KING OF HEARTS

Newsletter

August 2026 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
August 12th Angela Chair Exercise.

Dear Members and Friends August 2026

Welcome to my August newsletter which I hope finds you all well, and still enjoying the warm weather long may it continue.

I would like to add a personal note here in my August newsletter as on the 6th August 2026 had my dear wife Maureen still been here we would have been celebrating our 66 wedding anniversary, this date is very important to me hence I needed to share it with my dear group friends.

I am glad to report that the July meeting went well with the attendance of a very delightful young community nurse, Chantelle explained how she and the other nurse in her group were employed on a daily basis and it was very pleasing to hear that all her patients were treated with total empathy and respect. Well done Chantelle.

It also gives me much pleasure to inform the group that our dear friend Angela will be present at our August meeting to run us through our paces with her usual chair exercise programme. I am sure that all of the group will enjoy her very social company.

I am not sure if those member of the group who are in possession of a Blue Badge know that during hot weather hose pipe bans you are able to use your watering devices without being challenged also fish ponds etc.

I would like to thank all the committee members especially Sylvia and Richard for making and serving the liquid refreshments. I am looking forward seeing you all at our August 12th 2026 meeting, wishing you all my best wishes, stay well and safe.

Henry Phillips Chairman

The computer swallowed Grandma. Yes, honestly its true!

She pressed the Control and Enter, and disappeared from view.

It devoured her completely, the thought just made me squirm.

She must have caught a virus, or eaten 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 Mr Google, my searches to refine.

The reply from him was negative, not a thing was found on line

So, if inside your inbox my Grandma you should see.

Please Copy, Scan and Paste her, and send her back to me.

Talk about eating the right foods

The Japanese eat very little fat and suffer fewer Heart Attacks than the British or the Americans.
Or on the other hand, the French eat a lot of fat and also suffer fewer Heart Attacks than The British or Americans. The Japanese drink very little red wine and suffer fewer Heart Attacks than the British or Americans.
The Italians drink excessive amounts of red wine and also suffer fewer Heart Attacks Than the British or Americans.
Therefore the CONCLUSION is.
Eat and drink what you like, as its speaking English that kills.