



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.

Please accept our apologies for not keeping up with the regular publication of our newsletter over the last few months - this is our first one in 2023 - we have been simply

overwhelmed with all the Heartlink work and activities. We hope to be back with regular publication every three months, especially as we have a new volunteer to help us with the publishing.

The good news is that since March we have launched our new website which is full of useful information and fully up to date with all our recent and planned activities. See it at:

<https://heartlink.charity>

On it you can see loads of articles

and photos of what's been going on and what we're planning. However, we know a lot of members do not have access to technology and the Internet, and we intend to maintain this printed newsletter.

One of the reasons we have been so busy recently is due to the fantastic support we have been getting from the Mayor of Ealing, Councillor Mrs Mohinder Midha as her chosen charity for the Mayoral Year 2022/23 (recently completed). She has been determined and single minded in the fantastic work she's done to raise funds for us, and we have supported her at many enjoyable events she and her office have organised. I want to use this opportunity to extend our heartfelt thanks and gratitude to her for all she has done.

See below for all the meetings, events and activities that are coming up. Please come along. 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 take place at 6.30pm on the first Thursday of every month in the Level 3 Lecture Theatre.

Everyone is welcome to come along to hear knowledgeable speakers, learn more important information about heart disease and to ask questions.

Recent speakers include:

- **Dr Sanjeev Metha**, Ealing Hospital Consultant Endocrinologist, talked about Diabetes.
- Heart Failure Nurse **Eve Maylas** talked about heart failure management and treatment.
- **Dr Amarjit Sethi** Ealing Cardiology Consultant - talked about heart disease.

Next Meetings

6.30-8.00pm, Thursday 3 August 2023

Gary La Touche Ward Manager talks about developments on Ealing Hospital's Cardiology Ward

6.30-8.00pm, Thursday 7 September 2023

A talk from Ealing Community Cardiology.

HeartlinkCommunity Hub – open to all

The Hub is open on the third Thursday of every month from 2pm to 4pm, we are hoping to increase this to every fortnight. It is held at:

Greenford Park Community Hall at 18 Queens Ave, UB6 9BX, situated near to 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. It is possible to park cars without having to pay in the street outside.

The Heartlink Community Hub is a regular monthly event incorporating a range of activities from advice on heart health, welfare advice, quizzes, bingo, basic IT familiarisation and gentle exercise. In particular people come along to meet up, have a chat and exchange experiences. We are a friendly and welcoming bunch! On

average we have approximately 20-30 members attending, and all enjoy a chat tea/coffee and cake.

We set up the Hub a year ago and have been really pleased with your support. In recent months we have had enjoyable Chair Yoga sessions, a visit from Mrs Midha, the Mayor of Ealing, and recently a visit from staff at Ravenor Pharmacy for blood pressure and weight checks - as well as bingo & refreshments of course.

.....and **COMING SOON...**

...we are hoping to roll out the Heartlink IT Training Initiative in partnership with Age UK. Plans are well underway to use Apple iPads to train members to access their online medical records via GP surgery systems and the 'Patients Know Best' NHS App.

Next Hub Sessions

2.00-4.00pm

Thursday 20th July

Thursday 17th August

Thursday 21st September



Heartlink Wednesday Walkers

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). 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.

Heartlink Honours a Great Supporter and Community Leader

On a lovely warm summer morning on 12th June at Ealing Hospital, Heartlink held a well-attended ceremony in honour of Councillor Tejinder Singh Dhami.

During his term as Mayor of Ealing in 2018-19, Tejinder, who was a heart patient himself, adopted Heartlink as one of his chosen charities and raised many thousands of pounds for us.

This was used to purchase monitors for heart failure patients and items for the Cardiac ward at the hospital. During the period of the pandemic, these funds were crucial in keeping Heartlink functioning and were used to provide oximeters and oxygen concentrators.

Sadly, Tejinder passed away in 2021 after many years of service

to the local community and 20 years as a councillor..

At the ceremony, Councillor Mrs Mohinder Midha, who has just completed her own term as Mayor of Ealing, cut the ribbon on a new bench at the hospital entrance inscribed in honour of Tejinder.

Tejinder's wife, Rajinder Kaur Dhami unveiled a plaque in his memory in the Cardiology Clinic on Level 2.

The ceremony was attended by Tejinder's family and friends, ex colleagues from Ealing Council, Hospital staff and Trust representatives, as well as Heartlink members.

The attendees heard tributes to Tejinder from his daughter, Neelam Kaur Dhami, Councillor Mrs Midha, Heartlink President Professor Jaspal Kooner and

supporter Professor Stuart Rosen, plus Heartlink Chairman, Trevor Davison.

Tejinder's invaluable fundraising work for Heartlink has been continued by his family, who raised £6000 for us in his memory, and by councillor Mrs Midha, who also adopted Heartlink as her Mayoral Charity for the year just gone.

After the ceremony, the attendees chatted and had light refreshments in the upper entrance area of the hospital.

The beautiful new inscribed bench will remind us of Tejinder every time we enter or leave the hospital.

(Below: Councillor Mrs Mohinder Midha cuts the ribbon on the new bench)



Heartlink gains new friends at London Smagam

Heartlink members ran a highly successful stall over four days at the London Smagam Sikh Festival, held at Norwood Hall, Southall on 26-29 May.

*(Below: Heartlink members on the information stall)
Photo by Ravi Bolina*

The event was organised by local Sikh gurdwaras and attended by several thousand from Southall and right across London.

We were invited to run a heart health stall by Dr Parvinder

Singh Garcha. We were made extremely welcome by the local Sikh social group Mael Gael, who shared their stall with us and got us refreshments.

We gave out hundreds of leaflets and many British Heart Foundation booklets and gained lots of potential new members. We were invited to work jointly in future with the group on social and fund-raising activities and to provide a speaker to one of their sessions. Well done to Trevor, Mohinder, Amar, Dolly and Amrik for a lot of hard work!



Dr Harman speaks to East African Asian Association for Heartlink



Heartlink trustee Dr Harmandeep Singh gave a well-received talk on heart health and heart disease to a large meeting of the East African Asian Senior Citizens Association on the 6 April. The meeting was held at the Dominion Centre in Southall and followed a chair yoga session. The Heartlink stall nearly ran out of British Heart Foundation booklets after the talk and a collection for Heartlink's work raised substantial funds. The invitation to Dr. Harman and Heartlink was extended by Dr. Marway and the EAASCA Committee who requested a follow up session in the next few months. Doctor Harman's talk was in English and Punjabi. A video is available on request.

Sponsored Walk With the Mayor



Earlier this year we enjoyed our Sponsored Walk in great company - the Mayor Cllr. Mrs Mohinder Midha and her husband helped make it fun as well as assisting us to raise funds for our work with heart patients. Starting at Greenford Hall, we walked and talked through Perivale Park, past St Mary's Church, over the River Brent, and finished at Pitshanger Park. We got a great welcome plus teas, coffees and cake at Cafe Berry from Valentina and the staff.

Ealing Hospital Cardiology Staff complete 10km Sponsored Walk for Heartlink



On Saturday 13 May, 15 staff members from Ealing Cardiology completed a 10 km sponsored walk from Kew to Teddington to raise funds for Heartlink.

They were joined by 3 Heartlink members who brought our 'high-viz' jackets for everyone to wear.

We all had a great walk along the Thames via Richmond. The walk raised over £1000 for Heartlink, as well as encouraging healthy exercise.

Many, many thanks to all the participants, and all the donors from the hospital, and especially Niloufar, who organised it all.

Hospital Chiefs welcome Heartlink as Partner

A well-attended Heartlink meeting at Ealing Hospital earlier this year heard Pippa Nightingale, Chief Executive of the NHS Trust which includes Ealing Hospital, and Nigel Stevens, Director of Cardiology for the Trust, talk about plans for the Hospital and the Trust, and respond to areas of concern raised by members.

There are exciting plans to open a new 'Integrated Diagnostic Hub' at the Hospital in coming months.

This new facility will deliver a huge improvement to services for the public and will also address a major area of concern raised by many members.

In future, patients will visit the new hub and be able to have a range of diagnostic tests such as MRIs, CT scans, blood tests etc. on a single visit, hugely speeding up the diagnostic process for patients and avoiding multiple visits.

It is hoped that implementing a new digital care record system in the Trust, as part of a national NHS initiative, will help tackle problems about access to patients' own records, including to test results, and end the confusing use of different hospital numbers by adopting the person's NHS number.

We raised the problems many members have with digital communications from the Trust, such as appointment and consultation letters, emails and texts, which require modern technology to read, which they cannot use.

This issue of 'digital exclusion' was acknowledged as a significant problem by the Trust representatives.

Heartlink voiced their appreciation of staff in Cardiology and across the Trust and the commitment they show to patients and local communities.

Both the Chief Executive and the Director of Cardiology voiced their strong support for the work that Heartlink does and said that they want to welcome us into the Hospital to assist cardiology patients, many of whom need the support we provide.

They stated that they see us as a key partner, helping them to shape services for local patients in the future.

Heartlink supporter Professor Rosen, Senior Cardiologist at Ealing, thanked them for their support and attendance and said that the meeting was a big step forward in our working relationship with the Trust.

Our thanks to everyone who attended and particularly to Ben Jackson, Cardiac Cath Lab Superintendent Radiographer for helping to set up the meeting.



Heartlink out and about in the community

As well as all the other activities you can see detailed in this newsletter, we have been very busy.



Our weekly Information Desk in the main entrance to Ealing Hospital 10am every Monday - come along and help us, we need you!



We ran a very popular stall at the local 'Health and Care Fair' at Greenford Hall.



A dozen members, supported by Trustee Dr Harmandeep Singh and his family, ran an all-day stall at the huge Nagar Kirtan Sikh religious festival in the centre of Southall



We supported our wonderful Mayor, Councillor Mrs Midha, at Ealing Council's recent Coronation events at Ealing Town Hall.

AND FINALLY..... A huge thank you to our Trustees and supporters in Cardiology at Ealing Hospital for all the work they do for us and the advice and leadership they show. We would not be here without them.

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 Hosp 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

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 20th July

2.00-4.00pm, Heartlink Community Hub

Thursday 3rd August

6.30-8.00pm

Heartlink's Monthly Meetings at Ealing Hospital with Gary La Touche

Thursday 17th August

2.00-4.00pm, Heartlink Community Hub

Thursday 7th September

6.30-8.00pm

Heartlink's Monthly Meetings at Ealing Hospital with Ealing Community Cardiology

Saturday 9th & Sunday 10th September

Stall at Smagam Sikh Festival @ SKLP Sports & Community Centre Ground, West End Road, Northolt (next to the A40)

Thursday 21st September

2.00-4.00pm, Heartlink Community Hub

For more details about Heartlink visit our new website at:

<https://heartlink.charity>

Or use your phone to scan this code:

Sections include:

- Advice & Links
- Latest News
- Activities
- Photo Gallery

