



Key Information for Heart Patients

One of Heartlink's core aims is to provide accurate, up-to-date information and advice about heart health to our members and the wider community.

In recent months, we've focused on improving both the quality of the information we offer and how easily people can access it. We want heart patients and their families to feel confident turning to Heartlink for the guidance, advice, and support they need.

While diagnosis and treatment come from NHS staff, GPs, and specialists, Heartlink plays an important supporting role; helping people recognise when to seek help, understand what questions to ask, and make positive lifestyle choices that support longer term heart health.

Education is a key part of this. At our monthly seminars at Ealing Hospital, cardiologists and other expert clinicians share their

knowledge, offer practical advice, and answer your questions.

You can find more about our Educational Seminars and the Heartlink website at **heartlink.charity** overleaf. The website also features trusted resources from leading heart and medical organisations, freely available to everyone.

Below is a list of our upcoming Educational Seminars—join us to learn more.

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 7 August 2025

Aanchal Bahl - Senior Cardiac Pharmacist (Specialist in Heart Medication) at our Hospital Trust talking about **Cardiac Medication after a Heart Attack**.

6.30-8.00pm, Thursday 4 September 2025

Dr Jamie Kitt – Cardiology Consultant will talk about **High Blood Pressure – how to manage and treat it**.

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>



How We Help You Access Heart Health Advice and Information

Educational Seminars

Our monthly Educational Seminars are a key opportunity for members and the public to come along and receive vital heart health advice and information. In recent months, topics have included:

- Treatment of heart failure
- Oral health and its link to heart disease
- How to perform CPR in an emergency

Coming up in July and August, we have talks planned on:

- Heart medication at 6.30 pm Thursday 7th August
- Managing high blood pressure at 6.30pm on Thursday 4th September

British Heart Foundation Advice Booklets

At all our events and community outreach activities, we distribute a wide range of up-to-date advice booklets from the British Heart Foundation.

We also stock these booklets in seven racks placed throughout Ealing Hospital, which we refill weekly. Recently, we've begun

working with local community organisations to install our booklet racks at their venues too, making this information even more accessible to everyone.



Visit the Heartlink Website heartlink.charity

Our website provides access to a wide range of reliable heart health information from the BHF and other trusted sources.

On our Advice and Links page, you'll find resources grouped under headings: Common Heart

Conditions, Risk Factors, Tests and Treatments.

There are also links to other specialist organisations like Diabetes UK and the Stroke Association, plus informative videos from our Trustee, Dr Harmandeep Singh.

Our Heart Health Headlines section keeps you up to date with national heart health news and developments.

Social Media

Our plan is to set up Heartlink on social media platforms, starting with Instagram. This will share quick heart health tips and information about our upcoming events.

Our Members

One of the most valuable sources of support and information is our own community. Many members are happy to share their personal experiences of living with heart conditions. If you're newly diagnosed, chatting with others who've been through something similar can be incredibly helpful.

So come along, join us, and be part of the Heartlink community.



Walkers Lead the Way

A large group of Heartlink members and supporters enjoyed the Heartlink Sponsored Walk on the morning of 21st May.

The walk was organised by our regular group of Wednesday Walkers.

We assembled at Greenford Hall and set off on a very enjoyable route through the beautiful parkland of Perivale and Pitshanger Parks, finishing with refreshments in the sunshine at the Brentham Club.

Alongside our regular walkers and many other Heartlink members, we were **delighted to be joined by the former Mayor of Ealing** and longtime supporter, **Cllr. Mrs Mohinder Midha**, as well as **Cllr. Polly Knewstubb**, Ealing Council Cabinet Member for Healthy Equal Lives.

The aims of the walk were to encourage more local people to join our regular weekly walks, to help raise sponsorship funds for Heartlink's work in supporting local heart patients and to raise awareness about heart health.

Walking is a simple and effective way to help boost your health and fitness — while enjoying fresh air, nature, and good company.

Join our friendly walking group every Wednesday at 10am at Greenford Hall for relaxed walks through local parks.

Many thanks to all our walkers and their sponsors for raising an amazing total of **£3,700!**

Special thanks go to Cllr. Mrs Midha, Opkar, Dolly, Rosaleen, Bernadine, Yasmin, Prince, and Iona for their outstanding sponsorship efforts.



Ajit Singh Saib (1939-2025)

Heartlink is very sad to announce the recent loss of one of our longtime loyal members Ajit Singh Saib.

Ajit was a strong Heartlink member for many years and volunteered regularly with his wife Veena at Ealing Hospital, helping many other heart patients.

Together they won a prestigious Volunteering Award from the Hospital Trust.

He had been an active Heartlink Committee Member for years, and when illness prevented his active involvement, stayed on as an Honorary Committee Member.

Our President, Professor Jaspal Kooner writes: "I was very saddened to hear of Ajit's passing.

"It is a real loss — not only to all of us at Heartlink, but to everyone whose lives he quietly touched.

"Ajit was one of those rare individuals whose presence brought calm, kindness, and genuine care.

"I knew him both as a dedicated Heartlink volunteer and as a patient, and in both roles he showed such grace, patience, and strength.

"In supporting others he always led by example — gently but with deep integrity.

"Please do pass on my heartfelt condolences to Veena, Sam, and the family and express again how deeply we feel this loss, both at

Heartlink and in the Cardiology Department."

Ajit will be greatly missed, and very fondly remembered.



Kirpal Kaur Flora (1929 - 2025)

We are also saddened to announce the loss of Kirpal Kaur Flora mother of longstanding Heartlink Member, Sukhi Flora. Kirpal is greatly missed by her family. She had been looked after for some years by Sukhi and his wife Rajinder.

The family arranged that in lieu of flowers mourners could make donations to Heartlink. We are very grateful for this gesture which has raised over £1,100.

Heartlink Joins Southall Community Alliance

We are very pleased to announce that Heartlink has recently been accepted as a member of the Southall Community Alliance.

The Alliance has consistently played a pivotal role in bringing together voluntary and community

groups in Southall to address the area's diverse social, cultural, health, and local needs.

Over the past couple of years,

Heartlink has been pleased to take part in Alliance events promoting heart health locally, including participating in its Annual Awards Ceremony.

We look forward to supporting the work of the Alliance and collaborating with its member organisations, particularly to promote heart health in Southall.





Spreading the Word

Throughout spring, our wonderful volunteers have been out at a wide variety of community events and health locations, spreading the word about heart health and promoting the Ealing Smokefree Service.

We've had an excellent response from people interested in joining Heartlink and attending our events, as well as from many smokers keen to use the Smokefree Service to help them quit. Some of these events have also featured talks by our Trustees and other cardiologists and clinicians.

We've visited locations right across the borough, including:

- The Hope Church next to Perivale Library
- Acton Health Centre
- Northolt Meadow View GP Surgery
- Ealing Gurdwara
- Hanwell Health Centre
- Oswald Road Gurdwara, Southall
- North Southall Primary Care Network – Patient Participation Group
- Mael Gael Community Group



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 17th July 2025

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

Thursday 7th August 2025

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

Thursday 21st August 2025

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

Thursday 4th September 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital about Blood Pressure

Thursday 18th September 2025

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

Thursday 2nd October 2025

6.30-8.00pm
Heartlink's Annual General Meeting
West Middlesex Golf Club

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

