KING OF HEARTS

Newsletter

October 2025 Cardiac Support Group

The Committee

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Founder Members
George & Trish Scott
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Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at 2.pm.

COMING SOON
October 8th Jack Matthews Talk on being a Film Extra.
November 12th Cardiac Medicines.

Dear Members and Friends October 2025

Welcome to my October newsletter and I hope that you are all well, and enjoying what is left of the summer weather.
At our September meeting we were given a chat by a friend of the group Mr Sam Wesil who is responsible for the running of phase three rehab in the Vision run Barkingside swimming pool, he explained the need for heart patients to partake in this part of their re-hab, he also explained what other exercise programs take place within his group.
It is with great sorrow that I need to inform the group of the passing on my dear wife Maureen in the early hours of Saturday 27th September my family and I am currently in a state of great sadness and I am finding it hard to comprehend what has just happened. I apologies for my newsletter being short but I am having a struggle to string words together, I would however like to take Angela and Eric for all there help at the September meeting.
Alan Banner, Janet and Peter Knight were unable to be at our September meeting due to being under the weather so on your behalf I wish them all well.
I look forward seeing you all at our October 8th meeting, best wishes and stay well and safe.
Henry Phillips Chairman

The Elf and the Dormouse.

Under a toadstool crept a wee elf,
Out of the rain to shelter himself.
Under the toadstool sound asleep,
Sat a big dormouse all in a heap.
Trembled the we elf frightened and yet
Fearing to fly away lest he got wet.
To the next shelter maybe a mile,
Sudden the wee elf smutted a wee smile.
Tugged till the toadstool toppled in two,
Holding it over him gaily he flew.
Soon he was safe home dry as could be.
Soon woke the dormouse `good gracious me`
Where is my toadstool? Loud he lamented,
And that's how umbrellas first were invented.

By Oliver Herford (1863)

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