



(W. E. COOK)

ESTABLISHED 1908

607 London Road

Westcliff-on-Sea Essex SS0 9PE

Tel: 01702 344702 or 349215

Fax: 01702 436887

E-mail: info@cookscoaches.co.uk

Website: www.cookscoaches.co.uk

DAY EXCURSIONS OCTOBER

1st – Hastings
1st – Bexhill
2nd – Peterborough Antiques
2nd – Tenterden Folk Festival
3rd – Bredgar Railway Gala Day
3rd – Thorpe Park
4th – Kentish Lady Cruise
5th – Brighton Races
6th – Canterbury
6th – Herne Bay
7th – Clacton
7th – Walton
9th – Bourton on the Water
10th – Midsomer & Chinnor Railway
10th – Syon House
11th – Hever Castle
12th – Eastbourne
12th – RAF Hendon
13th – Knole House
13th – St Albans
14th – Cambridge
14th – Ely
14th – Southwold & Aldeburgh
15th – Hampton Court Flower Show
15th – Kew Gardens
16th – Peterborough
16th – Mountfitchet Castle

DAY EXCURSIONS OCTOBER

17th – Bicester
17th – Bletchley Park
19th – Broadstairs
19th – Margate
19th – Ham House
20th – Bury St Edmunds
20th – Faversham
20th – Whitstable
21st – Rye
22nd – Festival of Quilts at
Duxford
23rd – Bressingham
23rd – Ightham Mote
23rd – Norwich
24th – McArthur Glen shopping
centre
25th – Brighton
26th – Greenwich
26th – Tiptree with afternoon tea
27th – Colchester town & Zoo
27th – Polhill
28th – Legoland
28th – Windsor & Castle
28th – Tenterden Railway+cream tea
29th – Bluewater
29th – Mississippi paddle boat,
Norfolk Broads

MANY MORE EXCURSIONS TO COME

PLEASE VISIT OUR WEBSITE. NEW TRIPS ADDED DAILY.



A Cardiac Support Group - Registered Charity No. 1023707

Autumn 2021

(Covers: Sept. / Oct. / Nov.)

The Group meets on the **SECOND Thursday** of
every month at 8.00 pm at:
(Please see page 4)

Southend Bowls Club

Tunbridge Road
Southend-on-Sea
SS2 6LT

Free Parking available:
if full free parking is available in the Town Hall
Car Park which is a short walk

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 Members: Les Whitehead & Angela Pyne

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

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

All the satellite channels repeat the same programmes day after day. Have you noticed that the BBC and ITV channels have now followed suit by repeating every couple of days. Reminds me of the story when the TV licence man knocked on the door asking the person to produce his licence, on production he was told that it was last years licence whereby the man said that's ok then as they are repeating last years programmes and slammed the door.

- Also did you notice the amount of adverts during lock down on all channels for gambling sites, Bingo / Slots / Betting on all sports / poker. Gambling over lockdown has increased dramatically and these adverts are not helping anyone and should be reduced by law.
- Have you also noticed the formatting of a lot of new programs? You start watching and within a few minutes it's a flash-back: 14 years before: then 10 years later then a year before. I'm lost already and needless to say at this stage I turn over and watch a repeat.

During the lockdown I was watching more daytime Television What a load of rubbish! And the adverts: over 50's life insurance, Funeral plans, send £2 per month to save the donkeys or adopt a panda or lion cub. Six pound for a pair of Glasses? No need to cook dinner companies will now send you all the ingredients and instructions how to cook (come on! how lazy) Some adverts I watch and wonder what they are advertising, not got a clue. You watch a programme and then after the adverts they recap on what we just saw before the advert what's that all about? They are actually repeating the programme as we watch it. Don't get me going about female sanitary products. (got to get it up there girls) who writes this stuff?

And last and by no means least Southend Sea front cycle lane we spend millions building it and narrowing the road so why oh why don't cyclist use it? I travel along the sea front daily and there they are sometimes 3 abreast with a line of traffic queuing up behind them. Someone is going to be killed or seriously injured one day.

Come on..... use the cycle lane its there for your safety.

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.

CHAIRMANS RANT....

In our last magazine we introduced this article which apart from one reader went down very well so we are going to continue to have a moan in a light hearted way although with some serious undertones.

G.P.'s In the last magazine I warned that if we allowed GP's to continue to act as they were doing by locking themselves away and not seeing patients face to face they would continue to do so when things got better . **This is now happening.** If you agree, as most do, write to your MP sending a copy to your surgery's practice manager. My own Doctors have even installed an outdoor intercom system whereby you have to ring and wait sometimes up to 10 minutes for them to answer when picking up a blood test form which is then squeezed through the letter box. To see if you warrant a phone call from a doctor you have to jump through a number of hoops. First you have to phone at 8.00 am. and spend half an hour listening to a recording telling you that your call is important to them before you can talk to a human being. I noticed my telephone bill was a lot more than usual, on investigating I found a number of calls to the same number were costing between £9 and £10. each time. Yes you guessed it that number was my doctors, because I was on a free evening and weekend call deal I was penalised for daytime calls. I've now changed my tariff but how many elderly people out there don't understand these call tariffs and are paying a fortune when hanging on when calling their doctors? **Apologies to the few GPs who have been working normally.**

Television Have you noticed the following.

1. The amount of adverts. There seems to be longer adverts than the actual program we are watching.
2. The amount of channels we are told we have 2 or 3 hundred in some cases really comes down to 30 or 40 when you take away the amount of programmes / films that are on 3 channels at the same time also the +1 +2 channels and the repeats.cont./ over



Hello long time no see

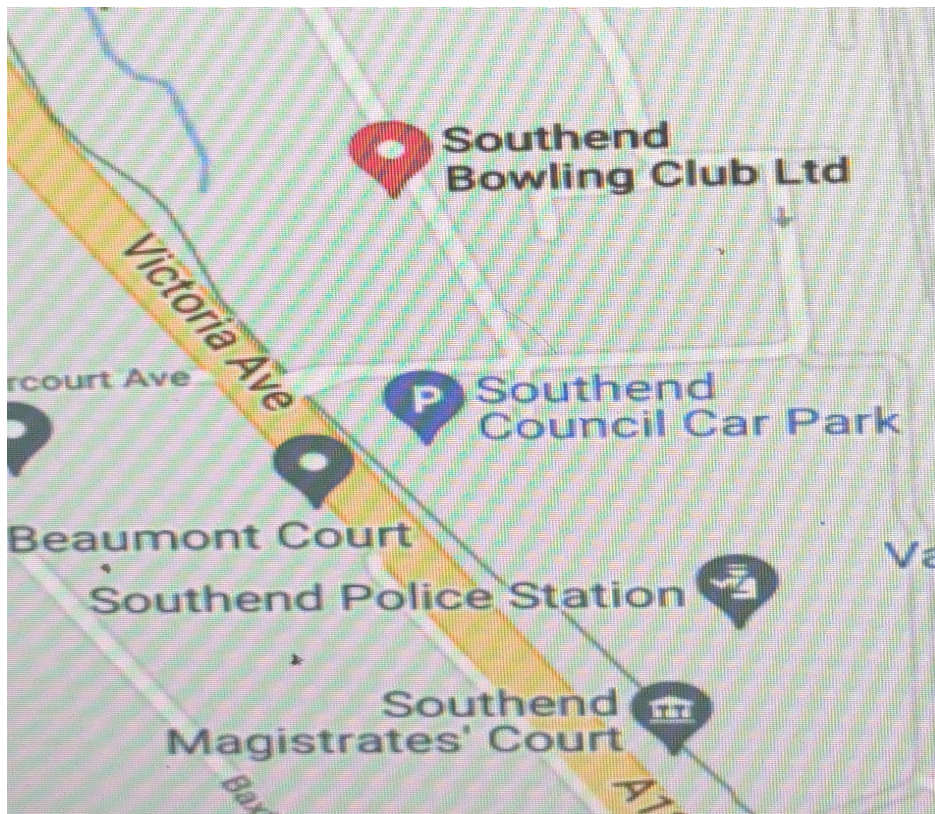
At last we are getting back to some sort of normality hopefully its onwards and upwards from here. (Hopefully)

Take Heart is starting up again, but slowly does it. First important change is where we meet. The charity that runs Eastwood community centre has decided to give up so we can't wait to see what is going to happen if anything ? We have had to find a new venue. Southend Bowls Club has kindly offered us its facilities as associated members, with a mutual agreement that members of Take Heart will be welcome to attend their social events and in turn their members will be welcome to attend any of our future events. So hopefully the start of a long and fruitful association. If you know the bowls club the first thing that will spring to mind is Parking. Ok at times that might cause a problem but nothing we can't get over.

From April to October there will be spaces available in their car park. From October round to March parking might be limited but those who have blue badges can park in the road outside the club and for others there is free parking available at the Town Hall car park which is a very short walk away. The advantages far out way any disadvantages. The bowls club has excellent facilities including a lift, also the bar will be open for soft and alcoholic drinks also teas and coffees.

Our first meeting will be on the second Thursday in October and from then the 2nd Thursday of each month (providing we don't get locked down again). I'm sure we have all been double jabbed and will soon get a booster so we should all feel safe. Masks at the moment will be left to individuals to decide to wear or not. What ever you are comfortable with.

Continued on Page 7.....



Please note our first meeting back will be

THURSDAY 14th OCTOBER 2021

All ongoing meetings will be our regular day of the 2nd Thursday of every month.
Subject to any further restrictions.

Look forward to seeing you
at our new venue

The BHF are calling on the UK Government to:

- Provide substantial long-term investment in the health and care system.
- HM Treasury should commit in the upcoming Comprehensive Spending Review to substantial and long-term investment in the health and care system. This should include:
 - Targeted funding for tackling the backlog of cardiovascular care, based on robust modelling of future demand.
 - A 4% increase in funding in real terms for healthcare for the next ten years to bring health spending in the UK closer to other G7 countries.
 - Rapid investment to set up hubs to improve access to diagnostics, adequate resourcing of Cardiac Networks to drive improvements in CVD services and reduce variation in care across England, and investment to allow innovations to be embedded across the system. In England, we need a commitment to: Address the gaps in the cardiovascular workforce
 - A national strategy for tackling workforce pressures will be vital for dealing with the vast and growing backlog of care and to improve outcomes for people with heart and circulatory diseases both now and in the longer term. Embed leadership in cardiovascular care at all levels
 - Clear leadership roles for cardiovascular diseases must be developed at every stage of the health and care system, in Integrated Care Systems, Cardiac Networks and Primary Care Networks, to achieve a full pathway approach to preventing and treating cardiovascular diseases. Empower people with heart and circulatory diseases to self-manage their conditions
 - People need to be given the right tools to be able to manage their conditions at home and access help when needed, and the health service should be set up to support them to do so. We have an opportunity to get this right across all four nations of the UK, and the BHF in Scotland, Wales and Northern Ireland will continue to work with devolved governments and health and care systems to ensure there are appropriately resourced plans to address the backlog of care and transform cardiovascular disease services for their populations.

You can learn more about the Covid-19 pandemic and the impact it has had on cardiovascular care, as well as our full list of recommendations at bhf.org.uk/untoldheartbreak © British Heart Foundation 2021, registered charity in England and Wales (225971) and in Scotland

Cancelled procedures. Missed appointments. Lost lives.

The pandemic continues to cause significant disruption to healthcare with thousands of people currently waiting for life saving heart treatment and care.

BHF analysis predicts that the number of people anxiously waiting for heart care and diagnosis could more than double within two years in England, peaking at around 550,385 in January 2024 if the NHS doesn't get the investment it needs. If no decisive action is taken, it could take up to five years for cardiac waiting lists in England to recover to pre-pandemic levels.

Even before the pandemic began, around 233,000 people in England were on heart waiting lists for heart diagnosis or treatment. Long waits for diagnosis and treatment of conditions like coronary heart disease, abnormal heart rhythms and heart failure are emotionally distressing and increase the risk of someone becoming more unwell or even dying while they wait for vital care.

But by acting now, we can build a stronger, better, and more resilient health system that supports doctors and nurses and empowers patients to get the care they need.

To do so, we need a clear cardiovascular strategy for England to support recovery from the Covid-19 pandemic.

Alongside substantial long-term investment in the health and care system, with targeted funding to tackle the backlog of cardiovascular care, this strategy must tackle workforce pressures, embed cardiovascular disease (CVD) leadership, and empower patients.

Putting an end to the untold heartbreak

Before the Covid-19 pandemic struck, cardiovascular diseases were a major cause of premature death and disability in the UK. Since March 2020, this reality has worsened.

Despite the heroic efforts of everyone across the health and care system to respond to the needs of all patients, millions of people have not been able to access the care they need to stay well. *This has likely to have contributed to the 6,000 excess deaths from heart and circulatory diseases in the first year of the pandemic in the UK. We must act now to change this. If you're an MP, work within the health service, or just want to find out more about our campaign and how you can get involved, email us at: westminster@bhf.org.uk.....*

SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events in colour)

Thurs. 14th Oct. Our first meeting for 18 months.

*Come along and renew old friendships or make new ones. Nurses will be on hand to give advise and we can all share our experiences of the last year and a half. Have a drink on us to celebrate our return. Wine / beer / soft drink / tea / coffee. If you are new to Take Heart bring a friend. Come along and introduce yourself. **Don't forget New Venue: map opposite.***

Tues. 26th Oct. Italian Night at PADRINO'S

(Full details and booking form on page 10)

Thurs. 11th Nov. As this day is Remembrance Day our talk tonight will reflect the day and its Importance.



Fri. 26th Nov. Night at The New Romford Dogs

with a 3 course a' la carte meal and coach transport (details and booking form on page 10)

*Thurs. 9th Dec. **Christmas Carol Concert** (Lets see if we can get back to that Christmas feeling again and celebrate like we used to.)*

Thurs. 13th Jan. T B A in our Dec. Mag.

Thurs. 10th Feb. T B A in our Dec. Mag.

Thurs. 10th March. T B A in our Dec. Mag

Thurs. 17th March. St Patricks Night at the Polash

(Full details and booking form will be in our December Magazine)

*Thurs. 14th April. **A.G.M.** Business Side of Take Heart
The treasurer will present two years accounts because of covid.*

Southend Bowls Club

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

Tel: 01702 467073

Want to join a Bowls Club

WE HAVE A SIX RINK OUTDOOR GREEN AND A THREE RINK INDOOR GREEN, WITH QUALIFIED COACHES WHO WILL SHOW YOU HOW TO PLAY BOWLS.

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.

WE HAVE A REPUTATION FOR BEING A FRIENDLY MIXED CLUB WITH LINE DANCING, QUIZ NIGHTS, RACE NIGHTS, CHRISTMAS PARTY, ENTERTAINMENT, SOCIAL TRIPS AND EVEN BOWLS HOLIDAYS.



If you wish to join as a bowler or just as a social member please contact David Lincoln

Tel: 07860537711

davidlincoln57@hotmail.com

TAKE HEART PEARL PLUS ONE APPEAL

1992.....2023

30 PLUS ONE YEARS OF
LOCAL CARDIAC SUPPORT

You will see we have now gone passed half way in our target to raise £30,000 for our local cardiac departments.

Under the circumstances this is much better than we thought considering the pressure put on all charities during the pandemic.

Hopefully we will now get back to having our fund-raising events and will add to this total and reach our target by 2023.

We will be putting together a full programme of events including quiz nights dining out and maybe a few days out so look out in future editions of this magazine for all the details.

Also a full list of speakers and entertainers at our meetings will appear in future Magazines.

TARGET £30,000.00

£30,000.00 April 2023

£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 Sept.2021

£15,000.00

£14,000.00

£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 November 2019

Take Heart
Pearl Plus One
Appeal

1992....2023





Night at the Dogs **Friday 26th November**



**During lock down
Coral Romford spent millions
upgrading their stadium and its facilities.**

Option 1 Complete evening, with coach, entry, race card and a sit down 3 course meal from their new menu all this for £45.00pp

Option 2 Evening at the dogs, with coach, entry, race card and a fast-food meal. Burger and chips or fish and chips from one of the outlets cost £25.00pp

Option 3 Coach only £10pp

Tues. 26th Oct. Italian Night at Padrino's:

*The best value restaurant around (above the archway cafes) on Westcliff sea front. Starts 7.30 sharp.
3 course meal from the menu **Cost: £17.50 each***

Booking Form

-----Cut here-----

Please book meItalian Night: at £17.50 each. Total = £

Please book mefor the night at dogs

Option one at £45.00.....Total = £

Option Two at £25.00.....Total = £

Option three at £10.00.....Total = £

Grand Total = £ _____

Separate cheque for each event please and write on the back which it is for.

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

Post Code.....Phone No.....E Mail.....

**Please send this form and cheques made payable to: "Take Heart"
To: Take Heart Events 30 Westminster Drive
Westcliff on Sea Essex SS0 9SL**

Further inquiries regarding the above events Please only phone Paul 01702 309042
(if no answer please leave message & phone No. and I will get back to you)

Cont. / from page 3... Sanitizer will be available everywhere so all should feel safe.

Take Heart has been quiet during both lockdowns All social events and fund raising events had to be cancelled due to government imposed restrictions. We did receive some donations but sadly most were in memory of the passing of a loved one, some from covid. We will print a full list of these donations in our next Magazine in Nov / Dec.

Covid is such an unpredictable virus, it doesn't seem to be any pattern to whom it strikes. My family were worried about me as I have pre-existing conditions. I caught The virus before Christmas with one of my daughters, we only had a cough and loss all sense of smell and taste but my wife Sue very nearly died with covid pneumonia which turned into clots on both lungs, a month in hospital and relying on oxygen 24/7 for 2 months once she came out. A really scary time for all my family. The ambulance took her away on Christmas Eve and I didn't see her for a month apart from a few days when she came home but was rushed back in when she went down hill again. Sue continues to suffer long covid and has many health issues. She lost half her hair which seems only to affect females, fortunately she started with thick hair and now after having her hair cut short it is growing back, So why did the virus attack her so badly and I got away so lightly. Will we ever know?

Lets hope we can now get back to where we were or at least close to where we were before the Virus. People will continue to wear masks on the buses, trains, planes, large shops and other places where they feel unsafe. It will take many years to get back to that time, if we ever do. After what we went through we now try and live life to the full as an old friend who is no longer with us used to say *"Do it today, as tomorrow is not promised"* wise words.

Looking forward to seeing you at our future meetings and events.....Paul

Steve Ashby



Toastmaster
Master of Ceremonies



Masonic Functions - Weddings - Social Events

Bar Mitzvahs - Corporate Functions

23 Gainsborough Drive
Westcliff-on-Sea
Essex SSO 9AH

Telephone: 01702 302713
Mobile: 07885 630550
Email: steve.ashby@blueyonder.co.uk

Airport
transfers
Cruise
transfers
Theatre trips
Days out
Hospitals
Southend &
surrounding
areas

Road Voyager Ltd

Serving Southend-on-Sea since 2000

Telephone 0800 085 4644 mobile 07956 331443
Email roadvoyager@btinternet.com



Licensed to carry 4 passengers, Westcliff-on-Sea based
Low floor estate car, room for a folding wheelchair
Boot capacity for four 20kg cases and hand luggage
Driver, car and operator licensed by Southend Council
All major credit cards accepted

www.roadvoyagercab.co.uk

Registered company address 55 East Street, Faversham, Kent ME13 8AF, number 05781508



MEMBER OF
THE SMAE INSTITUTE

VAL MARTIN Dip FH MCFHP MAFHP & pedicure diploma

FOOT HEALTH PROFESSIONAL

HOME VISITING SERVICE

Ashingdon & all surrounding areas

TOE OR FINGERNAIL CUTTING, THICKENED NAIL REDUCTION
HARD SKIN REMOVAL CORN - ATHLETES FOOT - FUNGAL NAIL - VERRUCA
TREATMENTS & MORE HAPPY TO MAKE HOSPITAL VISITS
REDUCED RATES FOR COUPLES

07989 154371 or 01702 545145

email: val.martin87@googlemail.com

fb @ valsfeet



**Thorpe Bay
Bowling Club**
Thorpe Bay Gardens
Thorpe Bay
Southend on Sea
Essex. SS1 3HL
Club Tel: 01702 582074
Hon Secretary
Noel Hudson
Tel: 07800 660116
Email:
TBBC2019@gmail.com

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.