KING OF HEARTS

The Committee

Dr. Andrew Deaner President
Founder Members
George & Trish Scott
Karen Hughes

Committee

Henry Phillips Chairman
0208 500 7095
maureen_henry2003@yahoo.co.uk

Karen Hughes Assistant Secretary

Durham Holbourns Secretary
0208 554 6779
durhamholb18@hotmail.co.uk

Peter Knight/Henry Phillips Treasurer
0208 478 8464

Peter Knight Membership
peter.knightsite@hotmail.co.uk

Janet Knight
0208 478 8464

June Sheen
0208 595 6120

Sylvia Daly
0208 599 3188

Molly Ghosh
0208 597 2308

Eric Simmonds
0208 500 7724

Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month

COMING SOON

Newsletter

April 2021 Cardiac Support Group

Dear Members and Friends April 2021

Welcome to my belated April 2021 newsletter, I hope that this newsletter finds you all well and that most of you now have had your second Covid 19 injection without any serious after effects.

I have to report that after having our second injection both me and my wife had serious after effects and my dear wife ended up in King Georges Hospital for 12 day with chest and urine infections and as we were not allowed to visit her she became seriously down in the dumps, I am pleased to say that she has been home for a couple of weeks under my care and that of my dear daughters kind attention.
I mentioned in my March newsletter that as part of the club's constitution we are required to have an AGM, at the moment I am still unable to let you all know how we can meet this requirement under the current Covid rules, all I can say is watch this space for further information.

I have noticed on television that there have been several adverts for people suffering from blood clots so I will remind you to be aware of your dear loved ones or friends who might be struck by such a terrible situation to be aware of F.A.S.T. *Face Arms Speech* and *Telephone.* Quick response could save the life of someone close to you.

As I reported in my March newsletter that as I was having problems with brain power in fact I have taken to producing a daily list of jobs to be done that day, so this simple bit of advice could be of help to those who might suffer from the same problem as me.

I will get this letter off to Durham and Peter so that they can produce a copy out to you all. I would like to wish you all my very best wishes, keep wrapped up, and may I remind you all that the King of Hearts is still a group but without portfolio let us hope that one day things will get back to normal. Remember to stay within the government guide lines, also please be stay safe and well.

Regards
Henry Phillips Chairman

Sunshine is good for you Part 2

True & False Many people have experienced the feel-good factor of a sunny day, but there are good and bad effects of sunlight. Light from the sun includes a mixture of different wavelengths of light, some are visible to the human eye, some are shorter than the colours we can see these are called ultraviolet (UV) and some are longer, the infrared. Different wavelengths have different effects on skin.

UVB is used by skin to manufacture vitamin D which is essential for bone health. Without sun exposure this vitamin must be obtained from diet. Dermatologists use specific wavelengths of UVA and UVB in carefully controlled doses to reduce skin inflammation, a valuable treatment for some skin conditions.
But when the skin is exposed to too much UV it can damage the skin sells DNA, leading to uncontrolled growth the basis of cancer. As a simple rule, unless you have a disease or treatment that suppresses your immune system, sunshine is good for you in moderation, but always avoid getting sunburned,

Keep it Simple

The basic principles of keeping the skin healthy are mainly common sense. You should wash your skin regularly to remove dirt, but not so much that you remove the essential moisture and water-proofing Substances. Use a moisturiser if your skin feels s tight or dry-a greasy ointment works best acne-prone skin, in which case you should use non-water based cream. Avoid stress if possible, eat a healthy diet and drink water when you feel thirsty. And finally, protect your skin from too much sun with a hat and clothing or sunscreen.