



Tackling Heart Health in the Community

In addition to helping local heart patients, Heartlink aims to help tackle the issue of heart health in our local communities.

Heart and related health problems such as diabetes and high blood pressure, are worryingly widespread locally.

Inside this newsletter you will find statistics about Ealing, produced by

the British Heart Foundation, which highlight the scale of this.

Over the last year, and with the support of our cardiologist Trustees, we have attended many community events to raise awareness about heart health.

In the next stage of our work in 2024, we aim to work with other local community groups to

mobilise and train our members and local people as volunteer health champions, to reach many more parts of the local community.

Let us know if you want to be part of the training so that you can help too.

See more details about our plans inside.

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 1 February 2024

Jane Beckford, Counselling Psychologist (Ealing Cardiac Rehab Team)
'Coping with the worry & stress of heart problems'

6.30-8.00pm, Thursday 7 March 2024

Emmy West, Dietitian (Ealing Cardiac Health & Rehab Service)
'Diet and heart health'

6.30-8.00pm, Thursday 4 April 2024

Georgios Karagiannis, Consultant Cardiologist (Hillingdon Hospital)



Heartlink wins Southall Team of the Year

Heartlink was honoured to be awarded Team of the Year by Southall Community Alliance at its Annual Awards Ceremony in November. The award is in recognition of our work as a charity to help and support local heart patients and to raise awareness about heart disease in the local community. We have significantly increased our work and initiatives over the last year, and this award encourages us to redouble our efforts. A group of 10 Heartlink members received the Award on the stage and took full part in a lively and varied award ceremony attended by approximately 200 local people. We would like to thank the Directors and Board of Southall Community Alliance for this honour. Heartlink members are pictured with Jaskaran Singh, a leading board member, Channi Singh, an internationally famous singer and musician, and our long-time supporter and benefactor Cllr Mrs Mohinder Midha, who presented many of the Awards.

Heart Health in Ealing

The British Heart Foundation recently published a range of statistics about heart and circulatory disease conditions amongst the population of the Borough of Ealing. These vividly highlight why Heartlink exists and the importance of what we do.

Some key facts are listed below. See our website for the full set of information. The statistics are based on official surveys and data sources.

Around **32,000** people are living with heart and circulatory diseases in Ealing.

Around **11,000** people are living with coronary heart disease in Ealing.

Around **2,900** people have been diagnosed with heart failure by their GP in Ealing.

Around **58,000** people in Ealing have been diagnosed with high blood pressure.

Around **34,000** adults have been diagnosed with diabetes in Ealing.

There are around **5,000** stroke survivors in Ealing.

Around **5,300** people have been diagnosed with atrial fibrillation in Ealing.

Around **3,500** people have a faulty gene that can cause an inherited heart related condition in Ealing.

Join Our Wednesday Walkers

Just come along and join us for one of our local Wednesday Walks, and keep fit and healthy while enjoying a good walk in great company.

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 at the end. 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.

Raising Awareness in the Community

Heartlink volunteers concluded a busy year out in the community with an impressive schedule of activities.

Every one of these was targeted at raising awareness about heart health, because we know that our local people have a higher risk of these problems than the UK average.

In October a team of Heartlink volunteers were invited to the Heston Depot of Quattro (UK) Ltd to carry out basic health checks on over 30 lorry and truck drivers.

The team included volunteer health professionals who carried out blood pressure and heart rhythm checks. Drivers were given a copy of their results and were recommended to contact their GPs if the tests raised any concerns.

All of them were given helpful British Heart Foundation booklets and details of Heartlink.

In October and November, Heartlink Trustees Dr Harmandeep Singh and Dr Amarjit Sethi between them visited three Southall and Ealing Gurdwaras (places of worship) to give short talks to the congregations about how to reduce their risks from heart disease.

On each occasion they were supported by a team of Heartlink members who ran an information stall.

On two busy Saturdays in December a team ran a lively all-day stall in Ealing Broadway Shopping Centre Christmas Market. We gave out leaflets and BHF booklets as well as chatting and giving information and advice to many shoppers.



Training our Health Champions

As the next stage of our campaign, and in partnership with other local community groups, we intend to train our volunteers to be equipped give good advice to people in their community about a range of heart health and other related conditions.

These will include:

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

Volunteers should be able to signpost people to the most appropriate health services, to give advice about the means of accessing services and the choices they should be offered. Once developed the training programme will give volunteers a menu of topics and options using face-to-face and computer-based training plus courses run by other organisations. Please contact us if you are interested in being one of our volunteer health champions.



Our Christmas Events

80 Heartlink members packed out the dining area at West Middlesex Golf Club on 14th December and enjoyed a delicious Christmas meal in great company.

Members celebrated the progress Heartlink has made in all areas of its work over the last year.

After the food, our raffle raised vital funds for our activities in 2024. We were honoured by several special guests who joined us. These included:

- Councillor Mrs Mohinder Midha, who during her year as Mayor worked tirelessly for us.
- Jaskaran Singh from West London Asian Society and

Southall Community Alliance
 • Councillors Harbajan and Ranjit Dheer, steadfast supporters of Heartlink for many years.

- and last but not least our President, Professor Jaspal Kooner

A week later our Community Hub on the Southall/Greenford borders hosted a lively Christmas party.

Members and supporters enjoyed sandwiches, snacks, mince pies, cakes, fruit and treats plus drinks.

Everyone chatted with old friends and

new acquaintances, for some who live on their own, it was a great opportunity to socialise.

After the food everyone took part in the raffle. The hugely successful party marked the culmination of the first year of operation of our community hub.



Heartlink visits Dairy Meadow Primary School



Heartlink had a wonderful reception from Dairy Meadow Primary School in Southall, and over 50 of it's year 6 pupils when we visited in December at the invitation of Deputy Head Alex Feldman. We went to talk to them about the heart and heart health as part of their studies about the circulatory system. In the lively question and answer session we were amazed by their level of knowledge and we shared some important heart facts with them. They were also keen to tell us what they know about a healthy diet and lifestyle, and we told them of the risks of lack of exercise, smoking and vaping etc. Many of the children told us that they have family members who suffer from heart problems. Thank you to Dairy Meadow Primary School and Alex Feldman for an inspiring visit.

Join us at the Heartlink Community Hub



Over the last year, we have established our hub as a well-attended regular focus for local heart patients and supporters. There is no charge to attendees, and it provides a safe place for informal advice and support from other patients, as well as social activities, useful advice sessions and gentle exercise. We meet at least monthly in the welcoming Greenford Park Community Hall, on the border between Southall and Greenford (near the Golf Links estate and Dormers Wells).

Our plans for the first few months of 2024 include:

- A talk from Ealing Council's Safety Officer about personal safety.
- IT training and drop-in advice sessions.
- A weekly exercise session.
- Good, tasty food, snacks and drinks.
- Plus our regular favourites of chair yoga with Mr Chana, and Bingo.

Our regular monthly dates are the following Thursdays, each month from 2-4pm:

Thursday 15th February, Thursday 21st March, Thursday 18th April.

The address is 18 Queens Ave, UB6 9BX, close to Greenford Road, and on bus routes 282, 92 and E5

Next Heartlink IT Training Course Starts



Following a successful first course in 2023, Heartlink is starting its second course in early in 2024.

The course was developed in partnership with Age UK Ealing and covers IT familiarisation and training.

It is aimed at those who are not familiar with using modern smart devices. The overall objective is to help combat digital exclusion amongst local communities and enable people to use the technology to access and deal with local NHS services, including accessing their own patient records.

Over 15 members learned to use iPads to benefit from the first course, which was held weekly at our Community Hub location, Greenford Park Community Hall. The second course is due to start in January 2024 and will be held at the same venue on Fridays.

Helpful Numbers

Hospital Blood Tests

(by appointment only)

Book online

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

Ealing Council

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

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

www.bereftbereavementsupport.co.uk

British Heart Foundation

Heart Helpline 0300 330 3311

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

Every Friday 11am-noon

(Starts 26th January 2024)

Tai Chi/Qi Gong Exercise,

Greenford Park Community Hall

Please call us to secure a place

Friday 19th January 2024

2-4pm *(for six weeks)*

IT Training Course,

Greenford Park Community Hall

Please call us to secure a place

Thursday 1st February 2024

6.30-8.00pm, Heartlink's Monthly Meeting at Ealing Hospital with Jane Beckford

Thursday 15th February 2024

2-4pm, Heartlink Community Hub, Greenford Park Community Hall

Thursday 7th March 2024

6.30-8.00pm, Heartlink's Monthly Meeting at Ealing Hospital with Emmy West

Thursday 21st March 2024

2-4pm, Heartlink Community Hub, Greenford Park Community Hall

Thursday 4th April 2024

6.30-8.00pm, Heartlink's Monthly Meeting at Ealing Hospital with Georgios Karagiannis

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

