

TAKE HEART'S GRAND CHRISTMAS DRAW

In Aid of "Take Heart Pearl Appeal" 1992—2022
Celebrating 30 Years of Local Cardiac Support.

TICKETS ONLY £1 each

1st Prize: £250 Cash

2nd Prize: £100 Voucher
(Donated by Cooks Coaches Southend)

3rd Prize: £50.00 Voucher
Donated by The Polash Shoebury

4th Prize: Nigella's Christmas Cook Book
Limited edition Signed

5th Prize: Bottle Islay Single Malt Whisky

Plus Other Prizes

Draw will take place at the Take Heart Meeting and Christmas Concert on Thursday 19th December 2019 At the Eastwood Community Centre, Eastwood, Southend-on-Sea, SS2 6SH.

Concert starts at 8.00: Entrance is Free: All Welcome:
Registered Charity Number 1023707

Promoter: Mr. Colin Stanley, 30 Westminster Drive Westcliff SS0 9SL
Registered under the Lotteries & amusements Act 1976

Don't forget to get your Raffle Tickets back to us by the 19th December at the latest. If you are attending our concert where the draw will take place you can bring them with you. Also if you are attending, it will be your last chance to buy some extra tickets and increase your chances of going home with £250 in your pocket or purse:..... GOOD LUCK



A Cardiac Support Group - Registered Charity No. 1023707

WINTER 2020

(Covers: December 2019 / January 2020 / February 2020)

The Group meets on the **SECOND Thursday** of every month (3rd Thurs. December 2019) at 8.00 pm at:

THE EASTWOOD COMMUNITY CENTRE
WESTERN APPROACHES
EASTWOOD
SS2 6SH

Free Parking in
Supermarket car park

*New Members welcome :
come along and introduce yourself*

www.takeheartsouthend.org

For Further Information:- 01702-309042
Leave a message and phone no. and we will contact you.

The Who's Who of "Take Heart"

Chair: Paul HalleyTel: 01702-615660
paul@takeheartsouthend.org

Secretary: June Johnson.....Tel: 01702-309042
junejohnson2810@gmail.com

Treasurer: Colin Stanley.....Tel: 01702-311796
finance@takeheartsouthend.org

Membership Sec. Gill Stanley.....Tel:01702 311796
g.l.stanley@hotmail.com

Hospital Rep: Richard Lefever.....Tel: 07850662422
richard.lefever@sky.com

Refreshments: Eileen Stewart..... *eileengas3@gmail.com*

Advertising: Lesley Pettengale.....Tel: 01702-340769
lesleycyd@aol.com

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.



(W. E. COOK)

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17th March 2020 – 3 days - £169.00

TEL: 01702 344702

Theatre-goers were arriving for a performance when one couple couldn't get to their seats. There was a man sprawled across their two seats. When the husband asked him to move, the man said 'Geemaaaabluns'. "Sorry," said the gent, "I can't understand you, but you are in our seats and I need you to move," He pointed along the row. An usher, seeing the disturbance, came across. He nudged the man and asked him to move. Again, the guy said "Eewannaaabluns". "Sorry", said the Usher. "I don't understand you". He turned to the couple and apologised, saying, maybe we need an interpreter. He turned back to the sprawling man and asked, "Where... are... you... From The guy took a big gulp, "The... balcony. Now gemme an am... bu... lance".

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good example.

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

Welcome to our Winter Edition which covers Christmas and into the New Year. If you received this by post you would have found a book of raffle tickets for our Grand Christmas Draw enclosed. If you would like to purchase these or sell them to members of your family or friends we would be very grateful. We only send £5.00 worth but if you would like more please let me know and more can be sent to you. You should have also received an addressed envelope to return the counterfoils with your cheque (made payable to Take Heart) or if you wish a folded £5.00 note can be enclosed. Please return these by 9.00 pm on Thursday 19th December when the draw takes place.

*Our Christmas concert this year promises to be something special and is a "not to be missed event" Thursday 12th December should have been the date but due to the Election we have had to postpone it to the following Thursday 19th December. Please come along and bring family and friends 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 your chance of winning £250.00 cash or one of the other prizes. **Good Luck.***

Because our last edition of this magazine was a bit on the thin side I did promise those who were disappointed a bumper edition this time so I hope you enjoy. Lots to report, so to find all the up-to-date news turn to the centre page spread pages 12 & 13. Also exciting news and the launch of "The Take Heart Pearl Appeal" an ambitious plan to celebrate our 30 years of local cardiac support by raising a thousand pounds for each year we have been in existence. That's £30,000 an ambitious target but one with your help I am sure we can make.....Paul

I always write of the happiness felt by most at this time of year, but it is also a sad time for many, a time to reflect on the events of the last year and to remember those who are no longer with us. So whatever Christmas means to you, on behalf of all at Take Heart may we wish you health and happiness at this time and a healthy and prosperous New Year.

*Kind regards to all
Paul and the Take Heart Committee*

Steve Ashby

 **Toastmaster
Master of Ceremonies** 

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**MERRY CHRISTMAS AND A HAPPY AND
HEALTHY NEW YEAR
FROM ALL AT TAKE HEART**



Sarah was in the fertilized egg business. She had several hundred young pullets and ten roosters to fertilize the eggs. She kept records and any rooster not performing was replaced.

This took a lot of time, so she bought some tiny bells and attached them to her roosters. Each bell had a different tone, so she could tell from a distance which rooster was performing. She could sit on the porch and fill out an efficiency report by just listening to the bells.

Sarah's favourite rooster, old Butch, was a very fine specimen but, this morning, she noticed old Butch's bell hadn't rung at all. When she went to investigate, she saw the other roosters were busy chasing pullets, bells-a-ringing, but the pullets hearing the roosters coming, would run for cover.

To Sarah's amazement, old Butch had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job, and walk on to the next one.

Sarah was so proud of old Butch that she entered him in a show and he became an overnight sensation among the judges.

The result was the judges not only awarded old Butch the "No Bell Peace Prize", they also awarded him the "Pulletsurprise".

Clearly old Butch was a politician in the making. Who else but a politician could figure out how to win two of the most coveted awards on our planet by being the best at sneaking up on the unsuspecting populace and screwing them when they weren't paying attention?

Vote carefully in the next election.

You can't always hear the bells.



PATIENT FEEDBACK SUGGESTED NARRATIVE

TAKE HEART value feedback from its members relating to their experience with Cardiology Services. Please contact Richard Lefever by email (richard.lefever@sky.com) or by post to: Patient Feedback 47 Ness road Shoeburyness Essex SS3 9DB. Good or bad feedback, Richard is able to relay your comments to the Coronary Heart Disease Local Implementation Group (CHD LIT) which is attended by clinicians and management from Southend University Hospital and Community Service (EPUT). All feedback received will be treated in strictest confidence.



"TAKE HEART'S" St PATRICK'S DAY at **THE POLASH WEST ROAD SHOEBOURNESS**

On Tuesday 17th March 2020:
7.15pm. for a 7.30pm. start

3 courses with coffee & mints ONLY £20.00 EACH
(English meal available if required pre-order only)

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

Indian: Book me.....Tickets @ £20.00.each. = £

Name.....Address.....

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

Please send this form together with your cheques made payable to: **"Take Heart"**

To: Take Heart (Polash) 30 Westminster Drive  
Westcliff on Sea Essex SS0 9SL

**(Cheques should be dated 1st February 2020)**

Further enquiries phone Paul: 01702 615660

## SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm  
(extra events in colour)

**Thurs. 12th Dec: Postponed due to Election.**

**New Date Thursday 19th Dec:**

**The Hoy Shanty Crew:** Local songs commonly sung to accompany labour on board merchant sailing vessels.

**Also Our Grand Christmas Draw. Win £250**

Thurs. 9th Jan.

**Things we pass in the street:**  
Maggie Piper

Thurs.13th Feb.

**The Magic of Birds in your Garden**  
Graham Mee

Thurs.12th March.

**In The Footsteps of The Pharaohs**  
Tony Curtis with slides

**Tues. 17th March.**

**St Patricks Day at the Polash**  
(Booking form see page 16)

Thurs.9th April.

**A.G.M. Business Side of Take Heart**

Thurs. 14th May.

**Peter Holmes:** Well Known Local  
Radio personality (not to be missed)

**Mon. 18th May.**

**Italian Night at PADRINO'S**  
(Booking form in our March edition)

Thurs. 11th June.

**Behind The Scenes of Southend Museum:** Home of the Saxon King

### A Few Funnies

Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all. One student was hard put to think of seven advantages He wrote:

- 1) It is perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother and vice versa.
- 6) It is always available as needed

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test he wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

**He got an A+.**

\*\*\*\*\*  
A woman and her 12-year-old son were riding in a taxi in London. It was raining and all the prostitutes were standing under awnings. "Mom" said the boy, "what are all those women doing?"

"They're waiting for their husbands to get off work," she replied. The taxi driver turns around and says, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money." The little boy's eyes get wide and he says, "Is that true Mom?" His mother, glaring hard at the driver, answers "Yes."

After a few minutes the kid asks, "Mom, if those women have babies, what happens to them?"

She said, "Most of them become taxi drivers."

\*\*\*\*\*  
An elderly, but hardy cattleman from Texas once told a young female neighbour that if she wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on her oatmeal each morning. She did this religiously and lived to the ripe old age of 103. She left behind 14 children, 30 grandchildren, 21 great-grandchildren, five great-great-grandchildren and a 40 foot HOLE where the crematorium used to be.

## **Southend Bowls Club**

**7, Tunbridge Road, Southend-on-Sea SS2 6LT**

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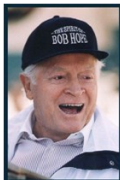
WE ALSO HAVE TWO FULL SIZE BILLIARD TABLES, A SOCIAL CLUB & BAR ON THE FIRST FLOOR, WITH A 4 PERSON DISABLED LIFT. CATERING IS AVAILABLE THROUGH OUR FULL SIZE KITCHEN.

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***If you wish to join as a bowler or just as a social member please contact Ray Walter  
Tel: 01702 619463  
Walter\_r@sky.com***





## **BOB HOPE**

**ON TURNING 70 -**

*"I still chase women, but only downhill."*

**ON TURNING 80 -**

*"That's the time when even your birthday suit needs pressing."*

**ON TURNING 90 -**

*"You're getting old when the candles cost more than the cake."*

**ON TURNING 100 -**

*"I don't feel old. In fact, I don't feel anything until noon."*

**ON GOLF -**

*"Golf is my profession. Show Business is just to pay the green fees."*

**ON PRESIDENTS -**

*"I have performed for 12 presidents but entertained only six."*

**ON WHY HE CHOSE SHOWBIZ FOR HIS CAREER -**

*"When I was born, the doctor said to my mother, Congratulations, you have an eight pound ham."*

**ON RECEIVING THE CONGRESSIONAL GOLD MEDAL -**

*"I feel very humble, but I think I have the Strength of character to fight it."*

**ON HIS SIX BROTHERS -**

*"That's how I learned to dance. Waiting for the bathroom."*

**ON HIS FAMILY'S EARLY POVERTY -**

*Four of us slept in the one bed. When it got cold, mother threw on another brother."*

**ON HIS EARLY FAILURES -**

*"I would not have had anything to eat if it wasn't for the stuff the audience threw at me."*

**ON GOING TO HEAVEN.**

*"I have done benefits for ALL religions. I would hate to blow the hereafter on a technicality."*





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**LOOK AT MY MOM OUTSIDE  
PICKING UP MY POOP**

**SHE HAD BETTER WASH HER  
HANDS BEFORE SHE EVEN  
THINKS ABOUT TOUCHING ME.**



**IF YOUR EYES HURT  
AFTER YOU DRINK COFFEE,  
YOU HAVE TO TAKE THE  
SPOON OUT OF THE CUP.**



**NO SOLICITING**  
 We are too broke to buy anything.  
 We know who we are voting for.  
 We have found Jesus.  
 Seriously, unless you are giving away beer  
**PLEASE GO AWAY!**



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A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these his eyes grew wide as he realized Grandma had a prescription for birth control pills. "Mrs. Smith, do you realize these are birth control pills?" "Yes, they help me sleep at night." "Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!" She reached out and patted the young doctor's knee and said, "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks. And believe me it definitely helps me sleep at night."

You gotta love Grandmas!

Don't forget to get your Raffle Tickets back to us by the 19th December at the latest. If you are attending our concert where the draw will take place you can bring them with you.




Like many Cardiac Support Groups we at **Take Heart** cater for adults mainly over 40 / 50 age group. **Teen Heart** is a support programme for 13-18 year olds living with a heart or circulatory condition in the UK. And is supported by the **British Heart Foundation**. For over the age of 18 you'll need **One Beat** also supported by **BHF**, As a member of **Teen Heart** you'll be invited to all the free events throughout the year to help you learn new skills and gain confidence. This group is a safe environment where you can connect with other **Teen Heart** members, talk about the issues that matter to you and learn more about upcoming events and opportunities to get involved with **Teen Heart**. For further information on **Teen Heart** or **One Beat** contact **The British Heart Foundation**.

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*Elaine*



### 1) Travel insurance with a heart or circulatory condition

Buying travel insurance with a heart and circulatory condition can be difficult and expensive. Our advice can help you find the best insurance for your situation.

### 2) Where can I buy insurance with my condition?

Getting travel insurance with a heart or circulatory condition can be difficult, but it is very important to make sure you have financial protection, or 'cover', for any medical emergencies while you are away. The BHF have compiled a list of insurance companies who may be able to help you find a suitable travel insurance policy:

**All Clear — Saga — Staysure — Travelinsurance4medical**

The BHF do not work with or endorse any of these insurance companies. They can't guarantee that they will offer insurance to everyone, as insurance policies are determined on an individual basis and insurers will have their own policy requirements. There are many other insurers out there, so shop around to get the best available insurance for your specific situation. (The British Heart Foundation cannot be held liable for any loss or damage suffered as a result of a service provided by a third party company).

3) Will my health affect buying travel insurance? Insurance companies will ask you some personal questions about things like your age, your travel destination and your health, including any 'pre-existing' medical conditions. This means you will have to declare: any health condition that you currently live with.

\*Any health condition you have had in the past few years (the exact number of years can vary between different insurers),

\*Any past health 'events', like a heart attack or stroke.

\*Any medicines that you currently take.

\*If you have had a device fitted, such as a pacemaker or implantable cardioverter defibrillator.

\*Any other treatments, like heart surgery or a stent.

Once insurers have this information, they will decide if they have a policy which is suitable for you, and how much it will cost you to buy. It's really important to declare all of your past and present health conditions, any medicines that you take or treatments you've had, and whether you have a device implanted. If you leave out important information, it could result in a claim being refused. So be very careful

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Noel Hudson  
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Situated on the seafront and with extensive views over the estuary, the club is one of the most attractive in Essex. The club is open to all with a membership in excess of 150 bowling and social members. The club offers members the opportunity to bowl in various leagues, competitions and friendly matches. For those new to bowls we have two qualified coaches to help you along your bowls journey.

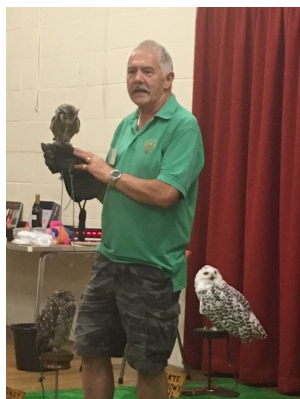


**August** It was so nice to see a good turnout of members in August when we welcomed Keith and Jack with eight of their wonderful feathered friends from Owls-R- Us' It was a very hot evening which might have been unpleasant for the owls, but for the enjoyable water spray they had which kept them happy and so they

all behaved beautifully. The owls ranged from the very large European Owl to the cute and tiny 'Little Indian' owl with huge eyes which sat staring with interest at our members and never moved an inch. Keith and Jack introduced each Owl alternately which gave our members the opportunity for questions, we had a film star in our midst and that was the beautiful Snowy Owl who played Hedwig in one of the Harry Potter films. The stunning Barn owl, so easily recognised and known to us all was only five months old but almost fully grown.

Each bird's life style and food requirements were explained The struggle that many in the wild face is because of changes of habitat and the toxic chemicals used to control pests such as rats and mice etc .Without the dedication and care of people like Keith, Jack, Sandra and their devoted staff and volunteers, our owls very survival could be in question.

The exciting end to the evening was when two very brave young lady visitors, each in turn and both quite scared, lay flat on the floor while the big European owl with large razor sharp talons flew inches over their bodies to reach its perch which was probably less than 10 inches high. That was a very spectacular finish to an informative and captivating evening which our members thoroughly enjoyed.



## Hair Cut for Free

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you; I'm doing community service this week.' The florist was pleased and left the shop. When the barber opened his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop. The next morning when the barber opened up, there was a 'thank you' card and a dozen donuts waiting for him.

Then an MP came in for a haircut, and when he went to pay his bill, the barber again replied, 'I cannot accept money from you. I'm doing community service this week.' The MP was very happy and left the shop The next morning, when the barber went to open up, there were a dozen MPs lined up waiting for a free haircut. **And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.**

+++++  
**Who was it that said? : "Both politicians and nappies need to be changed often: and for the same reason!"** Both full of S—t

Don 't Forget to Vote on the 12th

+++++

## TOMORROW

One of the greatest labour saving devices of today.

+++++

## COMMITTEE

A body that keeps minutes and wastes hours.

+++++

## YAWN

An honest opinion openly expressed.





### **Donation Report**

£90.00 from the sale of bowls  
by Brenda Barwick in memory  
of her friend Brenda Stewart.

£42.00 from raffle proceeds  
Tangent Club.

In memory of one of our first  
members Mr Desmond Lott we  
received £550.00

Westcliff Towns Women Guild  
Alexander Towns Women Guild

Mary Connelly to celebrate her  
90th Birthday sent £150.00.

## **Festive Break (Turkey and Tinsel ) 2020**

**7th to 11th December 2020**

### **Warners Gunton Hall**

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or e-mail them to paul@takeheartsouthend.org and a booking  
form will be sent or emailed to you.

**I know its a long way away but don't worry if you can't go  
due to health problems or worse we will refund your deposit**

**At our September Meeting:** our members welcomed Mr. Patrick Wilkins who is a Wandsman at St. Paul's Cathedral and what an interesting tale he had to tell us. Patrick was a policeman for thirty plus years, Beginning as a P.C and ended up working all over the place including America with the C.I.A.

When he retired he was invited to become a Wandsman in St. Paul's. He showed us slides as he told the history of the Cathedral from the first building on the site, 1087 to the current fifth building that we all know so well today. The Wandsmen (and now women) take the role of protecting and keeping everything in order for the ceremonies and services that take place in the Cathedral and Patrick is in charge of the 60 volunteers who work with him. In this job of course he meets and has got to know some of the V.I.P's who visit. The Queen Mum was one of his favourites and he showed a variety of pictures of quite a few very important and famous people, from politics to show business and everything in between that have been sent to him by press photographers over the twenty five years he has served.

The Wandsmen have to buy their uniforms and come from all over the country at their own expense. Some travel long distances, from Scotland and the West Country for the honour of serving in the Cathedral. Very clearly Patrick is very proud of them all and we enjoyed hearing about what they do.

**Our October** speaker was Tony Curtis (No, not that one) and his subject was 'Around the world in 80 Minutes' Tony and his wife are great travellers who photograph all their wonderful adventures. We had a delightful evening getting acquainted with beautiful Fiji, New Zealand with it's lovely scenery and empty roads. We admired the wide open spaces of Australia, then visited the over crowded colourful streets of Hong Kong. Onward and upward we tracked rivers, went up mountains, and peered down hot springs. We had a bird's eye view over the vast plains of Canada, America and everywhere in between, We saw the houses, inspected the food and met the people. The slides were lovely and fully explained by our knowledgeable and amusing guest. The evening went so quickly as we were indeed whisked around the world and we liked Tony..



We recently had another Italian night at Pa-drino's in Westcliff everybody had a great time as usual. A total of £600.00 was raised on the night which included a surprise donation of £300.00 from Steve Spooner who was Master of his Lodge Crossbrooke Lodge no.6443 last year.



Steve and his wife always attend our meals with his in-laws who are members of Take Heart. We are grateful for his support. Pictured above Loraine Steve's wife presenting the cheque to Paul our Chair. Pictured on the right a happy young lad Ashton who won the big teddy in the raffle. We also received a £50 donation on the night from our Toast Master member Steve Ashby (see advert page 4). Many thanks to Steve and all who attended.

I was recently invited to Ashingdon Lodge of Freemasons to tell them of our work at Take Heart. My talk was very well received and I had a wonderful afternoon and evening. This Years Master WBro Bobby Berwick announced that Take Heart would be his charity for his year. His Wife Laura tragically lost her Father a couple of years ago to an unexpected heart attack at the tender age of only 64. They both expressed a wish to celebrate Bobby's year by supporting a local cardiac charity and after research chose Take Heart. They explained "they can see where the funds they hope to raise will be going and also they liked our charity as it is run solely by unpaid volunteers". Hopefully we can in turn help them by attending some of their fundraising events during their year.



## TAKE HEART PEARL APPEAL 1992.....2022 30 YEARS OF CARDIAC SUPPORT

April 2022 marks Take Heart's 30th birthday (Our Pearl Anniversary) to celebrate this we have set ourselves the ambitious target to raise £30,000 by then. As can be seen by the chart we have started the appeal with £5,000 and will update you with each edition of this magazine.

Although our main fundraising for the next couple of years will concentrate on our Pearl Appeal we still have funds available for equipment if identified as needed by any of the cardiac depart-



ments. We have recently purchased a new lightweight wheelchair for the Cardiac Day Stay and not forgetting the new 500 pedometers we purchased earlier for the Cardiac Rehab department making a total of 2,500 over the past few years.



### TARGET £30,000.00

£30,000.00 April 2022

£29,000.00  
£28,000.00  
£27,000.00  
£26,000.00  
£25,000.00  
£24,000.00  
£23,000.00  
£22,000.00  
£21,000.00  
£20,000.00  
£19,000.00  
£18,000.00  
£17,000.00  
£16,000.00  
£15,000.00  
£14,000.00  
£13,000.00  
£12,000.00  
£11,000.00  
£10,000.00  
£9,000.00  
£8,000.00  
£7,000.00  
£6,000.00

£5,000.00 December 2019

£4,000.00

£3,000.00

£2,000.00

£1,000.00

Start..November 2019

**Take Heart  
Pearl Appeal**  
1992...2022