

Nights and Days Out with Take Heart

Tues. 21st June: Italian Night: *Padrino's the best value restaurant around above the archway cafes at Westcliff 3 course from the specials menu*
Cost: £17.50 each

Weds. 27th July: Chinese Night: *Back at Zen City Hamlet Court Road. 3 course meal (eat as much as you like)*
Cost: £16.50 each

Weds. 31st Aug. Day at the Races (Lingfield Park)
Bring your own Picnic & fold up table & chairs (subject to weather) for when we arrive or go straight in and eat at one of the many outlets. Includes entrance to the Grand Stand, coach and 3 course dinner on the way home from the specials menu. All in all a full day out but at your own pace. Have a nap on the coach on the way to dinner or on the way home!
Cost: £55.00 each

Sat. 22nd Oct: Fun Quiz Night: at Thorpe Bay Bowls Club Thorpe Bay Gardens SS1 3HL Bar open at Club prices, Bring your own snacks, food & goodies. Ideally Teams of 8. On your own no problem come along and we'll find you a team.
mobile phones turned off please! Cost £4.00 each

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

☐ **The Fisherman's Wharf is being rebuilt at last : please tick box if interested in a Fish and Chip night when it reopens and details will be sent to you when known.**

Booking Form

Please book meItalian Night: at £17.50 each.....= £
Please book meChinese Night : at £16.50 each.....= £
Please book meDay at Races: at £55.00 each.....= £
Please book meFun Quiz night: at £4.00 each..... = £

Separate cheques for each please and write on the back which it is for Total = £

Pick up points for Races: Church Rd. Shoebury: Southchurch: Victoria Avenue: The bell: Progress Rd: Rayleigh Weir: (Times to be confirmed around 10.00am)

Pick up point :

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 these events Please only phone Paul 01702 615660
(if no answer please leave message & phone No. and I will get back to you)



A Cardiac Support Group - Registered Charity No. 1023707



Summer 2022



(Covers: June, July, August, September, October and November)

The Group meets on the **SECOND Thursday** of every month (except Jan & Feb) at 8.00 pm at:

Southend Bowls Club

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

Free parking is available in the Town Hall Car Park which is a short walk

(See Map on page 10)

New Members welcome

come along and introduce yourself if shy bring a friend

Centre pages are a 4 Page pull out listing all events and speakers for the next 6 months
Pull it out and keep it safe.

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: 07722351602
cjship1952@hotmail.com
Membership Sec: Gill Stanley.....Tel:01702 351602 (as from July)
g.l.stanley@hotmail.com
Hospital Rep: Richard Lefever.....Tel: 07850662422
richard.lefever@sky.com
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

+++++

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.

When a partner becomes a carer: Sometimes a partner takes on the role of carer, either in the short or long-term. Being involved in someone's personal care or needing this from a partner can feel daunting and challenging. Even when partners are more than willing to provide this support, it can impact on other areas of the relationship such as sex and intimacy and make it hard to feel as connected as before. Even when this kind of support may no longer be needed, regaining the sense of an equal and romantic partnership can feel tricky. Talking about what's happened, and being open and honest in a way that respects the challenges that both partners have faced, can help you to find a way forward together.

How to avoid being over-protective: People with health conditions sometimes feel their partners, family or friends worry too much about how well they are taking care of themselves. Asking if someone has taken their medication, or telling them to watch what they eat or drink, can be perceived as being over-protective or as treating them like a child. Being concerned for somebody's health and well-being is understandable, but sometimes it can help to take a step back. We all have a responsibility to care for ourselves, and it's important to recognise that people dealing with a health condition are likely to want their autonomy to be respected, and to decide for themselves what support they want from friends and family. This can be difficult to accept, but it's important to strike a healthy balance between caring and taking on the role of an unwanted carer, or even a bully. In other circumstances, partners might hold back from sharing what's worrying them, because they don't want to burden their partner with their concerns. Remember, it's important to find ways of sharing your feelings if you want to.

Friends and wider Family: If you're not sure how to help someone with a health problem, the best approach is to be open and flexible. Just asking what might help and taking your lead from them is often a good way to start, and respects the fact that whatever problems they may be facing, you want to respect their wishes, rather than just ploughing in and making assumptions. They might want to keep in touch over text message every few days, meet up once a month, or they might want some time alone to focus on themselves and then reconnect when they feel ready. If you have a condition and would like more emotional support than friends and family are able to offer, try to establish connections with other people in similar situations to you, for instance through support group.

To Find support: Visit Relate website or call 0300 003 0396.

To advertise in Future Editions of this magazine

Please contact the Editor: 01702 615660 or e-mail enquires to:
paul@takeheartsouthend.org
is 1,500 copies per six monthly edition posted to all 850 "Take Heart"
members with copies dropped off at local surgeries and clinics within our area
and all local libraries also waiting areas within Southend Hospital.
The cost per page advert is £50.00 per year,
1/2 page £30.00 per year,

“Is it safe for me to have sex if I have heart failure?”

Cardiac Nurse, Chloe Macarthur says:



People with heart failure sometimes worry about whether they will still be able to do things they enjoy, including sex. It's normal to have these concerns. Generally people with heart conditions, including heart failure, can continue to enjoy a satisfying sex life.

Sex is a physical activity and is no more likely to trigger a symptom than any other similar level of exertion. Your doctor will be able to confirm if you are able to safely have sex (don't be afraid to ask them – they have heard it all before).

Generally, if you are feeling well and able to climb two flights of stairs comfortably, or do some light gardening, then sex is likely to be fine.

If you are anxious about having sex, talk to your partner so that you can find something that works for you both. This might be finding other ways to be intimate that don't involve full intercourse, or exploring different positions that you may find easier. You could also change the time of day you have sex, to when you have more energy.

Get more information on how to reduce your anxiety about having sex when you have a heart condition. If you do start to experience symptoms, stop what you're doing and rest, just as you would with any other physical activity.

Some people find that heart failure reduces their sex drive, or causes sexual problems. Most people take heart medications without problems, but in some cases your medication may affect your desire for or ability to have sex.

Don't feel embarrassed to talk to your GP or nurse. They will be understanding and can offer you advice and support. If you are thinking about using medications such as sildenafil (Viagra), speak to your doctor first as this can cause problems if you're already taking medication that can affect your blood pressure.

Published 3 March 2022



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

Welcome to our New ‘June to December’ news magazine.

We usually buy thousands of stamps when the price is going to go up, this saves us lots of money on postage. At the moment we are using stamps that cost us 35p. Unfortunately a lot of companies and charities have been doing this and the post office has cottoned on to us so from March 2023 they have made it impossible for us to do this in the future by putting a bar code on all future first and second class stamps. Therefore we have been forced to rethink our news magazine and the cost. We have decided to only produce two magazines per year with a four page pull out in each for you to keep. This pull out will list all the speakers at our meetings and future events and meals out. So magazines will now be in June and December each year. Hopefully our Grand Christmas Draw will return this year.

We are now getting back to our raising funds programme and with your support we will get back to what we do best that is raise funds for cardiac support locally. You will find the mentioned pull out in the centre of this edition. Pull it out carefully and put it somewhere safe or pin it to you notice board if you have one. You will know at a glance what's happening and hopefully support some if not all the events and meetings. If anything changes during each 6 month magazine period these changes will be listed on our website.

The last event before the first lockdown was our St Patricks night at the Polash back in March 2020 so it was right to have our first event now we are getting back to some normality at the Polash on St Patricks Day this year. It was nearly a full house and at last we started to raise funds again. A total of £405.00 was raised thanks to the generosity and help of the owner Sheikh Khalique and of course a successful raffle. Thank you to all those who had the confidence to come out once again con'd / over.....

Con't....

At our recent AGM, the first for a couple of years due to the pandemic your committee were reappointed with no new nominees which was disappointing. We need new blood to make sure of the continued success of Take Heart. We will not be around indefinitely so we need to make sure there are people ready and willing to take over when the time comes. If you think that you can be of use to Take Heart in the future please contact us.

There must be retired people out there who have nothing to do and would love an interest or someone who feels lonely after losing a partner, this is your opportunity (when you feel the time is right) to get out there and meet people. Please contact us or come along to one of our meetings and have a chat over a cup of tea. You won't be thrown in at the deep end! We will bring you along and get you involved slowly and hopefully in the years to come you will be confident enough to take over some of the main positions overseeing the running of Take Heart.

I have been chairman now for about 10 years and also editor of this news magazine. I'm running out of ideas. We need new ideas to survive. I would love to have an assistant editor who could help me and slowly in time take over. I have always found it a rewarding experience and a very sociable one.

Please come and help us.



**Pull Out and Keep
Events booklet
Page 9 to 12**

**Listing all events and monthly
meeting. Pull out and pin on
your kitchen notice board**

TAKE HEART PEARL PLUS ONE APPEAL
1992.....2023
**30 PLUS ONE YEARS OF
LOCAL CARDIAC SUPPORT**

As you will see on page 9 (page 1 of the pull out) we are now beginning to organise events, meals out, days out, hopefully we might even try and organise another holiday next year possibly Ireland or a Warners break again. Fund raising is our main aim but to enjoy each others company at the same time is important.

Some donations received

£102.00 in memory of Margherita Mancino.
£348.70p in memory of Kathleen Pearce.

Stop Press

Bobby Berwick who due to the pandemic has served 3 years as Master of his Lodge (Ashington no. 9026) is at last with his wife Laura having their Ladies Night which had to be cancelled twice. Over 140 are attending including members of Take Hearts committee. The good news is that to date Bobby and members of his Lodge have raised £3,000.00 for our Pearl appeal with more to come from the ladies night. What a fantastic effort and we are very grateful to them all for their support. We wish both Bobby and Laura a wonderful evening. This amount has not yet been added to our total, but when it is. it will take us well over the £20,000 mark and well on the way to reaching our target by April 2023. Photo: Our chairman congratulating Bobby on his efforts.

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 May. 2022

£18,000.00 Feb. 2022

£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

Chairmans Rants

Parking at Supermarkets: *Most of us go shopping, park our car and shop with the only worry being how long will the queue be at the tills. Wrong! The worry should be how long am I going to be in the shop.*

Unknow to most there is now time restrictions on how long you can park usually 2 hours. If you over stay you will get a fine sometimes up to a £100.00. Always keep you receipt, if you get a fine then do not pay, send a copy of the receipt to prove you are a genuine customer. If that doesn't work go and see the manager of the supermarket and complain. They will say that the car park is not owned by the store. Do not believe them insist they speak to the parking company and get the ticket cancelled. You are a genuine customer and why should you be fined for shopping and spending your hard earned money. These measures are meant to stop people parking and going to work all day without using the store. Most people are worried with the threat of the fine being increased and just pay up but the company rely on these bullying tactics. Don't let them get away with it.

Ultra Low Emission Zone: *If you don't live in London what does that mean? My daughter found out recently when she got fined for doing my Grandson a favour in dropping him off on boxing day to work at Tottenham Hotspurs stadium because there was no transport. A couple of letters went amiss and now they want £240.00. I took a trip up there to see what signage there is. Ok there is signs saying you are entering a Ultra Low Emission Zone. What does that mean to us that live in Southend? No mention of a charge like when you approach the Dartford crossing. Apparently there is a charge of £12.50 a day when you enter this zone and you drive an old car. How do we know? I think the signage is not clear enough and should read **You may have to pay a charge Check on line:** So we are not paying and have invited Transport for London to take her to court. (that's a joke transport for London if there was transport on the day he would have got there under his own steam without the need for a lift) So if you are going to drive near London..... **Watch out***

Blood Pressure (BP)

Blood pressure (BP) is the force exerted on the wall of your arteries by the blood as it is pumped. When the force is too high it can damage the delicate lining of the blood vessel.

The highest pressure, (systolic pressure) is the pressure when the beat/contraction of your heart forces blood around the body. The lowest pressure, (diastolic pressure) is between heartbeats when the heart is resting. Blood Pressure is measured in millimetres of mercury

A blood pressure reading gives two numbers, the first systolic (top number), the second diastolic (bottom number).

As a healthy adult your target is to have a BP below 140/85mmHg.

If you have diabetes, kidney disease or Coronary Heart Disease then it should be below 130/80mmHg.

Exceeding recommended alcohol levels (21 units per week for a man, 14 units per week for a women), being overweight and excess stress can all lead to an increase in BP.

More information on High Blood Pressure can be obtained from the BHF website:

<https://www.bhf.org.uk/heart-health/risk-factors/high-blood-pressure>

See 4 page 'pull out and keep leaflet'
on page 9/10/11/12
for full Details of the following

Tues. 21st June:.....Italian Night:

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**Weds. 31st Aug.....Day at the Races (Lingfield Park)
plus dinner on the way home**

Sat. 22nd Oct:.....Fun Quiz Night



This World Diabetes Day, the BHF announced new GP patient figures surrounding diabetes and that they are funding an extra £3 million worth of research into diabetes and heart disease.

Diabetes is a condition which involves high levels of sugar in the blood due to problems surrounding a hormone called insulin. According to our new data, nearly 3.5 million UK adults have been diagnosed with diabetes. Since 2005, the number of people diagnosed has increased by over 65 per cent.

Diabetes can encourage the build-up of fatty deposits in the coronary arteries, the vessels which supply the heart with oxygen-rich blood, which can lead to coronary heart disease. This increases a person's risk of a deadly heart attack or stroke.

Power in numbers To help reduce the number of people at risk of diabetes and cardiovascular disease, BHF are part of a national charity partnership with Diabetes UK and Tesco. The partners have made a three-year promise to help millions of people eat better, get active and make healthier choices. We also plan to continue funding pioneering research, like Dr Richard Cubbon's at the University of Leeds, to help better treat those with diabetes. Dr Cubbon has received £180,000 of funding to look at new ways of treating the blood vessel damage associated with diabetes. The research is part of a £3 million boost, which means the BHF now funds over £27 million of research into diabetes.

Why does this research matter? Talking about his research, Dr Cubbon said: "We are currently unable to reverse blood vessel damage caused by diabetes. We're studying a protein which could be involved in blood vessel repair, which could lead to new drugs that help prevent the deadly heart attacks and strokes associated with diabetes." This important research could help many people.

Chairmans Rants

Heathrow airport. If this is the first place visitors see of this country then god help us. Its an absolute nightmare standing in queues for hours just to get back into your own country. I recently picked someone up. It took me an hour and a half to get from Southend to within 3 miles of Heathrow and then another 2 hours to get into the car park. When will we learn? we should not build these places without the infrastructure and roads first.

We will have these problems in our part of Essex soon. Most local people do not realise the amount of housing planned for our corner of Essex. Where are the roads, schools, doctors, hospitals?

The need to have a rant: I received an interesting email suggesting I do a rant on *'People who feel the need to have a rant'* When I think about it, I feel much better if I share my frustrations at what is going on around us. Most people who feel this way usually go into politics thinking they can change things but I'm not that daft I leave that to others. I get a lot of comments and most say "I read your rants and I'm with you with most of them keep it up"

Unwanted phone calls: How many of these do we get? I get 5 or 6 a day All telling me they are not selling anything! But 30 seconds into the call you find out the truth. I thought a few years ago they made it illegal to receive unwanted calls unless you requested them. Then there's the 'you've been in an accident recently' calls Where do they get our phone numbers from? You would be surprised to find how many company's you deal with that sell your information onto these cold callers. Banks, insurance companies to mention just a few. What's happened to our data protection? My advise is don't talk to anyone you don't know. They haven't just phoned to have a chat. They are trying to sell something you don't want or need or they are trying to scam you. Don't tell them the time of day. Just tell them to *"go forth and multiply"* Any information you give even your name can be used against you. Don't believe anything they say If their genuine they'll understand.....Con't / over

Problems Problems Problems

It can be difficult to talk about feelings at the best of times, and having a health problem can make it feel trickier, with neither partner wanting to worry the other. It's easy to make assumptions about what's ok to discuss together, but only by checking will you know how best to approach things. Even if it feels really difficult, knowing you can share your concerns and fears can really help keep communication going – which helps people to stay closer. Whether you've just received a diagnosis or the health issue has been going on for a while, what people need from their partners is likely to change along the way. If you're the partner of the person with a condition, establishing that you care and want to support them is usually a good way to start. Simply asking what would be helpful means that you don't make assumptions.

Health problems can put additional strain on any relationship. Dealing with the practical and emotional impact can be exhausting for both partners, and it's easy to feel unconnected or helpless in the face of pain and worry. In some cases a partner might develop post-traumatic stress disorder after a sudden trauma, such as witnessing their partner having a heart attack. When both partners have to focus on dealing with their own health issues, the gap between them can grow. Some couples do find that the stress of managing everything puts their relationship in jeopardy, but there are lots of ways of getting support at times like this, and these can help couples navigate difficult conversations and find the best ways forward. **Con/t on pages 18/19**

Our President Dr. Paul Kelly attended our May meeting and gave an interesting talk on Cardiac Care through these difficult times. Fifty members attended and asked many questions which Paul was happy to answer.

He also promised to come back next year with an Illustrated display on how local cardiac care has improved over the years. Sounds interesting and not to be missed, so watch out for the date in our December Magazine.

Grateful thanks to Paul for finding the time to attend.

Steve Ashby

Toastmaster
Master of Ceremonies

Masonic Functions - Weddings - Social Events

Bar Mitzvahs - Corporate Functions

23 Gainsborough Drive
Westcliff-on-Sea
Essex SS0 9AH

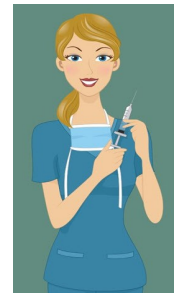
Telephone: 01702 302713

Mobile: 07885 630550

Email: steve.ashby@blueyonder.co.uk



**A wise doctor
once wrote ...**



**DON'T MESS
WITH ME.
I GET PAID TO
STAB PEOPLE
WITH SHARP
OBJECTS.**



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Telephone/fax 01702 511181

Mobile 07850662422

Check out the latest news on
our Pearl Appeal on page 17



Thorpe Bay
Bowling Club
Thorpe Bay Gardens
Thorpe Bay
Southend on Sea
Essex. SS1 3HL
Club Tel:01702 582074



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.

Membership Secretary
Elaine Hudson
07791 609753
ehudson880@gmail.com

JOKES THAT ARE SO BAD THEY COULD BE GOOD

What did the buffalo say when his son left? Bison!

I went on a once-in-a-lifetime vacation. Never again.

I wasn't that hungry, so I just ate a kid's meal at McDonalds. His mother was furious.

The inventor of the throat lozenge died last month. There was no coffin at his funeral.

My dad died because he couldn't remember his blood type. He kept insisting we "be positive," but it's just so hard without him.

What's the best thing about Switzerland? I don't know, but its flag is a big plus!

Just wrote a book on reverse psychology. Do *not* read it.

Why did the scarecrow win an award? He was outstanding in his field.

How did Darth Vader know what Luke got him for Christmas? He felt his presents.

The guy that invented the umbrella was gonna call it the brella. But he hesitated.

My daughter thinks I don't give her enough privacy. At least that's what she wrote in her diary.

A panic-stricken man explained to his doctor, "You have to help me, I think I'm shrinking." "Now settle down," the doctor calmly told him. "You'll just have to learn to be a little patient."

What did the drummer call his twin daughters?
Anna one, Anna two.

What do you call a magician dog? A labracadabrador

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Bring your own Picnic & fold up table & chairs (subject to weather) for when we arrive or go straight in and eat at one of the many outlets. Includes entrance to the Grand Stand, coach and 3 course dinner on the way home from the specials menu. All in all a full day out but at your own pace. Have a nap on the coach on the way to dinner or on the way home!
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Separate cheques for each please and write on the back which it is for Total = £

Pick up points for Races: Church Rd. Shoebury: Southchurch: Victoria Avenue: The bell: Progress Rd: Rayleigh Weir: (Times to be confirmed around 10.00am)

Pick up point :

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 these events Please only phone Paul 01702 615660
(if no answer please leave message & phone No. and I will get back to you)

Take Heart Events and Meetings

'Pull out and keep' information sheet
(covering up to December 2022)

If you would like to attend any of the events below See booking form on the back page of the pull out & magazine

**To: Take Heart Events: 30 Westminster Drive
Westcliff on Sea Essex SS0 9SL**

Please note: *Separate cheques for each event. Please write on the back of your cheque, which event it is for and put your name and address and phone number.*

*For those who do not use cheques, payments can be made at any of our meetings or bank transfers can also be made.
Please contact Colin the Treasurer for Bank details on 07722351602*

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Meetings start at 8.00 pm and finish by 10.00 pm
on the 2nd Thursday of each month

(Except January & February)

Southend Bowls Club

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

Free parking is available in the Town Hall Car Park which is a short walk

Thurs. 9th June.....**The Unseen Enemy:** Illustrated talk by

Andrew Summers (See Opposite)

Thurs. 14th July.....**From Simon Cowell to Dragons Den:**

Danielle Barnett talks about her personal 20 year white knuckle ride through business, life and the music industry. (See opposite)

Thurs. 11th Aug.....**Nelson and his loves:** Illustrated talk by

Maggie Piper

Thurs 8th Sept.....**Handwriting Analysis for Fun** With Joanne

Larner: Please bring pen and paper

Thurs. 13th Oct.....**Snatched From Essex:** By the old GLC

Greater London Council in 1968 interesting

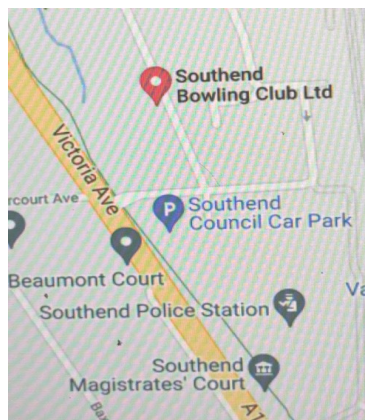
Talk by Andrew Summers (See opposite)

Thurs. 10th Nov.....**Remembrance:** After the success of our remembrance speaker and exhibition last year we will again have a similar event and exhibition. Not to be missed !

Future events full details in our December Magazine

Thurs. 8th Dec..... **History of Christmas**

Mon. 19th Dec... **Christmas Carol Concert during which we will draw our Grand Christmas Draw with a 1st prize of £200**



Our new venue Southend Bowls Club.

Please park in the Council Car Park (See map) the Bowls Club is a short walk. Two Take Heart Stewards will be on hand during winter months when dark in Hi-Viz yellow jackets to direct you along Tunbridge Road.

Blue Badge Holders can park outside the club.

Meeting start a 8.00 p.m. and finish by 10.00p.m. The bar will be open for soft / acholic drinks also tea and coffee. Meeting room is on the first floor there is a lift.

A Cardiac Specialist Nurse is always available if you have any questions or worries.

The UNSEEN ENEMY

JUNE: *(The Great Influenza Outbreak of 1918) In November 1918 as the First World War came to an end a new and deadly foe established itself on the home front. It was unseen, advanced rapidly, took no prisoners and was commonly known as the Spanish Lady or Flu.*

Reporting widespread sickness in the military was considered detrimental to the morale of soldiers and civilians alike and although the news of the outbreak in the military was largely suppressed, nothing could or was done to stop the spread of the infection itself.

The pandemic of 1918 to 1919 was the deadliest in modern history and infected an estimated 500 million people, about one-third of the world's population.

SNATCHED FROM ESSEX

OCTOBER: *For one thousand years the county of Essex stretched westwards from Harwich to Waltham Cross on the River Lea. The county boundary then continued south along the course of the Lea to the River Thames at Trinity Buoy Wharf, before turning eastwards following the north bank of the capital's river all the way to Shoeburyness. This changed in 1965 with the formation of the Greater London Council. Five new London Boroughs were created. Whilst only a tiny proportion of the land was taken, nearly one third of the existing Essex population was removed from the county. Despite these changes over two generations ago, many residents who live in these boroughs still refer to themselves as Essex people, as does much of the media.*

From Simon Cowell to Dragons Den:

JULY: *I'm currently the lead singer for the world famous number 1 chart act Urban Cookie Collective who had a big hit with The Key The Secret in 1993 - and have fronted the act for 15 years. I have (and still currently) am lucky enough to tour the world doing this - and I love my job! There's never a dull experience - I have performed in front of audiences 100,000 strong! and I am also an accomplished songwriter with 20 top 40 hits under my belt and 3 major publishing deals - as a singer myself I have had 4 major record deals (one with Mr Simon Cowell himself! so I know some secrets!). I am also a vocal coach to the up and coming stars you may well have seen on TV. Molly Rainford (came 3rd in final of Britain's Got Talent) and a West End child star who is currently performing as Violet in Charlie and The Chocolate Factory.*



(W. E. COOK)

ESTABLISHED 1908

607 London Road Westcliff-on-Sea Essex SS0 9PE

E-mail: info@cookscoaches.co.uk

Website: www.cookscoaches.co.uk

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