



HEARTLINK
Ealing Hospital
Heart Support Group
Charity Registration Number: 1199840

Newsletter November 2022

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A very warm welcome to all Members and especially to those who have recently joined our group. We are pleased to welcome you to the Heartlink family, we hope you will be able to join in with some, if not all the events we have planned in the coming months. Now that our long hot summer has finally said goodbye, and autumn is here with its unpredictable weather, darker mornings, and earlier evenings, you may be wondering what there is to look forward to. Well wonder no more, the Committee, together with the Mayor's office, have a full program of events to last you well into Spring. Our weekly Wednesday Walks take in the amazing changes of our autumnal landscapes,

soaking up the glorious colours of golds and reds in our trees. Further your knowledge and understanding of the latest heart related treatments by listening to our distinguished speakers at our monthly lectures at Ealing Hospital. Pop in to our monthly 'Hub' in Greenford for a chat and a coffee, come to our planned Christmas buffet, or dine out in style at some of the best local restaurants as organised by the Mayor's office. All these activities and events are listed in this Newsletter, so join in, meet friends, have fun and most of all support your group, with very best wishes – **Trevor** (Heartlink Chairman)

HEARTLINK'S MONTHLY MEETINGS at EALING HOSPITAL

1st Thursday of Every Month In the 3rd Floor Lecture Theatre From 6:30pm

After the long break due to the COVID pandemic, Heartlink's monthly meetings at Ealing Hospital are up and running again, with the first two being well attended and highly successful. We are back meeting like before, at 6:30pm on the first Thursday of every month in the 3rd Floor Lecture Theatre at the Hospital. Meeting Dates and guest speakers for November & December are two very distinguished cardiologists who many of you will know. We are looking forward to welcoming;

➤ **Thursday 3rd Nov. with Dr Nabeel Ahmed Consultant Cardiologist**

➤ **Thursday 1st Dec. with Professor Stuart Rosen Consultant Cardiologist & Prof. of Practice (Cardiology)**

We wish to give our thanks to Dr Harmandeep Singh, Consultant in Cardiology & Acute Medicine at Ealing Hospital and Ben Jackson, Cardiac Lab. Superintendent Radiographer at Northwick Park Hospital for addressing our previous meetings in Sept and October.

All meetings are in line with the Hospital's Covid guidelines ensuring sanitation, mask wearing for those that wish to, and adequate space between seating.



Great News !! Ealing Hospital's Cardiac Cath. Lab is Open



Great news for all current and future heart patients in our area - **Ealing Hospital's**

Cardiac Catheterisation Laboratory is now open to patients. It has been totally rebuilt and brand-new state-of-the-art equipment has been installed. In recent weeks, Ealing Hospital cardiology staff have been busy testing the facility and equipment ready for use on patients. The Cath Lab was formally opened in a small ceremony by the Mayor of Ealing, Councillor Midha (Heartlink's current sponsor) on Tuesday 25th October, Also present were Professor Stuart Rosen (Consultant Cardiologist) and the Chief Executive of our NHS Trust Pippa Nightingale. Prof. Rosen gave a moving speech on the vital role the Cath Lab played in serving the local community and the critical role of the dedicated team of staff who worked there.

The original Cath Lab was built using money from donations raised by Professor Kooner and Professor Rosen and their teams in the 1990's. Many of you will know that while the refurbishment of the Cath Lab was underway patients had to travel over to Northwick Park Hospital in Harrow for treatments requiring Cath Lab facilities, such as angiograms and other procedures. This also included patients who were being treated in the Cardiac Ward (4 South) at Ealing Hospital. Now these vital tests and procedures will be done at Ealing using the latest technology and equipment. We extend our gratitude to our Trust (The Northwest London University Health Trust) for investing in this excellent replacement facility at Ealing servicing our local community and saving many more lives.



Christmas Buffet Wednesday 23 November at The West Mddx Golf Club Southall 4pm to 8pm

We are inviting you all to book your tickets for our pre-Christmas buffet, which we are planning to hold at West Middlesex Golf Club Greenford on Wednesday 23rd November from 4 to 8pm. We are eager to get together with everyone again in a relaxed and enjoyable setting, after the last couple of years, and have given a lot of thought to what we should do as a pre-Christmas celebration. Having listened to members, we have organised a late-afternoon buffet and will hold it at our regular and successful venue of the West Middlesex Golf Club, which is on Greenford Road (UB1 3EE), not far from the Iron Bridge. Doing this and using a large room and the terrace, will allow us to avoid people having to sit in a closely confined space, whilst giving everyone a great opportunity to chat and socialise. We are arranging for a very well provisioned Christmas buffet for everybody. We have invited the Mayor to be our guest of honour, and also hope to see a number of our Trustees as well as welcoming our friends from the Hospital. We are very mindful that Covid is still circulating in the community, and we have therefore limited the number of attendees to 60. The cost of the event will be subsidised by Heartlink, with **Tickets costing £10 per person**. We are also arranging transport to and from the event for those members who suffer from poor mobility. Tickets will be available from 3rd November onwards and can be purchase at the monthly meeting or by phone or email. Payment can be made via online Bank Transfer, by Cheque or in cash where a receipt will be given. To purchase your Ticket call **07518 569380** or email **info@ealingheart group.co.uk**

Heartlink News

The Heartlink Community Hub



Opened
its doors
on
Thursday
20th Oct.

The Hub

will be a regular monthly event incorporating a range of activities, from advice on heart health, welfare advice, quizzes, basic IT familiarization and gentle exercise. We had the pleasure of Age UK, Sonia Myrie, visit us to explain national and local help that is available to help with the cost of living crisis. Our thanks to Sonia and Age UK who are always there to advise and help us.

Approx 20 members attended braving the heavy showers to show their support. – Thank you. The Hub is open on the 3rd Thursday of the month from 2pm to 4pm. As the Christmas Buffet is on 23rd Nov our next Hub opening will be Thursday 22nd December, for mince pies and mulled wine. The Community Hub is held at **Greenford Park Community Hall, at 18, Queens Ave, UBX 9BX** - situated near to Greenford centre and Southall. Queens Avenue is very close to the Golf Links Estate and Dormer's Wells – and is on major bus routes 282, 92 and E5



Reminder Book Flu Vaccine & Covid Booster

Ealing Mayor's Reception for Heartlink



A large number of Heartlink members, together with our President, Professor Kooner, enjoyed a brilliant evening at the invitation of Ealing's Mayor, Councillor Mohinder Midha on Saturday 1st October. Together with a large number of guests of the Mayor, we were invited to a 'Champagne and Strawberries Reception' in the Mayor's Parlour at Ealing Town Hall.

Also present were Heartlink Trustees Dr Harmandeep Singh and Gary La Touche, and ex MP Steve Pound



and
Greater
London
Assembly
Member
Dr. Onkar
Sahota,

who both spoke in support of Heartlink and and raised much needed funds through a raffle and auction – a huge thankyou from us all.

Working together with our Trustees to build a better Heartlink – Regular meetings are being held

with Prof. Rosen, Dr Harman, Gary La Touche, Ann Rosen and other clinicians to explore ways in which Heartlink can strengthen our activities and organisation since we became a registered Charity. We are developing plans to help recruit more members, improve the help and support we give to patients, their families and carers and raise awareness of heart disease in the wider community. Key ideas include restoring our Helpdesk and ward visits in Ealing Hospital, a new improved website, a high profile 'Healthy Heart Campaign' in the community and improved fundraising. We so grateful to our amazing Trustees who are totally committed to what we do, they give up their precious time to help us and bring a broad range of knowledge, experience and expertise to help support and guide our Charity – Thank You ❤️ ❤️ ❤️ ❤️ ❤️ ❤️

More News.....

Heartlink Profile Raised by Our Hospital Trust - Details of Heartlink and what we do have this month, been made officially available by the Hospital Trust on their public facing and internal staff web pages, and to the operators on the Trust switchboard. The Hospital Trust is based at Northwick Park and also covers Ealing and Central Middlesex Hospitals. This will help raise our profile and ensure that members of the public who need help can be put in touch with us. The closure of other heart support groups in the area during the pandemic has meant that Heartlink is now being contacted by people from a much wider area including Harrow, Wembley and Isleworth. This progress was achieved with the help of the Trust's Communications Team and **Steve Watkins a special thank you goes out to them from us.**



Plans to Commemorate Ealing Mayor Cllr Tejinder Dhami

With help from the Hospital Trust, Heartlink is progressing plans to commemorate past Ealing Mayor Tejinder Dhami with the installation of a bench and plaque at Ealing Hospital. Tejinder sadly passed away in December 2019. In his role as Mayor in 2018/9 Councillor Dhami selected Heartlink as one of his nominated charities and was instrumental in raising over £17,000 which has enabled us to carry out a range of important initiatives in the community. His family then raised a further £6000 via a

JustGiving webpage and these funds will be used to purchase a lasting memorial to his memory. Recently his daughter Kiran has joined Heartlink and she is working with the rest of his family to select a suitable bench which will be inscribed and dedicated to Tejinder and located opposite the main hospital entrance. When the bench and a commemorative plaque are ready, we plan to invite the current Mayor of Ealing, Cllr Mohinder Midha, to officiate at a public ceremony in his memory.



Les is still recovering in hospital. Having spent many weeks in Ealing Hospital Les was finally transferred to Clayponds for rehabilitation.

Unfortunately, after a week he caught an infection and is now back at Ealing Hospital.

We send him our love and very best wishes & hope he can be sent back to Clayponds quickly to aid his recovery.



We received a lovely Thank You Card from **Yvonne** thanking Heartlink, Ealing Hospital doctors and staff for

the condolences and flowers sent in memory of her husband & our ex-Chairman Mr David Dixon who recently passed away and will be very much missed ❤️ ❤️ ❤️



Ealing Heart Attack Patient Offers Heart to Heart Support to Other Suffers

Our very own Mohinder Kalsi has had his journey with heart disease published in a number of local newspapers and on the Trust's Web site. As heart patients, his story is a familiar one, but he wanted to share it with others so that they know there is hope and with support of others in the same position, physical and mental recovery after a heart attack can be made easier. In the article Mohinder said *"It knocks you out of your stride," but found one of his greatest aids to recovery was meeting with people who had lived through a similar experience. Mohinder found himself wanting to give something back and joined Heartlink.* Links to his story are:

<http://www.ealingtoday.co.uk/default.asp?section=info&page=eanhs036.htm>

<https://www.lnwh.nhs.uk/news/charity-offering-heart-to-heart-support-7459>

Heartlink Out and About in the Community



Classic Car Rally Osterley



Barsi Samagam Sant Ishar Singh Ji Maharaj



Oswald Rd Gurdwara with Dr Harman



4 South Cardiac Ward – Dining Out 😊

Over the last few weeks Heartlink members have been very active in raising our profile, collecting funds and promoting awareness of heart disease and treatments out in the community.

On Sunday 28th August we were invited to have a **Heartlink Stall** at a **Classic Car Rally at Osterley Sports and Wellbeing Centre on Tentelow Lane.**

On the weekend of **10th and 11th September** over a dozen **Heartlink members** ran a stall at a huge commemoration of **Barsi Samagam Sant Ishar Singh Ji Maharaj at Springfield Rd, in Hayes**, talking to hundreds of people. In an amazing act of generosity, the costs of the stall were covered by one of our members **Krishanjit Bajwa**, and we were able to use it to commemorate her parents – **Thank you Krishanjit** Both these events were successful in attracting new members, providing heart health advice and collecting much needed funds.

On the **21st of September** three **Heartlink members** attended an **Alzheimer's Day event at Brentford Community Stadium Hub** at the invitation of **Brentford FC Community Sports Trust and Home Instead Ealing**. We opened the possibility of links with Brentford regarding their commitment to campaign on heart health and awareness. On Sunday the **25th of September**, **Heartlink** was invited to have a stall at the **Oswald Rd Gurdwara, Southall** in support of a **presentation on heart health by Doctor Harman**.

There was a huge interest amongst many attending. And finally.... **Heartlink** was very pleased to provide **funds towards the cost of a meal for the nursing and other staff of 4 South, the Cardiac Ward**, which was held in late August in the hall at the Viaduct Inn near Ealing Hospital.

A huge thank you to all the volunteers who gave up their free time to help at these events - we could not have done it without you ❤️

Coping with the Rising Cost of Living

Important costs like energy, food, mortgages, and rents are rising steeply. Many people are worried about being able to afford to pay for essentials like heating, food and accommodation. The Government has put in place temporary measures to help households meet some of these rising costs. Below is just a short summary of the one-off payments available help with energy bills – For more information visit Gov.UK or alternatively ring **Age UK Ealing 020 8567 8017** who will be able to offer more detailed advice.

Energy Support Scheme - As part of the Energy Support Scheme, £400 is available for all households to help with rising energy bills, regardless of income or size of house. The discount will be made automatically by your energy supplier. There is no need to apply.

All Households receive the £400 in 6 instalments:

- £66 in October and November
- £67 a month from December to March 2023

Q How will you receive the support?

- **If you pay by direct debit** - you'll get an automatic deduction on your bill.
- **If you have a prepayment meter** - a “smart” prepayment meter gets a monthly top-up on the account.
- **If you have a “non-smart” prepayment meter** you'll receive a discount voucher in the first week of each month, via text, email or in the post.

Cost of Living Payments for those on means tested benefits - £650 one-off payment

The Department of Work & Pensions will make two lump sum payments in July and later in the autumn to people on a range of means tested benefits

- Universal Credit or Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Working Tax Credit & Child Tax Credit
- Pension Credit

One off £300 Pensioner Cost of Living Payment

Households that receive the Winter Fuel Payment will get this on top of any other support they're entitled to

£150 Disability Cost of Living Payment

A one-off, tax-free payment will be made in September to people who receive the following benefits:

- Disability Living Allowance or Personal Independence Payment (PIP)
- Attendance Allowance
- Armed Forces Independence Payment
- War Pension Mobility Supplement

Other Help With Rising Costs Of Living from Your Council

Household Support Fund is provided by local authorities, this has been increased by £500 million and extended until March 2023. The fund helps households most in need to pay for essentials such as food and utilities. **To find out more and apply, contact your local council**

You can get a **one-off payment of £150** as part of a government package to help with rising energy bills. To qualify to get the energy bills rebate, you must:

- Be named as responsible for the council tax and not be a company or organisation
- Live in a home in one of the council tax bands A to D, or if in band E and you have been awarded disabled band reduction
- Not be living in a house in multiple occupation (HMO).

Healthy Homes Ealing Council Helpline - The Healthy Homes Ealing service is the main support tool available to Ealing residents for help with energy concerns. Call the free **Healthy Homes Ealing advice line on 0800 083 2265 (Monday to Friday from 9am to 5pm)** for advice on how to stay warm, conserve energy, and other programmes that you may be eligible for.



Helpful Numbers and Diary Dates



HELPFUL LINKS

Government COVID Advice

<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

Hospital Blood Tests by Appointment Only

<https://www.LNWH.NHS.UK/BLOOD-TESTS>
Or phone 0208 235 4200

London North West University Trust NHS

Ealing Hosp 020 8967 5000
Northwick Park 020 8864 3232
Central Mddx 020 8965 5733
<https://www.lnwh.nhs.uk>

Ealing Council

<https://www.ealing.gov.uk>
020 8825 5000

Healthy Homes Ealing
Advice line on 0800 083 2265

Age UK Ealing Information & Advice

Monday to Friday: 10.00am to 4.00pm
(closed between 1.00pm and 1.30pm)
020 8567 8017

Email reception@ageukealing.org.uk

Bereavement Support for anyone experiencing grief can be contacted on 020 8896 2800

bereftbereavementsupport@hotmail.co.uk

British Heart Foundation
Heart Helpline 0300 330 3311

<https://www.bhf.org.uk/>

A&E is Open
Call 999

If you experience an emergency, such as heart attack or stroke



Remember - Book your Flu Vaccine & Covid Booster

Diary Dates

- **Thursday 3rd Nov** - Heartlink Ealing Hospital Meeting @ 6:30pm - Dr Nabeel Ahmed Consultant Cardiologist
- **Wednesday 23 Nov** – Christmas Buffet at West Mddx Golf Club 4pm to 8pm (Ticket Required)

- **Thursday 1st Dec** – Heartlink Ealing Hospital Meeting @ 6:30pm – Professor Rosen Consultant Cardiologist
- **Thursday 22 Dec** - Heartlink Community Hub – Mince Pies & Mulled Wine from 2pm to 4pm

- **Sunday 1st Jan 2023** – London New Year Parade – Ealing Mayor & Heartlink Float – To Be Confirmed
- **Thursday 5th Jan** - Heartlink Ealing Hospital Meeting @ 6:30pm – Speaker to be confirmed
- **Thursday 19th Jan** – Heartlink Community Hub 2pm to 4pm
- **Friday 20th Jan** – Mayor’s New Year Fundraising Dinner – Royal Nawaab (Ticket Required)

- **Thursday 2nd Feb** - Heartlink Ealing Hospital Meeting @ 6:30pm – Speaker to be confirmed
- **Thursday 16th Feb** – Heartlink Community Hub
- **Thursday 23rd Feb** – Mayor’s Fundraising Dinner 6:30pm at Pillars Restaurant (Ticket Required)

- **Thursday 2nd March** - Heartlink Ealing Hospital Meeting @ 6:30pm – Speaker to be confirmed
- **Thursday 16th March** - Heartlink Community Hub
- **Mayor’s Thank You Reception** – date to be confirmed (Ticket Required)
- **Heartlink Sponsored Walk** – Date to be confirmed



Wednesday Walkers Every Wednesday at 10am Meet at Greenford Hall Ruislip Rd Greenford

We all know exercise is good for you and your heart, so if you want to ‘get

active & get fit’ join Trevor on the Wednesday Walk and enjoy the countryside and fresh air. All walks are local and classed as ‘Easy’ and on established foot paths. Including the break for coffee, we tend to finish by lunch time.

In the unlikely event of dates changing because of unforeseen circumstances we will endeavour to notify members as soon as possible via emails and telephone calls.