KING OF HEARTS

Newsletter

February 2022 Cardiac Support

The Committee

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

COMING SOON
March.AGM also Resus.
April. Saga Power of Attorney.

Dear Members and Friends February 2022

Welcome to my February 2022 newsletter, as this is my second newsletter in 2022 May I wish you all a Covid free and safe February and onwards throughout the year.

I was pleased to see a good number of group members at the January meeting which turned into a friendly get together as the speaker who was to give us a talk about the way we should keep healthy after having cardiac problems, mistook the date of our meeting so we hope to see him after the AGM meeting in March.

At this point I would like to thank Karen Hughes who provided her house to enable the committee to hold their monthly meeting well done Karen.

It was suggested at the committee meeting that we should attempt to raise the profile of the King of Hearts club by using the local Redbridge newspaper to advertise the dates of our meetings and what we aim to achieve within the local community. To this end we need the help of the group members in order to get a good overall picture on our profile upgrade.

I would like to remind all our members that on March 9th 2022 we are required to hold our AGM in order to elect the committee for the ensuing year please try to attend this important meeting.

I would like to thank Angela Banner for taking charge of the tea station once again; I would also like to thank Karen for helping with the raffle good job.

I look forward seeing you all at our February 9th meeting but in the meantime as always I wish you well and long may it remain.
Best wishes and stay safe.

Henry Phillips Chairman.