KING OF HEARTS

Newsletter

November 2021 Cardiac Support

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month
At 1.30pm

COMING SOON
December 8th Christmas Party

Dear Members and Friends November 2021

Welcome to my November 2021 newsletter which will be the last edition for 2021. I would like to remind you all that on December 8th we shall once again be holding our Christmas party and on behalf of the committee we would be grateful if you can let us know if you intend to be present, and how many guest will you bring, carers are welcome this information will enable us to calculate how much food we will need to supply in order to cut the cost of the party.

On Wednesday 10th November we were treated to an extremely interesting and important talk on the importance of keeping our hearts healthy and I am pleased to say this talk was delivered by nurse Therese Noceda who the group kindly sponsored in order that she could obtain her final degree in cardiac nursing which on your behalf I would like to congratulate her for being so successful well done. Therese has promised a return visit sometime in the future.

I am listing the bullet points which nurse Therese indicated in her talk please note what I write here is for your information only. Firstly using your hand as a guide for portion sizes, (Meat and Beans Palm, Butter one finger one tip, Cheese two fingers, Fish or Chicken whole hand, and vegetables across two hands). Further items of information which Therese suggested that we should be made aware about our health. (Cholesterol levels, Body Mass Index, Smoking, and Alcohol, and the amount you use of the following items, Sugar, Sweets, Cakes, Biscuits, Salt, you can use alternative items of food).

That reminds me to thank Angela once again and June for looking after the raffle, I hope the information within this newsletter will be of interest and hopefully if and when I obtain further heart matters I will pass it onto those who are unable to attend our meetings. So as always I wish you all well and long may it remain?

Best wishes and stay safe

Henry Phillips Chairman

Bogus Caller

Bogus callers, who may be any age and appearance, male or female, aim to trick or worry you into leaving your house or letting them in, by making up stories. They may pose as tradesmen or as water, electricity or gas board workers, or as council officials or police officers.

You can prevent this type of crime if you take the following precautions:

- Think before you open the door – use your chain and spy hole or look out of the window to see if you recognise them.
- Ask callers for proof of identity and check it. If you are unsure, phone the company the caller claims to represent – use the phone number in the phone book and not on the identity card.
- Utilities companies now offer a password identification system. Any caller from one of these companies should be able to give a pre-arranged password as additional proof of identity.
- If you are in any doubt, don't let them in. Ask the caller to come back later and arrange for a friend, relative or neighbour to be present on their return.
- If you are still worried dial 999 immediately and ask for the police.

Follow our advice to stay safe:

- If you receive a phone call asking for your bank details or for large sums of cash call police from a different phone, for example a neighbours, or wait 5 minutes and be sure you hear a dial tone before dialling.
- Don't be frightened to ask for identification and always check it carefully. If you're not sure, ask them to come back another day.
- Think about installing a door chain and use it. Keep the door on the chain until you've seen identification.
- If you need your glasses to read the identification, close the door before going to find them. Don't leave the door open and unattended.
- Remember to lock the back door before opening the front.
- Don't be pressured into letting someone into your home if you have suspicions.
- Don't keep large amounts of cash in the house.
- Don't believe scare stories. Not all callers are genuine.

If you have any information on any crime.
And you would prefer not to speak to police you can call crime stoppers anonymously on 0800 555111 or visit www.crimestoppers-uk.org