



HEARTLINK EALING HEART SUPPORT GROUP NEWSLETTER MAY 2020

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A Huge Thank You to the NHS and Social Care for putting yourselves at risk to help save lives.

A little poem below from Dennis, one of our very talented members – we hope you enjoy it. He, like many of us, joins the applause each week for the NHS and other essential workers – as he said, a beautiful outpouring of gratitude for them all, from all of us.

PROTECT THE NHS

Our tremendous NHS & social care workers,
All doing their wonderful best,
I pray for them each day,
As they are daily put to many a test;
I joined the applause this evening,
Now a wonderful weekly event,
God bless them and all they care for,
For each of them is heaven sent.

Dear Member, As always we hope you and your family are keeping well and staying safe. I have collated some information below which I hope will be helpful at this time - but before that I want to give you some **Positive News**.

Delivery of Treats to Ealing NHS Cardiac Staff - The first bit of good news is that last week Heartlink, with huge help from Hannah at Waitrose at West Ealing, we managed to get several bags of goodies delivered to the NHS staff on 4 South Cheseaman Ward at Ealing Hospital – we hope they enjoyed the treats.

British Heart Foundation Acknowledges Heartlink and Ealing Hospital 4 South

The second is that Heartlink are in this month's British Heart Foundation's Newsletter for the work we do with heart patients on the ward each week – we are very proud of this and want to thank Matron Polly Sandu and Ward Manager Gary La Touche for making it happen. Of course we see it as recognition of the work our wonderful volunteers carry out, not just on the ward but also on the Cardiac Help Desk – Well Done Us - the **link to the BHF Newsletter is below** – it's the last item under the heading **"Letter from the Ward Manager"**
<https://comms.bhf.org.uk/4P3Q-SOPF-373SRJ1752/cr.aspx>

Now for the advice from **The North West London Health and Care Partnership** reminding us that in the event of needing emergency services, the NHS is still working normally. I have attached their Factsheet 'Frequently asked Questions and Answers' which may be of help. Please remember, if you or someone needs emergency medical help call 999. We have also been told by **NHS - Ealing Clinical Commissioning Group** that special GP-run clinics in Brent, Ealing, Hammersmith and Fulham, Harrow, Hillingdon, Hounslow, Kensington and Chelsea and Westminster are being set up for patients who are experiencing symptoms of COVID-19 and need to see a doctor. Doctors from the local NHS will staff these clinics. I'm hoping that they give us more information about these clinics very soon and of course I will pass them on asap.

Keep yourself Healthy

Remember to help beat infections your immune system has to be in tip top condition. So eat up all your fruit & veggies – fresh or frozen – it does not matter. This will help top up your Vit C which is vital to a healthy immune system. And also keep moving, as our friends in ECG always say –

"Exercise is Medicine"

GP and Hospital services - As before, GP practices continue to provide telephone consultations and we are advised to contact them as we would normally do. Ealing Hospital Continues to phone patients prior to their outpatient appointment and advises the patient accordingly – so don't worry and await their phone call.

Help from Ealing Council - Feedback from a number of members has been positive with several receiving food parcels from the **'Vulnerable People'** service - call **020 8825 7170** and ask for help if you need it.

Finally on behalf of the Heartlink family we send our **very best wishes and our gratitude** to our President Prof. Kooner and all his staff for the amazing work they do every day putting themselves at risk to save lives - **A Huge Thank You X**

Cardiac Support – Noel Andres - Support Nurse Cath. Lab. & Gary Latouche – 4 South Ward Manager Ealing Hospital

Heartlink Committee – Mr Trevor Davison (Chairman) Mohinder Kalsi (Vice Chairman) Les Doble (Treasurer) Lolin Jones (Secretary) Bachitar Diocee, Ajit Saib, Eric Tait, Tony Hussain