KING OF HEARTS

Newsletter

March 2023 Cardiac Support Group

The Committee

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

Committee

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

COMING SOON
March 8th A.G.M & Nutritionist.
April12th Vanessa Cole role as ex-Mayor of Redbridge.
May 10th Redbridge C.V.S Volunteers.

Dear Members and Friends March 2023

Welcome to my March newsletter which I hope finds you all well, now that we are coming to the end of February we can start looking forward to spring thank god.

It is with regret that I have to inform the group that after sending out my February newsletter I was made aware that the group had lost one of its long standing dear friends Edward John Alan Gee, four of the group Karen, Janet, Peter, and myself attended Forest Park Crematorium on Wednesday 22nd February to be with his family and friends in order to say farewell to Alan, his family made us most welcome and thanked us for attending on this sad occasion. A donation box was provided by the undertaker on behalf of the family the contents of which will be donated to the King of Hearts in the name of Alan.

At our March meeting we need to undertake our annual AGM, I would like to ask as many group members who are available where possible to attend this very important meeting. Our dear nurse Karen has also invited at our March meeting a professional Nutrition who will advise us about healthy eating.

At the February meeting we were entertained musically by a dear lady who from a young age decided that she would like to become a dancer her talk took us through her dancing career which I for one found it interesting as it was illustrated by video pictures, our donation to her is to be given to St Francis Hospice well done Bess Lewin. At the same meeting three ladies from Redbridge CVS came to meet us prior to their meeting with us in the near future, this was also a useful presentation.

I would like to ask if there are any members in the group who would be interested in joining our committee as we are in urgent need of new ideas and guidance on how we can go forward with the King of Hearts support group.

Can I thank Angela, Alan, Karen, Janet, Peter and Durham for helping to make the meeting run without any problems. I also look forward seeing you all at the March 8th AGM meeting, I will ask Durham if he can add any information regarding the future events of the group to this newsletter.

As always I wish you all well.

Best wishes and stay safe

Henry Phillips Chairman

Special Request.

``How Can We GO Forward``

We would ask all our members how they feel regarding the Club.

Any Idea's on making the King of hearts more useful and interesting, and are our meetings our meetings useful to all ex-cardiac patients who attend, and to advertise in the local newspaper.

Would you please send any suggestions you may think of please send them to me or to Henry. Thank You