

KING OF HEARTS

The Committee

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Meetings are held at

Fullwell Cross Library

On the second Wednesday

In every month

At 7:30pm

COMING SOON

February 14th Group Introduction

March 14th A.G.M

Newsletter

February 2018

Cardiac Support Group

February 2018

Dear Members and Friends

Welcome to my February newsletter which I hope finds you all well. It gives me satisfaction to say that we are still getting new members at each meeting, so to all those concerned please carry on the good work of encouraging members of the public to join our worthy club.

I am pleased to say that my part of the February newsletter will be mainly to thank all those who have contributed to raising funds in the name of the King of Hearts cardiac support group to assist us in being able to purchase equipment which might help others who are having heart problems so as to regain some normality with their health.

Our dear friend George Scott who is still suffering the loss of his dear wife Trish turned up at our January meeting and joined in with those members present, he also attended our committee meeting a few days later. I am pleased to say that his relations and friends have raised a considerable amount of money in her name and with respect to Trish and the King of Hearts well done George, please pass on our thanks to all your family.

Another thank you goes to our dear friend Molly Gosh who presented me with a substantial cheque which represented her late dear husband as he would have been 80 years of age last week; to you Molly on behalf the committee and members of the club we wish you many thanks.

The last of my thanks goes to Harold Wood Funeral Services who also donated a generous amount to our club; I have thanked the owner of this company for her generosity.

I would like to thank June and her sister Evelyn on behalf of Karen Hughes who was presented with a special gift at Christmas Party, so on Karen's behalf I would like to say thank you dear ladies.

At our February meeting we shall have an informal gathering and chat amongst ourselves, and I must remind you that at the March meeting we shall have our A.G.M. plus a guest speaker, so please can you make the effort to attend this rather important meeting.

Well dear friends I look forward seeing you all at our meeting on the 14th February keep well and best wishes.

Regards

Henry Phillips

Stroke and your heart

A stroke is life-threatening. If you or anyone else is having a stroke, you should phone 999 for an ambulance immediately.

A stroke happens when the blood supply to part of your brain is cut off, causing your brain cells to become damaged or die.

If you notice signs of a stroke - call 999

Act **F.A.S.T** to recognise the signs:

- **Facial weakness** – can they smile? Has their mouth or eye drooped?
- **Arm weakness** – can they raise both arms?
- **Speech problems** – can they speak clearly and can they understand what you are saying?
- **Time** – it's time to call 999 immediately if you see any of these symptoms

What is a stroke?

[A stroke is similar to a heart attack](#), except it affects the brain. A heart attack happens when blood suddenly can't get through to a part of your **heart**. A stroke happens when blood suddenly can't get through to a part of your **brain**.

During a stroke, brain cells in the affected part of your brain become damaged because they're not getting the oxygen they need from your blood. This can then affect the way your mind and body work.

Types of stroke:

- ischaemic strokes happen when the artery that supplies blood to your brain is blocked, for example by a blood clot
- haemorrhagic strokes happen when a blood vessel in your brain bursts and the pressure from the leaked blood damages brain cells
- Mini-strokes, or transient ischaemic attack (TIA), happen when there is a temporary problem with the blood supply to the brain. A TIA doesn't cause permanent damage to your brain and the symptoms usually pass within 24 hours. It's often hard to tell the difference between a stroke and TIA, so **if you think someone is having a TIA you should still call 999.**
- Thanks to the British Heart Foundation Website.