



HEARTLINK - EALING HEART SUPPORT GROUP

NEWSLETTER JUNE 2020


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A Heartfelt Thank You


 To NHS & Social Care Staff for putting themselves at risk saving lives

 To Care Homes, looking after our loved ones

 The Nursing staff in Meadow House Hospice – for their care and compassion

 Unpaid carers who keep their family safe & are often forgotten

 Public Transport, Retail & Delivery staff Heroes – we await your delivery with joy

 And to You for staying with us as a Heartlink Member – Your support is very much appreciated from all the

Committee a Huge Thank You 😊

Finally - It was Diabetes & Carers week last week and for those affected this is always a very much part of their daily lives – so we continue to support them as best we can.

So until we can all meet again, stay well, stay safe and stay smiling 😊

Dear Member, As always we hope you, and your family, are keeping well. What a few months these have been!!! June already – half way through this year – and what a year – what a journey !!! I know many of us have battled with personal struggles during these unprecedented times – from ‘shielding’, to caring for loved ones through to not seeing family - But through all the negativity it is still possible to keep some faith in the ‘positives’. Like the joy 😊 of finally getting a food delivery slot (really - I wish) - the friends and family who are always there for us – and knowing that every day we will see a little kindness that otherwise would have gone unseen. OK that’s me done for now. Now for the **real positives** that our wonderful members and cardiologists at Ealing hospital have achieved.



Pingalwara Charitable Society UK raised £25,000 for the NHS & lifesaving hospital equipment - on Thursday 4th June **President Mr Jagraj Singh Sran** presented the cheque to **Professor Kooner, Dr Harmandeep Singh and Lisa Knight from Ealing Hospital**, who thanked the Pingalwara Society and all the their fundraisers for their very generous donation.

The money will purchase a state-of-the-art portable echocardiogram to monitor the hearts of recovering coronavirus patients. President of the society, Mr Jagraj Singh Sran said: “We contacted the hospital

who told us that this life-saving equipment was top of their list of urgent needs. The equipment will also be used by Ealing Hospital as well as by hospitals in Hillingdon, Hounslow, Harrow and Brent. Funds were raised by volunteers who walked, ran and cycled for sponsorship and patients across west London will soon be seeing the benefits of their efforts. Please visit <http://www.pingalwara.org.uk/> to find out more about the vital work they carry out. Our own Krishanjit (a lifelong Heartlink member) was instrumental in helping to make this happen at Ealing Hospital, an amazing achievement.

In addition, **Heartlink are currently discussing** with colleagues at the hospital **how we can also help in the fight to against Coronavirus**. And our benefactor Cllr Dhami, as previous Mayor of Ealing, collected an amazing sum of money which he kindly donated to Heartlink. So once finalised, we will put funds to good use at Ealing Hospital and will be asking Cllr Dhami to make the presentation. In the meantime in addition to the 40 visitors chairs, and the staff fridge purchased for 4th South Cheseaman Ward, Heartlink has donated £1000 to NHS cardiology staff in 4th South. Our way of saying thank you to them for their work in looking after heart patients during this crisis.

Southall 2.6 Relay Challenge - Professor Stuart Rosen took part in a major event in Southall called 'The Southall 2.6 Relay Challenge' to raise monies for the NHS Charities Together (Covid 19 Response) and Hope for Southall Street Homeless. Along with others, he took part in a 26km relay around Southall (with social distancing in place) highlighting key buildings, sharing history and celebrating living and working in Southall. The message in these tough times, where many lives have been lost, was to raise funds and bring a little smile as they demonstrated how to keep fit and stay active. See the video at <https://youtu.be/4Yg3WEKVpYQ>