

A LITTLE BIT OF HISTORY.

Recently we have been investigating whether we should apply for charity status or contact other voluntary organisations. As part of the investigation, we visited Redbridge CVS and found to our surprise that we have been registered with them for some time. Unfortunately the documentation had been mislaid on handover from one committee to its successor.

I thought some of you might be interested in knowing something about the background of the group, especially as there has been a welcome increase in new members. I had no idea of any of this until now! The following is an excerpt from an article which appeared in Community, the newsletter for the community and voluntary sector in Redbridge, in January 2011. I will print the rest of this article in the next newsletter

King of Hearts is a self-help group formed in 2001 by a group of like-minded cardiac patients and staff. The group continues to promote the welfare and care of cardiac patients and carers in Redbridge, Barking and Dagenham and Havering. The first meeting of the King of Hearts was called by the staff of the Cardiology department of King George Hospital in January 2001. At that meeting, cardiac patients were told about the benefits of starting a support group. From those present at the meeting, a committee was formed consisting of patients, carers and hospital staff. King of Hearts has always had strong and positive support from their presidents, doctors of the Cardiology department at King George Hospital, Andrew Deaner and Charles Knight. Heart Failure Sister Karen Hughes from King George Hospital sits on their committee, attends the monthly meetings and offers support to members when required.

King of Hearts has over 100 members who stay in touch with the group's activities and events through newsletters and emails. The members' meeting is held on the second Wednesday of every month in the evenings when they can share problems and experiences. The meetings also include talks on different topics requested by members. King of Hearts is partly financed through a raffle towards which members contribute, donations and fundraising events like health walks.

Members are recruited to the group at their rehabilitation appointment and leaflets of the project are available at King George and Queens Hospital. Membership to the group is free so that anyone who needs help can take advantage of its services.

Aims and objectives

- To promote the welfare and care of cardiac patients both in and out of hospital.
- To promote and provide support for patients and their carers when resuming home and social life.
- To establish and facilitate local contact, support and counselling centres, accessible to anyone with cardiac complaints, including carers, friends and relatives.
- To increase public awareness of heart and heart related disease, its causes, treatment, implications and help available.
- To provide social and personal contact with people who share and understand their needs and problems.
- To liaise with existing groups in this or similar fields.
- To act as an information centre for those people requiring literature or heart disease.

July 2013

Newsletter

YOUR COMMITTEE

Henry Phillips

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Secretary:

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Membership:

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Stephen Granditer

FOR YOUR

INFORMATION

Meetings are held at Fullwell Cross Library on the 2nd Wednesday of every month

COMING SOON

- **10th July 2013**
Dr. Deaner
Dates to be confirmed:
- **Lee Scott (MP)**
- **Pharmacist**
- **Mayor**

Henry's Notes:

Hello everyone. It's now July and summer has only just begun. I hope some of you are going to get a holiday in the sun this year, if only to recharge the batteries.

The membership of the group is growing quite quickly at the moment and this is largely due to the fact that there are posters being displayed in medical centres and pharmacies both within and outside the borough.

However, we are finding it very hard to get the Ilford Recorder to advertise the club and its work at a reasonable rate. So we will have to find another method of advertising to inform the public what our cardiac group does in the community. Any suggestions gratefully received.

As you can see elsewhere in this newsletter, we are still managing to find speakers, but it is difficult to find new topics and speakers to visit the group. If you have any topics, hobbies or interests that others might enjoy, let us know and we will see what we can do.

As always, the very best of wishes and keep active and well.
Henry Phillips,
Chairman.

An actor's life for me

At the June meeting we were pleased to welcome Vivian Ellacot as our speaker. He regaled us with stories ranging from his childhood in the Welsh valleys to his considerable experience as manager of The Kenneth More theatre in Ilford, stopping off along the way to talk about some of the celebrities he has worked with. It was a very interesting and humorous talk indeed.

Hints on Health from the Victorians

TEETHING PAIN, RELIEF FROM:

Hang a dead mole around the neck of your baby.

WHOOPIING COUGH, REMEDIES FOR:

I recommend the father takes the child to a field at sunset and gently holds their head in a hole.

WEATHER, HINTS ON:

It is dangerous to stand about in a cold place with a light dress. A Shetland shawl has saved many a life.