



Heart Health Matters

Many of you, our valued members and supporters, are personally impacted by heart health issues, whether directly or through family. Heartlink exists because we understand that heart health is a matter that affects us all.

This spring, we invite you to join us at Heartlink to deepen your understanding of heart health and

to offer support to fellow heart patients.

You will have the opportunity to hear from the heart specialists who guide us including several of our medical Trustees.

By learning and sharing knowledge, we can raise awareness about heart health in our community and inspire others to

lead healthier lives.

For reliable heart health advice, visit our website at **heartlink.charity** where you'll find the **Advice and Links** section, offering valuable information on various heart conditions, risk factors, as well as tests and treatments. You'll also find useful links to trusted organisations like the British Heart Foundation (BHF) and other resources for further support and guidance.

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.

6.30-8.00pm, Thursday 1 May 2025

Emma Howard and Reinette Hampson from Cardiac Research at Northwick Park Hospital will talk about Developments in Cardiac Research.

6.30-8.00pm, Thursday 5 June 2025

Dentist Simran Poonia will talk about the link between oral health & heart disease.

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>



Making a Difference for Smokers & Heart Patients

Since the beginning of 2025, despite the cold weather, teams of Heartlink volunteers have been out in the community, raising awareness about heart health and encouraging smokers to use the Ealing Smokefree service to help them quit.

who will help spread the word about the Smokefree Service to those they support. We've also had the opportunity to speak with groups of recovering heart patients participating in the Cardiac Rehabilitation Programme and address the staff at the Acute Care Unit at Ealing Hospital, providing them with information about the Smokefree Service and distributing British Heart Foundation booklets.

In addition, in collaboration with our Trustee Dr. Harmandeep Singh, we've visited Southall's largest Gurdwara, Sri



Every Monday, our two Information Desks at Ealing Hospital have been a welcoming space for smokers seeking help to quit and people looking for support with heart health. In recent months, we've hosted successful stalls at Northolt Library and Leisure Centre, visited homeless centres in Acton, and engaged with numerous homeless support staff across the borough,

Guru Singh Sabha on Park Avenue, where we spoke to hundreds of people. During one visit, we supported a CPR training session for Gurdwara volunteers, and on the other, Dr. Harman and leading Heartlink Committee Member Sunny Chana addressed the congregation about heart health.



This April, we've already been invited to run stalls at Hope Church in Perivale, a Medical Centre in Acton, and two more Gurdwaras in Ealing and Southall.

So please come along, help us, and make a difference!





Join our Walkers' Group Sponsored Walk

We are excited to announce the return of our popular **Annual Sponsored Walk**. It is taking place at **10am to 1pm** on the morning of **Wednesday 21st May**, starting at **Greenford Hall**, Ruislip Rd. and walking through our local parkland to the Brentham Club at Pitshanger. This event brings people together from all walks of life to unite for a common cause - getting fitter and healthier.

All funds raised will directly support Heartlink's work in assisting local heart patients and raising heart health awareness.



We all know how important exercise is for heart health. Since last month, Heartlink members have been distributing our new leaflet to encourage people to improve their fitness and health through walking. With spring now upon us, it's the perfect time to get outdoors, enjoy the sunshine, and join our wonderful Wednesday Walkers Group. Our walkers meet every Wednesday at 10 am at Greenford Hall, next to Greenford Shopping Centre. Walking at a relaxed pace for a couple of hours, they explore local parks and scenic spots and always finish by enjoying a cup of tea and a good chat. Most participants use their Freedom Passes for public transport on their way home and stay in touch via WhatsApp to plan upcoming destinations. If you would like a supply of leaflets to share with your friends, local community group, or your GP surgery, please let us know.

For more information about our Walker's Group and our Sponsored Walk, including sponsorship forms, visit our website at <https://heartlink.charity> or give us a call at 0300 102 4575.

New Heartlink Booklet Display at Ealing Gurdwara

Heartlink was recently given permission to put up a new booklet display in a prominent position at Ealing Gurdwara. The display provides a selection of free British Heart Foundation booklets containing vital advice about aspects of heart health. The booklets are available to all attendees to pick up whenever they are there. We have arranged for the display to be kept stocked with booklets.

We want to extend our thanks to the President and Committee of the Gurdwara who gave their permission, and particularly our committee members, Japnam Sareen and Jasbir Sawhney, who made the arrangements.

Putting up display racks in places of worship and other community locations is a new initiative, and we are likely to seek more places for them.



Patient Advice and Support

During a recent Heartlink Educational Seminar at Ealing Hospital, many individuals shared their experiences of NHS care, both at local hospitals and GP practices. While healthcare providers strive to offer the best care, there may be times when things don't go as expected. In these instances patients have the right to ask questions, raise concerns, and seek clarity about their treatment.

The NHS states that patient care and patient rights are fundamental principles to ensure individuals receive high-quality, compassionate, and equitable healthcare services.

For advice and support when patients need assistance, we reached out to the Trust's Patient and Liaison Service (PALS), who have agreed to come and speak

to members about how to resolve concerns within the Trust at our meeting at Ealing Hospital at 6.30pm on Thurs 3rd July.

We have also identified a free helpline operated by staff from the **Patients Association**, an independent, patient-focused organisation, that offers patient advice and support. The number is **0800 345 7115**, and the service operates on the following days and hours: **Monday to Friday, 9:30am to 5pm.**

The recent announcement by the government that NHS England will be abolished is a concerning development, and we will need to explore and understand how this restructuring might impact patients in the future.



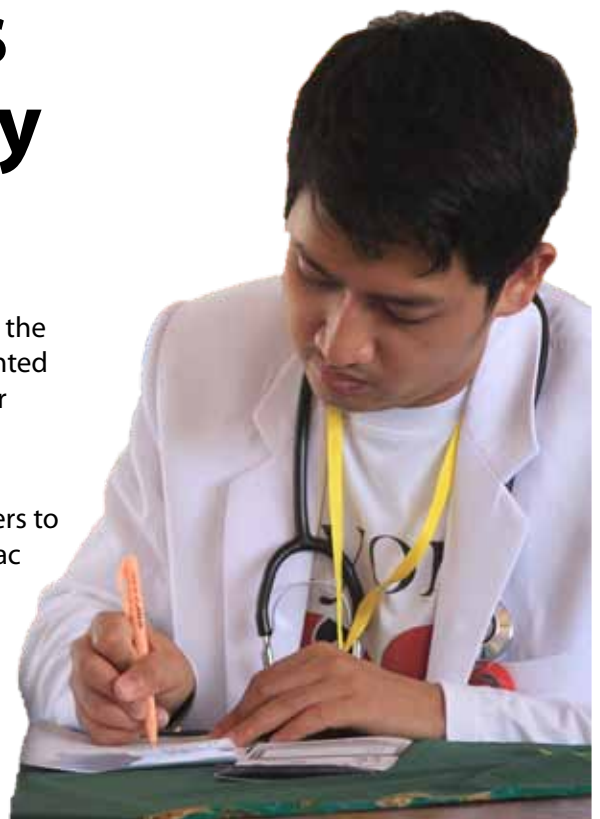
Heartlink members join NHS Cardiology project

A dozen Heartlink members have signed up to be part of an NHS project which aims to plan the future delivery of cardiac services.

The North London Cardiac Operational Delivery Network is about to start talking to patients regarding future heart services and how patients will use them. This will cover issues like new medication and treatments, and the use of technology to deliver services better and cheaper, including reducing stays in hospital.

The Heartlink members volunteered for this after the opportunity was highlighted by one of our Trustees, Dr Harmandeep Singh.

We aim to provide more opportunities for members to be involved in NHS cardiac related projects, and hope to learn more at our meeting at Ealing Hospital at 6.30pm on 1st May about the latest developments in NHS cardiac research.





Our Thanks for Generous Donations

Our thanks go out to Greenford Rotary Club, their members, Hazel Ware and Chairman Walter Hendry for a recent generous donation of £1000 from funds raised for their chosen charities.

In recent months they've worked hard fundraising, including Christmas stalls and their recent quiz night.

We are honoured to have been chosen as one of their Charities and will ensure that the funds are used to directly help heart patients and raise awareness in the community.



Thank you to Core Telecom

We extend our thanks to Core Telecom who provide us with a free 0300 number, which is our main contact number for the public:
0300 102 4575.

They offer 0300 numbers and related services, which are usually costly, free of charge to Heartlink and other charities.

Coach Trip on 15th August

We also thank longtime supporter George Lafford who is currently organising a coach trip to Eastbourne on 15th August with the proceeds to come to Heartlink. This is a repeat of the highly successful trip that he organised in 2024, with seats open to Heartlink members at a nominal cost of £10 each. People who go can view the Airshow, which is being held on that date. Bookings will open shortly.

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 17th April 2025

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

Thursday 1st May 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital about developments in cardiac
research

Thursday 15th May 2025

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

Wednesday 21st May 2025

Heartlink's Annual Sponsored Walk
Meet 10am at Greenford Hall, Ruislip Rd

Thursday 5th June 2025

6.30-8.00pm
Heartlink's Monthly Meeting at Ealing
Hospital about oral health and the heart

Thursday 19th June 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

