



## Heartlink News Spring 2024



### Celebrate 30 Years of Supporting Heart Patients

Our grand dinner and dance at a top London venue with entertainment and more awaits! Join us for an unforgettable evening filled with music, dancing, and esteemed guests, including our trustees and community leaders. With the generous support of top commercial partners, this event promises to be an extraordinary celebration not to be missed.

Don't miss out - reserve your spot now for a night to remember! See inside for more information and how to book tickets.

Save this date! Friday 17th May

**HEARTLINK'S  
30TH ANNIVERSARY  
Dinner & Dance**

**17 MAY 2024**  
7PM ONWARDS  
VENUE: **BLUE ROOM**  
NEXT TO 220, HEADSTONE LANE, HARROW HA2 6LY

PRIZES  
3 COURSE VEG & NON-VEG MEAL  
RAFFLES  
DJ  
MC TONY PATTI  
SPEAKERS

NON-REFUNDABLE TICKETS TO BE BOUGHT IN ADVANCE  
£30PP OR £250 PER TABLE (10 PEOPLE)

Ticket Sales And Enquiries  
Call: 07594224509 or Email: [info.heartlinkevents@gmail.com](mailto:info.heartlinkevents@gmail.com)

### 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 2 May 2024**

Jaspal Gill from Southall Active talking about their local healthy exercise programmes

**6.30-8.00pm, Thursday 6 June 2024**

Dr Nabeel Ahmed, Consultant Cardiologist (Ealing Hospital)

**6.30-8.00pm, Thursday 4 July 2024**

Georgios Karagiannis, Consultant Cardiologist (Hillingdon Hospital) on 'Common Heart Medications'

HEARTLINK  
Ealing Hospital Heart Support Group  
Charity Registration Number 1199840

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



# Community Health Campaign in the Heart of Southall

A packed Heartlink seminar at Southall Town Hall on 14th March listened to vital advice about heart health and how to reduce your risks.

The seminar was given by Dr. Harmandeep Singh, Heartlink Trustee and Cardiology Consultant with Ealing Community Cardiology. It was organised by Heartlink in association with the West London Asian Society and Southall Community Alliance and held in SCA's Southall centre offices.

and his team from Southall Pharmacy. We are very grateful to our partners who helped make this event a success. Shortly after, we visited Southall Pharmacy to express our thanks to Anish and the team (see above-right).



Dr. Harman emphasised that, with a small amount of good advice, all of us can make simple changes to our lifestyle and diet which will reduce the likelihood of heart problems.

He stressed the importance of getting the message over to people of all ages and starting good habits at as young an age as possible. His detailed presentation is available on our website.

Many attendees also had blood pressure tests carried out by Anish

We would also like to thank our partners for the event, Jaskaran Singh and the West London Asian Society and Janpal Basran and his team from Southall Community Alliance.

This event was the latest in Heartlink's high profile Community Health Campaign. Its primary focus is to raise 'heart health' awareness by offering information and

support to help individuals make better informed lifestyle choices.

In the coming months, we're planning to host many more presentations, visits, and stalls at various local community venues, like places of worship and community groups.

We are also working with Ealing Council's Public Health team to raise awareness about smoking, vaping, and alcohol, especially in schools.



# Celebrate 30 years of helping local heart patients

Heartlink was formed in 1994 by Professor Kooner and a group of dedicated heart patients at Ealing Hospital. Over the last 30 years, we have helped hundreds of local heart patients by sharing our experiences, providing information, advice and support.

In recent years we have become a fully functioning charity and are now one of the strongest, most effective heart support organisations in London and the country. In addition to our work around Ealing Hospital we now support heart patients out in the community, especially at our Community Hub, and we are increasingly active in our local community, holding many events to raise awareness about heart health.

We get fantastic support from our Trustees and key supporters in and around Ealing Hospital and we work closely with a range of important local partners.

Join us and celebrate our 30 years with a Grand Dinner and Dance in one of West London's best venues, which is well known for staging important events,

There is extensive parking in the leafy grounds which surround the venue.

Come and enjoy a 3-course meal in excellent surroundings and be entertained by a leading DJ, high profile MC Toni Patti, and enjoy excellent company, plus a raffle with outstanding prizes. The Menu is based on Indian cuisine and includes vegetarian

and non-vegetarian options.

You will hear about Heartlink from our Trustees and key supporters in the community.

As well as our members, the event will be attended by many supporters from the wider local and business communities.



<b>Date:</b>	<b>Friday 17th May</b>
<b>Time:</b>	<b>7pm Onwards</b>
<b>Location:</b>	<b>Blue Room, 220 Headstone Lane, Harrow, HA2 6LY</b>
<b>Tickets:</b>	<b>£30 per person or £250 for a table of 10</b>
<b>Sales:</b>	<b>Email : info.heartlinkevents@gmail.com</b>
	<b>Phone : 07594 224509</b>

# Volunteer & help us in the community

Do you want to help your community? Your local community suffers from high levels of heart disease and includes many people who have not been diagnosed as yet. Just an hour of volunteering work may help save a life.

How you can help:

- At our weekly information desk, Ealing Hospital on Mondays
- At our Community Hub
- Campaigning in the community to raise awareness about heart disease

- You may have particular skills that could help us

Call us or email us to arrange a chat about what you could do. Our aim is to train our volunteers to promote health and well-being in local communities.

We are developing our volunteering in liaison with community partners such as Mael Gael who, like ourselves, have large memberships and an extensive reach into the community.

Come & join us – we need you!





# Hub serves up a variety

In March over 40 Heartlink members and supporters enjoyed a unique mix of chair yoga and bhangra at our Community Hub. Chair yoga is a regular and popular feature of the Hub, led by Mr Chana, and gives us all a good gentle exercise.

This time we followed it with a hugely enjoyable short session of chair bhangra, led by our supporter and benefactor, Councillor Mrs Mohinder Midha. Attendees then enjoyed some delicious food, a good chat and a game of bingo. Everyone completed feedback forms which we will use to plan our future hub programme. The response was hugely positive and most encouraging.

The monthly hub sessions have been well attended and a great success over the winter period, with a range of activities and presentations on top of our regular chair yoga and bingo.

During the winter months we successfully completed three key projects that helped address inequalities which directly impact people's lives - these included loneliness, exercise, and lack of IT skills. Our projects involved:

## Sharing Communal Meals

Over the past six months we've served a variety of lunches to over 30 people every month. These have brought people together to make friends, share experiences, and helped combat loneliness. We've received great feedback! People said It's not just about food; it's about feeling like you belong to a community and having friends to share it with.

## Gentle Exercise

Our regular Chair Yoga and Tai Chi sessions have helped improve physical and mental well-being of participants. These sessions include exercises aimed at strengthening muscles, improving balance, and promoting controlled breathing through basic meditation techniques. These sessions are highly popular, and there is a strong demand for us to continue offering them in the future.

## IT Training Courses

These courses were specially designed to teach people how to use iPads to access NHS and

other health-related services. Gaining these skills allows individuals to access and improve their healthcare by making better-informed decisions.

Additionally, topics like scams, security and data protection were covered to protect users online. Two separate courses were led by experienced trainers. A total of 27 people completed the courses with requests for future reruns.

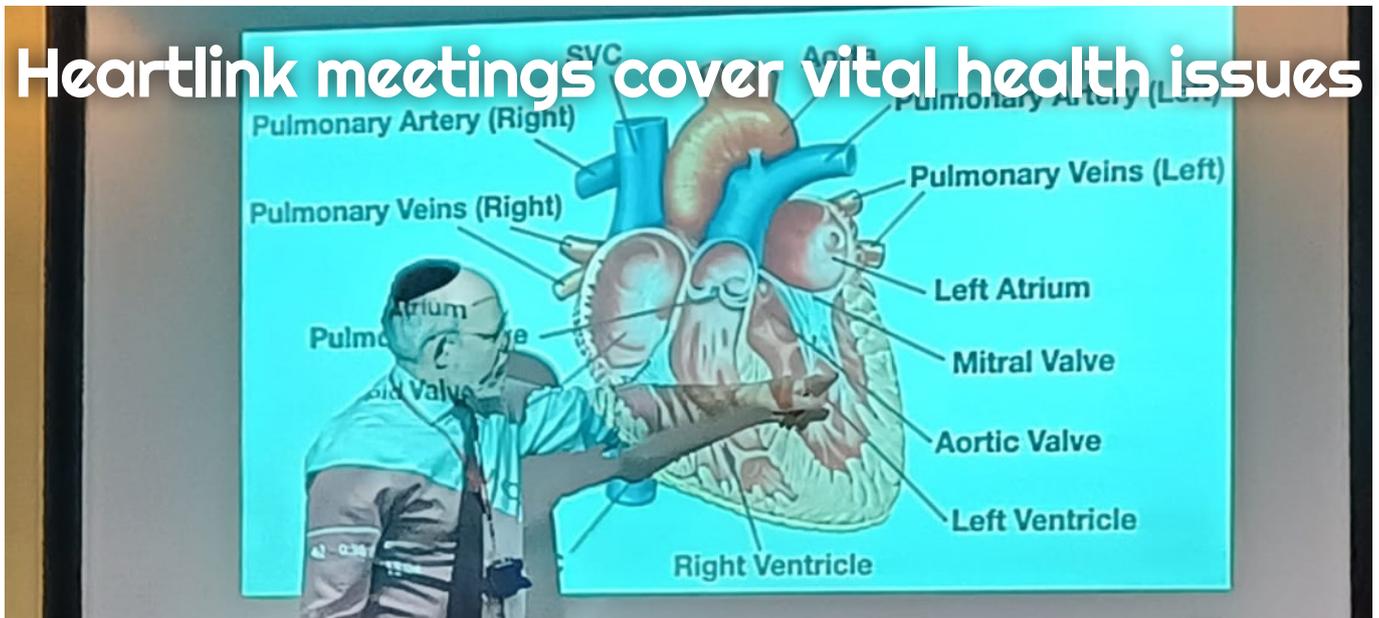
All three projects were made possible by funding awarded to us by major sponsors.

The Heartlink Committee, along with our committed volunteers, feel incredibly proud and encouraged by what we've achieved through our Community Hub and its three programs focusing on education, exercise, and inclusion.

We want to express our heartfelt gratitude to our volunteers for their unwavering dedication in helping run these projects, without which they would not have been completed.



# Heartlink meetings cover vital health issues



Over the first few months of 2024 large numbers of Heartlink members and supporters have attended our monthly sessions at Ealing Hospital to hear and discuss a variety of vital heart health issues.

In January we heard Professor Rosen explain about echocardiogram tests. Many attendees had undergone echocardiogram tests themselves and were keen to understand how they work. We learned that the different types of echocardiogram tests are some of the most revealing heart tests and they have negligible risks or side effects, even if repeated many times.

In February Jane Beckford, Counselling Psychologist in the Ealing Cardiac Rehabilitation Team gave us a range of useful advice on how best to cope with the worry and stress caused by heart problems. Many of us have a lot of difficulty coping with the worry and depression that being diagnosed causes us.

Our packed March meeting heard Emmy West, Cardiac Dietitian with Ealing Cardiac Health Rehabilitation, give us advice on how to eat well and improve our heart health. She explained that by reducing our intake of saturated fats and salt, we can help to reduce our blood cholesterol and blood pressure. Heartlink gave all attendees a copy of the NHS healthy 'Eatwell Guide' to use at home.

In April we had a presentation on strokes from Consultant Cardiologist Dr Harmandeep Singh, Heartlink Trustee and Clinical Lead for the Ealing Community Heart



Failure Service. He explained what a stroke is and the different types, and the many steps we can take to reduce our stroke risks, plus how GP's can help us prevent strokes.

At each meeting, after lively questions and answers the presenters stayed behind to discuss individual members' queries with them.



## Join Us For a Wednesday Walk

Pop along and join us for one of our local Wednesday Walks, good exercise in great company – all welcome. We meet every Wednesday at 10am outside Greenford Hall (near Greenford Centre Shops on Ruislip Road) and finish by lunchtime. We walk on good paths and always find a cup of tea or coffee and a comfort break. You can go at your own pace and only need to go as far as you want. Please bring your Freedom Pass if you have one, as sometimes we take a bus before the walk.

## 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](http://www.lnwh.nhs.uk)

Hospital Blood Tests (*by appointment only*)  
Book online: [www.lnwh.nhs.uk/blood-tests](http://www.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  
[www.bhf.org.uk](http://www.bhf.org.uk)

### Diabetes UK

Helpline 0345 1232399  
[helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)  
[learningzone.diabetes.org.uk](http://learningzone.diabetes.org.uk)

### Stroke Association

Stroke Helpline 0303 303 3100  
[helpline@stroke.org.uk](mailto:helpline@stroke.org.uk)

### Age UK Ealing

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

### Ealing Council

[www.ealing.gov.uk](http://www.ealing.gov.uk) · 020 8825 5000

### Bereft Bereavement Support

Specialist bereavement counselling in Ealing  
020 8896 2800  
[bereftbereavementsupport@hotmail.co.uk](mailto:bereftbereavementsupport@hotmail.co.uk)  
[www.bereftbereavementsupport.co.uk](http://www.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 2nd May 2024

6.30-8.00pm  
Heartlink's Monthly Meeting at Ealing  
Hospital with Jaspal Gill from Southall Active

### Thursday 16th May 2024

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

### Friday 17th May 2024

7pm onwards,  
30th Anniversary Dinner & Dance,  
The Blue Room, Harrow

### Thursday 6th June 2024

6.30-8.00pm  
Heartlink's Monthly Meeting at Ealing  
Hospital with Dr Nabeel Ahmed  
(Consultant Cardiologist, Ealing Hospital)

### Thursday 20th June 2024

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

### Thursday 4th July 2024

6.30-8.00pm,  
Heartlink's Monthly Meeting at Ealing  
Hospital with Georgios Karagiannis  
(Consultant Cardiologist, Hillingdon Hospital)

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

