



HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER DECEMBER 2020

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)



Dear Member, As always, we sincerely hope this Newsletter finds you and your family well. Unfortunately, the current situation continues to dictate that our normal Heartlink activities remain suspended for now.

This also means it is not **possible to hold our annual Christmas Dinner this year and this is very much regretted**. We thought long and hard of how it might have been possible to arrange, but in the present climate it's not possible. We are however always at the end of the phone or email so please contact us if we can help you, or if you just want a chat. We systematically keep in touch with several members so if you want us to ring you from time to time please let us know. Likewise, if you have had enough of us ringing you also please tell us.

BRILLIANT NEWS on the approval of Pfizer/BioNTech vaccine, and hopefully more good news coming if the Oxford/AstraZeneca one is approved. The wonderful scientists the world has made this happen in such a short time. We all hope and pray that this will help bring back some normality in the coming months and we can all meet up again.

Other good news is that Heartlink purchased Ten NightOwl Sleep Apnoea Monitor Devices (approx. £2000) to be used to help monitor patients with heart failure. These were delivered to Ealing Hospital Cardiology and hopefully are being used as we go to print. In addition, **our donation of £1000** has been sent to Ward 4 South, again a little something from us to them to help make heart patients' stay in hospital a little more comfortable, and hopefully they can have some Christmas treats. Further donations are coming – watch this space.

And remember our **annual holiday below – anyone wanting to go please call us**

- ✚ Hotel Delmont – Scarborough – 19th to 23rd April cost £254
- ✚ Ashley Court Hotel – Torquay – 19th to 23rd April cost £224
- ✚ Risboro Hotel – Llandudno – 24th to 28th May – cost £261

Physical and Mental Exercise - Given the stresses and pressures we are all currently living under, it's more important than ever that we keep active, even if only a regular short walk. It all counts. Exercise keeps our hearts healthy and helps with our mental health. The **NHS has a very good web site** that has a good selection of easy exercise programmes to suit everyone, and they are free. From Stretching, Pilates, Yoga, Walking through to Dancing and Cycling. <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan>
In the meantime, for fun we have included a few puzzles overleaf to keep the brain working in tip top condition.



Finally, “from our bubble to yours” we wish everyone a **Very Happy Festive Season and a Safe and Healthy New Year** – let's all hope we can meet up soon.

**Stay Safe, Stay Well & Stay in
Touch** 

HOSPITAL NEWS - Wards are currently still closed to visitors except in exceptional circumstances. But you can stay connected with friends and family by phone or tablet. If you have problems trying to connect call the ward and ask them to help, most wards are helping to set up virtual visits via pre booked times so worth a try. Outpatient appointments continue to be by telephone consultation unless you are asked to attend in person.

HELPFUL LINKS;

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

COVID TEST Call 119 or go to

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/condition>

Remember A&E are still open

so if you experience an emergency, such as heart attack or stroke, seek medical help immediately call 999.



CHRISTMAS PUZZLE MANIA!



Word Search



F	I	R	E	P	L	A	C	E	E	R	I	N	P
E	E	U	F	M	Y	A	R	R	M	L	A	S	R
A	K	I	S	I	E	F	N	O	E	U	R	R	A
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- SNOWFLAKE
- NUTCRACKER
- ICICLE
- MERRY
- REINDEER
- TURKEY
- PRAYERS
- FAMILY
- DECORATIONS
- GINGERBREAD
- WINTER
- TINSEL
- CRACKERS
- FIRE PLACE
- CELEBRATION
- JOYFUL
- PINE TREE
- BAUBLES
- JUMPERS
- FRIENDS

SUDOKU CHALLENGE



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