



Heart rate app is a hit at home with patients

A new app has been launched for 400 patients to monitor their hearts for palpitations and murmurs, which can cause strokes and heart attacks.

The Fibrichk app is being trialled across the county by the Essex Cardiothoracic Centre (CTC) at Basildon Hospital.

It can be downloaded on a patient's smartphone to test their heart rate remotely, with the results being seen by a specialist heart nurse.

The app uses light technology through the phone's camera. The patient puts their finger over the lens for one minute and the camera picks up blood flow in the finger.

Sharon Toora, CTC lead arrhythmia nurse specialist, said: "This is really going to benefit patients as they won't have to make the journey into the hospital to get their heart rate results; it's all done in the comfort of their own home.

"If there are any concerns with the results, we speak to the patient over the phone and this avoids face-to-face check-ups.

When we speak to patients we can tell them what medication we will be prescribing for future care to make them feel relaxed."

Funding for the app has come from a special Covid Appeal fund and charitable funds from Mid and South Essex Hospitals Charity, it's already getting great feedback from patients who are using it. One of those is Stephen Messer, 67, a retired plumber from Rayleigh, who had a quadruple heart bypass in 2013. He recently used the app to monitor heart palpitations. He said: "I was checking my heart rate three times a day and getting the results back really quickly from the team which meant I wasn't splitting my day up travelling back and forth and having to park at the hospital. "It's so easy to use and fit into my day-to-day life, and I'm now managing my condition through medication, thanks to the app."



A Cardiac Support Group - Registered Charity No. 1023707

WINTER 2021/22

(Covers: JAN. / FEB.

The Group meets on the **SECOND Thursday** of every month at 8.00 pm at:

(Due to possible ongoing covid issues there will be no meetings in January and February 2022)

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

**Happy and Safe New Year from
all at
Take Heart**



The Who's Who of "Take Heart"

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Post co-ordinators : Angela Pyne and June Johnson
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: mse.cardiac.rehab.suhft@nhs.net

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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.

Chairman's Rant continued....

Banks are next on my firing range: are there any branch's out there? Ness road Shoebury used to have 3 banks, Midland, Nat-west and Barclays first Midland closed then Nat-west and then finally Barclays all sighting that they were not busy and anyway there were branches close by in Thorpe Bay. Now look what's happened, all the branches in Thorpe Bay have closed that's Lloyds's Nat -West HSBC and finally Barclays in October. The nearest banks are now in Southend High Street plus there all machines, very rare to see a human. I feel sorry for the elderly they don't want to go to a hole in the wall to get some cash. What's happened over the last few years? have we all turned our backs on the elderly? The problem is we are all getting older and will we be able to keep up with technology? No wonder the elderly have gone back to keeping cash at home under the floor boards like the old days.

OK there is always the post office if you can find one and when you do, have you see the ques?

I was in Ireland recently and the town where my Mum lives Clonmel is now full of telephone repair shops, coffee shops Turkish barbers and nail bars very similar to Southend, what's going on? Must be a bit of money laundering. I don't believe there's that many haircut around. Most of the time when I pass by these places the staff seem to be either reading the paper or on their mobiles. Something is wrong?

Also worth mentioning that when you went into a restaurant, coffee shop or pub in Ireland we were asked for our vaccination certificates for without one we were not allowed in. A rule we should have imposed many months ago.

During the recent petrol crisis people were queuing for ages to get petrol and when they got to the pump they could only get £5 or £10 worth in. The way round that would be to have a £20 or £30 minimum sale for cars. It about time all governments and media learnt not to use the P word. The minute the PANIC word is mentioned what happens nearly everyone panics, its human nature.

That's all for now folks Keep well and Keep Safe.

To advertise in Future Editions of this magazine

Please contact the Editor: 01702 615660 or e-mail enquires to:

paul@takeheartsouthend.org

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.

Chairman's Rant

In the last couple of editions I have had a go at a lot of GP's. In this edition I'm going to leave them alone I think this picture sums it all up.....

In our last edition I had a go at the programmes and adverts on our television which went down very well and prompted a lot of response from most that read it, all agreeing with my rants. Thank you for that and I shall keep going until someone sues me if they dare. Bearing in mind you can't be sued for telling the truth..

*I'm going to have a long over due go at our supermarkets. **Yes all of them.** Firstly I'm fed up of buying pre rapped fruit at supermarkets. I now go to a provision shop where I can pick my own and touch and feel the produce. How many times do we buy 4 plums or 4 pears in a pack and when we open them at home one has gone or is heavily bruised. Do we take them back ? Very few of us do, but we should and not only get your money back but also ask for compensation. It costs time and petrol to go back. I often get a £5.00 voucher for the inconvenience but in most cases you have to ask.*

Most supermarket require you to be a mathematician to work out the best deals. Buy one get one free, buy 10 for the price of 8, Just tell us the cheapest way to buy things ! Don't make us have to work it out! Some of the wording is so misleading we think we are getting a bargain but we're not. Signs are all wrong some say 20% off, but it was cheaper last week without the 20% off, come on we're not all stupid We are complacent, all we want to do is get home and put the shopping away and don't have to think about it for another week. If you see something wrong go to customer service and complain even insist on seeing the manager (good luck there) very few store managers want to come out of there office and face the customer.

Con't.....



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

Here we go again ! Another possible lockdown. At the time of going to print because of this we have decided not to have a meeting in January and February, sorry about that but the only way we can contact all our 850 members is through the publication of this magazine. So we hope to see you in March if allowed. (Keep an eye on the news)

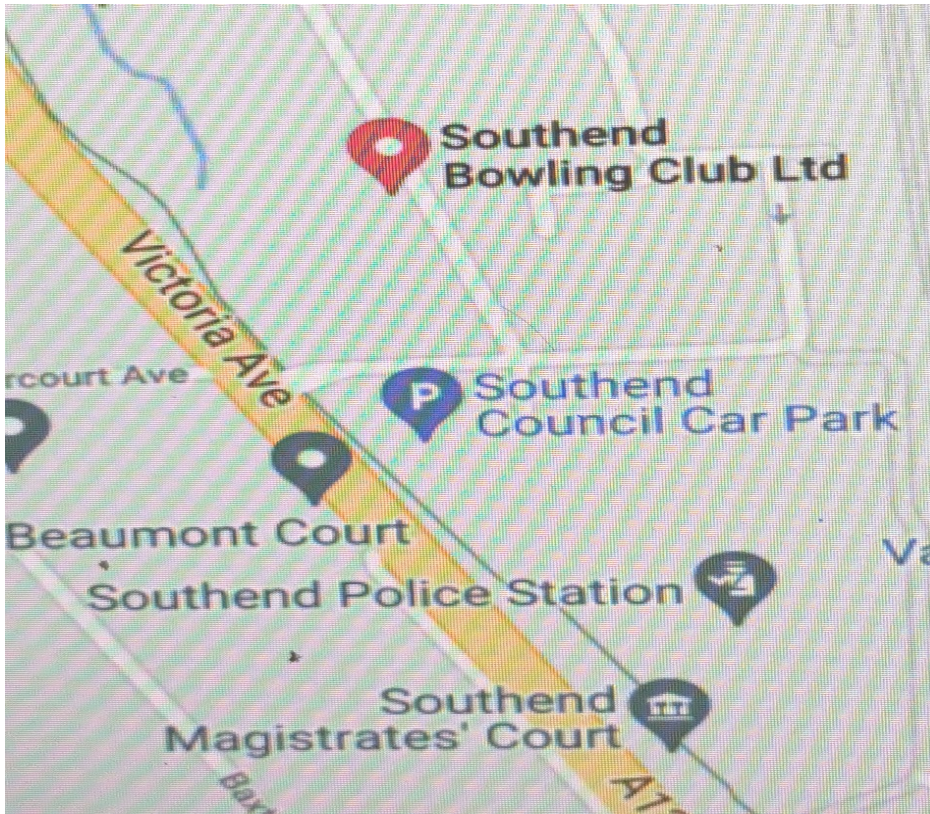
We will hopefully be planning various events next spring / summer and will advertise these in our March edition. It's difficult booking speakers and events and then having to cancel them, some at sort notice. We all hoped that by now we would be back to normal and it is disappointing that we are still being restricted by the different variance that seem to pop up. The world is such an open place that no mater what you do you can't restrict the spread , therefore we have to learn to live with this.

I hope you are all jabbed up and have received your booster although nothing seems to guarantee you won't get the virus but being vaccinated seems to protect you from serious illness.

After our terrible Christmas last year , Sue and I have gone to see our youngest Daughter Charlotte and her husband who after moving to Italy earlier this year are now living and working in Abu Dhabi for a year or so whilst their property in Italy is being renovated. Abu Dhabi is a different world away from Southend so look out for my report with lots of pictures in our March edition.



**From all at Take Heart
we hope you had a Very Merry
Christmas and wish you
a Healthy and Safe 2022**



Our new venue at Southend Bowls Club is working out well although we had a problem at our first meeting. We had recommended that if the car park was full to park in the council car park for free which is a short walk to the club. Unknown to us they had an event that night and their car park was full which caused difficulty for some of you to park. Hopefully that won't happen again. I've said before from May to September there should be plenty of parking spaces at the clubs car park on Take Heart nights. Other times where you might have to park at the council car park we will be having a couple of security guards in Hi-Vis. vests to guide you from the car park along the short walk to the club which will make those who don't go out at night feel safe. They will also guide you back after the meeting.

Continued from page 9

- Early data shows a third booster dose prevents about 75% of people from getting any Covid symptoms from Omicron.
- Protecting the NHS from being overwhelmed with Covid-19 patients is increasingly important during the winter months and due to the emergence of Omicron.
- The NHS is now set to offer every adult a booster vaccination by the end of the year.

Where can I get my Covid-19 booster vaccination?

- A list of walk-in Covid-19 vaccination sites is available at:
<https://www.essexcovidvaccine.nhs.uk/>

Pre-bookable appointments are also available at large vaccination centres and sites such as a community pharmacies. Essex County Council has worked with the NHS and a new vaccination centre will be opening at County Hall in Chelmsford.

How do I book my booster vaccine?

- If you do not walk to pre-book an appointment, a list of walk-in Covid-19 vaccination sites is available at:

<https://www.essexcovidvaccine.nhs.uk/>

Pre-booked appointments can be made online at Book or manage a coronavirus (COVID-19) vaccination - NHS (www.nhs.uk).

The website is experiencing high demand at the moment (mid December) so you may be held in a queue for a short time.

Please be patient and keep trying.

You can also telephone 119

Be careful where you shop online. We ordered a german shepherd and now this guy lives with us.



#analbumcover

If you read this the same way I did, then the internet has ruined you too.

My friend told me she wouldn't eat beef tongue cause it came out of a cows mouth

Wow, I think you went too far with the plastic surgery!



So i gave her an egg

A huge stack of toilet rolls fell on me in the supermarket. I'm ok though, just soft tissue damage.



"TAKE HEART'S" St PATRICK'S DAY

at
**THE POLASH WEST ROAD
SHOEBURYNESS**

**On Thursday 17th March 2022:
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  
Further enquiries phone Paul: 01702 615660

## SPEAKERS AT OUR MEETINGS

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

Thurs. 13th Jan. **No Meeting due to possible covid restrictions**

Thurs. 10th Feb. **No Meeting due to possible covid restrictions**

Thurs. 10th March. **Speaker to be confirmed in our next edition at the beginning of March**

**Thurs. 17th March. St Patricks Night at the Polash Indian Restaurant West Road Shoebury**  
(Full details and booking form on page 12)

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

Thurs 12th May. Our President Dr Paul Kelly has been invited to attend and bring us up to date with the latest information regarding Cardiac treatment within the new set up.  
(at the time of going to print Pauls attendance had not been confirmed but hopefully this will be confirmed in our March magazine)

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

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

# 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.

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*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

*We have now reached over halfway in our target to raise £30K for our local cardiac departments.*

*Donations apart from a few all but dried up over the passed couple of years, although a number of organisations have pledged to support us in the coming year. Hopefully we will also get back to doing some fundraising events which have always been so successful.*

*Thank you to the following for their donations over the passed couple of years. Thorpe Bay Bowling club: £1,285.00, Rochford Rotary Club £2,000.00, Essex Freemasons £1,000.00. Hockley Lodge of Freemasons £825.00, Les Whitehead £100.00, Frank James £100.00, Southend Tangent Club no. 5 £80.00, Essex Masonic Foundation £200.00, Station News (Shoebury) collection box total £107.70, Mrs Dumbell Thorpe Bay £50.00, Deirdre Maskery from Shoebury £50.00, Mrs Newman from Shoebury £15.00. Mr & Mrs Dobson £20.00. Plus Donations in memory of the following: Jean Burgess £295.00, B. Hopkins £30.00, Brian Brampton £258.00, S Lynch £20.00.*

*We are very grateful to receive your donations no matter how small and from some, at a time of sadness with the loss of a loved one.*

*Once again Thank You*

### 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 Dec. 2021

£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





Our first meeting for 18 months back in October only had 30 attending but considering it was the first outing for many we were pleased with the brave few. From little acorns etc. etc.



Our Meeting in November which fell on Remembrance Day saw over 60 attending. We were all treated to an excellent talk by local historian Brian Sandford entitled Southend and the wars.

Brian really is very knowledgeable person and together with a number of items on display brought by Brian



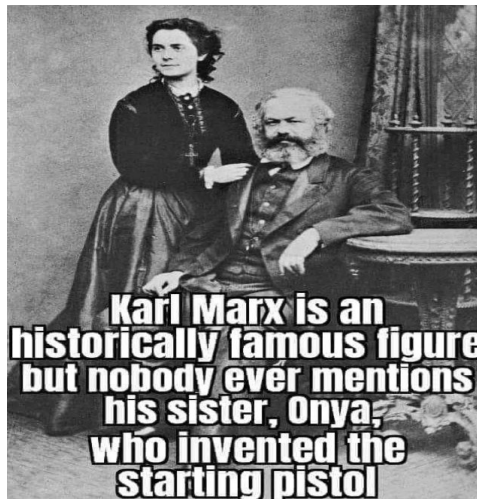
and a number of other members made the night although a serious subject a very enjoyable one. Lots of questions were put to Brian and all enjoyed the displays. We all agreed we must have Brian Back in the future.

**The King of Spain has been quarantined on his private jet**



**That means the reign in Spain stays mainly on the plane...**

The wife had a pair of knickers stolen off the line last night, she's not bothered about the knickers she just wants her 15 pegs back.



**Karl Marx is an historically famous figure but nobody ever mentions his sister, Onya, who invented the starting pistol**



Boris Johnson visited a village in Cornwall and asked the inhabitants what the government could do for them.

"We have two big needs" said the village spokesman. "First, we have a health centre but no doctor."

Boris whipped out his mobile phone, spoke for a while and then said "I have sorted it out. A doctor will arrive here tomorrow. What is your other need?"

"We have no mobile phone reception at all in our village."



Yes, I did drive a truck during the war. Why do you ask?



Please, can I see your nose?

Not until we're married.





**Steve Ashby**

**Toastmaster  
Master of Ceremonies**

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MADE FROM SOUR GRAPES

*This is a full bodied and bitter vintage guaranteed to leave a nasty taste in your mouth for years. Crown in pure bullshit.*  
PORTSEA

The guy at the furniture store told me the sofa would seat 5 people without any problems.

Then it occurred to me, I don't think I know 5 people without any problems.

## Covid News: Who can get a booster vaccine?

From Wednesday 15 December, all those over the age of 18 can book their Covid-19 booster vaccination as long as it has been three months since your second dose.

### **Why do I need to have a booster vaccination?**

- Booster vaccinations are our best defence against Covid-19, particularly with the emergence of the Omicron variant. Omicron is projected to become the dominant variant in the UK by mid-December, based on current trends.
- New data suggest that vaccine protection against mild symptomatic disease from Omicron may be substantially reduced as protection from the original two doses starts to wane. Effectiveness against severe disease is still unknown but expected to be higher. ....Continued on page 13



**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](mailto: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.