



Diabetes rate in Southall double national average

An analysis of the rate of diabetes in Southall, based on information from all Southall GP practices for the last two years, reveals a severe problem in our area.

On average the rate of diabetes in our Southall population is about twice the national average and for some areas is higher than that. Similarly, data regarding prescriptions for Metformin, a drug prescribed widely to manage diabetes, shows a 21% increase in prescriptions issued between 2019 and 2025.

Whilst many of us manage to cope with having diabetes, it has a major impact on the health and lifestyle of individuals. It can lead to chronic health conditions and in particular, people with diabetes are three times more likely to develop cardiovascular disease. British South Asians are 6 times more likely to develop Type 2 Diabetes than white Europeans.

The data is contained in a recent article in the online paper 'NW Londoner' and includes information about the huge number of local

sweet shops and an interview with local GP Dr Onkar Sahota.

Heartlink's key aims include raising awareness about diabetes in our local community and encouraging people to make changes to their lifestyle to reduce their risks.

We also organise and promote community health testing. The photo shows pharmacists from our partner Chana Chemist carrying out tests at our recent visit to David Lloyd Heston (see article inside)

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 6 August 2026

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

6.30-8.00pm, Thursday 3 September 2026

Professor Prakash Punjabi (Consultant Cardiothoracic Surgeon) will talk about *Heart bypass surgery*

HEARTLINK
Ealing Hospital Heart Support Group
Charity Registration Number 1199840

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



Sponsored walk a fantastic success

40 enthusiastic members and supporters joined our most enjoyable Sponsored Walk on Wednesday 10th June.

We held our walk to promote healthy exercise and raise funds for our vital work of supporting local heart patients and raising heart health awareness.

The walk was organised by our weekly Wednesday Walkers Group and many of the participants were regular walkers. A huge thank you to them and particularly our Committee Members Rosaleen, Opkar and Trevor who led the organising.

We were very pleased to be joined by Mrs Midha, longtime Heartlink supporter and previous Mayor of Ealing, and our Trustee Gary La Touche, Ward Manager on the Cardiac Ward at Ealing Hospital.

From the photos you can see that the walk took us from Greenford Centre through local parkland in Perivale Park to the

Pear Tree Park Bistro, where all had a good chat and refreshments.

You can see MORE PHOTOS of us all on the walk in our website PHOTO GALLERY

We send our thanks and appreciation to all those who took part, and especially those who made big efforts to raise funds for us by getting friends and family to sponsor them, and who raised large sums from local businesses and groups.

Others donated via Kindlink on our website Donate Page. The final sum was a fantastic £4k – an increase on last year's success!

A key aim of the walk was to encourage more heart patients and others to take up healthy exercise and join our Weekly Wednesday Walkers Group. A number of those who took part said they will do just that. Our Wednesday Walkers meet at 10am every Wednesday at Greenford Hall.



Sukh's Challenge

Some brilliant news for Heartlink.

At our recent visit to David Lloyd Health Centre in Heston, we were approached by Sukh Ghosh, one of the personal trainers who works there. In September he is planning to take on the five-day challenge of climbing Mount Toubkal in Morocco which is North Africa's highest peak at a massive 4167 metres.

He has offered to use this as a Charity Challenge to raise funds for Heartlink and to spread awareness about heart conditions in the

local community. A copy of the information about his Challenge is attached to this Newsletter.

As a personal trainer at David Lloyd Heston, Sukh specialises in Thai boxing and developing mental toughness for those struggling with depression and mental health problems. He tells us that his grandmother passed away from a heart attack.

He has been inspired to undertake this to support Heartlink from talking to our Committee Member Kuldeep and meeting our team at the recent event at David Lloyd Heston.

We would like to express our huge thanks and admiration to Sukh in doing this for Heartlink and local heart patients.

Please encourage and support Sukh by donating using the donate page on the Heartlink website.



We have been fortunate to have some excellent speakers at our recent monthly educational seminars at Ealing Hospital. These regularly attract attendance of 50 to 60, most of whom are heart patients. There is always time for questions and a good chat afterwards.

In May and June we heard from two of our own popular Ealing Hospital Cardiologists, Professor Stuart Rosen and Dr Nabeel Ahmed. For our next meetings we have Dr. Onkar Sahota, highly experienced local GP, and Professor Prakash Punjabi, Consultant Cardiothoracic Surgeon from Imperial NHS Trust & Hammersmith Hospital. Professor Punjabi will talk about heart bypass operations. Many of our members are alive thanks to his skills!

Our monthly Community Hub continues to be extremely well attended

(as you can see). Chair yoga with our popular Mr Chana is a regular feature, together with speakers such as our local fire service and prize bingo. Plus we have recently surveyed attendees about future plans and are organising trips to Margate and Kew Gardens in the next few of months.

All these events depend on the commitment and dedication of our Committee Members and Volunteers. They are key to our success!

Come along and join us at our monthly seminars and community hub.





A big impact in the local community

Our fantastic volunteers have been busy promoting heart health at key community events and locations.

A team of us ran a colourful and popular Heartlink stall at Ealing Gurdwara where we had been invited to be part of their major Vaishaki celebration.

There was lots of interest in our leaflets and British Heart Foundation booklets, and many there will be attending our future events.

In June we were invited to arrange for our Trustee, Cardiology Consultant Dr Nabeel Ahmed, to address the congregation before Friday prayers at Southall Central Jamia Mosque.

His talk was focused on taking simple steps to reduce heart health

risks and was very well received by many. Before and after prayers a group of volunteers ran a stall with booklets, leaflets and information and we were almost overwhelmed by the interest. A hugely successful event.

Meanwhile we continue with our regular weekly work at Ealing

Hospital running our public information desks aimed at patients and families, filling up our 7 booklet racks in the clinics etc and visiting heart patients on the Cardiac Ward 4 South.

It is rewarding and enjoyable - please let us know if you would like to help us.





Changes at our NHS Hospital Trust

Heartlink sends our thanks and very best wishes to Pippa Nightingale, the Chief Executive of our local Hospital Trust, which covers Northwick Park and Central Middlesex Hospitals together with Ealing Hospital.

Pippa is shortly leaving our Trust to take up the Chief Executive post at Bedfordshire Hospitals Trust. We are very grateful for the support and encouragement that Pippa has given Heartlink in recent years, including addressing our members at one of our monthly meetings.

We send our congratulations to Mark Titcomb, who takes over as Interim Chief Executive of the Trust when Pippa leaves. We are looking forward to continuing to work with Mark, who has regularly assisted and supported Heartlink at Ealing in his previous senior role.

Great reception at David Lloyd Heston

We were delighted to deliver our Heart Health Awareness Campaign in collaboration with Chana Health (Chemist) at the David Lloyd (DL) Gym at Heston

The event brought the David Lloyd community together to focus on the importance of heart health and preventative care, offering a range of health checks including blood pressure (BP), blood glucose and cholesterol testing. It was encouraging to see so many people taking positive steps towards improving their wellbeing and engaging so positively with our outreach visit.

We would like to express our heartfelt gratitude to Chana Health (Chemist) for carrying out all of the health testing and to David Lloyd Heston Club for their warm hospitality and continued support in making this event such a success. We would also like to thank the Skipton Building Society Harrow for their amazing donation of the tests and testing equipment

A special thank you also goes to our Heartlink members, Kuldeep for organising the initiative and Sunny & Isha, whose support and dedication throughout the event were truly invaluable.



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 July 2026

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

Thursday 6th August 2026

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

Thursday 20th August 2026

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

Thursday 3rd September 2026

6.30-8.00pm
Monthly Meeting at Ealing Hospital about
Heart bypass surgery

Saturday 5th September 2026

Charity Walk, British Punjabi Welfare Association
Chester Gate, Outer Circle, Regents Pk, NW1 4JH

Thursday 17th September 2026

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

Thursday 1st October 2026

6.30pm, Heartlink AGM (Details tba)

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

