrences of potentially fatal infection and sepsis (a serious condition where the immune system damages the body by an extreme response to infection).

The news coverage: The research was covered widely, including by The Sun, The Telegraph, Express, Guardian, Independent, and the BBC. The Sun's coverage said that this is 'being hailed the biggest medical breakthrough since Statins' but does not explain who has said this. The Guardian and the Telegraph backed this up by quoting Dr Paul Ridker, the lead author of the study, who said he'd seen "three broad eras of preventative cardiology". "In the first, we recognised the importance of diet, exercise and smoking cessation. In the second, we saw the tremendous value of lipid-lowering drugs such as Statins. Now, we're cracking the door open on the third era." Although a vivid quote, it's not exactly the same as saying this is "the biggest breakthrough since Statins". It is also important to note that the drug was not directly compared with Statins. Many publications did not mention that canakinumab was associated with more fatal infections than the placebo. The research found that this drug reduced the risk of a repeat heart attack by 15 per cent, and the risk of lung cancer by 75 per cent. But the Sun's coverage says that the risk of "dying from heart disease and cancer" was cut by "up to half". The use of the phrase "up to" means this statement isn't particularly clear about the size of the effect, and it doesn't obviously match up to the effects as stated in the research. The Express and BBC both explained that the study was funded by Novartis, but most publications did not mention this fact.

Con't over.....

July Meeting:

13th July our Members welcomed Iain Davidson who came to tell us how he has won £90,000 plus by entering and winning competitions. His remarkable success has taken him and his family too many exotic places round the world, given his family and friends the opportunity to experience exciting and amazing things and to meet celebrity's and the rich and famous, and lots more besides, All this just from entering competitions. He urged us all to enter everything because ' you must be in it to win it' and once you start winning it gives an incentive to keep trying. His message was why not give it a go, why not indeed? It certainly has worked well for Iain Good luck if you decide to have a go and let us know what you've won. Stop Press: One of our members who after listening to Iain decided to have a go at a few competitions and within a couple of weeks has won a number of small prizes and believe it or not a superb holiday.....written by June.

August Meeting:

10th August brought Canine Partners to see us again and it was a very interesting evening for us all.. We have met Steph and John before with their clever and beautiful Labradors but this time Steph brought Wisty (Short for Wisteria) a new dog that has only been with her for 8 short weeks. Wisty is small, pretty and two years old and she is Stephs third dog, So she and Steph are learning to bond which is vital for them both. Steph will teach Wisty what she needs from her because although well trained, each dog must adapt to their partners individual requirements. That takes time and patients so a loving bond is essential and they are already working well together and very good news. John's dog is Merlin and he is five years old. He cheerfully helped John out of his jacket, shoes and socks then demonstrated opening doors and putting on the light Merlin is a real character huge, happy, gentle, very clever and totally devoted to John as Wisty will shortly be the same with Steph.....Written by June



Southend-on-Sea Bowling Club.

7. Tunbridge Road, Southend-on-Sea, Essex, SS2 6LT
Tele: 01702-467073



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



(W. E. COOK)

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GRAND CHRISTMAS DRAW

In aid of Cardiac Departments
at Southend University Hospital

Take Heart the Southend & District Cardiac Support Group

TICKETS ONLY £1 each

1st Prize: £250 Cash

2nd Prize: £100 Voucher

(Donated by Cooks Coaches Southend)

3rd Prize: Large Christmas Hamper

4th Prize: £50 Voucher

(Donated by the Fisherman's Wharf Southend)

5th Prize: £40 Voucher

(Donated by The Polash West Road Shoebury)

6th Prize: £30 voucher

(Donated by Padrino Italian Restaurant Westcliff)

7th Prize

6 Bottles of Red Wine *(Hardy's)*

8th Prize

6 Bottles of White Wine *(Hardy's)*

9th Prize

Bottle of Whiskey *(Large)*

10th Prize

Bottle of Port

11th Prize

3 BBC Cook Books *(Chinese Indian Italian)*

12th Prize

CD Crooners

13th Prize

Christmas Cuddly Toy

14th Prize

3 Bottles of White Wine *(Hardy's)*

15th Prize

3 Bottles of Red Wine *(Hardy's)*

16th Prize

2 Bath Towels *(England)*

17th Prize

4 China Mugs

18th Prize

Bayliss & Harding Set

19th Prize

Tin of Chocolates

20th Prize

Panettone *(Fruit cake)*

Draw will take place at the Take Heart Meeting and Christmas Concert on
Thursday 14th December 2017

At the Eastwood Community Centre, Eastwood,
Southend-on-Sea, Essex SS2 6SH.

Concert starts at 8.00: Entrance is Free: All Welcome:

Registered Charity Number 1023707

Promoter: Mr. Colin Stanley, 30 Westminster Drive Westcliff-on-sea Essex SS0 9SL
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