



HELPFUL LINKS

HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER JUNE 2022

Phone us on 07518 569 380

Visit our web Site at www.ealingheartgroup.co.uk

Email us at info@ealingheartgroup.co.uk

or follow us on Twitter at [Ealingheartgrp](https://twitter.com/Ealingheartgrp)

Government COVID Advice

Visit below for full details at;

<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

Hospital Blood Tests by Appointment Only at;

<https://www.lnwh.nhs.uk/BLOOD-TESTS>

Or phone 0208 235 4200

London North West Healthcare

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

Ealing Hospital 020 8967 5000

Northwick Park 020 8864 3232

Central Mddx 020 8965 5733

Ealing Council

<https://www.ealing.gov.uk>

020 8825 5000

British Heart Foundation

<https://www.bhf.org.uk/>

Heart Helpline on 0300 330 3311

A&E if you experience an emergency, such as heart attack or stroke, Call 999

Heartlink's Back – Bigger & Better

Good News - Heartlink is now starting up most of its activities and we have lots of plans and some great news - all set out below. With the threat from Covid receding, and many members having had their vaccinations, the time is right to get going again. We have missed you and all our Heartlink family, so we have made some very exciting plans for this year but we need your help and support to make them happen.

We urgently need volunteers to help us in several the projects and activities we are planning. If you have a few spare hours, you can make a huge difference to someone's life. For some of the projects you won't even have to leave your own home. Please see what we are about to embark upon and if you can help us please get in touch – we need your support – **email us or phone us – the contact details are above.**

Heartlink The Mayor's Chosen Charity for 2022 - 2023

Ealing Council's New Mayor, Cllr Mohinder Kaur Midha, has chosen Heartlink as her Charity for her Mayoral year 2022 - 2023. It is an honour and privilege to have been chosen and we are very grateful to her for recognising that heart health is so important to our communities.

As the chosen Charity we have a great opportunity, and responsibility to raise awareness of heart disease, its causes and treatments and it support heart patients, their families and carers. We will of course be supporting a number of the Mayor's events during the year and will let you all know of the arrangements, so you can come along.

A big thank you to Mr Mohinder Kalsi and Mrs Amar Kalsi who attended the Mayoral Making Ceremony on behalf of Heartlink at such short notice.

Refurbishment of Ealing Cardiology Cath. Lab

Most will know that during the last year many heart tests and procedures have not been available at Ealing, with patients having to travel to Northwick Park and other hospitals often with considerable delays and inconvenience. We continued to lobby hard about this situation and are pleased to report the refurbishment is now making good progress.

Councillor Tejinder Dhami Commemoration



Earlier this year, we told you of the very sad passing of Councillor Tejinder Dhami former Mayor of Ealing and our benefactor and sponsor. Councillor Dhami leaves a huge legacy; not least his loyal public service over many years, his deep-seated sense of service to humanity and his contribution in raising much needed funds to improve the health and welfare of patients with heart disease. The picture is of Trevor (Heartlink Chairman) presenting Cllr Dhami with a Heartlink Appreciation Certificate thanking him for all the work he did for us during his Mayoral year. We are currently working with staff at Ealing Hospital and the family of Councillor Dhami to organise a suitable commemoration for him at the Hospital. We aim to have a ceremony when it is put in place and will invite you all along.

Heartlink Zoom Meetings Continue

We have recently arranged the next online Zoom meeting to be held at 10am on Thursday 9th June. Previous sessions have been well attended and we have had excellent speakers as well as lively discussions. We know many of you are not confident using the IT that is needed for Zoom, but if you have suitable equipment, even a smartphone, and are willing to give it a try, we will give you some help getting going (as we have already done successfully with some members.)

Zoom sessions are only a stopgap while we can't meet face-to-face, but, if there is an ongoing demand for them from members who can't come to face-to-face events, for whatever reason, we will consider continuing them. They give people an opportunity for a helpful chat with a friendly face.

Contact us to Join our Zoom Meetings 😊

Meetings & Volunteering at Ealing Hosp.

In the meantime, more good news, we have kept up our links to local Strategic Health Groups and raised Heartlink's profile, with the result that the Trust is now clearing the way for us to restart meetings at the Hospital. Hopefully these will be in our old location, the Lecture Room on Level 3 of Ealing Hospital. Some senior Cardiology staff at Ealing have already volunteered to speak. We will let you know the arrangements as soon as we have a date.

Returning to our **volunteering** roles is also being considered and the Trust will be looking at ways to help us return in some capacity. Needless to say, Covid rules will still apply to meetings and volunteering, and it may be necessary to adapt our ways to suit the changed environment. This may mean restricting numbers at meetings, wearing masks and volunteering in different hospital locations. **We will keep you posted as developments occur.**

Heartlink continue to represent heart patients at several of the Trust's working groups, making sure that your voices are heard.



A little treat from us to them - Easter Eggs given to our wonderful NHS staff at Ealing Hospital Cardiology Cath Lab, Chest & ECG Clinic, 4 South Cheseaman Ward, Heart Failure Clinic and Cardiology at Hanwell Health Centre – we hope they enjoyed them 😊

Heartlink Outreach Hub Planned this Year

The last two years of the pandemic have taken their toll on both our physical and mental health. Many of you have contacted us and told us how the problems they have experienced have left them feeling isolated and vulnerable. For many, regular contact with others and attending medical appointments has been difficult. Advice and support from hospital-based services, GPs and other health practitioners has been restricted.

After consultation, we decided that in addition to returning to our historical base at Ealing Hospital we would also set up a **Heartlink Hub** that enables regular monthly face-to-face sessions to be held providing a range of activities, from heart health and welfare advice, advocacy, quizzes, gentle exercise, and basic IT familiarisation. Invitations to speak on specific topics will be made to Age UK, Social Care Agencies, and the NHS for sound professional advice.

We have been fortunate to find a well-equipped suitable small hall which we can hire, in a well-located position for members to get to. **This is Greenford Park Community Hall, at 18, Queens Ave, UBX 9BX** - situated near to Greenford centre and Southall Golf Links and Dormer's Wells – and near to major bus routes. (Not far from the venue of our Christmas parties)

We have applied to Ealing Council for a Small Grant that will help towards setting up the Hub and provide initial transport for those with mobility difficulties. We hope to hear if we are successful in the next month or so.

Preparations are underway with a view to launching this in the next few months. Again, anyone wishing to help us in the preparation and ongoing management of the Hub is very welcome, please contact us.

Heartlink Becoming a Registered Charity

Earlier this year, the Heartlink Committee agreed the aim of becoming a fully Registered Charity. If we can achieve this, it will give us big advantages in being able to apply for grants and projects which will benefit local heart patients. It will mean that important local partners like the Health Authority and other statutory bodies will take us more seriously. There is a huge amount of work in completing the policies, procedures and paperwork necessary to register, but we are nearly there and have been hugely encouraged by the support of a number of senior Ealing hospital staff who have volunteered to become Trustees, along with elected committee members. **Watch this space and we hope to bring you good news soon.**

Our Day Trip to Burnham Beeches

Our most recent day out was in March to Burnham Beeches in Slough – photos below. We all enjoyed a wonderful day out taking in the beauty of nature, gentle exercise, fresh air and ending with a meal at a local Toby Carvery. The Trip was an outstanding success, even given the torrential rain later in the day. With careful planning (& luck) we avoided getting wet. We hope the next day out will be to visit a National Trust Site this will accessibility and choices from historical houses and their gardens to much needed shelter in the event of rain.



Ready 🤗



Set 🕒



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HEARTLINK NOTICEBOARD



PUBLICITY AND POSTERS

We know more than most that heart disease does not discriminate, it affects all people regardless of race, gender or age. Help us educate people in how to help beat this disease. We have Laminated Posters and are looking to get them put up in GP surgeries, pharmacies, and other interested organisations like Temples, Gurdwara's, Churches & Mosques. **If you can help us distribute please get in touch and we can drop some off to you.**

Wednesday Walkers Every Wednesday 10am



We all know exercise is good for you and your heart, so if you want to 'get active & get fit' join **Trevor** on the Wednesday Walk and enjoy the countryside and fresh air. All walks are local and classed as 'Easy' and on established foot paths. Including the break for coffee, we tend to finish by lunch time. **Meet every Wednesday at 10am at The Greenford Hall, Ruislip Road, Greenford, UB6 9QN**

Pop In Club Every Tuesday 10am To 11:30am



Run by **Les** this small friendly group meet weekly for a chat over tea and biscuits. The group has a wealth of historical local knowledge and share the love of humour and laughter. The tea and coffee are good and the company, we think, even better so just '**Pop In**', they would love to see you at **St Christopher's Church, Hanwell, Bordars Road W7 1AG**

Memory Club – at Hanwell and Brentford Venues



All those suffering from any form of memory loss, together with family, friends, and carers, can come to spend time together creating happy memories in a safe environment. Organised by **Tony Hussain** who runs **Home Instead**, The Memory Clubs are open to ageing people and those suffering with dementia.

MEMORY CLUB EALING EVERY FORTNIGHT ON TUESDAYS at The Royal (Harvester), Boston Road, Hanwell, London, W7 2AX Dates in June 14th & 28th, July 12th & 26th Aug 9th & 23rd

MEMORY CLUB BRENTFORD WEDNESDAYS ONCE A MONTH SPIRE CAFÉ ST PAULS CHURCH BRENTFORD TW8 0PN Dates: June 29th, July 20th, Sept 28th

Call 0208 574 2008 for more information and dates