



Heartlink News Winter 2025



Promote Better Health in 2025

Start the new year by prioritising health—for yourself and those around you. Join Heartlink in raising awareness about heart health and its risk factors.

Smoking remains one of the leading causes of heart disease. To address this, Heartlink, in partnership with Ealing Council, is

running a smoke-free campaign to help and support individuals to stop smoking.

Take advantage of the Ealing Smokefree Service, which provides free nicotine replacement therapy and a personalized support program to guide smokers on their journey to a smoke-free life.

Attend our meetings to learn more about reducing heart health risks and find out information about available resources. Your participation can also help us offer valuable feedback to the NHS about experiences with local health services. Together, we can make a positive impact!

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 and a range of related heart conditions. Learn about developments at Ealing hospital, at our local NHS Trust and in the wider NHS.

6.30-8.00pm, Thursday 6 February 2025

Professor Rosen, Consultant Cardiologist Ealing Hospital – speaking about new developments in heart health

6.30-8.00pm, Thursday 6 March 2025

Sara Tavares, Heart Failure Specialist Nurse & Research Assistant – talking about Heart Failure and the function of Virtual Wards

6.30-8.00pm, Thursday 3 April 2025

CPR Training Session given by Dr Harmandeep Singh

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>



Heartlink & the Ealing Smokefree Service

Last September, Heartlink took the decision to join with Ealing Council in promoting their local Smokefree Service. Since then, many of you, our members and supporters, have helped us at events across the main parts of the borough.

Smoking is a key cause of heart disease, as well as cancer and respiratory problems. Ealing is an area with a particularly high number of smokers, many of whom come from disadvantaged communities. It is these people we are trying to reach and help.

The photos show a small selection of the campaign events we have run since September. We have had considerable support from our cardiologist Trustees and other local NHS staff.

Our events have included:

- Addressing hundreds of worshippers at Greenford Mosque and at Greenford Mandir.
- A Saturday stall at Ealing Broadway Christmas Market.
- Talking to many students at a fair at the University of West London
- A training session for 50 of our members about the service
- Weekly information desks at the two main entrance areas at Ealing Hospital.
- Giving talks to regular sessions of the Cardiac Rehabilitation Service for recovering heart patients at Acton and Hanwell
- A stall at Jubilee Gardens Health Centre in Southall.
- NHS supporters have promoted the service to patients of the Heart Failure Service in Hanwell and at the Respiratory Outpatients Clinic at Ealing Hospital.
- Promoting the service at North Southall Patient Participation Group and at many GP's surgeries in the borough.
- Linking with Southall Pharmacy & other pharmacies which offer the service.

We have been given help, training and leaflets by colleagues from the local West London Health Trust who coordinate the service. They report very high take up of the service – much of which is from Heartlink's work.



From the many people we have seen, in addition to smokers, many take leaflets for family members or friends who are smokers, many who wish to quit and very much welcome the offer of help. Many have tried to stop beforehand and failed.

From the hard-to-reach communities, a large number need simple, easy to understand information about how to access the service. We have prepared a handout listing the community pharmacies where the service can be accessed.

Help us develop this vital work through rest of the year.



What's happening with NHS primary care?

This year brings exciting changes in primary care. Digital health services are expanding, making virtual consultations more common. This means you can get medical advice from home, which is great for managing chronic conditions and minor issues.

Additionally, there's a greater focus on integrated care, bringing together various healthcare services to ensure a more coordinated approach to patient care. This means you'll have a more seamless experience when accessing different health services, with your care being managed more effectively across the board.

In recent times, many people have experienced challenges in securing timely GP appointments, a situation that is often compounded by the surgery's availability process. Patients frequently find themselves navigating a complicated system. This can result in delayed access to necessary medical care, leading to frustration and potential deterioration in health.

The strain on GP services, often made worse by staffing shortages and increasing patient demand, underscores the critical need for more efficient and compassionate triage systems. Ensuring patients can promptly access the care they need is vital for maintaining public trust and improving health outcomes.



One new key innovation option for patients is utilising 'Pharmacy First' services, which can greatly help alleviate some of these challenges by providing direct and quicker access to professional advice and minor treatment.

We encourage you to join your GP Patient Participation Group (PPG). PPGs help shape local health services. By joining, you can share your thoughts and help improve services for everyone. Being part of a PPG keeps you informed and lets you directly impact the quality of care. It's also a great way to meet others and work together to enhance healthcare. To join or learn more, contact your local surgery or visit your GP practice website.



New leaflet for our Wednesday walkers

Heartlink has prepared this new leaflet for our wonderful Wednesday Walkers to use this year. They want more members and supporters to join them.

We all know how important exercise is for heart health. Our walkers set us an enjoyable example by getting together every week to visit local parks and beauty spots.

They meet every Wednesday at 10am at Greenford Hall next to Greenford Shopping Centre. They walk at a gentle pace for a couple of hours and always finish somewhere for a cup of tea and a good chat.

They generally use their Freedom Passes on public transport for the journey home, and keep in touch by WhatsApp messages to plan their next destinations.

Give us a call on 0300 102 4575 with any queries.



Keep up to date on our website

Take a look at Heartlink's website to keep up to date with what we're doing and the latest heart health advice. Find it at:

<https://heartlink.charity/> or search on 'heartlink.charity'

Our new section, 'Heart Health Headlines' features all the latest news that is relevant to heart patients from the national press, the British Heart Foundation and others. We update it every week.

The 'Advice and Links' section gives you easy to read expert advice about all aspects of heart health covering:

- common heart conditions,
- risk factors,
- tests and treatments.

Our 'Latest news' and 'Photo Gallery' tell you all about our recent events, plus loads of photos of us.

... and you can always find what's happening in our 'Activities' Section.



Members and Supporters Enjoy Christmas Dinner and Party

A full house of Heartlink members and supporters enjoyed a Christmas Dinner and Celebration on 12th December, hosted at the West Middlesex Golf Club, where cook Danny and his staff prepared our delicious meal. Everyone had a great time chatting and celebrating with friends and fellow members.



We were joined at the event by our Trustees, Professor Kooner, Dr Amarjit Sethi, Barbara Byrne and new Trustee Dr. Nabeel Ahmed, plus NHS staff and longtime supporters who look after local patients.

Other key guests were key community figures who play a vital role in supporting Heartlink. These included previous Mayor of Ealing Councillor Mrs Mohinder Midha, Council Cabinet Member Cllr Polly Knewstubb, Councillors Harbajan Dheer and Ranjit Dheer, Councillor

Surinder Jassal, and Jaskaran Singh from Southall Community Alliance.

Some lucky members went away with great prizes from our Christmas Raffle, which raised several hundred pounds for Heartlink.

A week later, a full hall of Heartlink members and supporters enjoyed an afternoon of food, entertainment and prizes at our Hub Christmas Party.

The free event was run by Heartlink to get people together to enjoy a good celebration in the run up to Christmas. As well as lots of samosas and party food, we were entertained with dancing and singing from Kamaljeet Sembhi and Uttara Joshi,



and finally, with lots of prizes in our Hub Christmas Raffle.

The event was run by the Heartlink volunteers, and our thanks go to Dolly and Kuldeep who ran the kitchen and Dolly who organised our entertainers.

Thanks also to our tireless supporter, Councillor Mrs Mohinder Midha who attended to give us every encouragement.



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 January 2025

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

Thursday 6th February 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital about Heart Health and Smoking

Thursday 20th February 2025

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

Thursday 6th March 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital about Heart Failure and Virtual Wards

Thursday 20th March 2025

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

Thursday 3rd April 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital - CPR Training Session

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

