

KING OF HEARTS

The Committee

Dr. Andrew Deaner President

Honorary Members

Trish & George Scott

Henry Phillips Chairman

0208 500 7095

maureen_henry2003@yahoo.co.uk

Durham Holbourns Secretary

0208 554 6779

durhamholb18@hotmail.co.uk

Karen Hughes Events Organiser

0708 749495

Peter Knight/Henry Phillips Treasurer

0208 478 8464

Peter Knight Membership

peter.knightsite@ntlworld.com

Janet Knight

0208 478 8464

Evelyn Wilson

01708 557910

evelyn.123@btinternet.com

June Sheen

0208 595 6120

Stephen Granditer

0208 590 3605

Sylvia Daly

0208 599 3188

Molly Ghosh

0208 597 2308

Meetings are held at
Fullwell Cross Library

On the second Wednesday

In every month

At 7:30pm

COMING SOON

October 10th Cheese & Wine
Evening.

Newsletter

October 2018

Cardiac Support

October 2018

Dear Members and Friends

Welcome to my October newsletter, as I was not present at the September meeting I am sure the meeting went well thanks to all those who helped during the evening well done.

I have a serious apology to make to Angela Banner who for many months has made and provided our refreshments and each time that I have thanked her for being so kind I have called her Silvia will you please forgive me and it will not happen again, so please accept my apology and thank you.

I understand that Karen was the surprise speaker at the September meeting and her talk was of interest to all those present well done Karen and thank you.

Our dear friends Janet and Peter will not be present at the October meeting as Janet is having major surgery early in the month so on behalf of all the group I wish her the very best and please make a speedy recovery.

At our October meeting the committee have arranged a cheese and wine evening which I am looking forward too, and I am sure it will go with a swing. As we are getting near to our Christmas party I would like to ask all those who are kind enough to bring prizes for the raffle if they could bring a little extra so that we can add it to the Christmas hamper.

Our dear friend June will provide a special raffle prize at the October meeting which will be raffled separately so thank you June, also if anyone brings food can the use by date be checked.

I look forward in seeing you all at the October meeting I send you all my best wishes and as always god bless.

Regards

Henry Phillips Chairman

Smile is infectious
You catch it like flu.

I thought about that smile
And then I realised it's worth.

When someone smiled at me today
I started smiling too.

A single smile like mine
Could travel around the earth.

I walked around the corner
And someone grind at me.

So if you feel like a smile begin
Don't leave it undetected.

When he smiled I realised
I had passed it on to him.

Start an epidemic
And get that worker infected.

Breakfast on the go

Dashing out the door? Take a small sandwich or a wrap with you, along with a carton of fruit juice. This still counts as breakfast. If time is limited, make your breakfasts in bulk and help yourself to a portion each morning.

One batch of **Bircher muesli, made according to our recipe**, makes enough for one person for four days or two people two days. Placed in an airtight plastic box or pot, this too becomes a take-away. Even a simple glass of water and a piece of fruit is a good start to the day. The most reluctant breakfasters find that they can manage this, and in time, they may even begin to like it

Why skipping breakfast doesn't help you slim

If you're dodging breakfast as a way of saving calories, think again

If you're dodging breakfast as a way of saving calories, think again. Growing evidence shows that regular breakfast eaters tend to be slimmer than those who skip it.

Eating meals to help you lose weight may sound odd, but if you eat planned, regular meals, you're less likely to go down the route of snacking on cakes, pastries, crisps and biscuits.

Meanwhile, if you eat nothing during the morning, by lunchtime you'll be very hungry so chances are you'll help yourself to unhealthy food, a big portion or a treat as a reward - or worse still, a combination of all three.