KING OF HEARTS

Newsletter

April 2023 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

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
April12th Vanessa Cole role as ex-Mayor of Redbridge.
May 10th Redbridge C.V.S Volunteers.

Dear Members and Friends April 2023

Welcome to my April newsletter which I hope finds you all well. I hope that the usual April fool pranks didn't embarrass any of our members.

You may remember that in my March newsletter I reported that our dear friend Edward Alan Gee had passed away and that some of the committee attended his funeral at which we meet his family and neighbours. Since his passing the friends of Alan have made several collections on his behalf and have donated currently £165.00 to the King of Hearts account for which the committee and myself are extremely grateful. I am not sure who these kind people are so I will ask Lindsey Gentle his kind neighbour to thank them from us all, and to inform them that this money will be put to good use.

For those members of the group who were unable to attend the March meeting the AGM went well and I am pleased to say the committee was voted in for another year, we would however be pleased to receive suggestions on how the King of Hearts can be more proactive in the months ahead.

At the March meeting we were also given a talk on nutrition by a lady from Vision who has promised to leave some pamphlets for me to pick up before our April meeting.

Can I thank Angela, Alan, Karen, Janet, Peter and Durham for helping to make all our meetings run smoothly and without any problems. I also look forward seeing you all at the April 12th meeting.

As always I wish you all well.
Best wishes and stay safe

Henry Phillips Chairman

If You Don’t Move It, You Lose It.

Keeping our bodies active is as important as feeding ourselves the right food. If we don’t want to suffer the indignity of not being able to put on our own socks or tie our own shoelaces, particular attention should be paid to our everyday exercise routines, in order that the ageing process can be slowed down. A brisk half hour s walk once a week is a good way to begin building up stamina. Swimming is also an excellent way to keep our bodies in shape as, during your time in the pool, you will be excising your entire musculoskeletal system. Exercise is a wonderful way to increase our happiness, as endorphins, which helps to fight against depression, are released by the brain during periods of high activity. Sports such as tennis, ping-pong, and volleyball and badminton mot only help with our hand/eye coordination but they are also great at relieving stress, as the degree of concentration required means all your other worries are forgotten.

Love Bites.

An elderly couple are lying in bed one night. Turning to her husband, the wife asks. Do you remember when we first starting dating and you used to hold my hand? Her husband leans over unenthusiastically and takes hold of his wife’s hand before trying to get back to sleep. A few moments later she says, Do you remember our first kiss? You used to kiss me all the time, Mildly irritated her husband reaches across, gives his wife a quick peck on the cheek and settled down to sleep.

Thirty seconds later his wife pipes up, and then you used to bite my neck. Angrily her husband throws back the duvet, clambers out of bed and storms out of the room.

Where are you going? She calls after him. To get my teeth.