



HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER FEBRUARY 2021

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BIRTHDAY WISHES LES DOBLE



ON HIS 90TH BIRTHDAY

Celebrating Heartlink's ex Treasurer and lifelong member, Les Doble's 90th Birthday. Les has dedicated over twenty years to helping make Heartlink the success it is today, and we made sure that he had a birthday cake, goodies, and an £50 voucher to make it special. **Thank You Les & Happy Birthday**



A Poem from our Dennis

In the year 2021,
I pray your spirits are always happy
Full of peace, joy and fun
In the coming year,
May we always have a smile,
With blessings until all meet,
As we travel every mile.

HELPFUL LINKS:

Ealing Hospital 020 8967 5000

Northwick Park 020 8864 3232

Central Mddx 020 8965 5733

COVID TEST Call 119 or go to

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Dear Member, we sincerely hope this Newsletter finds you and your family well. The current situation with Covid continues to dictate our normal Heartlink activities remain suspended, but we continue to support as many members as we can. So, if there is anything you need or just want a chat please contact us we are always here for you.



OXIMETERS You may have seen or read about these gadgets that help monitor oxygen levels in the bloodstream. They are being used to help monitor the oxygen levels in Covid patients to help track falling oxygen levels. A normal Oxygen level is between 95% to 100%, however, it has been noticed that in some people suffering with Covid their oxygen levels fall much below this reading. This little gadget works by slipping your middle finger into the device and it measures the amount of light absorbed which tells you the oxygen level. **Heartlink has been fortunate to have 20 such Oximeters available to members on a first come first served basis. Please call or email us if you would like us to send you one. Please note it will be only 1 per household.**

DISCLAIMER – Please be aware that Heartlink cannot take responsibility for the accuracy of the Monitors sent, or the consequences of such readings. If you have any concerns that your oxygen levels are low you must contact your GP or your local Hospital. We extend our thanks to our committee colleague Tony Hussain for donating these devices.

BRILLIANT NEWS on the vaccine roll-out, hopefully most of you will have had your vaccine or are about to have one. There still appears to be some myths around the safety of the vaccines and some people are still worried about having one. As heart patients we know we are classified in the higher risk group of developing more serious illness if we catch Covid. So please be reassured that all the medical advice is that the vaccines are safe. We also know that the numbers of take up from our BAME communities are slightly down. Our NHS Health Trust has a very good video containing information and explanations about the current vaccines and why it is so important to get vaccinated. The link is <https://youtu.be/fR6i4RqYn7w>

OTHER GOOD NEWS is the **Heart Failure Service** for patients at Ealing Hospital. Our very own Prof. Rosen and Dr Harmandeep Singh are championing this service and saving lives by providing a holistic approach on a day patient basis thus avoiding the need for hospital admission. Patients are assessed, tested, treated and discharged in a single day, allowing them to go home the same evening. Heartlink recently donated ten Nightowl monitors to the service to help monitor patients' sleeping patterns. A link to a video summarising the service is <https://youtu.be/fkA5LYIK-LY>

You may also remember that the service has also recruited an experienced researcher who will highlight the patient experience from first diagnosis through to treatment, discharge, and aftercare. Her work continues and a huge thank you to those who have agreed that she can contact them to help document this vital piece of research.

Stay Safe, Stay Well & Stay in Touch

