KING OF HEARTS

Newsletter

May 2019 Cardiac Support Group

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
May 8th Guest Speaker.

Dear Members and Friends May 2019

Welcome to my May newsletter, I hope that this wonderful weather has changed your outlook on life but remember don't cast a clout till May is out.
At the April meeting it was suggested by our dear friend Molly Ghosh that it would something different if a day outing could be arranged in the near future, in the light of this suggestion I would like to ask all the group members who would be interested in this event to make contact with any member of the committee, I look forward in receiving your replies.
Also our April meeting the group welcomed two members of the community police force who gave
us a long list of dangers to look for when receiving scam telephone calls like requesting our bank information etc. and when out shopping, also when using public transport (So be careful) by the way the two members of Community Police are currently based in the Barkingside Police station.
The group welcomed another new member Mr John Strange who was made aware of the King of Hearts Group at Whipps X hospital where he is employed; we look forward to your company on future occasions.
It is with regret that I need to keep asking for members of the group to take an interest in joining our committee as without being insulting to the existing committee we appear to be running out of good ideas of interest. And relating to our monthly newsletter we still need any useful reading information, and I make no excuse in requesting help.
As I have not heard from any group member regarding my appeal for complaints about Dial a Ride and its drivers I will endeavour to ask Redbridge Council who control the afore mentioned company for answers to why some of their drivers are so rude.
At the April meeting our dear friend June Sheen was not at her usual Chirpy self as she was not well. I have since been in touch with June And she seems a lot brighter.
All well, I have since been in touch with June and she is lot brighter.
As always I send you my sincere best wishes and look forward to our May 8th meeting
Safe and healthy, and as always god bless.
Regards
Henry Phillips Chairman.

Tackling the fear of falling.

We all stumble or trip sometimes. But fear of falling can start to become a serious worry, and can be quite difficult to deal with, if not addressed quickly.

The anxiety may stem from having had a fall already, but it can prey on your mind, even if you haven't fallen before. This sometimes happens after a period of illness, which can leave you felling week and a bit unsure of yourself. Consequently you may become more cautious, limit what you are willing to do and lose confidence in carrying out daily tasks and activities. You may even stop wanting to go out on your own. Worrying in this way isn't unusual, but it can make you anxious, isolated or depressed.

Fears about losing your independence can also make you reluctant to seek help. Perhaps your worried that people will think your unable to look after yourself properly, or that they'll suggest you move into a care home.

It`s important not to let such thoughts stop you from taking positive steps to get help. A good falls prevention service will enable you to live as independent and enjoyable a life as possible. This is the case weather you`ve had a fall already or are intent on preventing one.

Talk to your GP. With their help, or the help of you local falls prevention service, you can work out how to get your confidence back, regain your balance and strength, and reduce your risk of falling.

Help from the NHS.

You should tell tour GP. If you`ve had a fall or start feeling unsteady, even if you feel fine otherwise. There could be many reasons and, equally many different ways to help you feel confident again, Your GP can check your balance and walking to see if they can improved. With your agreement, your GP can refer you to a falls risk assessment. You may be referred to the falls prevention service for your assessment, which will be carried out by healthcare professionals with specialist training experience.

The purpose of the assessment is to:

Listen to what you think the problem could be

Try to work out what`s making you more likely to fall.

Agree an individual action plan with you to reduce your risk of falling.

This could include strength and balance exercises, having your home checked for hazards, investigating any continence problems you have, and showing you how to get you safely if you fall. The plan should be designed to suit your individual needs and be regularly reviewed so that staff can see how you are getting on.

Taken from Age UK booklet. Staying steady