



More support for local heart patients

As winter approaches, Heartlink is increasing what we do to help local heart patients, with the support of our wonderful volunteers.

This includes:

- Starting up an additional new weekly Information Desk and Booklet Rack located at Ealing Hospital (in addition to our Desk in the main entrance).
- Improving our website and offering a new 'Heart Health Headlines' section with links to important news items for heart patients.
- Maintaining our monthly community hub as a safe, friendly and supportive place for local heart patients.

Our new Information Desk on Mondays at the hospital is located in the recently opened, brand-new Community Diagnostic Centre facility.

The Diagnostic Centre is a major improvement in health services for local people, especially those with potential heart problems. It contains facilities to carry out all the different vital tests in one new unit. People can be referred by their GP for all the tests they need at one go so diagnosis is quicker, less stressful and easier.

We would like to thank the Hospital Trust for enabling us to set up the New Information Desk and Booklet Rack.



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 November 2024

Our topic is 'Smoking & Heart Health - our local Smokefree Service to help people quit'. Our speakers are Katerina Manginas from West London NHS Trust and a representative from Southall Community Pharmacy.

6.30-8.00pm, Thursday 5 December 2024

Speaker to be announced

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>



Starting in September 2024, Heartlink is partnering with Ealing Council on a borough-wide community campaign aimed at encouraging adults and young people to quit smoking and vaping.

Smoking is known to contribute to a wide range of serious health problems, including heart disease, cancer, respiratory diseases and strokes.

Vaping, a popular alternative to smoking, has become increasingly common among young people. Although it is often marketed as a safer option, vaping is not without risks.

Research indicates that it can lead to various health issues, especially with long-term use.

Heartlink is collaborating with Ealing Council's Smokefree Service, which supports individuals who want to stop smoking.

Our work to promote the Smokefree Service and the message given is an addition to our outreach work.

We have specifically identified 'hard-to-reach' groups within our communities to ensure that this important service, how to access it and its message are communicated effectively.

Since September, we have already spoken with hundreds of local residents about the service at our regular Hospital Information Desks, at our Stall over two days during the large Sant Ishar Singh Barsi Smagam in Northolt, and to two groups of heart patients attending

their Rehabilitation Courses in Hanwell and Acton.

Anyone helping us in this campaign will receive training on the effects of smoking and how to assist people in stopping.

Your efforts can help save lives and inspire positive change.

Join us in this vital mission to protect and improve public health.

The Council will take action against all those who illegally supply vapes and tobacco.



SAVE THIS DATE



Join us for the Heartlink Christmas Dinner!

Thursday, 12th December

West Middlesex Golf Club, UB1 3EE

Come and enjoy a festive evening with friends, and a traditional dinner with all the trimmings

More Information to follow in the coming weeks meanwhile mark your calendars—we can't wait to celebrate with you!



Heartlink AGM marks major progress

A well-attended Annual General Meeting of Heartlink on October 3rd celebrated the major achievements and progress made over the past year. While we have operated as the Ealing Hospital Heart Support Group for over 30 years, this marks our second full year as a registered charity.

We were greatly encouraged by the supportive speeches from important Ealing councillors, including Polly Knewstub, the Cabinet Member for Healthy Equal Lives, and our strong supporter, former Mayor of Ealing, Mrs. Mohinder Midha.

The meeting highlighted how, in line with our charitable objectives, we expanded our efforts to support heart patients at Ealing Hospital and the wider community. In addition to our core activities, such as our weekly Information Desk, we continued to organise our Wednesday Walking Group and host our very popular monthly Educational Seminars.

To address inequalities, we also launched a monthly Community Hub where people can come together to share meals, engage in gentle exercise, build friendships, and learn new skills such as IT. The Hub has been very well

received, becoming a key space for individuals to support each other and improve their wellbeing.

Another significant initiative was the launch of our Heart Health Campaign, which forms a major part of our outreach work. This campaign has been crucial in raising awareness of heart health, providing essential information, and promoting healthier lifestyles.

The response from the community has been overwhelmingly positive, demonstrating a strong commitment to improving personal heart health.

We conducted over fifteen successful visits to community

groups, health centres, businesses and schools, where we engaged with the public, shared knowledge, and gathered valuable feedback. These interactions have not only strengthened our community ties but have also provided insights to better serve those affected by cardiovascular diseases.

All of our events and activities are free and open to everyone.

The AGM concluded by re-electing our Trustees for another year and appointing a new and strengthened Management Committee to oversee Heartlink's mission to support individuals with heart diseases and raise awareness of associated risks.



A lively summer at our Community Hub

Heartlink members and supporters who attend our community hub enjoyed a varied summer of activities.

In July, over 40 members and supporters enjoyed one of our regular lively chair yoga sessions led by the popular Mr Chana.

We were joined by a team of young pharmacy staff from Southall Pharmacy on North Parade, Southall, who provided people with a blood pressure test and a BMI reading.

Heartlink would like to thank Anish from Southall Pharmacy for organising this fantastic support

and the team who attended: Maya, Nuria and Jaz.

Attendees told us how much they appreciated this excellent afternoon session.

In August at the height of summer we held our Summer Party. We built up an appetite doing our regular chair yoga exercises.

A number of our volunteers then helped serve delicious sandwiches, samosas, fruit, cake and biscuits, plus tea and cold drinks to the attendees, while everyone had a good chat and catch up.

We had a few words from one of our most dedicated and distinguished

supporters, Councillor Mrs Midha, former Mayor of Ealing.

The following day many went on a coach trip to visit Eastbourne and its Air Show, on coaches organised by long-time member George Lafford.

In September another good turnout enjoyed our chair yoga followed by snacks and bingo.

The Heartlink Community Hub is held at every month at Greenford Park Community Hall at 18 Queens Ave, UB6 9BX, situated near to Greenford centre and Southall – come and join us for our autumn & winter programme.



Dave Reynolds

We are saddened by the passing of Dave Reynolds, a devoted member who supported us until illness forced him to step back. Together with Margret, Dave played a vital role in our history, participating in holidays & social events. We will always remember his wonderful sense of humour and his commitment to helping others in our community. Our deepest condolences to wife Margret and the family.

Thanks to George

We want to express our great thanks to long standing Heartlink member George Lafford.

George organised an August coach outing to visit Eastbourne and its Air Show taking over 80 local people including many Heartlink members for a very enjoyable day out. He then donated all the proceeds from the ticket sales - £800 – to Heartlink to support the work we do.

Stall, speech and blood pressure checks

Heartlink made a big impact at the large Sikh remembrance event for Sant Ishar Singh Barsi Samgam in Northolt over the weekend of 7th & 8th September.

Our lively stall was visited by many of the attendees for advice about heart health and to learn what we do to help heart patients. Many took leaflets for the new Ealing Smokefree Service, which helps people stop smoking to improve their heart and general health.

On Saturday, hundreds of worshippers in the main tent were addressed by Heartlink Trustee Dr Harmandeep Singh.

He explained how living a healthy lifestyle accords with Sikh beliefs and reduces heart risks. His speech was broadcast internationally and there was a great response from the audience.

On Sunday we were joined by colleagues from Ealing Hospital and Northolt Seventh Day Adventist Church who spent the afternoon giving a queue of attendees blood pressure and BMI checks and basic health advice.

Our particular thanks to the 20 Heartlink members and supporters who ran the stall over the course of the weekend, Doctor Harmandeep Singh for his speech and members of the local Seventh Day Adventist church for their expert help.



Heartlink Community Volunteers attend training on Cholesterol and Diet

25 Heartlink members and supporters took part in a July training seminar on 'Cholesterol and Diet' provided by Michaela Nuttall of 'Learn with Nurses', who is an expert trainer, a cardiac nurse and Chair of the Health Care Committee at Heart UK.

In a lively session, attendees learned about the different components that make up cholesterol and their impact on heart health. Despite many individuals' cholesterol being influenced by inherited genetic factors, people can reduce their risk by modifying their lifestyle in terms of diet and exercise.

Michaela emphasised the importance of people having blood tests and being aware of their cholesterol numbers, to track them over time. She explained about the various medicines, such

as statins, that can help improve these numbers. Later, she provided details of the foods and drinks which have a positive and negative impact on cholesterol levels. All attendees were given a British Heart Foundation book about healthy diet and two different booklets explaining the background to cholesterol.

The seminar was part of Heartlink's ongoing training offer to assist new and existing volunteers to understand key aspects of heart health so that they can become Community Health Champions and talk to and advise their own family, friends and community.

We'll be holding further seminars on other key topics in the coming months – so please join us if you are interested.

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 Road, UB6 9QN

Thursday 17th October 2024

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

Thursday 7th November 2024

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

Thursday 21st November 2024

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

Thursday 5th December 2024

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital – Speaker to be announced

Thursday 12th December 2024

6.30-9.30pm
Christmas Meal and Celebration
West Middlesex Golf Club,
Greenford Road, UB1 3EE

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

