KING OF HEARTS

Newsletter

April 2019 Cardiac Support Group

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
April 10th Safer Neighbourhood Police

Dear Members and Friends April 2019

Welcome to my April newsletter, I hope that putting the clocks forward on Sunday 31st March will make the afternoon and evening's appear longer. If this newsletter is not up to my usual standard please accept my apologies, as my dear wife and myself have been under the influence of the Grim Reaper which I am pleased to say he never gained entry into my house, but we were both quite unwell and spent several days in bed until the antibiotics kicked in, I must say not a nice situation to be in.

I am pleased to say that our March AGM went well, but due to pressure of work our President Dr. Andrew Deaner was unable to be present I am sure that had he been free he would have provided information related to what is going on in the community. I am pleased to say that the committee were re-elected on bloc and I gather from the feelings of those group members present that they were pleased with what we had achieved during the past year. Before the meeting closed our dear friend Molly Ghosh presented me with a substantial cheque on behalf of her dear late husband which will be added to the group funds to be used at a later date for the benefit of those who may need medical help with whatever may be their problems. WELL DONE MOLLY

I would like to thank Karen for standing in for George who was a little under the weather and happy that Karen stood in for him, apart from that all those who took part enjoyed what I thought was quite a hard quiz relating to underground stations the highest score being 14 out of 20 well done folks, I look forward to future quiz nights.
As I write this newsletter it has come to my notice that our dear friend George Scott has been in Princess Alexandra Hospital Harlow for more than a week with a serious breathing problem, so George from us all please get well soon.

At our March meeting I became somewhat annoyed with the driver of the Dial a Ride bus who was giving Stephen and Mrs Bachan Phul a hard time and was quite prepared to drive away leaving them both stranded so if any member of the group has a problem with Dial a Ride drivers perhaps you could let me know and I will address the matter to Redbridge. As always I send you my sincere best wishes and look forward to our April 10th meeting, may you stay safe and healthy, and as always god bless.
Regards
Henry Phillips Chairman

Online shopping and banking.

The internet can offer a useful way to do your shopping and manage your money from home. More and more people are discovering that it is quick and convenient, and can give you some great savings.

If you make purchase or do you're banking online, make sure you protect your financial information. Use a secure website when entering card information. This means that information you send cannot be read by anyone else.

Some ways to spot a secure website are listed below.

The website address should begin with https://. The `s` stands for secure.
If the address bar is green, this is an additional sign that you are using a safe website.
Look for padlock symbol in the browser window. Don't be fooled by a padlock that appears on the page itself.

Click on the padlock symbol to check that the seller is who they say they are and that their certificate is current and registered to the right address. However, the padlock is not an absolute guarantee of safety, so err on the side of caution if you have doubts.
Try these tips for shopping and banking online safety:

If you get a pop-up message warning you about a websites security certificate, be very cautious indeed. You may be directed to a fake website, designed to get you to hand over your security details.

Use a strong password that cannot be easily guessed by others.
If a deal looks too good to be true, it probably is. Be cautious of anything offered in an unsolicited email. Cross check information on the internet to see whether anyone else has had problems.

Use online retailers that have a good reputation, either as high street shops or established online stores.

Check where the retailer is registered. Don't just assume that a seller is based in the UK just because there web address has UK in it. The law says that the seller must provide you with their full contact details so make sure you look at this.

If you buy from a seller or company based outside the EU, it can be harder to enforce your rights and problems can be harder to sort out. To find more information about buying from sellers based in other EU countries, you can visit the website of the UK European Consumer Centre.
Always used a credit card for internet transactions. If you're purchase costs over £100 the seller and your credit company are equally responsible if anything goes wrong.

(Be aware that there is sometimes a card handling fee when you pay with your credit card. Always check what this is before completing you transaction.)

Many banks offer free **anti-virus** software or browser security products check if your bank offers this.

After you have finished using a secure site always make sure that you log out. That way anyone using the computer after you can't access your personal information. So please be very careful.

Taken from Age UK booklet staying safe online.