



Exercise For Your Heart

Now that spring is finally here, it's an excellent time to start one of the best 'medicines' for your heart - EXERCISE.

Join us in Heartlink and make a decision to get fitter. Come to our Weekly Walkers' Group as they enjoy our local parks, or to our Community Hub for chair yoga led by Mr. Chana.

Regular exercise is proven to reduce your risks of heart and

circulatory problems by up to 35%.

It can make life more enjoyable by giving you more energy, helping you sleep, improving your mental health, lowering your blood pressure and cholesterol and helping you shed the pounds you may have gained over the long winter.

Start small and try to gradually build up to 150 minutes of moderate exercise a week, such

as walking, active housework or gentle cycling.

Make it part of your daily routine, set goals and record your progress in a notebook, diary or smartphone. Joining a group is the best way to keep it up and enjoy it.

Our photo shows the Heartlink Team with Bill Lonsdale at the BHF Red Bench ceremony at Southall Parkrun.

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 7 May 2026

Professor Stuart Rosen (Consultant Cardiologist at Ealing Hospital) will talk about *How cancer treatment can impact on the heart*

6.30-8.00pm, Thursday 5 June 2026

Dr Onkar Sahota (Southall GP) will talk about *The GP-Patients Partnership against Heart Disease*



Community Spirit & Heart Health at Southall Parkrun

A huge well done to the 150+ runners, joggers and volunteers who joined us early on 28th March at the Southall Parkrun!

The crisp, sunny weather set the perfect tone for an incredible turnout that truly celebrated the power of community.

There was a real buzz in the air, bolstered by Heartlink providing water bottles to all the runners to ensure everyone stayed hydrated from start to finish. A dozen of our wonderful Heartlink volunteers ran a hugely popular stall with many runners stopping for booklets and a chat.

A highlight of the morning was the unveiling of the new 'British Heart Foundation Red Bench' in Southall Park.

Dedicated to local runner Bill Lonsdale, the bench encapsulates a personal journey through diagnosis, treatment and recovery, reflecting the reality of living with a heart condition.

It serves as a meaningful addition to the park and a powerful reminder of the vital importance of heart health awareness in our community.

The Power of Movement

This event highlighted how vital regular physical activity is for everyone. Whether you are a seasoned runner or a heart health patient, staying active is one of the most effective ways to improve long-term wellbeing. By fostering healthier lifestyles through movement and encouragement, we don't just feel better individually, we also help reduce the long-term pressure on our vital NHS services.

Special Thanks to:

- The Southall Parkrun Team

for their warm welcome and partnership.

- Chana Chemist for supplying the electrolytes that kept our participants going strong.
- Kuldeep for the legendary fruit flan—the perfect motivation to cross the finish line!

The Southall Parkrun is a regular event every Saturday starting at 9am in Southall Park next to the Uxbridge Ed.

Thank you for making the morning so special. Let's keep moving together!





Walkers put a Spring in their step

Since the start of the new year, our Wednesday Walkers continue to grow stronger and more successful with more joining us.

Increasing numbers of people, particularly heart patients, are realising the benefit of regular gentle exercise.

Recent destinations have been Gunnersbury Park, Northala fields and Walpole and Lammas Parks.

The walks always finish somewhere we can get a drink and a snack and often we use the local buses to get to or from our destination.

Our Walkers assemble EVERY WEDNESDAY at GREENFORD HALL, Ruislip Rd, Greenford, UB6 9QN – close to the main Greenford Shopping Centre & bus routes.

On Wednesday 10th June we are planning a **Sponsored Walk**, similar to last year, and aim to raise much needed funds for Heartlink's work with patients and in the community. Last year's event was very successful with approximately 50 walkers and over £3500 raised. This year we will walk from Greenford Hall through Perivale Park to the new Bistro café, with the option for walkers to finish there or walk back to Greenford through Pear Tree Park. **Contact us if you are interested in taking part – phone 0300 102 4575.**

Mind and Heart: Insights from Dr. Kaushal on Mental Wellbeing

Our recent educational seminar saw an incredible turnout, reflecting a deep shared interest in the vital link between mental health and heart recovery. We were honoured to have our Vice Chair; Sunny, host the event and to welcome Dr. Kaushal, a consultant psychiatrist, who delivered a powerful and enlightening talk on the importance of effective coping strategies.

Dr. Kaushal highlighted that managing your mindset is critical to heart health. She explained how

mental resilience directly supports heart health, offering participants practical tools to navigate stress and embrace positive lifestyle changes. From simple daily habits to long-term strategies for building emotional strength, her guidance provided everyone with actionable ways to improve their overall wellbeing.

Missed the session or want to recap? You can view the video of Dr. Kaushal's talk on our Heartlink website to catch up on all her valuable advice.



Raising heart awareness this spring

Heartlink makes a big impact in the local community by raising awareness about heart health to help people reduce their risks.

Our wonderful team of volunteers are key to this work. They tell us that the positive response they get from our local community makes it totally worthwhile.

Recently our volunteers have been able to get British Heart Foundation booklet racks placed in busy community locations at Ealing Gurdwara, West End GP Surgery in Northolt and Oswald Rd Gurdwara in Southall.



We have visited the Southall Connects community event at the Dominion Centre and our Trustee Dr Sethi spoke about heart health at Ealing Gurdwara, urging people to take it seriously and act early.

We participated in the Imperial Heart Rehab programmes held in Acton and Hanwell and both sessions were a resounding success.



They offered a fantastic platform to highlight our ongoing commitment to helping those managing heart conditions.

We are very grateful to the Rehab team for their support and the trust they place in us to be part of these important sessions.

We received a great reception at all these events.

In the next few weeks we plan to visit the David Lloyd Sports Centre at Heston, the Mael Gael Community Group in Southall plus local Mosques, and we have

plans to run community events where we can offer basic health checks in partnership with local pharmacists and nurses.

We will be approaching local schools to talk to pupils about how young people can reduce their heart health risks.

We need your help at these events and to get more of our booklet racks installed at prominent community locations.



Staying Safe and Connected: A Valuable Session with the Metropolitan Police

Our monthly Community Hub offers a varied programme for many of our members, with Chair Yoga led by Mr Chana a regular and popular feature.

We always provide drinks, a snack/fruit and time for a good chat with others.

We organise blood pressure checks, social events, bingo and short talks on relevant topics, all run by our wonderful volunteers.

We would like to express our gratitude to the Metropolitan Police team for recently coming along to the Hub and delivering an engaging and informative session on the MET Engage initiative and community safety.

It was wonderful to see around 50 of our members attend and benefit from this important discussion.

The presentation provided clear, practical advice on keeping safe in daily life, covering essential topics such as:

- Protecting yourself against mobile phone theft
- Keeping your belongings secure
- Staying vigilant at ATMs
- Understanding the safety risks with e-bikes

The real-life examples and prevention tips shared were incredibly valuable, giving

our members the knowledge and confidence to protect themselves and their families.

We were also introduced to the MET Engage platform, a fantastic resource that allows you to stay informed about local issues, connect directly with officers, and have your voice heard. It empowers you to play an active role in making our community safer.

A special thank you to PCSO Irina, PC Wilkinson and PC Shyam for their time, dedication and the reassurance they provided. We appreciate the continued support of the Metropolitan Police Service in helping us feel safe, secure, and well-informed.



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

Hospital Blood Tests (*by appointment only*)
Book online: 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

Diabetes UK

Helpline 0345 123 2399
helpline@diabetes.org.uk
learningzone.diabetes.org.uk

Stroke Association

Stroke Helpline 0303 303 3100
helpline@stroke.org.uk

Age UK Ealing

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

Ealing Council

ealing.gov.uk · 020 8825 5000

Bereft Bereavement Support

Specialist bereavement counselling in Ealing
020 8896 2800
bereftbereavementsupport@hotmail.co.uk
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 16th April 2026

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

Thursday 7th May 2026

6.30-8.00pm
Monthly Meeting at Ealing Hospital about
How cancer treatment can impact on the
heart

Thursday 21st May 2026

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

Thursday 4th June 2026

6.30-8.00pm
Monthly Meeting at Ealing Hospital about
The GP-Patients Partnership against Heart
Disease

Wednesday 10th June 2026

10am, Sponsored Walk with the Wednesday
Walkers. Meet at Greenford Hall

Thursday 18th June 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

