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SPRING 2019

(Covers: April / May / June)

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The Who's Who of "Take Heart"

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Treasurer: Colin Stanley.....Tel: 01702-311796
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Committee Member: Les Whitehead

President: Dr Paul Kelly BSC. MD. FRCP.

Vice President : Mr George Turner

+++++

Committee (Ex Officio) Members Sue Middleton and Sarah Sayer
both Clinical Nurse Specialists and joint Rehab Team Leaders

+++++

Southend Hospital Cardiac Rehabilitation Centre.

Tel: 01702-385028

E-Mail: susan.middleton@southend.nhs.uk

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All correspondence should be sent to:

"Take Heart" 47 Ness Road Shoeburyness Essex SS3 9DB

The views expressed in articles submitted for publication are not necessarily the views of the Editor or The "Take Heart" Committee.

To advertise in Future Editions of this magazine

Please contact the Editor: 01702 615660 or e-mail enquires to:
lesleycyd@aol.com Circulation is 2,500 copies per quarterly edition posted to
all 850 "Take Heart" members with copies sent to all 110 local G.P. surgeries
and clinics within our area and all local libraries also waiting areas within
Southend Hospital. The cost per page advert is £70.00 per year,
1/2 page £40.00 per year, 1/3 page £30.00 per year, 1/4 page is £25.00 per year.

THE ANNUAL GENERAL MEETING OF "TAKE HEART"

THE SOUTHEND AND DISTRICT CARDIAC SUPPORT GROUP
TAKES PLACE AT 8.00PM ON THURSDAY 11th APRIL 2019
THE EASTWOOD COMMUNITY CENTRE,
WESTERN APPROACHES, EASTWOOD.

AGENDA

1. APOLOGIES FOR ABSENCE.
2. APPROVE THE MINUTES OF THE A.G.M. HELD ON 12th APRIL 2018
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 A NEW AUDITOR
8. UPDATE ON EQUIPMENT TO BE PURCHASED FOR SOUTHEND
CARDIAC DAYSTAY WARD.
- 9.. ANY OTHER BUSINESS

THE MEETING WILL CLOSE WITH REFRESHMENTS BEING SERVED AND A FREE RAFFLE

THE FOLLOWING OFFICERS AND COMMITTEE MEMBERS ARE
CONSIDERING STANDING FOR RE-ELECTION / ELECTION
(subject to further nominations being received)

CHARMAN	-----	PAUL HALLEY
HON. TREASURER	-----	COLIN STANLEY
HON. SECRETARY	-----	JUNE JOHNSON
MEMBERSHIP SECRETARY	-----	GILL STANLEY
HOSPITAL REP.	-----	RICHARD LEFEVER
REFRESHMENTS	-----	EILEEN STEWART
ADVERTIZING	-----	LESLEY PETTENGAL
COMMITTEE MEMBER	-----	LES WHITEHEAD
Southend Hospital (ex officio)	-----	SUE MIDDLETON
Southend Hospital (ex officio)	-----	SARAH SAYER

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

Here we are 2019, I can remember the millennium and it only seemed like 6 or 7 years ago. I've said it before, doesn't time fly especially as we get older.

Take Heart continues to grow with a steady stream of new members our membership is now approaching 900, a long way from that first meeting back in 1992 where 62 members joined.

Unfortunately we have lost some good friends over the past few months and it is wonderful that their families have nominated Take Heart to receive donations in their memory. Sid Mitchell, who passed away last year, we received £340.00 in his memory with more promised to follow.

Brenda Stewart sadly passed just before Christmas and we recently received £344.00 in her memory. Brenda and her husband were over the years great supporters of Take Heart. I remember they donated some coin collections quite a few years ago and we surprisingly sold them for 2 or 3 hundred pounds at auction. Brenda regularly sent us a donation at Christmas. She was a lovely lady.

We also received £210 in memory of a longstanding member Mrs Jean Brittain who passed recently. Her family nominated Take Heart to receive donations instead of floral tributes because Jean valued her association with us and the friendships she made.

It is with great sadness I have to announce the untimely passing of long standing member Terry Downing, many of you will remember him (pictured). Terry and his partner Angie have regularly attended our meetings and enjoyed many of our events and trips over the years especially our days to Lingfield Races. He will be sadly missed.



Funeral Arrangement are Southend Crematorium Wednesday 10th April 2.00 and back to Thorpe Hall Golf Club afterwards. Angie and Terry's family have nominated Take Heart to receive donations in his memory.Con't page 5....



On 10th January we welcomed Steve Ashby as our first speaker of the year. Steve is no stranger to us as he is a supporter of Take Heart and he and his family often join us on our club nights out. Luckily for us, Steve also happens to be a very well know Toastmaster and he came to share some of the extraordinary, serious and amusing things he has seen or had to deal with as part of his duties.

He wore the spectacular Toastmaster uniform and explained the contents of the case he always carries. This contains pretty much everything that might be needed in the event of a minor emergency or accident at a Wedding, Ladies Festival, Bar Mitzvah, Banquet or indeed any one of the many other events that he attends. Clearly Steve is very good at and enthusiastic about what he does and our members really enjoyed hearing all about it. We will look forward to seeing him again very soon, (He even helped out with the raffle - what a star.)



Steve Ashby



Toastmaster
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A London lawyer runs a stop sign and gets pulled over by a Glasgow copper. He thinks that he is smarter than the cop because he is a lawyer from LONDON and is certain that he has a better education than any Jock cop. He decides to prove this to himself and have some fun at the Glasgow cops expense!!

Glasgow cop "Licence and registration, please."

London Lawyer, "What for?"

Glasgow cop, "Ye did'nae come to a complete stop at the sign."

London Lawyer says, "I slowed down, and no one was coming."

Glasgow cop, "Ye still did'nae come to a complete stop. Licence and registration, please"

London Lawyer says, "What's the difference?"

Glasgow cop says, "The difference is, ye huvte come to complete stop, that's the law, Licence and registration, please!"

London Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my licence and registration and you give me the ticket. If not, you let me go and don't give me the ticket."

Glasgow cop says, "Sounds fair. Exit your vehicle, sir."

The London Lawyer exits his vehicle.

The Glasgow cop takes out his baton and starts beating the living sh-t out of the lawyer and says,

"Dae ye want me to stop, or just slow doon?"



Colin, Take Heart's Treasurer presenting his namesake Colin Blackhall with the first prize of £250.00 cash in this years grand Christmas draw. Colin was present on the night of the draw and was very lucky winning the 5th prize as well. It doesn't happen that

often but its nice to have the winner present. Colin announced that he will be donating the winnings to charity in memory of his late wife Jill who passed away recently. Well done to all who supported the Draw, which together with some extra donations made a profit of over **£1,000**

STOP PRESS Donation update:

Westcliff Alexander Townswomen's Guild sent us two cheques totalling £50.00 which was raised from quizzes.

Priory ex Tablers (PETS) which is comprised of ex Round Tablers who continue to meet on a social basis sent us a cheque for £200.00 Take Heart was nominated by one of their members Frank James who always supports us when he can. Thanks Frank.

No matter how small or large we welcome all donations to Take Heart all these amounts soon add up and as we are all volunteers 100% of your money is spent on local Cardiac Care. In many cases we inform the donators in time what was bought and invite the donators to any presentation that might take place.

Thank you all once again for your support

SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events in **colour**)

Thurs. 11th April

A.G.M. Boring but essential (see page 15)

Thurs. 9th May

Coping with Emotions: Living with and After Cardiac Problems: Talk : by Dan Wright from Southend Hospital

Thurs. 13th June:

Bob Gelgrano: Very interesting Talk on The Garrison Shoeburyness

Thurs. 11th July:

The Braintree Doppelgangers: John Jemison & The Reverend Neil Richardson :Stories and poetry something to make you think . Not to be missed.

Thurs. 8th August:

Owls R U: Return visit of this famous local group who talk and exhibit various owls and birds of prey all done in an educational way .Don't forget your cameras

Thurs. 12th Sept:

To be confirmed

Thurs. 10th Oct:

To be confirmed

Extra events including: Italian Night / Fish and chip Night and Chinese Night plus other events and trips will be announced in our June Magazine

**Please support your committee by attending the Take Heart AGM on Thursday 11th April
FREE RAFFLE**

Con/t from page 3.....sorry to have been the bearer of so much sad news in my report but hopefully in our next editions we will be more positive with reports on what we have bought for our hospital with all the donations we have received in the memory of passed loved one. In some small way they can live on with the equipment that we buy in their names which will benefit future cardiac sufferers . On a brighter note summer is coming lets hope we have one like last year.....Paul

The Difference between Complete and Finished ?

In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

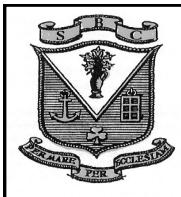
The final question was: 'How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand? Some people say there is no difference between COMPLETE and FINISHED.

Here is his astute answer: "When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

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Three ladies are chipping up to the fourth hole at River Hill Golf Club when a naked man wearing a paper bag over his head jumps from the trees and runs across the green. The three ladies stand in awe at the size of his manhood. The first lady says, 'He is definitely not my husband.' The second lady, gazes at his manhood and says, 'He is not mine either. 'After a very considerable inspection, the third lady finally says, 'He's not even a member of this Golf Club'



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I was recently invited to the Hockley Lodge of Freemasons No.6204 meeting at Rochford Masonic Centre to give them a talk on the work of Take Heart. I received a warm welcome from this years Master WBro Jeff Kinn (pictured left) and all the members. Having given my talk to the interested group and enjoying a nice meal and their company for the evening the Master announced that he is nominating Take Heart as his charity for the coming year. I look forward to returning next year to receive the benefit of their hard work with there various fund raising events which members of Take Heart will hope to attend to show our support for their efforts.

Once again local Freemasons supporting local Charities



Steve Ashby our Toastmaster arranged a karaoke night for our March meeting something a bit different but hah we gave it a go. Steve packs a voice and got the ball rolling with a couple of songs followed by his daughter who also packs a voice. Members then found some courage and gave it a go some were good but also some were bad but it was all good fun. The difficulty was that usually karaoke nights are held in pubs and the one thing that was missing on our night was a drink. Maybe if we do it again we better provide a bit of Dutch courage! Finally some of the committee got up and finished the night with Danny Boy which emptied the building quicker than if the fire alarm had gone off!

The night was a bit of fun
maybe not to be repeated !



Four Catholic ladies are having coffee together and are discussing how important their children are, and expressing how much they love their children

The 1st one tells her friends, "My son Paul is a priest. When he walks into a room, everyone calls him "Father."

The 2nd Catholic woman chirps, "Well, my son Brett is a Bishop. Whenever he walks into a room, people say, "Your Grace

The 3rd woman says smugly, "Well, not to put you down, but my son Chris is a Cardinal. Whenever he walks into a room, people say, "Your Eminence."

The 4th Catholic woman sips her coffee in absolute silence. The first three women give her a subtle "Well.....?"

And then she replies, "My son Adam is really gorgeous, he is 6'2" and a hard-bodied male stripper. Whenever he walks into a room, most people say, "Oh My God."



A Grand time was had by all at our recent St. Patricks Day Lunch at the Polash Indian restaurant in Shoebury. The restaurant was nearly full and our raffle girls entered into the Irish spirit by dressing up and nearly sold

out of raffle tickets, all helping to raise the wonderful amount of £650.00 Well done to all who attended and to those who donated prizes and of course many thanks to the Polash who once again for served up a mouth watering feast.



The golf club and Brexit everything explained

If like me this whole BREXIT fiasco confuses you, fear no more. This will explain it. The narrative below is a simple concise explanation of the whole complex process, and is set out in terms we can all follow.

For me it is now crystal clear: Mr David Davis is at the golf club returning his locker key after resigning his membership when Mr Barnier, the membership secretary sees him. "Hello Mr Davis", says Mr Barnier, "I'm sorry to hear you are no longer re-newing your club membership, if you would like to come to my office we can settle your account."

"I have settled my bar bill" says Mr Davis.

"Ah yes Mr Davis," says Mr Barnier, "but there are other matters that need settlement."

In Mr Barnier's office, Mr Davis explains that he has settled his bar bill so wonders what else he can possibly owe the Golf Club?

"Well Mr Davis," begins Mr Barnier, "you did agree to buy one of our Club Jackets." "Yes," agrees Mr Davis "I did agree to buy a jacket but I haven't received it yet. As soon as you supply the jacket, I will send you a cheque for the full amount."

"That will not be possible" explains Mr Barnier, "As you are no longer a club member, you will not be entitled to buy or wear one of our jackets!"

"But you still want me to pay for it," exclaims Mr Davis. "Yes!" says Mr Barnier, "That will be £500 for the jacket. There is also your bar bill." "But I've already settled my bar bill" says Mr Davis. "Yes," says Mr Barnier, "but as you can appreciate, we need to place our orders from the brewery in advance to ensure our bar is properly stocked. You regularly used to spend at least £50 a week in the bar so we have placed orders with the brewery accordingly for the coming year. You therefore owe us £2,600 for the year.".....cont'd / over.....



Cont'd....."Will you still allow me to have these drinks?" asks Mr Davis. "No of course not Mr Davis. You are no longer a club member!" says Mr Barnier.

"Next is your restaurant bill." continues Mr Barnier, "In the same manner we have to make arrangements in advance with our catering suppliers. Your average restaurant bill was in the order of £300 a month, so we'll require payment of £3,600 for the next year." "I don't suppose you'll be letting me have these meals either?" asks Mr Davis. "No, of course not," says an irritated Mr Barnier, "as you are no longer a club member, you are not entitled to dine here!"

"Then of course," Mr Barnier continues, "there are repairs to the clubhouse roof." "Clubhouse roof," exclaims Mr Davis, "what's that got to do with me?" "Well it still needs to be repaired and the builders are coming in next week, your share of the bill is £2,000." "I see," says Mr Davis, "anything else?" "Now you mention it," says Mr Barnier, "there is Fred the Barman's pension. We would like you to pay £5 a week towards Fred's pension when he retires next month. He's not well you know so I doubt we'll need to ask you for payment for longer than about five years, so £1,300 should do it. This brings your total bill to £10,000." says Mr Barnier.

"Let me get this straight" says Mr Davis, "you want me to pay £500 for a jacket you won't let me have, £2,600 for beverages you won't let me drink and £3,600 for food you won't let me eat, all under a roof I won't be allowed under and not served by a bloke who's going to retire next month!"

"Yes, it's all perfectly clear and quite reasonable to you isn't it?" says Mr Barnier.

Now you understand what Brexit is all about!

