



Heartlink – building a healthier future

At its Annual General Meeting on 2nd October, Heartlink members endorsed plans to strengthen our activities to support local heart patients and to develop new heart health initiatives for the wider local community.

In his keynote speech, Dr Harmandeep Singh, Heartlink Trustee, spoke about the vital impact that Heartlink has in tackling the high levels of heart health problems locally. He spoke passionately about the difference it has made to many patients, including those on the Hospital Cardiac Ward, to be able to share experiences with other heart patients and to become part of a

supportive local group.

He emphasised our key role in the local community in providing reliable, accurate information about heart health, given the volume of misinformation, particularly on social media. He encouraged us to develop our own material, such as podcasts and short video clips, to set up our own Heartlink social media presence in the next few months. He also wants us to do more to encourage local

people to have basic heart health checks, including blood pressure and blood sugar levels.

The well attended and enthusiastic meeting reviewed our work and finances for 2024, elected a committee for the next year and endorsed six key local cardiac specialists as Trustees of our charity. Our programme was endorsed by 70 members and key local supporters, including Cllr. Polly Knewstub, Ealing Council Cabinet Member for Healthy Equal Lives, and Cllr. Mrs. Mohinder Midha, ex-Mayor of Ealing, and long-time Heartlink supporter.



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, a range of related heart conditions and health advice. Learn about developments at Ealing hospital, at our local NHS Trust and in the wider NHS.

6.30-8.00pm, Thursday 6 November 2025

Our speaker is Dr Parvinder Garcha – well known local GP – who will be talking about 'Managing common health & heart problems'

HEARTLINK
Ealing Hospital Heart Support Group
Charity Registration Number 1199840

Phone us **0300 102 4575**
Email us **info@ealingheartgroup.co.uk**
Web Site **<https://heartlink.charity>**



Popular Hospital Meetings give vital heart information

Our two most recent meetings at Ealing Hospital have been amongst our best ever, with excellent feedback from packed audiences.

We are looking forward to another one at 6:30pm on Thursday 6th November, when well known local GP and friend of Heartlink, Dr Garcha will talk about 'managing common health and heart problems'.

Dr Garcha is well known for campaigning locally to raise health awareness in the community.

Our hospital meetings aim to give you, our members and supporters, vital information to help you manage your health as well as possible.

On 7th August, members heard a presentation about 'Heart Medication' given by Aanchal Bahl, Senior Specialist Pharmacist in Cardiology at our Hospital Trust.

Aanchal dealt in detail with each class of heart related medication that is in common use. She gave a valuable insight into:

- what they do
- how they should be taken
- their possible side effects
- practical ways to avoid problems with them
- possible alternatives

She answered dozens of questions raised by audience members and continued after the meeting to deal with individual issues raised by people.

September's Heartlink meeting treated to an excellent overview of hypertension (high blood pressure), it's causes, how it is diagnosed and treated, and what we can do about it ourselves. The talk was given by Dr Jamie Kitt, Consultant Cardiologist and General Internal Medicine Physician at Ealing Hospital.

Dr Kitt explained that blood pressure is created by the force of blood pushing against arteries as it is pumped by the heart. High blood pressure has a range of causes, some of which are genetic or caused by medical conditions, but mostly it is caused by factors in our own lives that we can try and address.

Dr Kitt told us how to take accurate blood pressure readings using a home monitor and explained that concerns start for readings on average above 140/90,

and rise when readings get even higher. He explained the different drugs used to treat hypertension and how they work, but he emphasised that patients can also do much to help themselves, for example by moving and exercising, by having a positive outlook, by eating wisely and by connecting with others.

A copy of Dr Kitt's presentation can be viewed on the Heartlink website 'heartlink.charity'.



Heartlink Shines at Southall Parkrun...



A Warm Welcome

On Saturday, 23rd August, the Heartlink team joined over 100+ runners at Southall Parkrun. "The reception was amazing, we loved chatting with everyone and sharing health tips," said one volunteer.

Promoting Heart Health and Smokefree Initiatives

Our stall offered leaflets, British Heart Foundation booklets, and refreshing bottles of water to all, while volunteers highlighted the Ealing Smokefree Service and raised awareness about quitting smoking and the risks of illegal tobacco and vaping products.

Team Spirit on and off the Track

Many volunteers ran the 5k themselves, alongside student helpers, local cardiology staff, and our Trustee Gary. Special mention to Ben, who completed the course with impressive speed!

Growing Our Community

This was Heartlink's second visit to Southall Parkrun. A big thank you to Kuldip, Jags and the Parkrun team. We left with new contacts, members, and a strong impact in spreading vital health messages.

Heartlink Tips for a Healthy Heart

- Stay active: Aim for at least 150 mins of moderate exercise per week
- Eat well: Include fruits, vegetables & whole grains
- Don't smoke: Seek support to quit if needed
- Manage stress & sleep well
- Regular check-ups: Early detection saves lives



Packed hall for Heartlink Hub Summer Party

Gentle exercise and tasty food were on the menu at our Hub Summer Party at Greenford Park Community Hall on Thursday 21st August. Our hub supports local heart patients and provides a safe space to chat and socialize.

We were pleased to welcome the popular Mr. Chana to start proceedings with half an hour of chair yoga. Our volunteers

then served everyone generous portions of summer food: sandwiches, samosas, cakes and fruit. We were joined by one of our key local supporters, ex-Mayor of Ealing, Councillor, Mrs. Mohinder Midha, who has helped us at events and fundraising for several years.

While everyone tucked in and chatted we turned up the music

and enjoyed some dancing and celebrations. We were fortunate to hear a famous 80's Punjabi song from its well-known singer Mrs Mohinder Bhamra. Several members were pleased to win prizes in our free summer raffle.

All in all, an enjoyable way for heart patients and supporters to relax and socialise.

Heartlink Volunteers in Action: Summer 2025



Throughout July and August, our dedicated Heartlink volunteers have been busy engaging the local community and supporting patients, all with the goal of promoting heart health and reducing health risks.

Since September 2024, our work has included raising awareness of the Ealing Smokefree Service, helping people quit smoking and avoid related heart, respiratory, and cancer risks.

Volunteers have also visited community centres, places of

worship, and local events across Ealing, speaking to hundreds of residents and heart patients, providing leaflets, CPR support, and guidance on quitting smoking.

By partnering with Ealing Council's Smokefree Service, Heartlink



continues to focus on hard-to-reach groups, ensuring accessible information and support for those most at risk.

Get Involved: Join Heartlink to help spread heart health messages, promote

the Smokefree Service, and make a real difference in our community. Training and support are provided for all volunteers.

Highlights of recent activities include:

- Meadow View GP Summer Health Fair (19th July): Engaged dozens of patients and helped set up a regular Smokefree Clinic at the surgery. Many thanks to Committee Member Mukhtar Khan for facilitating this.
- Hanwell Cardiac Rehab Group: Collaborated with Ealing Trading Standards to address vaping and illegal tobacco, generating high interest.
- Queens Pharmacy Stall (August): Reached shoppers and pharmacy visitors with heart health advice and resources.
- Greenford Mosque (September): Our Trustee Dr Nabeel Ahmed spoke to worshippers about heart health, with support from volunteers at a stall at the entrance.
- Ongoing Hospital Information Desks: Weekly presence at Ealing Hospital continues to attract patients, visitors, and staff seeking advice and support.

Hospital Noticeboard renewed

We have recently given a thorough makeover to our Heartlink notice board in the main cardiology, waiting area on Level 2 in the hospital.

The new eye-catching display aims to give those waiting for tests and treatments full information about the help and support we provide to local heart patients.



Patients' Rights

Following issues raised by members earlier this year, Heartlink has researched useful information for us all about Patients' Rights particularly regarding hospital care.

We had a useful talk on the issue given by Annika Towell who is Head of Patient Experience at our Hospital Trust.

Below is a summary of key information and more can be found on our website at 'heartlink.charity'.

Martha's Rule

Martha's Rule is a vital patient safety initiative that gives patients and their families the right to request an urgent second opinion if they are in hospital and feel their condition (or a loved one's) is deteriorating and not being adequately addressed.

They can escalate their concerns to a senior clinical team, typically through a dedicated service, to get a rapid review and appropriate action.

The Call for Concern Service

Our Trust implements Martha's Rule through its Call for Concern Service.

This service is staffed by the Critical Care Outreach Team 24/7 and enables inpatients at Ealing or Northwick Park hospitals to speak directly with a senior nurse.

Call for Concern Contact Numbers (Available 24/7) are:

- Ealing Hospital: 07800 513 979
- Northwick Park Hospital: 07388 857 767

The Patient Advice and Liaison Service (PALS)

The PALS Kiosk is located at Ealing Hospital on the right just before the main lifts – you can also contact them via:

- Tel: 020 8967 5653
- Email: LNWH-tr.PALS@nhs.net

This service is available from 9.30am – 4.30pm Monday to Friday.

The Complaints Service – Supporting Patients through the formal complaints process, - contact details are:

- Tel: 020 8869 2026
- LNWH-tr.Complaints@nhs.net

Independent Support Organisations

There are also free, independent organisations that support patients through NHS care and the complaints process:

VoiceAbility

Supports people in having their voice heard and their rights respected, especially through the NHS complaints process.

- Tel: 0300 303 1660
- helpline@voiceability.org
- www.voiceability.org

The Patients Association

Helps with concerns about care and treatment, accessing medical records, making complaints, and finding a GP or dentist.

- Tel: 0800 345 7115
- helpline@patients-association.com
- www.patients-association.org.uk

Our heartfelt thanks to George

A huge thank you to member George Lafford from all at Heartlink.

On 15th August George organised three coachloads to go to Eastbourne to enjoy the spectacular Airshow, as well as a sunny day by the sea.

Many of those who benefitted were you our members, and George generously donated £1300 from the ticket money to Heartlink to support our vital work.

Christmas Dinner on 11th December

A date for your diary

We have reserved the evening of Thursday 11th December at West Middlesex Golf Club for our annual Heartlink Christmas Dinner extravaganza.

Put a note in your diaries and watch out for messages and announcements of the details from us so that you can make your bookings.

Places will go quickly.

Helpful Numbers

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

Hospital Blood Tests (*by appointment only*)
Book online: lnwh.nhs.uk/blood-tests
Book by phone: 020 8235 4200

Urgent Care at Ealing, Northwick Park &
Central Middlesex Hospitals
A&E is at Ealing & Northwick Park Hospitals

Ealing Community Cardiology

020 3704 8111
Hanwell Health Centre 20 Church Rd, W7 1DR

British Heart Foundation

Heart Helpline 0300 330 3311
bhf.org.uk

Diabetes UK

Helpline 0345 123 2399
helpline@diabetes.org.uk
learningzone.diabetes.org.uk

Stroke Association

Stroke Helpline 0303 303 3100
helpline@stroke.org.uk

Age UK Ealing

Information & Advice 020 8567 8017
Monday to Friday: 10am to 4pm
reception@ageukealing.org.uk

Ealing Council

ealing.gov.uk · 020 8825 5000

Bereft Bereavement Support

Specialist bereavement counselling in Ealing
020 8896 2800
bereftbereavementsupport@hotmail.co.uk
bereftbereavementsupport.co.uk

**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

Thursday 16th October 2025

2-4pm, Heartlink Community Hub,
Greenford Park Community Hall
18 Queens Ave, Greenford, UB6 9BX

Thursday 6th November 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital with Dr Garcha

Thursday 20th November 2025

2-4pm, Heartlink Community Hub,
Greenford Park Community Hall
18 Queens Ave, Greenford, UB6 9BX

Thursday 11th December 2025

7.00pm
Heartlink's Christmas Dinner
West Middlesex Golf Club
Greenford Rd, Southall, UB1 3EE

Thursday 18th December 2025

2-4pm, Heartlink Community Hub,
Greenford Park Community Hall
18 Queens Ave, Greenford, UB6 9BX

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
- Heart Health Headlines

