



Heartlink Goes Digital

Bringing Heart Health Information to More People

At our Annual General Meeting on 1st October, Heartlink introduced a new way of sharing important heart health information with our local community.

Introducing Short Films Bringing Heart Health Information to Life

Under the leadership of our Trustee, Dr Harmandeep Singh, we are producing a series of short, impactful films covering important heart health topics. The films use new technology, including Artificial Intelligence (AI), to help produce high-quality information in a simple and accessible format.

The first film, HEART ATTACKS (see photo above), was shown at our AGM and will form part of an initial series of 10 short films.

These will be followed by patient stories and information about heart medication.

The films will be shared through digital platforms people use every day, including YouTube, Instagram, Facebook and TikTok, as well as the Heartlink website at heartlink.charity.

Our aim is to reach a much wider local audience and provide clear, reliable information that can help people recognise heart health problems, understand their risks and know when they should seek help.

Instagram and HARI – Heartlink Advice, Resources and Information

Alongside our new films, Heartlink's new Instagram account at [@heartlink.charity](https://www.instagram.com/heartlink.charity)

went live at our AGM and is now available to the local community.

This provides another way for Heartlink to share information, updates and details of our activities with local people.

As part of our Instagram presence, we have also introduced HARI our new digital assistant.

HARI is designed to make it easier for people to find information about heart health, Heartlink's services, activities and resources. It gives people another simple way to access information when they need it.

You can find us on Instagram by searching for [@heartlink.charity](https://www.instagram.com/heartlink.charity).

Heartlink's educational seminars at Ealing Hospital take place at 6.30pm in the Lecture Theatre on Level 3 — see below for our next event

6.30–8pm, Thursday 5th November

Our speaker is Dr Shalini Jain — doctor and health coach who will talk about 'Lifestyle changes for heart health'.

Everyone is welcome — stay afterwards for refreshments and a chat. Our seminars are interesting, informative and relevant. Our speakers deal with heart health, a range of heart conditions and health advice.

HEARTLINK

Ealing Hospital Heart Support Group
Charity Registration Number 1199840

Phone us 0300 102 4575

Email us info@ealingheartgroup.co.uk

Website <https://heartlink.charity/>



Amazing Fundraising Efforts for Heartlink

Heartlink has once again been overwhelmed by the generosity, enthusiasm and determination of our supporters, with thousands of pounds raised in recent weeks to help us continue supporting local heart patients and our wider community.

Reaching new heights for Heartlink, personal trainer Sukh Ghosh took on an extraordinary challenge — climbing Mount Toubkal in Morocco, the highest mountain in North Africa at 4,167 metres. Sukh successfully reached the summit on 16 September, raising funds and awareness for Heartlink along the way.

He has raised £2,779, exceeding his original target.

Sukh, who works at David Lloyd Health Centre in Heston, specialises in Thai boxing and helping people develop their fitness. Inspired partly by the loss of his grandmother to a heart attack, he chose to dedicate his challenge to supporting Heartlink and local heart patients. We are hugely grateful for his remarkable effort and commitment.

Meanwhile, the British Punjabi Welfare Association (BPWA) organised a Charity Walk in Regent's Park on 5 September. BPWA and Heartlink members and supporters took part, raising £2,500 for Heartlink.

The event reflected BPWA's commitment to promoting physical and mental wellbeing throughout the community.

And finally, longstanding Heartlink member George Lafford organised a wonderful summer day out. On 14 August, he organised three coaches taking Heartlink members and friends from Ealing and Southall to Margate. The hugely enjoyable outing also raised an impressive £2,250 for Heartlink.

Our heartfelt thanks go to Sukh, BPWA, George and everyone who supported these fantastic initiatives. Your generosity makes a real difference.



Together for Healthier Lives: Heartlink in Action ♥ ♥

The past few weeks have been a particularly rewarding time for Heartlink, as our dedicated volunteers have taken our heart health message to hundreds of local people across Southall and Northolt. Through three important community events, we have shared vital health information, encouraged preventative care and helped residents access simple but important health checks.



Our outreach began at the Health Camp at Ramgharia Sabha Gurdwara in Oswald Rd, Southall on 9 Aug. Organised by the Gurdwara, the event brought together local health organisations offering advice and health checks. Our volunteers handed out hundreds of leaflets and heart health booklets, including our new 'Healthy Living After 65' guide in Punjabi and English. The response was fantastic, with dozens of new people joining Heartlink. We were also pleased to welcome Ealing Mayor Councillor Faduma Mohamed and Ealing Southall MP Deirdre Costigan.

Later in August, we attended the Barsi Samagam at SKLP Sports Ground in Northolt, where we reached an audience of more than 5,000 visitors. Working alongside our partners at Chana Health Chemist, we helped hundreds of people access free blood pressure and blood glucose testing, while raising awareness of heart disease and diabetes prevention.



Heartlink in our community

Our third event, the Emergency Response Roadshow at The Green Quarter, Parkside Yards in Southall on 12 Sept, provided another valuable opportunity to engage with local residents. Our volunteers maintained a busy stall throughout the afternoon, while the Chana Health Chemist team delivered health checks almost non-stop for three hours. A number of people were advised to arrange follow-up care or speak to their GP after receiving their results.

We were pleased to welcome Ealing Mayor Councillor Faduma Mohamed and Deputy Mayor Councillor Dr Ghulam Murtaza and a number of councillors. We also extend our sincere thanks to Jags Sanghera, Head of Community Engagement at The Green Quarter and Shaan Motaleb, Ealing Deputy Head of Emergency Management, for inviting us to participate.

To every volunteer, partner and supporter none of this would happen without you. Your passion brings heart health, hope, and practical support right to the people who need it most. Together, we're building a healthier, stronger community and that means everything.



The Heartbeat of Heartlink: Celebrating Our Shining Stars ♥

On Friday 11 Sept, over 300 people came together at the Southall Community Alliance Awards (SCA) to shine a light on the incredible individuals, businesses and organisations building stronger, better communities right here in Southall. And for Heartlink, the evening was extra special it was a powerful reminder of what we achieve when we work together. As a proud SCA affiliate, we believe we grow stronger together and two truly special Heartlink supporters were rightly celebrated.

Gurdev Chana received Outstanding Community Achievement. For over two years, his gentle, steady leadership of our chair yoga sessions has helped so many stay active, confident, and never alone. His classes are more than movement they're friendship, care and belonging in action.

Chana Chemist took Community Business Excellence. Their partnership isn't just support, it's showing up, again and again, bringing life-saving checks and heart health awareness right to our local communities.

These awards belong to every hand that helps. Thank you, Gurdev, thank you Chana Chemist, you are the heartbeat of all we do. Congratulations to you both and to the wonderful SCA team community for a fantastic event.

Early notice – Heartlink Christmas Dinner 2026

Put a date in your diaries for our very popular Heartlink Annual Christmas Dinner on the evening of Thursday 10th December. This is a ticket only event and once again we will be holding it at West Middlesex Golf Club. Tickets go on sale in the next few weeks. Come along and enjoy great food, excellent company and an entertaining evening.

We also plan to hold an afternoon Christmas Party at our Heartlink Community Hub on Thursday 17th December, as this has been successful and very popular for the last few years. Watch out for your invitation.

A warm welcome from our Wednesday walkers.

We meet every Wednesday at 10am at Greenford Hall and enjoy walks through parks and places of interest in the Borough of Ealing and beyond. Thanks to free bus travel, we're also able to explore further afield.

A much-loved part of every walk is the coffee or tea break at the end, giving everyone the chance to relax, chat, and socialise in a welcoming environment. Our walkers range in age from the mid-50s to over 90, proving there really is something for everyone.

GREENFORD HALL is on Ruislip Rd, Greenford, UB6 9QN – close to the main Greenford Shopping Centre & bus routes.



Expert Voices Bring Vital Heart Advice

Over the past three months, Heartlink members have benefited from a remarkable series of presentations from three highly respected medical experts at Educational seminars at Ealing Hospital. The sessions attracted record audiences and provided practical advice on preventing and managing heart and cardiovascular disease.

Our July meeting focused on stroke awareness, with Heartlink Trustee and Cardiology Consultant Dr Harmandeep Singh explaining the different types of stroke and the importance of recognising the warning signs. His key message was simple: act FAST and call 999 immediately if a stroke is suspected. He also highlighted the important links between cholesterol, lifestyle and stroke risk, stressing that healthy eating, exercise, avoiding

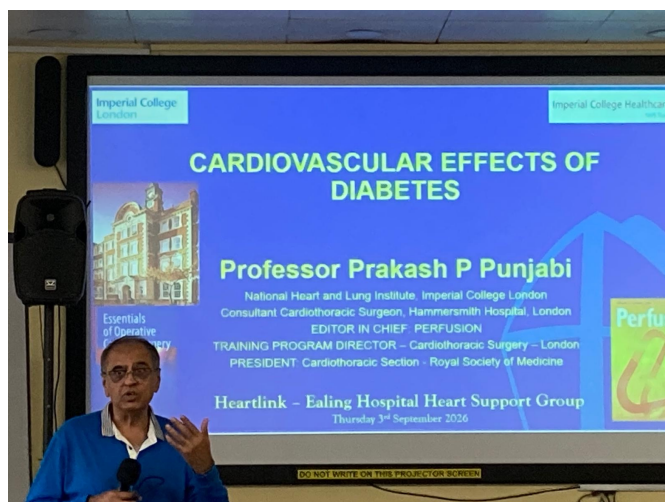
smoking and moderating alcohol can all make a significant difference.

In August, local GP Dr Onkar Sahota addressed the relationship between heart disease and diabetes, and how patients can make the most of their NHS care. He encouraged members to monitor their blood pressure, keep track of HbA1c blood test results and prepare carefully for short GP appointments so that the most important concerns are discussed. His presentation generated numerous questions and individual discussions with members.

The series concluded with an inspiring presentation from eminent cardiologist Professor Prakash Punjabi who, amongst many senior roles, is Consultant Cardiothoracic Surgeon at Imperial NHS Trust and Professor of Practice in Cardiothoracic Surgery at National

Heart & Lung Institute. He explored the cardiovascular effects of diabetes. He explained how diabetes can substantially increase the risk of heart attacks, heart failure and strokes, while emphasising the benefits of regular heart-health reviews and effective modern medications.

Together, these meetings reinforced an important message: understanding our health, monitoring key indicators and taking sensible preventative action can make a real difference. Heartlink is grateful to all three speakers for sharing their expertise — and to our members for making these meetings such a success.



Helpful Numbers

London North West University Trust NHS

www.lnwh.nhs.uk

Ealing Hospital 020 8967 5000

Northwick Park Hospital 020 8864 3232

Central Middlesex Hospital 020 8965 5733

Hospital Blood Tests

Book online: www.lnwh.nhs.uk/blood-tests

Book by phone: 020 8235 4200

Urgent Care

At Ealing, Northwick Park & Central Middlesex Hospitals

A&E is at Ealing and Northwick Park Hospitals

Ealing Community Cardiology

020 3704 8111

Hanwell Health Centre, 20 Church Rd, W7 1DR

British Heart Foundation

Heart Helpline: 0808 802 1234

<https://www.bhf.org.uk/>

Diabetes UK

0345 123 2399

Stroke Association

0303 303 3100

Age UK Ealing

Information & Advice 020 8567 8017

Monday to Friday: 10am to 4pm

reception@ageukealing.org.uk

Ealing Council

020 8825 5000

<https://www.ealing.gov.uk>

Bereavement Support

020 8896 2800

Specialist counselling

bereftbereavementsupport@hotmail.co.uk

**Call 999 if you experience an emergency
such as suspected heart attack or stroke**

Charity Reg: 1199840

Diary Dates

Every Wednesday at 10am

Wednesday Walkers

Meet at Greenford Hall, Ruislip Rd, UB6 9QN

Thursday 5th November 2026

6.30–8pm

Monthly Meeting at Ealing Hospital about
'Lifestyle changes for heart health'

Thursday 19th November 2026

2–4pm, Heartlink Community Hub at Greenford
Park Community Hall

18 Queens Ave, Greenford, UB6 9BX

Thursday 10th December 2026

6.30–9.30pm, Heartlink Christmas Dinner at
West Middlesex Golf Club

Ticket only event

Thursday 17th December 2026

2–4pm, Heartlink Community Hub at Greenford
Park Community Hall

18 Queens Ave, Greenford, UB6 9BX

Thursday 7th January 2027

6.30–8pm, Monthly Meeting at Ealing Hospital.
Speaker Dr Georgios Karagiannis, Consultant
Cardiologist.

For more about Heartlink visit our website:

<https://heartlink.charity/>

Or use your phone to scan this code:

Sections include:

- Advice and Links
- Latest News
- Next Events and Activities
- Photo Gallery
- Heart Health Headlines

