

TAKE HEART NEWS: MARCH 2024

Our website is being updated at the moment and we apologise for any inconvenience. Our latest news is as follows.

*A lot has happened over the past year. Back in December we were rather abruptly thrown out of our meeting place at Eastwood Community Centre which came as a bit of a shock. Apparently another group wanted to meet every Thursday and as we only meet on one Thursday a month the management decided to throw us and other groups out. That's all water under the bridge now and we have been fortunate to find a **New Venue at The Balmoral Community Centre Salisbury Avenue Westcliff-on-Sea SS0 7AU** (See Map below) this new venue will suit our needs very nicely. Meetings will start earlier at 7.15 and finish about 9.30 at the latest. The hall is spacious with a lovely kitchen. Our meeting room is on the first floor but there is a lift at the back entrance, and all is wheelchair friendly. There are approx. 18 parking spaces which if stewarded can be 30 parking spaces. We can double park which will not be a problem as we will have parking Stewards and as we all leave at the same time, no one will be blocked in. Alternative car parking at the top of Hamlet Court Road which is a 5-minute walk away.*

Our first meeting at our new venue will be Thursday 14th March from 7.15 till 9.30 Our Cardiac Specialist Nurses will be on hand with a Q&A session regarding the future of Take Heart. Future meetings of Take Heart will be every 2nd Thursday of each month (except January) Please support these as much as you can.



CHAIRMANS UPDATE MARCH 2024

The Good news is that we have reached our target of £30,000 for our Pearl Appeal including a couple of I.O.U.'s from two organisations that have promised donations which will materialise in the next couple of months. A presentation event has been planned for Sunday 30th June. Full details will be out shortly.

Our AGM will be on Thursday 11th April and will start at 7.15 (please attend) followed by a talk from our President Paul Kelly at about 8.00, with a Q & A afterwards. Tea & coffee and a FREE raffle.

I don't particularly want to mention the Covid word again but looking back it all seems like a dream or a nightmare for some and a lot of Charities and businesses didn't survive. We at Take Heart were lucky to survive but it has become difficult to try and get back to where we were. I have been asking for members to come forward and help with the running of our charity. It would only take up a few hours each month. Unfortunately, no one has come forward and we are down to 4 active committee members. We have been discussing that if members do not come forward, there is a real possibility that we will be forced to close the Charity which would be very sad.

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 positions overseeing the running of Take Heart.

I have been chairman now for about 12 years and editor of our award-winning 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.

We have arranged several events, which as usual involve eating and drinking. Most people of a certain age would not normally go out on their own but now you can and be in the company of friends. All are welcome to attend our events, so why not ask friends and neighbours to join you. Have a look at our social events and meetings list in our new magazine please put them in your diary. (which will be sent to all members mid-March) Events will also be listed on this site with regular updates.

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Please leave a message and phone number and we will get back to you.