KING OF HEARTS

Newsletter

February 2023 Cardiac Support Group

The Committee

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Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at1.30pm.

COMING SOON
February 8th Bess Lewin. Talk on life in Show Business.
March 8th A.G.M

February 2023

Dear Members and Friends

Welcome to my February newsletter I hope it finds you all well. At the January meeting we were given a talk by two ladies from Age UK, for those members who were able to be present at the meeting we were treated by these knowledgeable ladies information relating to our wellbeing.

Glenda Templeman gave a very extensive talk on accidents (fall) which can occur within our homes and ways of taking precautions such as wearing correct slippers and shoes and by being careful with the position of carpets and other objects which might cause accidents, try not using ladders without supervision. I would suggest that any members who asked Glenda for the Risk Assessment forms fill them in and return them to her at Age UK.

I have to inform the group that at our March meeting we need to undertake our annual AGM according to the group constitution, I would therefore like to state that as this is a very important meeting as many of the group members attend in order that we can participate in a regular and constitutional meeting.

I would like to thank Angela and Karen for making and providing us with tea and coffee well done ladies. I would also like to thank John Lewis for the gift he made in lieu of the raffle.

I look forward seeing you all at the February 8th meeting, and I will ask Durham if he can add any information for the future events of the group to this newsletter, and as always I wish you all well.

Best wishes and stay safe

Henry Phillips Chairman

MEMORIES

Oh how I wish for the days gone by
When men would whistle as they toiled on high.
When it was safe to go for a walk at night.
With doors left open, and people were polite.

When a man's word and a shake of the hand
Was all that was needed to make a stand?

When children had manners and never were rude.
When it was never the practice to say anything crude.
We worked hard for most of the day.
We helped one another and expected no pay.

There were no drugs to be had or no foul language so bad.
There was humour and pride of which to be glad.
Those days are long gone, and so with a sigh
Us oldies must yield and kiss them goodbye.