



HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER AUGUST 2020

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Face Masks



Yes, you know how to wear one but **DO** you always ;

- ✓ Use clean hands to put it on
- ✓ Cover the mouth, nose & chin
- ✓ Make sure it's a snug fit
- ✓ Avoid touching it whilst its on
- ✓ Remove it via the straps whenever possible
- ✓ Clean it if reusable or throw it away if disposable.
- ✓ Always wash hands afterwards

It's surprising – how many people have you seen:-

- ✗ Remove their masks to speak to someone – **NO!!!**
- ✗ Wear the mask round their neck – **its NOT a necklace or scarf!!!!**
- ✗ Wear the mask round their wrist – **its not a bracelet !!!!!**
- ✗ Take off the Mask & put it on the seat next to them – **HELP NO !!!!!**

Of course you're not one of these people –but never forget the mask is not 100 % reliable. You must

- + wash your hands regularly with soap for more than 20 seconds or use hand sanitiser
- + Wear your Mask correctly at all times
- + Social distance (try for 2 metres) or 3 big steps apart when outside or with people who are not in your support bubble.

Remember A&E are still open so if you experience an emergency, such as heart attack or stroke, seek medical help immediately call 999.

Dear Member, I hope this Newsletter finds you and your family well. It's been a long time since we all saw each other and we really miss seeing all our friends. North West London, and particularly our own Health Authority has been one of the hardest hit parts of the country in the Covid-19 pandemic. Throughout our wonderful NHS worked tirelessly to heal us and keep us alive. We all know what an amazing job they did and continue to do, often putting their own lives at risk for us. But as heart patients we also know we have to take extra special care, as we are going to be in the vulnerable group for the foreseeable future. This means our normal Meetings and activities are still on hold for now. The committee are trying to work out how best we can safely go forward with Heartlink activities during this critical period - hopefully will be able to come up with some inventive ideas soon. Of course the one event we can still hold is **our annual Sponsored Walk** - the date for this is **Wednesday 16 September 11am at Northala Fields, Kensington Road, Northolt UB5 6UR** – so if you want a little exercise, plus the added bonus of meeting up with old friends, please join us. Now that the rules on going out are relaxing a little it can still feel strange going about your usual daily activities. **The British Heart Foundation** has some excellent advice for heart patients on how to get used to the 'New Normal' its definitely worth a look. <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health>

Other **Bite Sized Bits of Info** on local news you might find helpful are:- You now need to book a slot at **Ealing's Recycling Sites** – That long awaited clear out you managed to achieve during lockdown, and all that stuff you now have to dispose of, has just become a little troublesome. From 17th August you will need to book a slot at any of Ealing's recycling depots. To book your place you can go to <https://book.westlondonwaste.gov.uk/home/ealing/> or phone **0208 825 6000**

COVID 19 Cases in Ealing – We are being told by the Council that the cases of Covid 19 in the borough are low. However, they are seeing small increases on a week by week basis. So we must never be complacent – To get a Covid 19 test please visit the Council web site where you can the various locations & dates. https://www.ealing.gov.uk/news/article/1996/testing_for_coronavirus

Merger of 8 North West London Core Commissioning Groups (CCG) – A consultation on merging 8 CCGs across north west London into one single unit is about to begin. This is a very complex area and will inevitably affect how patients access health services across all authorities. Consultation closes on Friday 11th September – further information can be found on:- <https://www.ealingccg.nhs.uk/newspublications/news/2020/08/proposed-merger-of-the-eight-north-west-london-clinical-commissioning-groups.aspx> Alternatively you can ask your Patient Participation Group (PPG) at your GP Surgery for a further explanation and advice on the process. More Info on this to follow.....