



# Staying Well This Winter: Heart Patient Support

Winter is tough for those with heart conditions, cold and seasonal illnesses can have an adverse effect on the heart. Here's how the NHS can help, plus key self-care steps.

### Get Vaccinated

Flu, RSV and COVID jabs are free for eligible patients (GP surgeries, pharmacies, clinics) and protect against serious complications.

### Pharmacy First

Visit your pharmacy without an appointment for advice on illnesses, medication reviews, and help deciding if you need a GP.

### Know Where to Go for Help

- NHS 111: Urgent help when GP/pharmacy is closed
- 999 Chest pain, severe breathlessness, heart attack/stroke

- A&E: For life-threatening emergencies

### Remember Simple Self-Care

Keep warm, take meds as prescribed, stay active, and seek help early if symptoms persist or get worse.

## Heartlink's Monthly Meetings at Ealing Hospital take place at 6.30pm on the first Thursday of every month in the Level 3 Lecture Theatre.

Everyone is welcome – stay afterwards for refreshments and a chat.

Our meetings are interesting, informative and relevant. Our speakers deal with heart health, a range of related heart conditions and health advice. Learn about developments at Ealing hospital, at our local NHS Trust and in the wider NHS.

### 6.30-8.00pm, Thursday 5 February 2025

Dr Amarjit Sethi (Consultant Cardiologist at Ealing Hospital and Heartlink Trustee) will talk about *Managing heart disease in the under 65s*

### 6.30-8.00pm, Thursday 5 March 2025

Dr Kaushal (Psychologist) will talk about *Coping with a heart attack*

HEARTLINK  
Ealing Hospital Heart Support Group  
Charity Registration Number 1199840

Phone us 0300 102 4575  
Email us [info@ealingheartgroup.co.uk](mailto:info@ealingheartgroup.co.uk)  
Web Site <https://heartlink.charity>





# Christmas Cheer for Members and Patients

Heartlink members and volunteers enjoyed a very busy and rewarding run-up to Christmas, with a series of successful events that brought us together and helped us connect with patients and the wider local community.

We were delighted to be invited



to host a stall at the pre-Christmas fair held at David Lloyd Health Club in Heston one Saturday. As the photo shows, we received a fantastic welcome. Many club members were keen to learn more about heart health, with several expressing interest in joining Heartlink or volunteering with us.

During our regular information desk sessions at Ealing Hospital,

we were pleased to show our appreciation by gifting boxes of festive biscuits to several hospital staff teams who support and assist us in delivering our vital work.

On Wednesday 17 December, our ever-growing group of Wednesday Walkers made their way from Greenford Hall to the Mylett Arms in Perivale, where they enjoyed a delicious Christmas meal together. It was a wonderful way to celebrate a year of healthy, sociable walks.

The following day, despite torrential rain, more than fifty members attended our Heartlink Hub Christmas Party at our regular venue on the Greenford-Southall borders.

The event provided a great opportunity to relax and socialise together. We were especially grateful to our long-time supporter, Councillor Mrs Mohinder Midha, and her friends for bringing along delicious samosas, which perfectly complemented the sandwiches, snacks, cakes and drinks. The afternoon concluded with music and a

raffle.

Building on this festive momentum, eighteen members went on to help staff our stall at the Ealing Broadway Christmas Market the following Sunday. Shoppers gave us a warm reception, generously donating much-needed funds and taking away heart health leaflets and advice booklets.



Finally, at Christmas itself, our hero and Trustee Gary LaTouche, Ward Manager on the Ealing Hospital cardiac ward, distributed gift packs, which we had prepared for those heart patients who had to spend their Christmas in hospital.





## Imperial Heart Rehab - A Successful Day

We were delighted to attend the Imperial Heart Rehab programs in Acton and Hanwell, both of which proved to be highly successful.

The events provided an excellent opportunity to showcase the work of Heartlink, our dedication to supporting individuals living with heart conditions.

The response was extremely positive, with many participants expressing enthusiasm to learn

more and become actively involved.

These sessions were not only about rehabilitation but also about fostering connections, offering encouragement, and raising awareness.

Through collaboration, we demonstrated the powerful impact that collective effort can achieve. The atmosphere throughout was marked by positivity, motivation, and a

shared commitment to heart health.

A special mention goes to our volunteers Sunny and Kuldeep, who ensured every participant registered for our newsletter, strengthening our community and keeping members connected with updates and resources. We also extend our gratitude to Malek for his valuable assistance during the Hanwell visit.

## Dave Matthews 1940-2025

We are very sad to announce the passing of one of our original Heartlink members Dave Matthews.

Dave joined when Heartlink was established by Professor Kooner in 1994 at Ealing Hospital. He played a significant role in the early days of Heartlink and participated in many aspects of the group as a member of our first committee. He took the council driving test, which allowed Heartlink to hire council minibuses to take members to visit different places of interest.

Our trustees sent a heartfelt message of appreciation, recognising

the vital role Dave played at Heartlink for many years.

Our previous Chairman Trevor says "Dave visited me on various occasions when I was injured after an accident at work, helping me with my recovery, for which I shall always be grateful."

Heartlink members were amongst many who attended a celebratory event in memory of Dave in early December organised by his son Glen. We are very grateful to Dave's friend Dawn Powell who has organised a Just Giving Page to raise funds for Heartlink in Dave's memory.





# Heartlink Trustees Join Us for a Wonderful Christmas Celebration

A packed room of Heartlink members was delighted to be joined by all six of our medical Trustees at our Christmas Dinner, held at West Middlesex Golf Club on the evening of 11 December.

This joyful and celebratory occasion featured an excellent traditional Christmas meal, expertly prepared and served by the chef Danny and his team. Following dinner, members enjoyed the chance to catch up with old friends, socialise, and, for many, personally thank our Trustees for the care and support they have received as patients.

Our Trustees in attendance were Professor Kooner; Cardiac Consultants Dr Nabeel Ahmed, Dr Amajit Sethi and Dr Harmandeep Singh; Gary La Touche, Ward Manager on the Heart Ward at Ealing Hospital; and Barbara Byrne, Lead Nurse for the Ealing Community Heart Failure Service.

We were also treated to a series of short and inspiring speeches from honoured guests and



long-time supporters, including Councillor Mrs Mohinder Midha, former Mayor of Ealing, and Jags Sanghera, Chair of the Southall Community Alliance, as well as from Dr Harmandeep Singh and

our President, Professor Kooner. Each speaker highlighted the importance of Heartlink's work in supporting local patients and raising awareness of heart health.



The evening concluded with our traditional Christmas raffle, which raised over £300 for Heartlink funds. Sincere thanks go to our Trustees, guests and members, and especially to our Committee Members who planned and organised the event and ensured it was such a great success.



# Vaccinations for Heart Patients at the Heartlink Community Hub

At our Heartlink Community Hub in Greenford, in October, we were delighted to welcome our friends from the Southall Pharmacy team. Many of our members, most of whom are heart patients, took up the opportunity to receive their flu or Covid vaccinations on the day.

For heart patients, accessing these vaccinations is especially important, as we are more vulnerable to serious complications if we contract flu or Covid. We were therefore very pleased to be able to offer this vital support in a familiar and friendly setting.

The vaccinations took place after a well-attended chair yoga session led by the ever-popular Mr Chana. While members and supporters relaxed, chatted and enjoyed refreshments, the Pharmacy team efficiently administered the



vaccinations and also provided blood pressure checks.

All vaccinations were given in line with NHS eligibility criteria, with full records taken and forwarded to members' GP surgeries to ensure

patient records were kept up to date.

Our sincere thanks go to Anish and his team at Southall Pharmacy for their professionalism, care and continued support of Heartlink.

Our Heartlink Wednesday Walkers is a friendly group of like-minded people who meet weekly to support healthy hearts through regular walking. Some of our members are heart patients, but we welcome walkers of all abilities.

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

Members often comment on how walking with the group has improved their breathing



and increased the distance they can comfortably walk without becoming too tired. Walking together helps everyone feel safe and confident, allowing us to enjoy a variety of routes including parks, woodland paths, canals,

and historic sites such as Osterley House, Chiswick House, Gunnersbury Park, and Ruislip Lido.

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. We always make sure toilet facilities are available.

Our walkers range in age from the mid-50s to over 90,

proving there really is something for everyone. If you enjoy good company, gentle exercise, and discovering new places, Wednesday Walkers would love to welcome you.

## Helpful Numbers

### London North West University Trust NHS

Ealing Hospital 020 8967 5000  
Northwick Park 020 8864 3232  
Central Middlesex 020 8965 5733  
[www.lnwh.nhs.uk](http://www.lnwh.nhs.uk)

Hospital Blood Tests (*by appointment only*)  
Book online: [lnwh.nhs.uk/blood-tests](http://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 & Northwick Park Hospitals

### Ealing Community Cardiology

020 3704 8111  
Hanwell Health Centre 20 Church Rd, W7 1DR

### British Heart Foundation

Heart Helpline 0300 330 3311  
[bhf.org.uk](http://bhf.org.uk)

### Diabetes UK

Helpline 0345 123 2399  
[helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)  
[learningzone.diabetes.org.uk](http://learningzone.diabetes.org.uk)

### Stroke Association

Stroke Helpline 0303 303 3100  
[helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

### Age UK Ealing

Information & Advice 020 8567 8017  
Monday to Friday: 10am to 4pm  
[reception@ageukealing.org.uk](mailto:reception@ageukealing.org.uk)

### Ealing Council

[ealing.gov.uk](http://ealing.gov.uk) · 020 8825 5000

### Bereft Bereavement Support

Specialist bereavement counselling in Ealing  
020 8896 2800  
[bereftbereavementsupport@hotmail.co.uk](mailto:bereftbereavementsupport@hotmail.co.uk)  
[bereftbereavementsupport.co.uk](http://bereftbereavementsupport.co.uk)

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

## Diary Dates

### Every Wednesday at 10am

Wednesday Walkers  
Meet at Greenford Hall, Ruislip Rd

### Thursday 15th January 2026

2-4pm, Heartlink Community Hub,  
Greenford Park Community Hall  
18 Queens Ave, Greenford, UB6 9BX

### Thursday 5th February 2026

6.30-8.00pm  
Heartlink's Monthly Meeting at Ealing  
Hospital about Managing Heart Disease

### Thursday 19th February 2026

2-4pm, Heartlink Community Hub,  
Greenford Park Community Hall  
18 Queens Ave, Greenford, UB6 9BX

### Thursday 5th March 2026

6.30-8.00pm  
Heartlink's Monthly Meeting at Ealing  
Hospital about Coping with a Heart Attack

### Thursday 19th March 2026

2-4pm, Heartlink Community Hub,  
Greenford Park Community Hall  
18 Queens Ave, Greenford, UB6 9BX

For more about Heartlink visit our new website:  
<https://heartlink.charity>

Or use your phone to scan this code:

Sections include:

- Advice & Links
- Latest News
- Activities
- Photo Gallery
- Heart Health Headlines

