

## Newsletter October 2008

Dear Member

Thank you to all of you who came to our inaugural meeting at our new venue. About sixty people attended, I don't know whether they came because of the change in venue or to listen to Dr. Deaner, either way it was a pleasure to see so many of you.

Dr. Deaner as always proved to be very interesting and spoke about all the changes to cardiac medicine going on in the north east sector of London. He also spoke about the huge changes that had taken place since he started out as a young cardiologist. How investigations are becoming less invasive and more accurate as times goes by. He answered all the questions put to him even if some of them were wide off the mark of cardiology.

Please remember all meetings start at 7.30pm.  
Please enter the hall via the front steps and NOT the Library.

Some of you weren't happy with the seating arrangements last month. Please be patient we will experiment with the tables and chairs until we find a satisfactory solution.

### Future Events

- 8<sup>th</sup> October. Kim Crisp will be talking about all the good work of Age Concern.
- 12<sup>th</sup> November. Mark Hicks, Non Executive Director of BHR Trust. *Please see over the page for information on Mark.*
- 17<sup>th</sup> December. Christmas Party. I know this is the **third** Wednesday in the month but it was booked at the Social Club, Goodmayes Hospital before the change to our new venue – sorry for the confusion.
- 14<sup>th</sup> January. Mensah of Waltham Forest PCT is coming to talk to us. By the way he was at one time a member of the nursing staff on Gardenia Ward.

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*To help the group raise funds we are once again offering for sale our King of Hearts Christmas cards. They cost £2 for a packet of ten. They will be available at the October and November meetings.*

Whilst on the subject of the Christmas please remember we are already collecting for that raffle and your contributions would be most welcome. Also, of course, our monthly raffle needs small gifts.

## About Mark Hicks. This months speaker.

Mark has been a Non Executive Director for the past five years. He spent time before that as a volunteer on Ward E1 of Oldchurch Hospital.

Some of the key jobs of a Non Executive Director are:

Help to plan for future improvement of healthcare services.

Ensure that the management team meet performance targets.

Keep a check on the management of the organisations finances.

Assist the Board to work in the public interest and to see its patients and public are properly informed.

Mark is the Chair of the BHR Clinical Governance Committee and the Violence and Aggression Group. He also sits on the Finance, Audit and Remuneration Committees. He is also the lead Non Executive Director for Infection Control.

Born in Buckhurst Hill, Mark has lived in Woodford Green for twelve years. He earns his money as a Director of Marsh London, Global Risk and Insurance Brokers.

Don't forget the meeting starts at 7.30pm on Wednesday October 8<sup>th</sup>.  
We look forward to greeting you.

*By the way did you know that on October 8<sup>th</sup> 1957 Sputnik 1 the first space satellite was launched.*