

# 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

July 11<sup>th</sup> Talk by Karen.

## Newsletter

July 2018

Cardiac Support Group

Welcome to my July newsletter and as the weather is still in our favour I hope that you are all well. I was pleased to see so many at the June meeting, so many in fact that we ran out of tea cups perhaps I should purchase a further supply. I was pleased to see my dear friend Muriel at the meeting as she has been extremely unwell over the past few months well done my lovely. Also we had the pleasure of meeting Ann and Martin Showler who were received into the group by all in attendance; they were given the notice of our club by Marie at King George's re-habitation gym, well done Marie. I still have more good news as I was in the company of Janet and Peter Knight last week at our committee meeting and I was so pleased see how that her new medication was progressing without causing so much discomfort, Janet you raised my esteem in UCLH and your much deserved recovery from what can only be said as your awful illness, again my sincere best wishes. One more piece of good news which I received at the committee meeting was that our highly esteemed nurse Karen has been made a first time Grandmother when her daughter Kelly presented her with twins Emily and Freddie both mum and the babies are making good progress, I am sure congratulations from all the group would be appreciated by the family. I am sorry not to have mentioned the babies dad Fred well done to you sir.

I have just found out some info regarding car insurance, that if you drive a car which does not belong to you known as DOC (drive other car) beware as the insurance companies are now making charges against your policy. So please check with your insurance company, for once I hope that what I have reported here is incorrect. Our dear friend June carried out her usual birthday treat with a birthday card and a bottle of wine, we will have to reciprocate this treat on your birthday, we do appreciate your kindness I am glad that you are one of gods little helper. I have just received news from Ron Coles who has had some serious health problems in the first part of 2018 by having a heart attack and a stroke Ron I am sad to hear about your mega problems so on behalf of the group we wish you well for the rest of 2018.

I look forward in seeing you all at the July meeting I send you all my best wishes and god bless. Before I sign off Durham our editor is still looking each month for information which he can add to our newsletter so if you have anything which is pleasing to read can you on pass it to him thank you.

# Healthy eating

**A healthy diet can help reduce your risk of developing coronary heart disease and stop you gaining weight, reducing your risk of diabetes and high blood pressure.**

It can also help lower your [cholesterol](#) levels and reduce your risk of some cancers.

Even if you already have a [heart condition](#), a healthy diet can benefit your heart.

## A balanced diet

Everyone should aim for a well balanced diet. Faddy crash diets may not provide the balance of nutrients you need.

The best way to understand it is to think of foods in food groups.

Try to eat:

plenty of fruit and vegetables

- plenty of starchy foods such as bread, rice, potatoes and pasta. Choose wholegrain varieties wherever possible
- some milk and dairy products
- some meat, fish, eggs, beans and other non-dairy sources of protein
- only a small amount of foods and drinks high in fats and/or sugar.

Choose options that are lower in [fat](#), [salt](#) and sugar whenever you can.

## Fruit and vegetables

A well-balanced diet should include at least 5 portions of fruit and vegetables a day.

Try to vary the types of fruit and vegetables you eat.

They can be fresh, frozen, dried or tinned. Pure unsweetened fruit juice, pulses and beans count as a portion, but they only make up a maximum of one of your five a day, however much you eat in one day.

[Sign up to our free Heart Matters service](#) where you can access our portion finder and [healthy recipe finder](#).

So to help keep your heart healthy: It's also important to remember that all fats and oils are high in calories, so even the unsaturated fats should only be used in small amounts.

*Taken from the British Heart Foundation Website*