KING OF HEARTS

Newsletter

June 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

Dear Members and Friends June 2023

Welcome to my June newsletter and yes another May bank holiday I hope my newsletter finds you all well. I am sorry to report that my dear wife Maureen remains in St Margaret's Hospital Epping and is still undergoing respite care as they are unable to control her continual pain problems.

I am also pleased to inform all those group members that the club offers its speakers a fee in lieu of giving up their time and subject knowledge we were asked by Vanessa Cole ex-Mayor of Redbridge if we could donate her fee to one of her charities, the charity she selected was 'Cat Protection' our treasurer Peter Knight on our behalf and that of Vanessa sent this charity a cheque for £40.00 which we hope will be put to some good use.

At our May meeting we were given talk by a senior female member of the Redbridge Community Volunteer Service who advised us as to what facilities the Redbridge C.V.S. offers its residents these facilities include finance, mental health, house rental problems, etc. Information relating to her talk was given to Karen who will on pass it to any member of the group who may be interested.

As always I would like thank Angela, Alan, Karen, Janet, Peter, Silvia and Durham for helping to make the May meeting a success and as usual it ran smoothly thanks to these kind people. I look forward seeing you all at the June 14th meeting.

I wish you all well.

Best wishes and stay safe

Henry Phillips Chairman

A Shaggy Dog Story

As a butcher is shooing a shaggy dog from his shop, he sees £30 and a note in his mouth reading 8 lamb chops please.

Amazed, he takes the money, puts a bag chops and the change in the shaggy dogs mouth, and being curious, quickly closes the shop.

He follows the dog and watches him wait for a green light, look both ways, and trot across the road to a bus stop.

The shaggy dog carefully checks the timetable and goes and sits on the bench.

When the bus arrives, he walks around to the front and looks at the number, then boards the bus.

The butcher follows, a little dumbstruck and takes a seat a few rows behind.

As the bus travels out into the suburbs, the shaggy dog gazes out of the window, taking in the scenery, the bag of lamb chops nestled safely by his paws.

After a while he stands on his back paws to push the stop bell. When the doors open the dog steps out and the butcher quickly follows him off, more intrigued than ever.

The shaggy dog opens the gate and runs up to the house and drops the bag of lamb chops on the step.

He sits patiently for a few minutes but when the door is not opened he barks repeatedly.

Still no answer. He barks some more but again gets no response.

He goes back down the path, takes a big run, and throws himself against the door.

He does this again and again. No answer.

So he jumps on a wall, walks around the garden, barks repeatedly at a window, jumps off, and waits at the front door.

Eventually a small man angrily opens the door and starts cursing and shouting at the dog.

The butcher runs up and screams at the guy.What on earth are you doing? I have followed this little chap all the way from my butcher shop. This shaggy dogs an absolute genius.

The owner responds ``Some Genius this is the second time this week he`s gone out and forgotten his key``