



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:

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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"

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
Treasurer: Colin Stanley... Tel: 01702-311796 finance@takeheartsouthend.org
Press Officer: Lesley Pettengale Tel: 01702-340769 lesleycyd@aol.com
Web-Master: Gary Jackson... Tel: 07516 077255 jackogary@gmail.com
Hospital Rep: Richard Lefever Tel: 07850662422 richard.lefever@sky.com
Raffles: Diane Price Tel: 01702 295505 diane@mjprice.demon.co.uk
Refreshments: Beryl Whitehead
Assist. Editor: June Johnson jandj06@blueyonder.co.uk
Co-opted: 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

+++++

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.

Despite the Bah Humbug hat I quite like Christmas when it arrives, its the build up that drives me mad and it starts earlier with each year.

Black Friday turned into Friday Saturday Sunday and so

on. I buy what I want or need I don't buy things just because there're cheap or half price. If you don't need it or want it then don't buy it that way you will save 100%.

*Take Heart has had some great nights out over the past few months. Sixty members and friends enjoyed another fish and chip night at the Fishermans Wharf back in October and 93 of us sat down to another fabulous Italian night at Padrino's in Westcliff in November. Both nights raising a total of £1,000.00 . A big **Thank You** to both these venues which have become regular events on our social calendar.*

We have had some large donations from local Freemasons (see photos and report) Other donations include one from our past chairman Alan and Chris Cornel who celebrated their Golden Wedding recently and some friends gave them a cheque for £50.00 to donate to a charity of their choice and they kindly sent it to us . Thank you and congratulations . We also received another £50.00 from the proceeds of a raffle held by the Southend-on-Sea Tangent Club , Many thanks to the members for thinking of Take Heart.

Our Christmas concert this year promises to be something special and is a "not to be missed event" Tuesday 20th December should be imprinted on your minds. Please come along for Christmas Starts Here. This will also be the last opportunity to return your raffle tickets and the last chance to purchase extra tickets to increase you chance of winning £250.00 cash or one of the other 19 prizes (full list on the back page)

STOP PRESS: *If you were sent this Magazine by post you will find a book of our Christmas draw ticket enclosed if you wish to purchase these please send back the counter foils by post in the envelope provided enclosing your cheque made payable to Take Heart or if easier a folded five pound note placed in the ticket counterfoils. You can also return your counterfoils at our next meeting on Thursday 8th December or bring them with you if attending our Christmas concert and draw on Tuesday the 20th December.*

***From all the committee may we wish you
a Very Merry Christmas
and a Healthy and Prosperous New Year.***



**"Take Heart"
Southend and District
Cardiac Support Group
Chairman:
Paul Halley**



The Hildrow team :
Winners of our quiz night back in June. I Lost the photo till now but better late than never. Well done to the winning team and thank you to all who supported the night. Also a big belated thanks to Ron and Janice Price our quiz masters for the night.



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Jewish Comedians.

A car hit an elderly Jewish man. The paramedic says, "Are you comfortable?"

The man says, "I make a good living.

I've been in love with the same woman for 49 years. If my wife finds out, she'll kill me!

Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.

My Wife and I always hold hands. If I let go, she shops.

My wife and I revisited the hotel where we spent our wedding night. This time I was the one who stayed in the bathroom and cried.

My wife was at the beauty shop for two hours. That was only for the estimate. She got a mudpack and looked great for two days. Then the mud fell off.

The Doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.

A Jewish boy comes home from school and tells his father he has a part in the play. He asks, "What part is it?"

The boy says, "I play the part of the Jewish husband."

The father scowls and says, "Go back and tell the teacher you want a speaking part."



"TAKE HEART'S" Lunch at the Polash WEST ROAD SHOE BURYNESS

In aid of Helen's Marathon Run for Take Heart

On Sunday 19th March 2017: 1.00pm. For a 1.30pm. start

3 course with coffee & mints ONLY £20.00 EACH

~~~~~**booking form cut here**~~~~~

**Charity Indian Lunch:** Book me.....Tickets @ £20.00.each. Total = £

Name:.....Address:.....

Phone No..... E-mail:.....

Please send this form together with your cheques made payable to:  
**Take Heart (Polash) 30 Westminster Drive Westcliffe on Sea Essex SS0 9SL**  
Further enquiries phone Paul: 01702 615660

## **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 Dec: Christmas with Laurel & Hardy. *(not to be missed)*



Thursday 8th December  
Christmas with Laurel & Hardy  
extremely funny and not to be missed

**Tues. 20th Dec:**

**Take Heart Christmas Concert : Entrance FREE**

featuring the Waterside Choirs Group with the Daisy Bowlers.  
Also last chance to return your Christmas draw tickets and  
or to buy more tickets. Last chance to win £250.00 together  
with 19 other prizes. Concert starts 8.00 pm. All Welcome.  
Christmas Draw takes place in the break at 9.00 pm .  
Concert ends 10.15pm

Thurs: 12th Jan: No auction this year (sorry) But we do have a return visit from  
Canine Partners together with their Dogs.

Thurs: 9th Feb: History of Famous People of Essex: Keith Lovell

Thurs: 9th March: I'm a Tulip what are you? Jacqueline Aviloto (very funny)

**Sun: 19th March:**

**Lunch at the Polash Indian Restaurant West Road Shoebury**  
in aid of Helen's sponsored run in Southend's first full Mara  
thon which will be run the week before on the 12th. All funds  
raised by Helen and this lunch will be donated to Take Heart.  
**\*For booking form see page opposite.**

Thurs: 13th April: A.G.M. Followed by a 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 Chinese Night at The Pearl Dragon on Southend Sea**  
**front, one of the best Chinese restaurants in town.**  
*Booking form in our March edition.*

Thurs: 8th June: Remus Horse Sanctuary .

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

Iain Davidson

## MERRY CHRISTMAS

## FROM ALL AT

## TAKE HEART





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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



## Christmas Day with a difference

**Dinner at the Polash:** choose from our normal menu open 12.00 till 5.00pm.

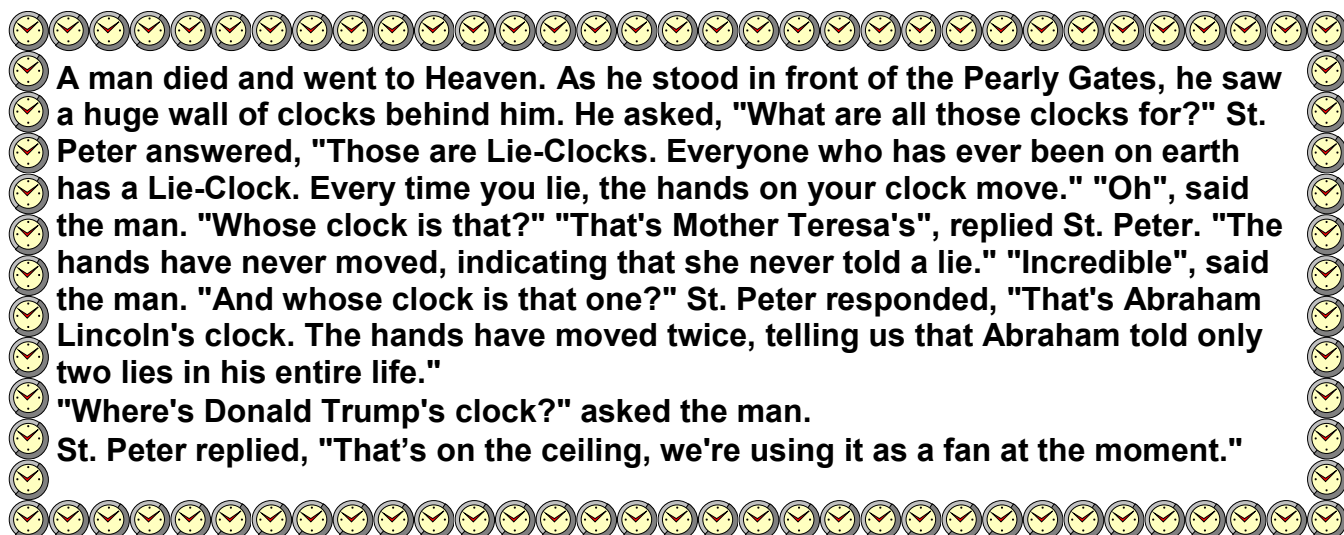


Phone 01702 293989 to reserve your Table. Mention you are members of Take Heart and receive a complementary portion of our Christmas Day special "Brussel Sprout Baji"

**Phone: 01702 293989**

**86 West Road Shoebury SS3 9DS**

(Your chairman will be here!)







**FREEMASONS** donate to Take Heart again. On the left is Keith Holdsworth the 2016 Captain of the Southend Masonic Golf Society presenting our Chairman Paul with a cheque for the wonderful amount of £1,250.00 which was raised during his year as Captain.

To the right is pictured John Jones this years Master of Thames Mouth Lodge no 6994 presenting Paul with another wonderful amount of £1,100.00 raised during his year as Master. Local Freemasons have always been very generous to local charities, in particular Take Heart and for this we are truly grateful and thank them all for thinking of us.



We have been informed by two other local Lodges that their Masters for the coming year would also like to support Take Heart so local Freemasonry continues to support Take Heart with their generous donations.

\*\*\*\*\*

★ The DEA officer stopped at a ranch in Texas, and talked with an old rancher. He told the rancher, "I need to inspect your ranch for illegally grown drugs." The rancher said, "Okay, but don't go in that field over there," as he pointed out a distant location. ★ The DEA officer verbally exploded, saying, "Mister, I have the authority of the Federal Government with me!" Reaching into his back pocket, he removed his badge and proudly displayed it to the rancher.

★ "See this badge? This badge means I am allowed to go wherever I wish.... on ANY land! No questions asked or answers given! Have I made myself clear..... do you understand?"

★ The rancher nodded politely, apologized, and went about his chores.

★ A short time later, the old rancher heard loud screams, looked up and saw the DEA officer running for his life, being chased by the rancher's enormous Santa Gertrudis bull...With every step the bull was gaining ground on the officer, and it seemed likely that the officer would be gruesomely gored before he reached safety. The man was clearly terrified.



The rancher threw down his tools, ran to the fence and yelled at the top of his lungs.....

**"Your badge... "Your badge...  
show him your *BADGE!***

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Thursday 8th December  
Christmas with Laurel & Hardy  
extremely funny and not to be missed

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## News from The Essex Cardiothoracic Centre (CTC)

### Basildon University Hospital

A team at Basildon University Hospital who help diagnose and treat patients with heart and vascular conditions have won an award for their non-stop service. The cardiac radiographers, based in The Essex Cardiothoracic Centre (CTC) have



won Eastern Region Radiography Team of the Year 2016 from The Society and College of Radiographers. The team have been invited to a ceremony in the House of Commons in November where they will also be judged for the overall UK Team of the Year award.

The radiographers are part of a team that provides the only interventional cardiology service in Essex, that is, treatments for heart disease using small incisions and hollow flexible tubes called catheters. Karen King,

superintendent radiographer, said: "I think what made our entry stand out is that we are a very small team that provides a 24/7 cardiac imaging service for patients not only in Basildon Hospital, but the whole of Essex. This means we have radiographers constantly on call, who are ready to get here from home very quickly if there is an out-of-hours emergency "And we have just established a round-the-clock service for possible vascular emergencies, so we are meeting the challenge of a doubled workload." The team also pride themselves on having designed a training programme that enables them to extend their practice outside the usual role of a radiographer. Two of them are trained as scrub nurses who prepare patients for procedures and administer drugs. Karen added: "This flexibility improves team work and ensures safer patient care especially out-of-hours. It's also a good way to ensure staff can develop their skills, which helps meet the challenge of recruitment that all hospitals are facing."

One radiographer from the team also has spoken about their role at an international conference, held by the British Cardiovascular Intervention Society.

**MERRY CHRISTMAS TO YOU ALL  
FROM ALL AT TAKE HEART**





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**Our November speaker:**

It was a cold and wet night when members braved the weather to hear our November speaker, Paul Dunt. He came to tell us about his epic cycling trip along the Trans American Trail in 2014. He showed slides and told a good humoured, fascinating tale of endurance and determination. Paul and his friend Terry cycled 4,260 miles to raise money for Cancer research and fulfil the challenge of a lifetime. He also brought the bike, reassuringly sturdy, practical and rather smart which created quite a lot of interest afterward. It would seem that America is kindly and welcoming to those who cycle the dangerous transam trail, opening their churches for them to sleep in, allowing them to camp in their gardens, and help in many other ways, once they even got fed when they interrupted a wedding party! It was a really interesting and enlightening evening and judging by the prolonged applause by our members, they were very glad that they had braved the weather. Another nice thing is that Paul is the son of one of our members who are quite rightly very proud of his achievements.

**Report by June:**



**Richard Sanderson MCFHP MAFHP**  
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# HEART HELPLINE

0300 330 3311

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## Emergency Contact Numbers for Christmas and the New Year

### DIAL 111

IF you feel unwell, call 111 and a team of fully trained advisers and experienced nurses can assess your condition and direct you to the local service that can help you best, when you need it.

That could be your GP surgery, an out of hours GP, A&E, a local urgent care centre, emergency dentist or a late opening pharmacist.

If it is an emergency, an ambulance will be despatched immediately without the need for any further assessment, just as quickly as if you had dialled 999. For less urgent health needs, residents should still contact their GP or local pharmacist.

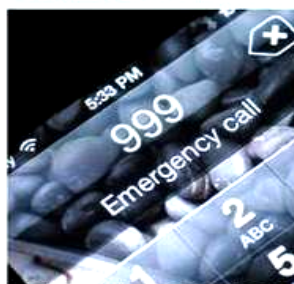
### DIAL 101

YOU should call 101 to report crime and other concerns that do not require an emergency response. For example:

- Your car has been stolen.
- Your property has been damaged.
- You suspect drug use or dealing in your neighbourhood.
- To report a minor traffic collision.
- To give the police information about crime in your area.
- To speak to the police about a general enquiry.

### DIAL 999

YOU should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened.



### OTHER NUMBERS

#### SAMARITANS

Call 08457 909090 or email [jo@samaritans.org](mailto:jo@samaritans.org)

#### SILVER LINE

If you are feeling lonely or isolated, The Silver Line is a free, confidential, 24 hour a day helpline for older people. Call 0800 470 8090 or visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

#### ELECTRICITY EMERGENCIES

Visit [www.ukpowernetworks.co.uk](http://www.ukpowernetworks.co.uk) or 0800 783 8838 or 0333 202 2021 from a mobile.

#### GAS EMERGENCIES

Visit [www.nationalgrid.co.uk](http://www.nationalgrid.co.uk) or call 0800 111 999.

#### WATER AND SEWERAGE ENQUIRIES AND EMERGENCIES:

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A guy walked into a crowded bar, waving his unholstered pistol and yelled, "I have a 45-caliber Colt 1911 with a seven round magazine plus one in the chamber, and I want to know who's been sleeping with my wife."..... A voice from the back of the room shouted, "You need more ammo!"

**Question:** If you could live forever, would you and why?

**Answer:** "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever,"

*Miss Alabama in the 1994 Miss USA contest.*

\*\*\*\*\*

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you? You may re-apply if there is a change in your circumstances."

*Dept. of Social Services, South Carolina*

\*\*\*\*\*

We don't necessarily discriminate. We simply exclude certain types of people."

*Colonel Gerald Wellman, ROTC Instructor.*

\*\*\*\*\*

"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein."

*Joe Theisman, --NFL football quarterback & sports analyst.*

## **Bin Collection days over Christmas and New Year (Southend-on-Sea)**

**Your recycling and waste collection day will change following the Christmas holiday week (27th to 30th December 2016) so put all of your recycling / waste out a day later than normal**

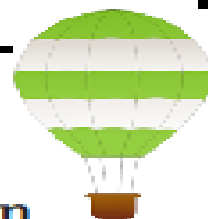
**Please remember that the following week (week starting 3rd January 2017) collection days will be back to normal, so please put out all your recycling and waste on your normal collection day.**



\*\*\*\*\*  
 \* Don't forget to return your raffle tickets by Tuesday 20th December or you will miss \*  
 \* out on your chance to win £250.00 . Tickets can be brought along to the Take \*  
 \* Heart Christmas Concert on Tuesday 20th December at the \*  
 \* Eastwood Community Centre SS2 6SH \*  
 \* starts at 8.00 all are welcome : \*  
 \* **Entrance is FREE** \*  
 \* **Also free parking in the supermarket car park** \*  
 \*\*\*\*\*

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**The reason there are so many Irish stories / jokes is because  
the Irish have a quaint way with words.**

*I have just returned from a visit to Éire to see my dear old Mum who is in great form and looking forward to her 91st birthday in March. I always remember as a kid me and my brother being told "don't come running home to me if you get run over and killed" When we did something wrong which was quite offend she would shout "I'll swing for you two one day" alluding to "I'll murder you two"*

**Other lovely ways with words, like the Irish patient who hobbled into the Surgery waiting room.**

"I hope to God the doctor finds something wrong with me. I'd hate to feel like this if I was well!"

Murphy dropped dead the moment he arrived home from a vacation in the tropics. He was laid out in the coffin for friends and neighbours to pay their last respects. "He's got a great tan," Mrs Doolan from next door mused. "The holiday did him the world of good." "And he looks so calm and serene," said Mrs McGuinness. "That's because he died in his sleep." explained Mrs Murphy, "and he doesn't know he's dead yet, but when he wakes up, the shock will kill him!"

Paddy and Shamus were hitchhiking. "It's best if we split up," said Paddy. "I will meet you in the next city under the town hall clock". Later that night Shamus was waiting at the appointed place when Paddy drove up in a swank car. "Where the hell did you get that?" Paddy explained that he had just walked a little way when a beautiful woman picked him up. She drove into the woods, got out and took all her clothes off. "She said I could have anything I wanted, so I took the car," said Paddy. "Good choice too," said Shamus. "You'd look ridiculous in her clothes."

Paddy was coming through the customs at the airport carrying a large bottle. "What have you there?" said a suspicious customs officer. "Tis Lourdes holy water. I am bringing it home with me", said Paddy. The officer took the bottle and tried some. "Why it's Irish whiskey." ! He spluttered. "Lord bless me."! Said Paddy, "another blooming miracle."

## **Report on our October Meeting**

On 12th October found our members welcoming Peter and Clive from 'Trustlinks' They came to tell us about their 'Growing together' gardens. There are several in our area and quite a lot of our members will know the one that is on the corner of Prittlewell Chase and Fairfax Drive in Westcliff.

It is a project set up in 2000 largely to support and help local people with various mental health issues, and school children and adults with learning difficulties.

Working together with staff and volunteers who supervise groups, therapeutic gardening encourages co operation by clients helping each other, sharing experiences, healthy exercise, and gaining self confidence in social situations

These very important skills make a huge difference to the life of someone who might feel isolated, confused or alone to become connected and valued. Reports also show that children seem to enjoy and do better in class after the experience. There are many other activities available for clients such as caring for the chickens, making eco friendly items. growing the fruit and veg. etc. and a shop that sells their home grown produce including honey. Long and short courses on horticulture and other vocational subjects are available and a job club to help set them on their way. There is also a café and we were told that they welcome visitors so in the near future I think I might be checking out the cake and taking a closer look at this very interesting community project.....June

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Vincent McCarthy  
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Why am I getting divorced? Well last week was my birthday. My Wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office my Secretary said "Happy Birthday" I felt so special. She asked me out to lunch and afterwards invited me back to her apartment, when there she asked if I minded if she went into the bedroom for a minute. okay I said and 5 minutes latter she came out with a big birthday cake, my wife, my parents, my kids, my friends all yelling Happy Birthday. There I was waiting on the sofa.....Naked!!!

\*\*\*\*\*

A woman places an ad in the local newspaper. "Looking for a man with three qualifications: won't beat me up, won't run away from me, and is great in bed." Two days later her doorbell rings. "Hi, I'm Tim. I have no arms so I won't beat you, and no legs so I won't run away." "What makes you think you are great in bed?" the woman retorts.

Tim replies, "I rang the doorbell, didn't I?"

\*\*\*\*\*

# Steve Ashby



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Alpine meadows, dark pines,  
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**8 days - £619.00**

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A city full of wonderful  
Buildings & a very long list of  
places of interest.

A lot of Prague still looks as it did  
when Mozart was there.

**6<sup>th</sup> August 2017**

**7 days - £519.00**

Trump opened the letter and it appeared to contain a single line coded message

**370HSSV n 0773H**

Trump was baffled, so he e-mailed it to Melania Trump and his children.

She and the children had no clue either, so they sent it to the FBI.

No one could solve it at the FBI, CIA or NASA. They asked Britain's MI6 for help.

Within minutes, MI6 cabled this reply:

**"Tell Mr Trump that he is holding the message upside down."**

Don't forget to return your raffle tickets by the 20th December or you will miss out on your chance to win £250.00. Tickets can be brought along to the Take Heart Christmas Concert. on Tuesday 20th December at the Eastwood Community Centre SS2 6SH starts at 8.00 all are welcome : Bring some friends.

**ENTRANCE FREE**

# GRAND CHRISTMAS DRAW

**Take Heart** the Southend & District Cardiac Support Group  
In aid of purchasing new specialist exercise bikes for the  
Cardiac Rehab dept. at Southend University Hospital

TICKETS ONLY £1 each

**1<sup>st</sup> Prize: £250 Cash**

**2<sup>nd</sup> Prize: £100 Voucher**

*(Donated by Cooks Coaches Southend)*

**3<sup>rd</sup> Prize: Large Christmas Hamper**

**4<sup>th</sup> Prize: £50 Voucher**

*(Donated by the Fisherman's Wharf Southend)*

**5<sup>th</sup> Prize: £40 Voucher**

*(Donated by The Polash West Road Shoebury)*

**6<sup>th</sup> Prize: Edinburgh Crystal Decanter and glasses**

**7<sup>th</sup> Prize**

**6 Champagne Flutes** *(Gold Rim)*

**8<sup>th</sup> Prize**

**Large Bayliss & Harding** *(Bathroom Set)*

**9<sup>th</sup> Prize**

**Bottle of Teachers Whiskey** *(Large)*

**10<sup>th</sup> Prize**

**4 Bottles of Pesseco**

**11<sup>th</sup> Prize**

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

**12<sup>th</sup> Prize**

**4 Bottles of Rose Wine**

**13<sup>th</sup> Prize**

**4 Bottles of Red Wine** *(Rioja)*

**14<sup>th</sup> Prize**

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

**15<sup>th</sup> Prize**

**2 Bottles of Rose Wine**

**16<sup>th</sup> Prize**

**2 Bottles of Red Wine** *(Rioja)*

**17<sup>th</sup> Prize**

**Christmas Cuddly Toy**

**18<sup>th</sup> Prize**

**Bayliss & Harding Set**

**19<sup>th</sup> Prize**

**Tin of Chocolates**

**20<sup>th</sup> Prize**

**Panettone** *(Fruit cake)*

Draw will take place on Tuesday 20th December 2016 at 9.00pm at the  
**Take Heart Christmas Concert**

featuring the Waterside Choirs Group with The Daisy Bowlers

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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