KING OF HEARTS

Newsletter

May 2026 Cardiac Support Group

The Committee

Dr. Andrew Deaner President
Founder Members
George & Trish Scott
Karen Hughes

Committee

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

COMING SOON
May 13th Angela. Seated chair excesses.

Dear Members and Friends May 2026

Welcome to my May newsletter which I hope finds you all well and I am pleased that the days are getting warmer which makes life more pleasant. I am also pleased to say that our AGM meeting went well and that the committee were re-elected however our dear friend Jhote who wanted to be part of the committee was not present at the start of the meeting which was unusual for her so Karen telephoned her home only to find that this dear lady had passed away a week before the meeting, this news was extremely upsetting as she so wanted to be part of the committee, Karen offered her sympathy to Jhote son on behalf of the group. After the AGM Karen gave a chat on the benefit of owning a blood pressure monitor for the use within the family home several members of the group, several members present had their blood pressure read by Karen well done all.

I am pleased to report that Angela Banner is now recovering from her fall in the comfort of her own home and is being looked after by her husband Alan well done Angela at last some good news. Another bit of good news is that Jeff Ablett introduced a lady friend to the group and she was made welcome by those present.

I have some sad news to report that on the 20th April 26 I attended the funeral of another group member who passed away just recently. Peter Riches along with Len Abbot, Brian Mills, Brian Ashworth, all members of the King of Hearts have left me the only man standing of the original cardiac re-hab group member 20 years ago we all had the tee shirt.

At the May meeting we shall be sharing with our dear friend Angela the PILATES and exercise teacher so be prepared for an enjoyable workout.

I would like to thank the committee members who were able to be present at the April meeting who helped to make the afternoon very enjoyable. I am looking forward seeing you all at our May 13th 2026 meeting, wishing you all my best wishes, stay well and safe.

Henry Phillips Chairman

The computer swallowed Grandma.

The computer swallowed my Grandma. Yes, honestly it's true!
She pressed the control and enters, and disappeared from view.
It devoured her completely, the thought just made me squirm.
She must have court a virus or eaten by a worm.
I've searched through my recycle bin and files of every kind.
I've even used the internet, but nothing did I find.
In desperation. I asked Google, my searches to refine.
The reply from him was negative, not a thing was found on line.
So, if inside your 'in box` my Grandma you should see.
Please Copy, Scan and paste her. And send her back to me.

Life only comes around once, so do what makes you happy
And be with people who makes you smile.

Back seat Driver.

An elderly lady dials the police to report that her car has been broken into. She is hysterical as she explains her situation.

The monsters have stolen the stereo, the steering wheel, the brake pedal and even the accelerator she cries. The operator asks her to remain calm and informs her that a police officer is on his way. A few minutes later, officer radios his report.

Disregard he says. She got into the backseat by mistake.