KING OF HEARTS

Newsletter

May 2022 Cardiac Support Group

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 at1.30pm.

COMING SOON
Wednesday 11th May
Resuscitation also how to use a defibrillator.

Dear Members and Friends May 2022

Welcome to my May edition of the 2022 newsletter, I hope that this my May newsletter finds you all safe and well.

For all those members who were able to attend the April meeting Pauline from Age UK presented us with a useful account of Lasting Power of Attorney and I for one will be acting on her advice and will be seeking help from AGE UK, we were given information sheets and telephone number should any member require them.

At our May meeting we shall be taken through the process of resuscitation given by Karen and her good friend a nurse who is a specialist in methods of resuscitation, also how to use a defibrillator in order to assist a person in time of need if and when an emergency arises.

I was pleased to see our good friends Janet and Peter at the April meeting after a long absence due to Peter having been laid low by illness, Peter I am sure the group wish you a full recovery. Janet thank you for taking care of the raffle, well done to you both.
Before we meet in May meeting our dear friend Karen Hughes will celebrating her birthday and as an old English gentleman her age will be kept a secret for the moment, on behalf of the group I would like to wish you many Happy Returns.

I would like to thank Angela Banner who prepared and served the refreshments, well done Angela.

I look forward seeing you all at our May 11th meeting but in the meantime as always I wish you all well.

Best wishes and stay safe.

Henry Phillips Chairman

Rebecca`s Story.

Everyone one enjoys going on holiday, and for Rebecca, her four week stay in Australia was Going to be a holiday of a life time. She spent months choosing exactly where she was going, Booking the flights and hotel. Buying new cloths, having her legs and bikini line waxed, checking her passport was up to date, booking her animals into a pet hotel, leaving instructions for her friends, who were going to stay in her house while she was away, in short , she had done everything and anything she could think of to insure that her holiday would run like clockwork.

On the morning of her departure, Rebecca woke up with her alarm, showered ,pulled on her cloths and then waited for the taxi, which she had booked the previous evening. Every thing was running without a hitch. The taxi driver arrived and duly deposited her at Heathrow airport (albeit with a smirk on his face) where she unloaded her bags on to a trolley and began pushing them towards the check-in desk.

At this stage, Rebecca began to notice that people were looking at her a bit strangely .With a cold shiver running up her spine, she looked down at what she was wearing in her eagerness to get to the airport, instead of donning her holiday cloths, Rebecca had, for some reason known only to the deep recesses of her subconscious, gotten back into her mighty, dressing gown and slippers.

She was standing in the middle of Heathrow airport, all decked out for bed.