



HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

Charity Registration Number: 1199840

NEWSLETTER AUGUST 2022

Phone us on 07518 569 380

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

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Breaking News..... We Did It! Heartlink is now a Registered Charity



But first some very sad news

Mr David Dixon Heartlink Chairman 2010 to 2015

It is with great sadness that we have to inform you that our beloved friend, and previous Heartlink Chairman, Dave Dixon has passed away. He dedicated time and effort to running Heartlink for the great benefit of many local heart patients and their families. He was a devoted husband and father who had a kind word and a warm smile for everyone he met. Heartlink will always be indebted to his leadership and his support for Ealing Hospital Cardiology.

Our Chairman Trevor Davison writes:

I first met Dave Dixon when I was in Ealing Hospital suffering with pains in my heart and left arm. I was due to have an angiogram and stent and he came to my bedside and gave me all the information I needed to put my mind at rest. From this I went on to join Heartlink. Dave was the Heartlink Vice-Chairman, and later Chairman for many years and did an excellent job. As well as organising the monthly meetings he also went on Heartlink holidays and outings and enjoyed them with the rest of us. Dave was always positive and cheerful and made us laugh whenever we felt a little low. I will always remember his two favourite sayings: 'Do it while you can' and 'I've had a good life'. We will all miss him.

Condolences from our President Prof. Kooner

I am very saddened to hear this news 🙏 Dave was a long-standing friend and a lovely man with a commendable record of true public service, always giving more than he ever received.

Heartlink together with colleagues at Ealing Hospital Cardiology and Ealing Community Cardiology (at Hanwell Health Centre) extend their condolences and best wishes to his wife Yvonne and his family at this difficult time.

Mr Derek William George Davis (affectionally known as Del Boy)

Following more sad news, we also wish to send our condolences to the family of Del Boy, who passed away recently. He joined us in 2018 and was a regular attendee at Heartlink meetings and particularly at our social events. These included our Christmas Dinners, held more recently at the Golf Club, to which he brought his whole family. We would like to express our great thanks to the family for their generous donation memory of Derek.

Both were much loved. Our deepest condolences are extended to their families, and to all who have lost loved ones during these very difficult times.



Bereavement Support for anyone experiencing grief can be contacted on
020 8896 2800 bereftbereavementsupport@hotmail.co.uk

HELPFUL LINKS

Government COVID Advice

<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 NHS

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

Ealing Hosp 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 0300 330 3311

A&E Is Open Call 999

If you experience an emergency, such as heart attack or stroke

Refurbishment of Ealing Cardiology Cath. Lab

Work to refurbish the Cath Lab is well advanced - We will let you know as soon as we hear anything on when facilities reopen for patients.

Wendy's Wish Charity

If you are having a clear out there is a family run Charity that will pick up unwanted clothes and other small items **between 8am & 5pm**

You do not have to be home for collection - **leave items outside in tied bags/boxes and label them 'Wendys Wish Charity'**

Check their Website for collection dates in your area at:

<https://wendyswish.co.uk/contact-1>

<https://anglodoorstepcollections.co.uk>

We Did It! Heartlink is now a fully Registered Charity ✓

On 28th July we were formally notified by the Charity Commission that we are now a fully registered charity. This is a huge boost for Heartlink, our activities, our plans and our finances. Becoming a registered charity gives us official status and credibility in the wider community, particularly with organisations like our Hospital Health Trust and the Council, who we deal with regularly. It will allow us to bid for funding streams that have previously been closed to us.

It is a historic step forward for Heartlink, which was originally set-up by Professor Kooner and local Heart Patients in 1994 at Ealing Hospital and has helped thousands of heart patients and their families over the years.

Registration as a charity follows a decision made by the Heartlink Committee last year, with much hard work on drafting, agreeing, and implementing required policies and procedures, needed to ensure we operate on a safe and professional basis.

Our thanks are extended to Professor Kooner, Professor Rosen, Dr Sethi, Dr Harmandeep Singh and Gary La Touché (4 South Cheseaman Ward – Ward Manager & Acute Cardiac Specialist Nurse), who have shown their faith and support in us by becoming Trustees.

Heartlink Special General Meeting on 21st July Approves Revised Constitution



As part of the registration process, the Charity Commission asked Heartlink to agree some changes to the wording of our Constitution. To put these changes into effect, 25 members attended a Special General Meeting at Greenford Park Community Hall on Thursday 21st July and unanimously agreed the new wording. Another 15 members who

could not attend indicated their agreement by returning voting forms.

Many, many thanks to all those who attended at short notice, including several new members. As you can see from the attached photo, all attending were careful to follow Covid safety measures helping to keep us all safe. At the meeting, the Committee also took members through our plans for the expansion of our activities over the next period as we operate as Ealing Mayor's chosen charity for 2022-23.

Thanks also to the Management Board of Greenford Park Community Hall for the use of the Hall. It is ideally suited to us in terms of size and facilities, as well as being located close to major bus routes. In the near future we will start to use it for our new monthly Heartlink Community Hub (see below).

Heartlink Events Coming Soon.....

Monthly Meetings Set to Resume

Thursday 1st Sept at 6:30pm - 3rd Floor Lecture Theatre Ealing Hospital

The Date is Set, the Room is Booked, the Speaker will be Dr Harman so all we need is

YOU !!!!!

After many many months without face to face meetings, we are at last being allowed back into our historical home at Ealing Hospital to re-start our monthly meetings and educational seminars. We are extremely thankful that colleagues in the Trust have enabled us to return and we continue to discuss with them how we can resume our hospital volunteering roles. **In the meantime, please come and listen to Dr Harman who is always such an informative and popular speaker, have a catch up with old friends and support your Group.** All meetings will be in line with the Hospitals Covid guidelines ensuring sanitation, mask wearing for those that wish to, and enabling adequate space between seating.

Barsi Samagam Sant Ishar Singh Ji Maharaj RARA SAHIB Springfield Road, Hayes UB4 0LP

Heartlink are honoured to have been invited to have a Stall at this year's Salana Barsi the annual Barsi commemoration that celebrates the life of the great Sikh Sant Ishar Singh Ji. This is a major Sikh event attracting many people from all over the country and is held over 3 days on;

Friday 9th Sept, Saturday 10th Sep and Sunday 11th Sept.

We will be in attendance on all three days so please come and find us to say hello, and if you can help us it will be greatly appreciated 😊



Heartlink wish to express our gratitude to Mrs Krishanjit Bajwa who has paid for the Stall and donated it to us in memory of her parents. Many of you will know that Krishanjit has worked tirelessly over the years with her own Charity **Pingalwara Charitable Society UK** raising £25,000 for the NHS at Ealing Hospital to help fund a state-of-the-art portable echocardiogram to monitor the hearts of recovering coronavirus patients in hospitals across west London.



Coming Soon.....The Heartlink Community Hub

As reported in the June Newsletter, many members have told us how the past two years of the pandemic have taken their toll on both their physical and mental health. Many have experienced isolation, loneliness and in some cases, have felt very vulnerable. So, in addition to our Monthly Meetings at Ealing Hospital we will also be setting up a **Heartlink Community Hub** enabling regular face to face sessions with a range of activities, from heart health, welfare advice, quizzes, gentle exercise, and basic IT familiarisation.

The Community Hub will be held at **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. We were also **successful in our application to Ealing Council for a Small Grant to help set up the Hub** and help initially with transport for those with mobility difficulties. **Preparations are underway with a view to launching this in the next few months. Any Help in setting up the Hub will be very welcome, please contact us if you would like to get involved.**



Sponsored Walk is being planned



Many of you will remember our annual sponsored walks which we held regularly before the pandemic. A number of these were held at Northala fields, with a good number of participants attending.

We are now starting to organise this year's Sponsored Walk and hope to involve the Mayor in our event. It is hoped that the Mayor herself will be able to join us and help raise funds for Heartlink and to also publicise the importance of regular exercise for everyone. The core of those taking part will be our members from the Wednesday Walkers Group. We plan to assemble at Greenford Hall in Greenford Broadway, and walk from there through Perivale Park and onto Pitshanger Park, finishing at the café in the park for tea and coffee 😊

The date for the Sponsored Walk will be announced shortly.



The Heartlink (delayed / bought forward) Christmas Dinner



As Covid so rudely interrupted our past 2 years celebrations we have decided to hold a (delayed / bought forward – delete whichever you wish)

Christmas Dinner in October 2022

We are hoping to secure the West Middlesex Golf Club as a venue and have a Buffett style event. It is hoped that the date in early October and time, starting in the earlier part of the afternoon, will allow us to enjoy the outside terrace as well as the main room.

We will of course keep you fully updated with the final dates and details

OTHER NEWS



Heartlink Representatives at Ealing Hospital Tree Planting Ceremony

On 5th August, Heartlink representatives attended an important commemorative tree planting ceremony at Ealing Hospital, at the invitation of the Mayor, Councillor Midha. **The ceremony was in commemoration of the tragic toll of NHS doctors and other healthcare workers who have lost their lives to suicide due to the pressure that they work under.**

It follows a hard-hitting TV drama earlier this year called *'This is going to hurt'*, written by Adam Kay, who was previously an NHS hospital doctor. The drama was largely filmed at Ealing Hospital.

The ceremony was organised by the NHS and attended by relatives of victims together with Sir Stephen Powis, National Medical Director for NHS England (who you will have frequently seen on TV during the pandemic), senior NW

London Health Trust staff, and local MPs, as well as the Mayor on behalf of Ealing Council. Many attendees expressed significant interest in Heartlink and its work, and a short film of the event was shown later that day on ITV London News



Councillor Tejinder Dhani Commemoration at Ealing Hospital

Since we last updated you we are pleased to report that the Health Trust is helping us organise the installation of a Plaque and Bench at Ealing Hospital in his memory.

Cllr Dhani was a much loved husband, father and our benefactor. He served our community for many years as a Councillor and Mayor of Ealing Council. As a heart patient himself he fully understood our needs and raised the profile of Heartlink and raised the much needed funds to improve the health and welfare of heart patients in our community. We will of course update you on when the Ceremony is scheduled to take place

Best Wishes from us all are sent to our own Les Doble who had been in Ealing Hospital for more than 6 weeks with a very severe chest infection – Les is now completing his rehabilitation programme at a dedicated Rehab Centre and will be home very soon – ❤️ Welcome Home Les ❤️



Wednesday Walkers Every Wednesday 10am Greenford Hall

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**

HEARTLINK NOTICE BOARD

Our LNWH Health Trust is holding a Strategy Stakeholder Meeting on Friday 19th August at Ealing Town Hall – 9am to 12 noon

Our NHS Trust is currently undertaking a major project reviewing its future Health Strategy and is holding a number of patient and carer meetings seeking your views on how to shape future health services.

This is a brilliant opportunity for us as patients to feed into and shape a Health Strategy that is much more aligned with our needs as patients and carers.

If you are interested in going, please complete the online link to a Survey, sent in our email of 3rd Aug where you can register your attendance. Alternatively, let us know and we can do this for you.

Further information is listed below;

When and where is it?

Date and Time: 19th August 09:30-12:00 (with tea, coffee, and breakfast snacks from 9:00)

Location¹: [Ealing Town Hall, New Broadway, W5 2BY](#)

Parking²: Parking is available close to the venue (closest to venue: [Q-Park Dickens Yard](#))

Public Transport³: Ealing Broadway Tube/Rail (7 min walk); Access to numerous buses

¹ While we are providing a remote access option, the forum is optimised for in-person attendance.

² We are offering reimbursement of patient parking costs (with a valid parking ticket) to aid in-person attendance up to a maximum of £8 (note: payment is not instant and may take up to 3 weeks)

³ We are offering reimbursement of patient travel costs (with a valid receipt) to aid in-person attendance up to a maximum of £8 (note: payment is not instant and may take up to 3 weeks)

What if I have questions?

Please don't hesitate to contact Piers and James at lnwh-tr.ourwayforward@nhs.net

Another initiative is called “Living with Type 2 diabetes?” The new REWIND Programme will help you lose weight, reduce medication and even achieve Remission

The Trust is also holding on line sessions using MS TEAMS that anyone can access and no need to book. The sessions will be hosted by the team at NW London Integrated Care System and NHS North West London. Anyone who would benefit from hearing about the Rewind Programme is welcome to join.

These sessions provide prospective patients with an overview on what to expect from the programme.

Upcoming Dates: 18th August, 1st September, 15th September

Time: 12 noon

Duration: Approx. 30-45 mins

Link to Join Sessions: <https://bit.ly/3IL4Dyh>

Link for more details about the Programme [Diabetes REWIND Programme | Know Diabetes](#)

And

Heartlink have been invited to hand out Leaflets on Sunday 28th August at a Classic Car Event being held at **Osterley Sports and Wellbeing Centre** Tentelow Lane, Southall, UB2 4LW between 10:00 to 16:00pm - if you want to help us please get in touch us.

Also look out for a **Unity and Diversity Event on Saturday 24th Sept. 11am to 5pm at Greenford Community Centre, 170 Oldfield Lane Greenford.** Entry is Free and with lots of Health, Wellbeing and Gifting activities to learn about and enjoy its worth a visit.