KING OF HEARTS

Newsletter

April 2026 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

Peter Knight Membership
peter.knightsite@hotmail.co.uk

Sylvia Daly
0208 599 3188

Eric Simmonds
0208 500 7724

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

COMING SOON
April 8th

Dear Members and Friends April 2026

Welcome to my April newsletter which I hope finds you all well, and I am pleased that the evenings are staying lighter longer.

I would like to thank Karen and her good friend Mags who between them demonstrated the various methods of cardiac re-sus if you are ever in a position of helping someone who has collapsed and needs help, I was pleased that members of the group took part in the demonstration well done to all of you who carried out a procedure. I still need to report that our good friend Angela Banner is still undergoing treatment after her fall several weeks ago, please get well soon Angela as you and Alan are sorely missed at our monthly meetings.

I have been asked by Durham our secretary if anyone has any topics of interest for the group could you please let Durham use them in the monthly newsletter.

I would like to remind our group members that at our April meeting according to our club constitution we must hold the AGM.

I would like to thank the committee members who were able to be present at the March meeting who helped to make the meeting very enjoyable.

I am looking forward seeing you all at our April 8th 2026 meeting, best wishes and stay well and safe.

Henry Phillips Chairman

A Juggler was driving to a show when he was stopped by a police officer who became suspicious on finding matches and lighter fuel in the glove compartment.
`What are these for? Asked the officer.
I'm a circus juggler, replied the driver, I need them for my act.
The officer wasn't convinced and demanded proof, so the driver picked up his props and began jiggering three blazing torches at the roadside before taking things up a notch by closing his eyes and balancing on one leg.
Just then an elderly couple drove by. The husband turned to his wife and said.Im so glad I quit drinking. Look at the test they have to do now.