



## Heartlink News Autumn 2023

# Join Us This Autumn



We hope you are well and have all had an enjoyable summer spending good times with family and friends. As you know Heartlink has been busy over the summer with our trip to Bournemouth, lots of campaigning in the sun at summer events, regular getting together at our Hub and some especially good meetings at Ealing Hospital.

Now we are moving into autumn and winter we hope you will come and join us. The full schedule of diary dates is on the back page. Make sure you celebrate the festive season with us. The Christmas period looks like it will be busy and enjoyable. And also remember to keep as safe as possible by getting your covid and flu jabs. See inside for details of the NHS Winter Vaccination Campaign which Heartlink has joined.

### 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.

#### Next Meetings

##### 6.30-8.00pm, Thursday 2 November 2023

Marlene Pluess, Renal Registrar and Senior Clinical Fellow in the West London Renal & Transplant Unit:

'Links between kidney disease and heart & vascular problems'

##### 6.30-8.00pm, Thursday 7 December 2023

Check website for speaker

##### 6.30-8.00pm, Thursday 4 January 2024

Barbara Byrne, Lead Nurse Ealing Community Heart Failure Service

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>

# AGM marks step forward for Heartlink

Over 60 Heartlink members and supporters endorsed the Chairman's report covering our progress since 2021 and elected a 10-strong committee to run Heartlink for the next year. It endorsed an impressive group of senior medical staff to serve as our Trustees, including our president, Professor Kooner.

The AGM was Heartlink's first since 2019 due to all the problems created by Covid, and the meeting paid tribute to a number of long-standing members and supporters who we had lost over that period.

Since fully restarting activities

in early 2022 Heartlink has gone from strength to strength, running our regular meetings & our hospital information desk, setting up our community hub, organising social events and moving out to raise heart awareness in the community.

This has been due to the dedication and support of members and volunteers, and in particular:

- The successful work to set us up as a Registered Charity
- The huge support from our Trustees
- The support of the then Mayor of Ealing, Councillor Mrs

Mohinder Midha in making us her chosen charity and campaigning for us

We were very pleased to be able to thank Councillor Midha in person as she attended the AGM and gave us a speech of support and encouragement.

Attendees showed their huge appreciation of Trevor Davison, who has been Chairman since 2015 and a committee member since 1996. Without Trevor and all he has done for us, Heartlink would not exist today. Trevor stepped down as chairman but will remain as an active committee member.



## Pop Along to the Hub

The Heartlink Community Hub is free to all and provides a safe, welcoming, and comfortable place to chat, relax and take part in interesting and enjoyable activities. Don't be cut off or isolated, pop along and meet friends or make new ones.

The Hub is currently open on the 3rd Thursday of every month from 2pm to 4pm. It is held at Greenford Park Community Hall at 18 Queens Ave, UB6 9BX, situated between Greenford centre and Southall. Queens

Ave is very close to Greenford Road, the Golf Links estate and Dormers Wells and is on major bus routes 282, 92 and E5.

As well as a good chat you can expect:

- Bingo and quizzes
- Gentle exercise
- Advice on useful topics such as heart health, benefits advice, NHS information
- Occasionally some basic health checks such as blood pressure
- PLUS tea, coffee, biscuits and

– over the winter period some healthy food

Our plans include increasing sessions to a weekly basis, some basic IT training & familiarisation, chair yoga and, of course, a Christmas special with mince pies and treats.

As background, hubs can bring people together and help them form new relationships and support networks. They can provide early intervention services, helping people to solve problems before they escalate into bigger problems, particularly with loneliness, anxiety and isolation.

# Get your COVID and flu vaccinations

Heartlink encourages all its members and supporters to go for their COVID and flu jabs as soon as they can and we have joined the NHS's national Winter Vaccination Campaign.

As heart patients, we are especially vulnerable to getting seriously ill if we contract COVID or flu.

With the recent emergence of a new covid strain, the NHS announced it has brought forward its covid vaccination programme by a month and people over 65 and other vulnerable people can now get their vaccinations.

The flu vaccinations are also now being offered, and are

available to young children too.

You are able to have both vaccinations at the same time or on separate occasions. They are being offered at many local pharmacies and GP practices. (Some may just offer the flu jab).

Make sure you get your jabs and reduce your risk.

## Heart Attack Symptoms Awareness

### Heart attack

#### Early signs of a heart attack



Chest pain — feeling of pressure, heaviness, tightness or squeezing across your chest

Pain that spreads from your chest to your arms, jaw, neck, back and tummy



Feeling light-headed or dizzy, uneasy, sick, sweaty, or short of breath

The signs of a heart attack can vary, the most common include squeezing across the chest and a feeling of unease.

The symptoms of a heart attack don't always feel severe.

It can be easy to dismiss the signs of a heart attack but it's never too early to call 999 and describe your symptoms.

These are the key messages from a campaign launched on World Heart Day by the NHS in North West London to raise awareness of Heart Attack Symptoms.

On our website you can find easy links to view very short videos which tell you more about symptoms.

PLEASE SHARE THIS MESSAGE WITH YOUR FAMILY AND FRIENDS



A heart attack is a medical emergency.

If you think you or someone else may be having a heart attack, don't delay. Call 999 immediately.

**NHS**

North London  
Cardiac Operational Delivery Network

# Help Heartlink by volunteering

Spend a few hours in good company helping heart patients and raising awareness in the community.

We aim to offer our volunteers basic training in heart health awareness and to help them successfully reach out to others.

You can volunteer to help at our hospital information desk, or to assist in running and organising our activities, or to talk to people at the community organisations and events that we visit.

If you are interested, why not have a chat? Contact us on email at [info@ealingheartgroup.co.uk](mailto:info@ealingheartgroup.co.uk) or by phone at 0300 102 4575.



## Ealing's Mayor presents cheque for our heart health programme

At a ceremony in the Council chamber at Ealing Town Hall Councillor Mrs Mohinder Midha, Ealing's 2022-23 Mayor, presented Heartlink with a cheque for a huge £22,516. This represented the funds she had raised for us as her selected charity during her mayoral year. She did tireless and fantastic work throughout her year, getting donations and organising a large number of fundraising events, including celebration dinners. A team of 15 Heartlink members were welcomed to the ceremony by the Mayor and her husband, alongside Southall MP Virendra Sharma, and long standing Heartlink supporters Councillors Harbajan and Ranjit Dheer. Heartlink chairman Trevor Davison thanked the Mayor for the huge effort she has made and presented her with an inscribed heart-shaped crystal and a framed certificate of thanks. Heartlink representatives told the Mayor that the funds will be used to create a legacy for her efforts, by developing and extending our campaign to raise awareness of heart disease in the community.

# Heartlink members get CPR training



Over 50 enthusiastic Heartlink members took part in an interactive CPR training session at our meeting at Ealing Hospital. The session was organised and introduced by Doctor Harmandeep Singh, Heartlink Trustee and Consultant in Cardiology and Acute Medicine at Ealing Hospital. He explained that being able to perform CPR on a heart attack victim can sometimes enable you to save their life while waiting for emergency services to arrive. He then demonstrated CPR using a special manikin (dummy). Groups of attendees then tried the CPR technique themselves on one of four available manikins. They were each shown and advised by medical staff and friends of Heartlink, who came along to help.

## Heartlink members' day out in Bournemouth.

30 Heartlink members had a great day out in Bournemouth in August thanks to a coach trip facilitated by our longstanding member Krishanjit Bajwa, and to the generosity of coach driver Manjit and his assistant Gerry. Most of those going on the trip were regular attendees at our monthly Community Hub.



The Heartlink Christmas meal and celebration takes place at 6.30pm on **Thursday 14th December 2023.**

Join us at West Middlesex Golf Club, Greenford Road, near the Iron Bridge.

Tickets cost £15 and will go on sale at our 2nd November Meeting at Ealing Hospital or by contacting us by phone or email after 3rd November.

## Helpful Numbers

### 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

### 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)

### Ealing Council

[www.ealing.gov.uk](http://www.ealing.gov.uk)

020 8825 5000

### Age UK Ealing

Information & Advice

Monday to Friday: 10am to 4pm

(closed 1.00-1.30pm)

020 8567 8017

[reception@ageukealing.org.uk](mailto:reception@ageukealing.org.uk)

### Bereft Bereavement Support

Offers specialist bereavement counselling and support for anyone over the age of 16 in the London Borough of Ealing

020 8896 2800

[bereftbereavementsupport@hotmail.co.uk](mailto:bereftbereavementsupport@hotmail.co.uk)

[www.bereftbereavementsupport.co.uk](http://www.bereftbereavementsupport.co.uk)

### British Heart Foundation

Heart Helpline 0300 330 3311

[www.bhf.org.uk](http://www.bhf.org.uk)

A&E and Urgent Care are at Ealing Hospital

**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

Join Trevor to 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.

### Thursday 2nd November 2023

6.30-8.00pm

Heartlink's Monthly Meeting at Ealing Hospital with Marlene Pluess

### Thursday 16th November 2023

2.00-4.00pm, Heartlink Community Hub

### Thursday 7th December 2023

6.30-8.00pm

Heartlink's Monthly Meeting (speaker TBC)

### Saturday 9th December 2023

10am-5pm, Heartlink stall at Ealing Broadway Christmas Market - Shopping Centre

### Thursday 14th December 2023

6.30pm, Christmas Meal & Celebration

### Thursday 21st December 2023

2.00-4.00pm, Christmas Treats at Heartlink Community Hub

### Thursday 4th January 2024

6.30-8.00pm

Heartlink's Monthly Meeting at Ealing Hospital with Barbara Byrne

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

