



HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER DECEMBER 2021



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)

HELPFUL LINKS

Government COVID PLAN B

Visit below for full details at;

<https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021/covid-19-response-autumn-and-winter-plan-2021>

Book a COVID PCR Test

<https://www.gov.uk/get-coronavirus-test>

or Call 119

Order Lateral Flow Tests

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

or Call 119

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

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

Dear Member, As always, we sincerely hope this Newsletter finds you and your family well. What a year, so many ups and downs, twists and turns, nothing seems predictable. Many of us have faced life changing events, from grief and sadness from the loss of loved ones, through to the joy and happiness of welcoming new arrivals into the family. Such events are part of life, but with the pandemic continuing to dominate how we live and socialise, it often leaves people worried and isolated. This time of year can also be difficult for some. You might be struggling, or you may just find this time of year emotionally difficult. Whatever your reasons please remember that we are always here if you need us or just want someone to talk to.

On this note we are **looking for volunteers to help us stay in touch with members** via the phone or by email. If you have a few spare hours, you can make a huge difference to someone's life. From the comfort of your own home, it just takes a phone call or email to stay in touch with someone who needs a friend. Please get in touch if you can help.

With the Covid Omicron variant now circulating widely the **Government has triggered it's Winter 'Plan B'. A 'Snapshot' of this is appended overleaf.** As heart patients we need to stay vigilant and careful - so have all your necessary; vaccinations (Covid + Boosters + Flu Jabs), prescriptions, masks, and get some Lateral Flow Tests, they are all part of the fight against Covid. And remember your Oximeters, they measure oxygen levels should you need to. **Order Lateral Flow Tests Online, or Phone 119. Be aware that Collections from Pharmacies may require a QR code which you can only get online.**



Very Sad News - Our Condolences are extended to **Mrs Iris Box and family on the passing of her beloved husband Len.** Len was a long-standing member of Heartlink, always there with a word of advice and good humour. After doing national service in the Navy, Len worked for the AEC for over 24 years and then for BT until he retired. He was married to Iris for over 66 years, they had Lynne & Graham, 4 grandchildren and in 2011 a great granddaughter arrived much to their delight! His hobbies included reading, crosswords, wood carving, collecting ornate walking sticks and gardening, he even kept the front hedge trimmed to perfection, chatting to bus drivers & neighbours until just 4 weeks before his passing. He was often seen in a collar and tie going out for his paper (until covid struck) at 6am in the morning, people asked "where did he work" Len would say, "Work I retired 30 years ago!" Len passed away after a very short illness at the age of 92 years. He will be sadly missed by all who knew him.

The Heartlink membership wish to thank Iris and her family for their very generous offer of naming Heartlink as a benefactor in his memory. Len was a generous and loving man who actively supported Heartlink in its work supporting local heart patients and their families. All donations received will be channelled back into this work in his memory. Our thoughts and prayers are with Iris and her family at this very sad time.

Bereavement Support for Anyone Experiencing Grief 020 8896 2800
Email: bereftbereavementsupport@hotmail.co.uk



TREATS FOR OUR FRIENDS @ EALING CARDIOLOGY We sent in a little treat from us to them to have with their tea or coffee 😊

CARDIOLOGY 4 SOUTH

Heartlink have **donated £100** towards the Nurses Christmas meal – so very well deserved.

EALING CARDIOLOGY SERVICES

– Work to refurbish the Cath has started, angiograms continue to be carried out at Northwick Park Hospital, however Pacemakers and some other procedures are being carried out at Ealing Hospital.

HOSPITAL OUTPATIENTS

appointments continue as they were – either by telephone or in person – Your appointment letter will tell you which option it will be.

EALING COMMUNITY TRANSPORT - PLUSBUS FOR HEALTH –

Don't forget PlusBus for Health is an accessible transport service for Ealing residents who struggle to make their own way to appointments in their GP surgery or other community health settings – Your GP can book you in for this service – so if you need it please ask them.

Age UK Ealing at Greenford Community Centre, 170 Oldfield Lane Greenford UB6 9JS

Offers free and impartial advice to help older people get the support they need. From finances to social care to maintaining your independence, they can advise you. If you need help or advice on benefits call them:

020 8567 8017 Mon to Fri. to 4pm

or email them at:

reception@ageukealing.org.uk

www.ageuk.org.uk/ealing/about-us/contact-us/

As Always, a Huge Thank You to the NHS and Social Care for putting yourselves at risk to help save lives ❤️

HEARTLINK WORKING WITH OUR PARTNERS

Heartlink continues to be actively involved representing Heart Patients in several local strategic health care groups. We are a formal representative at the LNWH Patient Engagement Group and recently wrote to Lisa Knight (Chief Nurse) at the Trust regarding our concerns on delays to the Cardiology Cath Lab refurbishment programme, and the MRI replacement facilities at Ealing Hospital. In addition, we have recently been invited to participate in the Trust's newly formed Patient and Carer Participation Group and 'Virtual Ward' for patients with heart failure. We have also been actively involved in other projects ranging from medical research into heart disease, long Covid and dementia particularly in heart patients.



ONLINE ZOOM MEETINGS & 'WHATS APP' GROUP

Unfortunately, the current situation with the rise in Covid infections and the new variant now circulating means that again we are unable to currently hold monthly meetings or other in door social events.

We have created a 'Whats App' Group that we use to stay in touch with people and share information. If you want to be included in this Group please contact us.

We are hoping to start holding 'Zoom' Online Meetings in the new year and will be asking our previous speakers if they can help by joining in or sending us videos on key topics etc.

If you would like someone to talk you through how to set up 'Zoom' on your PC / Tablet etc please get in touch we would be happy to help.

If you wish to be invited to future 'Zoom' Meetings or be included in the 'Whats App' Group please contact us.



Heartlink Community Day Trips

We are pleased to announce that we recently applied for, and were given, a small grant from Ealing Council and the West London Mental Health Trust. The Grant will go towards funding days out for members. And with this in mind two members have now passed their driving MiDAS Minibus Training and Passenger Assistant Certifications. We are now able to organise days out for those who have told us they feel isolated and want to get out and about see others. We hope to arrange visits to historical National Trust Sites, with both indoor and outdoor venues (Covid restrictions permitting) and to other places such as Kew, Saville Gardens at Virginia Water, Windsor and Clivedon. We recently took the Wednesday Walkers & Heartlink members to Denham Country Park and had intended to visit South Bank Winter Market. Unfortunately, after a risk assessment the latter was cancelled due to potential overcrowding and the Omicron variant now widely circulating in London. It is hoped that by being careful and visiting outdoor venues we can organise days out in the New Year.



On behalf of the Heartlink Committee we extend a huge thank you to all members for your help & support throughout the year.

We Wish You and Your Family

Season's Greetings &

A Happy & Healthy New Year ❤️



Our resident Poet, Dennis,
has given us this beautiful
verse for this time of year.

CHRISTMAS EVERYDAY

We're coming up to the end of the year,
And to Christmas time,
I pray that everyone in the world,
Is full of peace, joy and sunshine;

Where has the time gone, It has just flown,
I'd like to think I've got healthier, and
maybe spiritually grown;

For I now realise life is a journey,
In which we're here to find,
A connection with our Creator whoever
that maybe,
Giving us peace and a happy mind;

For the mind has constant thoughts,
How to be still, I would suggest,
A daily prayer or meditation,
Asking your Creator to do the rest;

And now at this time of the year
When families usually meet & greet,
When we come together, and very often
have far too much eat;

I know that this year's prayer will be on my
menu, As it is every day,
As I'm thankful for all the gifts that keep on
coming my way;

Gifts like family & friends and our
wonderful NHS,
Who take such good care of us,
As without them we would not be our best,
Healthcare is a privilege many don't have,
I'm therefore grateful for being given such
an amazing helping hand;

Did I always think like this,
I have to say 'no,'
But the more I humble myself and
surrender my will,
The more I enjoy the beauty of nature's
glow;

So may Your God, whoever that be,
Bless the whole World,
Not only at this festive time,
But for all Eternity.

For people everywhere, Dennis 10/12/21



HEARTLINK NOTICEBOARD



HEARTLINK PUBLICITY AND POSTERS

We know more than most that heart disease does not discriminate, it affects all people regardless of race, gender or age. We therefore must continue our fight to educate people in how to help beat this disease. And with this in mind we have created several different sized laminated Posters. We 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 them to your local GP, pharmacy or other group please get in touch and we can drop some off to you.

WEDNESDAY WALKERS JOIN US 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**

Wednesday Walkers Restart on Wed 5th Jan 2022

POP IN CLUB EVERY TUESDAY 10am To 11:30am



Run by our **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**

Pop In Club Restarts on Tuesday 4th Jan 2022

MEMORY CAFÉ – EVERY FORTNIGHT on TUESDAYS



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 Hanwell**, The Memory Club is open to ageing people and those suffering with dementia. **The Royal (Harvester), Boston Road, Hanwell, London, W7 2AX**

Memory Café Restarts on Tuesday 11th Jan 2022

Lastly, we would like to ask a small favour to help keep costs down if you are receiving the Newsletter by post and have an Email address, please could you let us know the email so we can switch to sending it electronically. **Thank You.**

GOVERNMENT COVID PLAN B – ENGLAND WINTER 2021

Wednesday 8 December 2021 - The Government announced that the country is now moving to its Winter Plan B. Plan B prioritises measures that can help control the transmission of COVID-19 and prevent the NHS from being overwhelmed. Below is a brief Snapshot only the full text of Plan B can be found on the Gov. Web Site;

<https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021/covid-19-response-autumn-and-winter-plan-2021>



- **Face Coverings** are **now compulsory** in indoor public venues, including theatres and cinemas - as well as places of worship, **on public transport and in places like shops and hairdressers.**
- **From Monday 13th December – Work from Home if You Can**
- **From Wednesday 15th December - NHS Covid Passes - or a Recent Negative Lateral Flow Test** will be needed to enter certain venues and events for all visitors aged 18 years or over (unless they have proof of exemption)
- **Self-isolation If you test Positive for Covid19**
- **Daily Lateral Flow Tests** for anyone who comes into contact with someone who has Covid 19.
- **Anyone travelling to the UK** has to take a PCR or lateral flow test **no more than 48 hours before their departure,** and a **PCR test within 48 hours of arrival in the UK,** self-isolating until they have a negative result
- Updated guidance on restrictions when traveling abroad can be found on the Government Web Site Link as listed above.