



Become a Local Health Champion

Do you want to help yourself, your friends and family, and your local community?

Heartlink will train you in heart health and following a healthy lifestyle.

Our local community suffers from high levels of heart disease and associated problems such as diabetes and high blood pressure.

Join us this summer to help raise

awareness about heart health and develop your own knowledge and understanding.

See inside for details

Heartlink's Monthly Events.

Heartlink's Community Hub

Admission FREE and everyone welcome, held at Greenford Park Community Hall (Queens Avenue) close to Greenford Road on bus routes 282, 92 & E5.

2-4pm, Thursday 15 August

Come and enjoy the great company at our SUMMER PARTY with delicious food and entertainment.

2-4pm, Thursday 19 September

Come along for our regular activities, which include chair yoga, a good chat, and prize bingo.

Heartlink's Monthly Meetings

Held at Ealing Hospital, taking place at 6.30pm on the first Thursday of every month in the Level 3 Lecture Theatre.

Please note that there is no meeting in August

6.30-8.00pm, Thursday 5 September 2024

Subhash Suthar, Specialist Pharmacist (Ophthalmology) talking about Eye Health.

6.30-8.00pm, Thursday 3 October 2024

Heartlink Annual General Meeting
Venue details to follow

Become a Local Health Champion

Heartlink is offering its volunteers an exciting and informative programme of training on important heart health issues. The purpose is to help our volunteers act as community health champions who can advise their friends and family and their own community on heart health matters and a healthy lifestyle. This initiative has been developed with our key partners Mael Gael and their sponsor Dr Garcha.

Volunteers can also help Heartlink in its campaigning in Ealing Hospital and in the many local community organisations, groups and events that we visit.

Our training offer covers:

- Cardiac and vascular diseases, diabetes, strokes, COPD, other co-morbidities, including tests and treatments
- Raising awareness of the risks associated with smoking, vaping, excessive alcohol, poor diet and lack of exercise.
- Promoting wellbeing and a healthy lifestyle.

We will help volunteers select the topics that are particularly relevant and interesting to them, and then help them as they go through their selected topics.

Volunteers can choose from:

- Face to face training courses at local locations.
- Online training including short information videos which they can do at home in their own time.
- Specialist training courses run by other organisations.

Are you interested? Then call or email us
0300 102 4575 · info@ealingheartgroup.co.uk

Walk for your heart! Join our Wednesday Walkers – Keep fit and enjoy the company



Every Wednesday at 10am outside Greenford Hall, Ruislip Rd in Greenford Town Centre, UB6. 9QN.

Come along and join us to keep fit and meet others on Wednesday mornings. We are a lively group, many of whom are heart patients and Heartlink members.

We generally walk for 1-2 hours and visit a selection of local parks and beauty spots around Greenford, Ealing and the surrounding area.

Regular destinations include Pitshanger and Perivale parks, Hanwell and the Brent River Park, The Grand Union Canal and River Brent, Northala fields, Walpole and Lammas Parks and many other great local parks and routes.

We always walk at a gentle pace with regular comfort breaks and finish somewhere we can have a cup of tea and a snack.

We keep in touch between walks using a WhatsApp group. Bring your bus pass as you may need it.



Our biggest event ever!

On Friday 17th May we held our biggest event ever.

The Heartlink 30th Anniversary Dinner and Dance was attended by over 300 members, supporters and friends at the Blue Room in Harrow.

The event celebrated the development of Heartlink into one of the strongest and most effective heart support groups in London, if not the UK.

A large screen display in the Blue Room showed attendees Heartlink's history and work.

We enjoyed an evening of good food, lively music and dancing and all important fundraising. Inspiring speeches were given by our founder, trustees and key supporters.

The event's organising team was led by Krishanjit Bajwa and we are extremely grateful to her and her helpers for making the evening such a success.

A big thanks also goes to Mahesh and his team at the Blue Room for hosting us and for serving us such delicious food.

The evening started with a welcome from Tony Patti, the MC for the evening. We then tucked into tasty starters and heard from Professor Jaspal Kooner, our founder and president.

Next to speak was Channi Singh, the internationally famous Bhangra singer, who is our new Heart Health Ambassador.

Councillor Mrs Mohinder Midha, previous Mayor of Ealing, who has been a major fundraiser for our work, spoke to us followed by Trustee Dr Harmandeep Singh.

Our Trustee, Dr Armanjit Sethi, welcomed guests and key partners who included London North West University Healthcare Trust, Pingalwara Charitable Trust, Mael

Gael Community Project, Ealing Gurdwara, Shree Ram Mandir Southall, West London Indian Society, NHS staff from Ealing Hospital Cardiology, Hanwell Rehab Service, Hillingdon Hospital, Hounslow Multicultural Centre, Southall Lions and Howdens.

Vital funds were raised by generous donations and a raffle for some great donated prizes.

After more delicious food the attendees got to their feet and enjoyed a couple of hours of unrestrained heart pumping dancing and fantastic live performances from Channi Singh and his daughter Mona.

A great time was had by all!



New Heartlink leaflet for heart patients leaving hospital

With the help of our Trustees and local NHS cardiology staff and nurses, Heartlink has produced a new leaflet to be given to all those who are just leaving hospital after heart treatment.

Heart patients who have just received treatment are often worried about what heart disease will mean for them in the future. People are concerned that they will not be able to continue to enjoy their normal lives with family, friends or work.

Our new leaflet is aimed at showing them that help is available by avoiding isolation and joining together with lots of other heart patients in Heartlink, where they can learn from others experience and from our heart health education programme.

The leaflets contain a range of useful contact details for other organisations which those being discharged from hospital may need. They are being included in packs

of key information given by NHS staff to patients as they leave hospital.

They are also being distributed at both Ealing and Northwick Park Hospitals to patients who live throughout Ealing, plus Brent and Harrow. If you want a copy or supply of the leaflets please contact us.



Heartlink joins Ealing Council campaign to stop smoking & vaping

From September, Heartlink will be a partner in Ealing Council's community campaign to encourage adults and young people to stop smoking and vaping.

Smoking has been shown to contribute to a range of major health problems, including heart disease, cancer, respiratory diseases, and strokes.

Vaping, a popular alternative to smoking, is a growing habit for many young people.

It is often marketed as a safer option, however, vaping is not without risks.

Research indicates that vaping

can lead to various health issues, especially with long-term use.

The council will be taking action against those who supply vapes and tobacco illegally.

Heartlink will link with Ealing's new Smokefree Service which will help people who want to stop.

As part of our work to raise awareness about heart health across the community, we will be talking to people about the risks of smoking and vaping and encouraging them to stop.

We will visit community groups, places of worship, health and exercise groups, organisations and

workplaces, run stalls in public and health locations and at major public events.

Anyone wanting to help us in this campaign will receive training on the effects of smoking and vaping on health.

By volunteering, you'll join a dedicated team committed to promoting healthier lifestyles and reducing the impact of smoking and vaping-related health issues. Your efforts can help save lives and inspire positive change.

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



A great welcome wherever we go!

Heartlink volunteers have been very busy over the last couple of months following a series of invitations to help raise awareness about heart disease and a healthy lifestyle

In April we were invited to run a stall at Ealing Gurdwara's Sikh Vaisakhi celebration where we spoke to hundreds of members of the community.

Later that month a Heartlink team visited Hounslow Multicultural Centre and faced a lively audience who asked lots of questions and we gave out plenty of useful BHF booklets.

On 3rd May we were delighted to visit Quattro in Acton, a large construction supplies company who are keen to offer their employees free blood pressure monitoring and health advice from Heartlink at their place of work.

In mid-May, we visited the Shree Ram Mandir in Southall to explain how to reduce heart health risks.

Our Trustee Dr Harmandeep Singh gave a clear and challenging explanation to worshippers and we ran a stall so that attendees could select advice and information.

Later in May a team of Heartlink volunteers visited the regular

Wednesday session of Mael Gael to tell members about our Heart Health Awareness Campaign and volunteering as local health champions.

At the end of June, we attended a community health testing event being run at the Hope Church in Perivale.

After a range of checks from health professionals, members of the public chatted about heart health matters to a team of Heartlink volunteers...

We have many more events coming – so get involved!

Help us at Sant Isher Singh Barsi Samagam on 7th & 8th September

As part of our campaign to raise awareness about heart disease in the local community, Heartlink will be running a stall at the huge remembrance event for Sant Isher Singh Barsi Samagam in Northolt over the weekend of 7th & 8th September.

Come along and help us whilst you enjoy the spiritual and cultural atmosphere.

Vegetarian food (Langar) will be served all day. The festival

is regularly attended by over 20,000 people in the course of the weekend.

The festival is held at the SKLP Sports Ground, West End Road, Northolt, UB5 6RE, entrance close to the Polish War Memorial. There is plenty of free parking and bus E7 stops next to the entrance.

Our stall will be open from 2-7pm on Saturday and 11am-6pm on Sunday. Come along and help us for a couple of hours.

Jack Armstrong

It is with great sadness that we inform you of the recent passing of our friend and long-standing member, Jack.

Jack, together with his wife Sylvia, served on the Heartlink committee for many years, making significant contributions to helping heart patients in the community.

Our thoughts and condolences are with his family in this sad time. Jack's funeral will be held on Tuesday, 23rd July, at 2:15 pm at Breakspear Crematorium.

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 15th August 2024

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

Thursday 5th September 2024

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital with Subhash Suthar, Clinical
& Therapeutics Specialist Pharmacist
(Ophthalmology)

Thursday 19th September 2024

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

Saturday 7th & Sunday 8th September 2024

Afternoons from 2pm,
Heartlink Community Outreach Stall
Sant Isher Singh Barsi Samagam
SKLP Sports Ground
West End Road, Northolt UB5 6RE

Thursday 3rd October 2024

6.30-8.00pm
Heartlink's Annual General Meeting
(venue to be confirmed)

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

