KING OF HEARTS

Newsletter

July 2025 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

Peter Knight/Henry Phillips Treasurer
0208 478 8464

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 at 2pm.

COMING SOON
July 9th Angela Seted Chair Exercise.

Dear Members and Friends July 2025

Welcome to my July newsletter and I hope that you are all well and still enjoying the warm weather.

Before our June meeting our dear friend Karen informed me that she would not be able to attend our meeting as her brother had been taken ill and had been in hospital for several days, Karen was concerned that the local Wiltshire hospital was unable to ascertain the cause of his illness so she was going to the hospital in order to be with him during his illness, I have not been in touch with her but I hope all is well and that we might see her in July.

At the June meeting we were given an interesting talk by one of the Redbridge Diabetic nursing team who informed the group about the dangers that come with diabetes and how we can self-diagnose this illness. She informed us that her clinic is at 76 Buntingbridge Road, Ilford, IG2 7LR, and that the clinic can be contacted by phone on 0300 300 1826 should advice be required, I will ask Karen to send a letter of thanks to the clinic.
Our good friends Angela, Alan, Durham and Molly Gosh were unable to be present at the June meeting so I hope that we might see them in July.
I would like to thank Janet, and Silvia, for providing our refreshments, Eric for the raffle, and Peter
for looking after the group members, well done all.

I hope that you are enjoying all the sport activities which are happening this month, I was sorry to see Emma loss her tennis match maybe next year she will be successful.

As usual I would like to thank the committee who attended to the needs of the group at the June meeting, I look seeing you all at our July 9th meeting, best wishes and stay well and safe.

Henry Phillips Chairman

Ode to an Oldie

Here's a little poem for those who've passed their prime,
We've reached the age of Careful Now, when stairs we have to climb.

To younger folk we've lost our zing and slowed up quite a bit.
But deep inside we`re sweet sixteen, pretty, lithe and fit.

The years have changed our girlish shape, but thoughts they cannot alter.
We dream of times, when fleet of foot, our movements did not falter.

For we were young with much to learn, eager, bright, and sunny,
With wondrous thoughts of times ahead, exciting, gay and funny.

So if we've changed and forget some names, don't tut and give a sigh.
For in years ahead, it can safely be said, you'll be just as ancient as I.

By L.R Cox.

Thanks for the Memories.

On his way home from work a young man sees an old lady sitting on a park bench,
Crying her eyes out. Stopping in concern, he asks her what is wrong.
I have a fit young husband who makes love to me every morning and then gets up and makes me pancakes with blueberries, sausages, bacon, fried eggs, mushrooms, fresh fruit and freshly ground coffee.
`Well, why on earth are you crying then? `
Every day he makes me a delicious lunch of lamb chops and new potatoes, followed by chocolate cake, and then we watch a film together and make love the rest of the day.
`Well then why are you crying?
For dinner he makes me a gourmet meal with a bottle of red wine, and then we make love until two in the morning.
Beginning to lose patience, the young man asks again,
Why are you crying? Shaking uncontrollably, the old woman sobs,
I can't remember where I live!

Taken from the book of Senior Moments.

-