KING OF HEARTS

Newsletter

February 2025 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 at 2pm.

COMING SOON
February 12th Angela Seated Exercise class.
March12th Cardiac RehabilitionTeam.
April 9th A.G.M.

Dear Members and Friends February 2025

Welcome to my February newsletter and as is my usual I wish that this my current newsletter letter finds you all well, I hope that you are all coping with the current cold weather and that keeping warm is not causing you any financial energy problems.

At our January meeting Karen and her good friend educated those present how we could help someone who requires reviving after having a heart incident, all the those present were invited to take part in using a portable defibrillator and carry out CPR both of which proved a positive exercise.

I would like to wish all those members who were unable to attend our January meeting a Happy New Year and wish them well hope to see soon you at our future meetings.

At our January meeting we were missing two of our good friends Angela and Alan Banner both of whom were not in the best of health so I hope that they will be able to attend our February meeting.

I must remind the group members that we are duty bound to hold our yearly AGM, our secretary will advertise the AGM in his part of the newsletter.

I would like to thank the committee members who made the January meeting run smoothly both with the refreshments and raffle well done to you all.

I look forward seeing you all at our February 12th meeting, I would also like to remind the group that our meetings start at 2pm, best wishes and stay safe.

Henry Phillips Chairman

Nursery rhymes for our times.

I have a little satnav
It sits there in my car,
A satnav is a driver's friend
It tells you where you are.

I have a little satnav
I've had it all my life,
It's better than the normal ones
My satnav is my wife.

It gives me full instructions,
Especially how to drive,
Its 60 miles an hour,
It says you're doing 65.

It tells me when to stop and start
And when to use the brake,
And tells me that it's never ever
Safe to overtake.
It tells me when the light is red
And when it goes to green,
It seems to know instinctively
Just when to intervene.

It lists the vehicles in front
And all those to the rear,
And taking this into account
It specifies my gear.

I'm sure no other driver
Has so helpful device,
For when we leave and lock the car
It still gives its advice.

It fills me up with counselling
Each journey's pretty fraught,
So why don't I exchange it
And get a quieter sort?

Ah, well, you see, it cleans the house,
It washes my shirts and things
And keeps me warm in bed!

Despite all these advantages
And tendency to scoff,

I do wish that once in a while
I could turn the damned thing off.