



HEARTLINK - EALING HEART SUPPORT GROUP NEWSLETTER SEPTEMBER 2021

Phone us on 07518 569 380

Visit our Web Site at www.ealingheartgroup.co.uk

Email us at info@ealingheartgroup.co.uk



TREATS FOR OUR FRIENDS AT EALING CARDIOLOGY – We sent in a little treat from us to them to have with their tea or coffee – we hope they enjoyed them
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The Heart Failure Pilot Project

In the April Newsletter there was piece on Dr Harman Singh's pilot study using a home 'Vital Monitoring Service'.

Predominantly used for Heart Failure patients, this Service involves using a 'Smart Armband' that links to your own mobile phone. The technology records several vital cardiac parameters, like heart rate, temperature, and oxygen saturation levels. It transmits these recordings via an 'App' on your phone to nurses at the hospital who monitor the readings. The aim is to identify early signs of potential problems and address them quickly to reduce hospitalisations.

Dr Harman has kindly offered a limited number of places on the study to Heartlink members. Please note you must have a SMART phone, either an ANDRIOD or an iphone.

If you are interested in being a part of this study, please contact me asap so that I can pass on your details to Dr Harman and his team.

Members who have already given their details need not reapply.

HELPFUL LINKS;

Ealing Hospital 020 8967 5000

Northwick Park 020 8864 3232

Central Mddx 020 8965 5733

COVID TEST Call 119

Dear Member, Once again we hope this Newsletter finds you and your family well. We on the Committee are still trying our best to see how we can hold meetings or other social events during this period. It is proving very difficult. As you can imagine, with Covid still highly prevalent in the community, the Hospital cannot allow us to meet there for the time being. Likewise with other meeting venues, as autumn and winter approach it may be difficult to find places that provide safe meeting areas. We are, in the meantime trying to sort out organised days trips and local walks and have applied to Ealing Council for a small grant to help with transport costs. **We are very thankful to Cllr Tejinder Dhami and Cllr Ranjit Dheer** who gave us references. We hope to hear soon if we are successful. But for now, we have listed local 'Pop In' clubs and 'Weekly Walks' which Heartlink committee members are actively running, they would love to see you.

UPDATE - EALING HOSPITAL BLOOD TEST SERVICE

Blood Tests By Appointment Only – Please be aware that the 'Walk In' blood test service at Ealing hospital has now been stopped.

Only Outpatients on the day will be able to have blood tests without an appointment. Otherwise, the **Blood Test Service** at the hospital is now by **Appointment only**. A Leaflet explaining these changes is attached to this Newsletter. You can book your appointment online at;

<https://www.LNWH.NHS.UK/BLOOD-TESTS>

Or phone 0208 235 4200

EALING CARDIOLOGY SERVICES - Angiograms continue to be carried out at Northwick Park Hospital. Until the refurbishment of the Ealing Cath Lab has been completed, this will be the case. However, **Pacemaker** fittings and some other procedures are still being carried out at Ealing Hospital.

Outpatient appointments continue as they were – either by telephone or in person – Your appointment Letter will tell you which option it will be.

VISITING PATIENTS IN HOSPITAL & CARE PACKAGES

Patient visits continue to be arranged in advance directly with the ward. You can drop off 'Care Packages' for the patient by booking a slot with Ealing Hospital on 020 8967 5044 or Northwick Park Hospital on 020 8869 5217 – all items to be placed in a plastic bag that can be wiped down and with the Patient's full name, date of birth and the ward are they on.



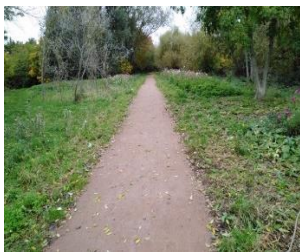
**POP IN CLUB
Every Tuesday
10am - 11:30am**
Run by our own
Les Doble this

small friendly group meet weekly for a chat over tea and biscuits. The group has a wealth of historical local knowledge and share the love of humour and laughter. The tea and coffee are good and the company, we think, even better so just 'Pop In', they would love to see you at **St Christopher's Church, Hanwell, Bordars Road W7 1AG**



**MEMORY CAFÉ
Tuesdays,
Fortnightly
Starting
Sept. 14th
11.30am -1.30pm**

All those suffering from any form of memory loss, together with family, friends, and carers, can come to spend time together creating happy memories in a safe environment. Organised by our own **Tony Hussain** who runs **Home Instead** Hanwell, The Memory Club is open to ageing people and those suffering with dementia.
The Royal (Harvester), Boston Road, Hanwell, London, W7 2AX



**WEDNESDAY
WALKERS
Every Wednesday
at 10am - We all
know exercise is
good for you and
your heart, so if
you want to 'get**

active' our Chairman Trevor Davison says " Why not join us on the Wednesday walks and enjoy the countryside with a friendly group of people who love fresh air, good company and finish with a tea or coffee and beautiful view ". All walks are classed as 'Easy' and on readymade foot paths. Including the break for coffee, we tend to finish by lunch time. Meet every Wednesday at 10am outside **The Greenford Hall, Ruislip Road, Greenford, UB6 9QN.**

As always if you need us contact us we are here for you ❤️

The NHS is Open So continue to access NHS services if you need them - Hospitals and GP surgeries are safe and people should attend appointments and seek help when needed. Remember you can still see your GP face to face if required.

Flu Jabs – While we wait Government guidance on whether we get dual Covid & Flu Vaccinations it's still that time of year again. So whichever way it's offered don't forget to **book your Flu Jab** it's even more important this year than ever.

EALING COMMUNITY TRANSPORT - PLUSBUS FOR HEALTH

PlusBus for Health is an accessible transport service for Ealing residents who struggle to make their own way (via personal or public transport or with the help of friends and family) to appointments in their GP surgery or referrals to other community health settings. Its aim is to reduce the number of home visits and missed appointments, improve the wellbeing of patients, and reduce hospital admissions.

PlusBus transport is delivered with accessible minibuses and friendly, trained drivers who provide a door-to-door service.

When is PlusBus for Health transport available?

Transport is available Monday to Friday, 9am to 5pm. Transport needs to be **pre-booked by the GP surgery only**, 4 weeks to 48 hours in advance of the patient's appointment.

For more information on the Plus Bus for Health service, please contact your GP practice in the first instance

Complex Password – Three Little Words !!!!!

Les kindly forwarded this little bit of advice from a recent article.

We've all been there – you've made an online password that's impossible to crack – but you've forgotten !!!!!

Spy chiefs now advise that complicated passwords made up of letters, number sand special characters are daft. Instead, they recommend choosing three random words to make your internet accounts secure. Three random words provide a strong and easier to remember formula and can be harder for code-breaking algorithms to detect. If numbers or special characters are needed you can add them at the end.

Lastly, we would like to ask a small favour – because of Covid and our inability to meet and raise funds it is proving very difficult for us to keep posting out Newsletters and other written material. If you are receiving the Newsletter by post and have an Email address, please could you let us know the email address top help reduce our costs. – **Thank You.**

Stay Safe, Stay Well & Stay in Touch ❤️

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The "POP-IN" AT ST. CHRISTOPHER'S

Are you a Senior Citizen, or just in need of some company, and have some free time on a Tuesday morning?

We are a small friendly group who would welcome you to join us for tea/coffee and biscuits (50p) and a chat.

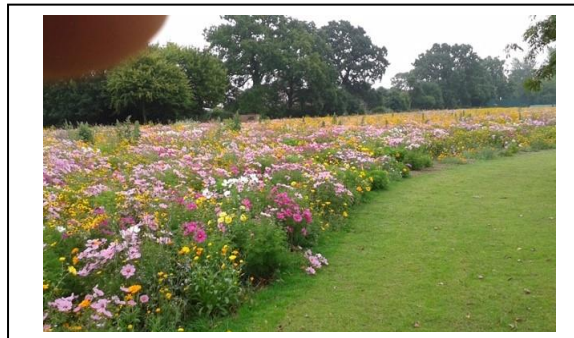
**We meet between 10.00 am and 11.30 am on
Tuesdays at St. Christopher's Church**



ALL ARE WELCOME



Wednesday Walkers – Views from their Routes





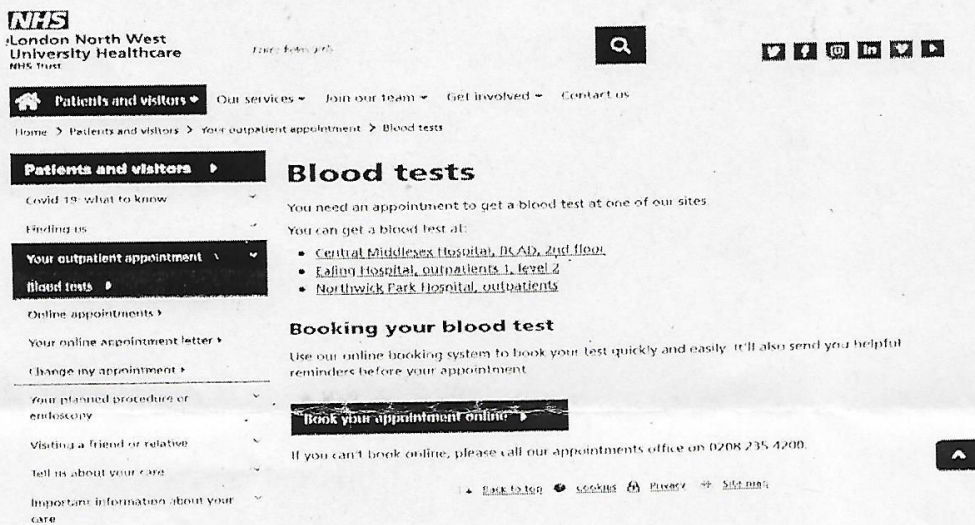
Putting patients
at the **HEART**
of everything we do



London North West
University Healthcare
NHS Trust

CHANGES TO OUR PHLEBOTOMY SERVICE

From the 19th July 2021 blood tests will be by
appointment only.



Please book your blood test quickly and easily via our
Trust website on

lnwh.nhs.uk/blood-tests

You will receive helpful reminders before your
appointment.

This does not apply to patients attending our
Outpatients clinics on the day

If you are unable to book online, please call 02082354200