KING OF HEARTS

Newsletter

September 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
September 10th Allan Jacobs,
Talk on Taxi Driving

Dear Members and Friends September 2026

Welcome to my September newsletter which I hope finds you all well, and still enjoying the warm weather I am now looking for an Indian summer fingers crossed.

At the August meeting we had the pleasure of being in the presence of our dear friend Angela who along with a new member and his wife put us through a gentle sitting exercise program and as usual it was carried out with her pleased to be with us attitude. She has promised Karen to be with us later in the year well done Angela.

I am sorry to say that my September newsletter is shorter than usual but not much has happened since our August meeting but I am pleased to say that we have another new member who hopes to be with us in September.

I am sorry to say that at the time of my September newsletter going to Durham I was not able to tell the group who will be giving us a medical talk, I am sure that Karen has this in hand for our meeting.

I am sorry to report that at our August meeting Alan and Angela Banner were still unable to be present as they are not a hundred percent well, so please on behalf of the group get well soon as you are both sadly missed.

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 September 9th 2026 meeting, and may I wish you all the very best stay well and safe.

Henry Phillips Chairman

A Little Nursery Rhyme
I had a little sat nav,
It sits there in my car,
A satnav is a driver's friend
It tells you where you are.

I have a little sat nav
I've had it all my life,
It's better than the normal ones
My sat nave is my wife.

It gives me full instructions
Especially how to drive,
Its 60 miles an hour,
It says you're doing 65.

It tells me when to stop and start
And when to use the brake,
And tells me that it's never ever
Safe to overtake.

It tells me when the light is red
And when it goes to green,
I seem to know instinctively
Just when to intervene.

It lists the vehicles in front
And those to the rear,
And taking this into account
It specifies my gear.

I'm sure no other driver
Has so helpful device,
For when we leave and lock the car
It still gives its advice.

It fills me up with counselling
Each journey a pretty fraught,
So why don't I exchange it
And get a quieter sort?

Ah, well, you see, it cleans the house,
It washes my shirts and things
And keeps me warm in bed!

Despite all these advantages
And tendency to scoff,
I do wish that once in a while
I could turn the damned thing off.

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