



You better watch out  
You better not cough  
You better not pout  
Or Christmas is off  
Santa Claus isn't coming to town

He's booking a test,  
He's been denied twice,  
Can't find out if he's contagious or nice  
Santa Claus isn't coming to town



♪ He sees you if you mingle,  
♪ He sees you in your cliques.  
♪ He knows if you've been bad or good  
♪ So keep to the Rule of Six.



## **“TAKE HEART’S” St PATRICK’S NIGHT AT THE POLASH**

WEST ROAD SHOEBURYNESSE

**On Wednesday 17<sup>th</sup> March 2021 7.15pm. for a 7.30pm. start**

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

**If this is to go ahead: you can book in by phoning  
01702 615660 from 1st March onwards and pay on the night.  
(if no answer please leave a message)**

**or by emailing [paul@takeheartsouthend.org](mailto:paul@takeheartsouthend.org)**



A Cardiac Support Group - Registered Charity No. 1023707

## **WINTER 2020/21**

(Covers: Dec / Jan / Feb)

The Group would normally meet on the SECOND  
Thursday of every month at 8.00 pm at:

**THE EASTWOOD COMMUNITY CENTRE**  
WESTERN APPROACHES EASTWOOD  
SS2 6SH

Free Parking in Supermarket car park

**\*Due to the current pandemic  
All meetings and activities are  
suspended until further notice.**

**[www.takeheartsouthend.org](http://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"

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Committee Members: Les Whitehead and Angela Pyne..

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 Cent.

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All correspondence should be sent to:

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



**We know times are difficult for everyone  
 but we will all get through this.**

**May we at Take Heart wish you all a Very  
 Merry Christmas and a Happy and most  
 importantly a Healthy New Year.**

**From all of the above**



## **TAKE HEART PEARL + ONE APPEAL 1991.....2022 30 YEARS OF CARDIAC SUPPORT**



**Team Take Heart:** Phil Tomas,  
 Simon Bryant, Paul Halley, and  
 Russel Baker

**Rochford Rotary Club** nominated Take Heart to receive funds raised on their golf day to be held in June but because of the lockdown this was postponed until September. Paul our chairman captained a strong team and won the event which was a great success and organised very well by the Rotary club at Rochford Golf Club. So it was win win for Take Heart as a donation of £2,000 was presented to our chairman Paul at a later date by the President of Rochford Rotary Club together with there secretary and regular supporter and member of Take Heart Keith Holdsworth .  
 see photo on page 8

### **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 Dec. 2020**

**£13,000.00**

**£12,000.00**

**£11,000.00**

**£10,000.00**

**£9,000.00 April 2020**

**£8,000.00**

**£7,000.00**

**£6,000.00**

**£5,000.00 Dec. 2019**

**£4,000.00**

**£3,000.00**

**£2,000.00**

**£1,000.00**

**STARTED NOV.  
 2019**

**Take Heart  
 Pearl + ONE Appeal**



**Brian Arnell, President of Thorpe Bay Bowling Club** and long time member of Take Heart celebrated his year by nominating Take Heart as his charity. The money was collected mainly on Brian's President day which was bowling followed

by a cream tea in their beer garden. The rest was donated by members via a glass jar that was positioned on the bar for loose change. Normally a lot more would have been raised but for the restrictions placed on the club due to the virus. Take Heart are grateful for their efforts in this difficult year and congratulate the club on raising such a wonderful amount which has been added to the Pearl Plus One Appeal. Pictured above on the left is Brian and the Club Captain Billy Gough presenting our Chairman Paul with a big fat cheque for £1,285.00

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**Another generous donation from Essex Freemasons.** members of Rochford Daylight Kindred Lodge nominated Take Heart to receive a donation of £500 which was matched funded by the Essex Freemasons Community Fund making a total donation of £1,000 A presentation took place at Saxon Hall pictured below our chairman Paul together with committee member Angela Pyne and Martin Howes Assistant Provincial Grand Master and Keith Holdsworth Charity Steward of the Lodge. Martin said "Essex Freemasonry might be in lockdown but we still continue with our charity work. We were happy to support this Lodge to enhance their donation to a very worthy local charity"



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

### Hello from Take Heart.... Yes! We are still here

*Well, what a year, I'm sure that you all had plans for 2020. Your team at TAKE HEART certainly had some great events lined up, but this virus has disrupted any plans we had as we have had to suspend all activities until further notice, hopefully early in 2021.*

*We are keeping in touch with Eastwood Community Hall to try and get our meetings back onto the diary of those members that can attend; unfortunately having a monthly meeting seems still some way off from happening. Hopefully, April / May 2021.*

*Fortunately, Take Heart is run by volunteers and do not have large expenses such as rent and salaries and therefore financially we just stand still. Unlike most big charities who have many paid staff and large office blocks to rent, they are the ones that are suffering.*

*Yes our income has ground to a halt apart from a few donations but we will survive this and come back even stronger. A lot of clubs and Lodges who had pledged to support us this year have indicated that their support will run for next year as well, for that we are grateful. See pages 8/10 for details of some generous donations received during the lockdown.*

### Take Heart Pearl Appeal

Our 30<sup>th</sup> year anniversary, "Pearl Appeal" which aimed to raise £30,000 by 2021 has now been renamed

### **"Pearl Plus One Appeal"**

due to the virus and with the extension we will soon get back on track to reach our target with your continued support.

See Page 11 for how the appeal stands at the moment....



*Unfortunately, I'm sure we have lost some members to the virus but to date we have not been informed of any. If you receive this on behalf of a relative who has passed, we would be grateful if you would take the time to inform us either by email or leaving a message on our enquiry help line 01702 309042.*

***Apologies** for not producing a magazine for a while, it is an expensive way to inform you what you would already know anyway. Also apologies to some of the businesses who usually advertise, it seems pointless to advertise during lockdown when most are not open. We will make it up to you in future editions.*

***As you would** expect no raffle tickets this Christmas, we decided that people might not return their counterfoils and we were advised that we might be at risk when sorting out those that were returned. So, we thought it best not to do a draw this year which is a pity as it usually raises £1,000 / £1,500 each year.*

***Our last event** was St Patricks night at the Polash in Shoebury which was held on 17<sup>th</sup> March. On the morning we had 46 members and friend attending by 6.30 that evening we were down to 12 plus 6 takeaways because we were to go into lockdown 2 days later and people started to panic. Still the 12 that did turn up had a great meal and as it happened it was the last chance to eat out for a long time. There might be a slim chance that our first step to getting back to a near normal life could be St Patricks Night at the Polash 2021 which we hope to arrange on Wednesday 17<sup>th</sup> March 2021. (see details on the back page) We are not putting a booking form out for this, so just put the date in your new diaries and ring me from 1<sup>st</sup> March onwards 01702 615660 and if it's going to go ahead, we will book you in then.*

***I hope this edition** cheers you up a bit and helps you believe that we are going to get over this and get back to some normality. As this edition is only going to members and not going on general release and not being sent to all the local doctor's surgeries I have taken the liberty to do a section called the **Chairman's Rant** which is my take on the events of the past 8 months. It's done in a honest light hearted way and hopefully most will agree with some of my comments and not too many will be offended.....[See Chairman's Rant on pages 6 & 7](#)*

## **Healthwatch Southend**

We would like to share the news from Mid and South Essex Hospitals regarding the Emergency Department service.

From 1<sup>st</sup> December 2020, residents who think they need to visit their local hospital emergency department will be asked to call NHS 111 first. If needed, they will be given an appointment to go to the ED and the NHS 111 team will let them know when the patient is coming. For those with life-threatening illness or serious injury, the 999 service remains in place.

**We have updated our website with the information.**

**Here is the link for the full article**

<https://www.healthwatchsouthend.co.uk/news/2020-11-30/think-nhs-111-first-hws-share-mid-and-south-essex-hospitals-news-release>

Kind regards Healthwatch Southend

DDI: 01702 416320 Web: [www.healthwatchsouthend.co.uk](http://www.healthwatchsouthend.co.uk)

**Why? Why? Why? Why? Why? Why? Why? Why?**

**What disease did cured ham actually have?**

**Why is it that people say they 'slept like a baby' when babies wake up like every two hours?**

**Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?**

**Why do doctors leave the room while you change?**

**They're going to see you naked anyway..**

**Why is 'bra' singular and 'panties' plural?**

**If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?**

**Why do Kamikaze pilots wear helmets?**

**Why is it that no matter what colour bubble bath you use the bubbles are always white?**

**How come you never hear father-in-law jokes?**

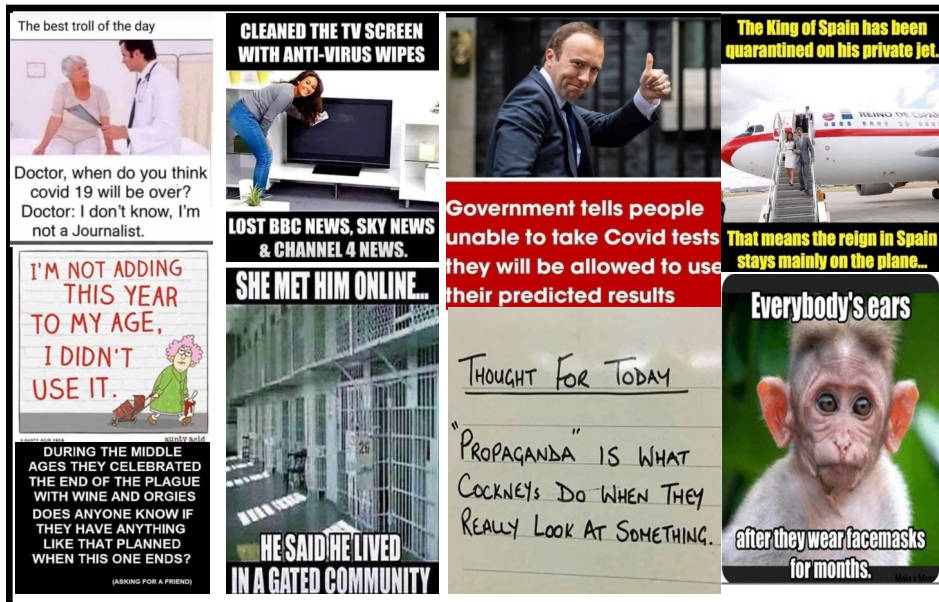
**And my FAVORITE.....**

**The statistics on sanity is that one out of every four persons are suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.**



**Peter Mannering President of Rochford Rotary Club** presenting our Chairman Paul with a cheque for £2,000 raised on their golf day held back in September. It was a win win event for Take Heart as the Take Heart Team captained by Paul won the event.. Also pictured is

Keith Holdsworth the Rotary Club Secretary and our own committee member Angela Pyne. The presentation took place at Saxon Hall and later moved to Rochford Golf Club where the event took place for refreshments. Rochford Rotary Club is a regular supporter of Take Heart having made a number of donations over the passed few years. We are very grateful for this support and will hopefully be putting in the same team at next years golf day in an effort to retain the team event title.



**Unlike most** I've been very lucky this past year and have had 5 holidays / breaks. I seemed to dodge lock downs by a day or two and some by a few hours.

**First** I was in Turkey for a weeks Golf from 8th to 15th March coming back for the Polash dinner and then going straight into our first lockdown which we all know lasted 13 weeks.

**August**, I was lucky to get away again for a 4 day golfing break up to north Essex where I won a two day competition. Then it was off to see some friends in Porthcawl Wales where we had a lovely 4 days in a sea fronted hotel. After leaving on the Tuesday morning after breakfast it was announced that Porthcawl was to go into lockdown from 6.00 o'clock that night.

**My next holiday** was a couple of weeks in Turkey leaving on Sunday 4th October. On the Wednesday before Boris in his wisdom announced that people coming back from Turkey will have to self isolate for 14 days. My wife was in desperate need of a holiday after being in lockdown with me for 13 weeks so we decided to go anyway. But then on the Friday Jet Two cancelled the flight. So our holiday was cancelled 2 days before leaving. Fortunately not to be disappointed we managed to re book and go to Corfu and not have to self isolate on our return so all worked out very well in the end. I have to say that I would recommend Jet 2 to anyone planning a holiday. 4 hours after they cancelled our holiday all our money was back in our bank. Must be some kind of record. I am still waiting for my money back from Ryanair cancelled flights back in March when I was due to go and see my Mum on the Island of Ireland to celebrate her 94th Birthday. Hopefully I will get there for her 95th.

**We were** also due to go to Spain for a long weekend on 5th November but that got cancelled as well so at this rate Ryanair will owe me a plane soon. I am a great fan of Michael O'Leary so I am sure I'll get my money very soon. I loved his quote when he was asked to comment on Ryanair being voted the most hated cheap airline for the seventh year running he said, "his planes were always full of people who hate Ryanair". .....Love it !!



**CHAIRMAN'S RANT.** So here we are, hopefully at the beginning of the end. But who would have thought at the beginning of the year what was going to happen.

I'm a firm believer that out of something bad always comes something good. The way the scientist and medical experts have developed the vaccine in record time and using new technology I'm sure in time it will lead to cures for many other illnesses dare I say the big C being on top of the list.

Personally I think all the media should be taken out and shot. One thing I am proud of is that as a person that has always read a newspaper back to front, I have not bought a newspaper for 8 months and counting. I got so fed up with the drivel they print. Their handling of the virus is the same terrible way they are covering Brexit, "this might happen, this could happen, if we did this or did that then this would not have happened" what a load of rubbish. The sensational headlines which bear no meaning to the story. With the benefit of hindsight we can all do that. What I want from a newspaper and tv news is facts when it's happened, not second guessing before it happens.

If you look at nearly all other countries people are so fed up that they blame their governments for everything. I think our government has done a good job overall, their damned if they do and damned if they don't. The support they have given to help local businesses and the furlough system has proved very successful. OK there are always some that will miss out and firms have gone bust and will continue to go to the wall, but quite a few of these were in trouble before the virus came along.

I have always believed that people in power and politicians do not have any common-sense they don't think before they put their mouth into gear. One prime example is we were told during the recent lockdown "to meet up with a friend and go for a long walk" well to me that describes GOLF so why did they close golf courses? When it was debated in parliament recently after 300,000 golfers signed a petition they watered it down by bringing other sports such as tennis into the debate. Most golfers are sensible people and normally don't kiss and cuddle after sinking a putt (ok maybe in the Ryder Cup) Tennis (excuse the pun) your playing with each other's balls unlike golf you play with your own balls which is more COVID-19 safe.....Cont'd.....

.....Decisions made are becoming political and not medical which is worrying. One set of figures I would like to see is what percentage of people who are forced to self isolate because they have come into contact or have returned from abroad actually develop the virus? I suspect it would be very low. So is it worth it, with the trouble and expense it causes? Also how many people are actually dying of COVID-19 or is it with COVID-19. We have never before been informed of how many deaths happen on a daily basis and this is frightening to all and the media in my opinion at times are scaremongering. I don't mean to water down the situation as we all know it's very serious, but I do think the media have a responsibility to report the facts and not sensationalise for the sake of selling papers or increasing viewing figures. Sue and I would watch the COVID-19 update each night during lockdown and when the stupid questions started from the media we would turn it off.

**Now for a touchy subject: .....GP's.** Now before I start I apologise to the few GPs that are working normally and all the wonderful doctors and nurses that put their own lives at risk working to stop the NHS breaking under the strain of this virus.

Have you seen your GP? If you have then you're one of the lucky ones. It would appear that most are not even going into their surgeries but staying at home and making a few phone calls. I've had people telling me that when they insist on seeing a Doctor they are told that they can go to the surgery and see a nurse **Hold on!** the nurse who gets paid a fraction of a doctor's salary is working? **So why then are GPs not working?**

Even consultants are not seeing patients face to face. My wife paid privately and then could only see a specialist on a screen fortunately it was for arthritis in her hands. I perish the thought if she was seeing someone regarding haemorrhoids or any women's problems (that would make strange viewing on the laptop!)

If we allow this to continue then even when we get back to some sort of normality you'll very rarely see a doctor face to face. OK triaging on the phone is not a bad thing and will save wasting the doctors time in some cases, but not in everybody's case so we must all insist on Doctors getting back to face to face surgeries as soon as possible. I have yet to meet anyone who disagrees with this view...