KING OF HEARTS

Newsletter

February 2024 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

Ann Towers
0208 530 2901

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

COMING SOON
14th February Fire Brigade.

Dear Members and Friends February 2024

Welcome to my February 2024 newsletters and as usual I wish you all the very best for a safe and healthy 2024. I would like to thank all the committee members who assisted in making our January meeting a great success.
At our January meeting we were to be given a talk by a junior doctor from King Georges Hospital however due to the junior doctor's strike our guest speaker was unable to attend, so at short notice our dear friend Karen gave the group a talk and demonstration on how to enjoy simple exercises prior to and after a heart procedure, thank you Karen for a most informative and useful discussion.
At our February meeting the London Fire Brigade will give us a talk on how to remain safe in and outside our homes, and they will be pleased to answer any questions you may put to them.
I would like to wish our dear friend Peter Knight a speedy recovery from a cracked rib which has plagued him for several week's, in fact the severe pain which he is experiencing prevented him from attending our January meeting.
I would also like to wish Alan Banner well as he had to leave the meeting early due to not feeling well, I am sorry that I have not been in touch but our thoughts are with you.
I would also like to thank Angela for providing the group with refreshments well done for your continued support.
Last but not least I would again like to thank all those members who attended our January meeting, and I look forward seeing our dear friend Durham in February.
As usual I wish you all well, and I look forward seeing you all at our February 14th meeting.
Best wishes for 2024 stay safe and healthy.
Henry Phillips Chairman

Missing Glasses.

If only I could find them I`d see them straight away.
Oh How I wish my glasses would never ever stray.
I leave them on the table then they turn up on the chair.
I put them on the sideboard and then find them on the stair.
Its very plane my glasses sneak off each time I doze,
They`re off and on the razzle instead of on my nose.
So please come back dear glasses no more will I ever part,
On a chain I`ll wear them, forever near my heart.

A Smile.

A smile is an infection
You catch it like flu,
When someone smiled at me today
I started smiling too.
I walked around the corner
And someone saw me grin.
When he smiled, I realised
I`d passed it on to him.

A professor of mathematics sent a fax to his wife. It read:

"Dear wife: You must realize that you are 54 years old, and I have certain needs which you are no longer able to satisfy. I am otherwise happy with you as wife, and I sincerely hope you will not be hurt or offended to learn that by the time you receive this letter, I will be at the Grand Hotel with my 18 year old teaching assistant. I`ll be home before midnight.
You're Husband."

"Dear Husband: You too, are 54years old, and by the time you receive this letter, I will be in the Breakwater Hotel with the 18 year old pool-assistant boy.
Being a brilliant mathematician that you are, you can easily appreciate the fact that 18 goes inti 54 a lot more times than 54 goes into 18. Don't wait up "