KING OF HEARTS

Newsletter

November 2026 Cardiac Support Group Group

The Committee

Professor Dr. Andrew Deaner
President
Honorary Members
Trish & George Scott

Karen Hughes

Henry Phillips Chairman
0208 500 7095
maureen_henry2003@yahoo.co.uk

Durham Holbourns
0208 554 6779

Karen Hughes Assistant Secretary

Peter Knight/Henry Phillips Treasurer
0208 478 8464

June Sheen
0208 595 6120

Sylvia Daly
0208 599 3188

Eric Simmons
0208 500 7724

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

COMING SOON
November 11th Angela. Chair Exercise.

Dear Members and Friends November 2026

Welcome to my November newsletter which I hope finds you all well, since the clocks went back the weather is still fairly bright but breezy so try keeping warm by getting your warm clothes on. At our October meeting our dear friend Karen was not well enough to attend due to the fact that both her and husband went down with Covid and were both very poorly with this dreadful illness. Since then I myself have been attacked what is known as RSV commonly known as Respiratory Syncytial Virus which affects nose throat lungs etc I am still being monitored by what is known as Home Doctor via the Bluetooth internet, I shall be at the November meeting and will be wearing a mask. For those group members who were able to attend the October meeting we were entertained with a talk about the life of Agatha Christie by a very knowledgeable visitor a Mr Nick Dobson well done Nick. I am very pleased to inform the group that at our November meeting we will again be in the presence of our dear friend Angela who will provide us with useful sitting down exercises. I was so pleased to see our dear friend Durham at the October meeting after a long absence whilst caring for his sadly departed wife Silva good to see you Durham. I would like to thank the Committee members Peter, Durham and Eric for making the meeting run smoothly, also I would like to thank Alan and Angela who provided us with our liquid refreshments. I must remind the group that at the December meeting we will entertain ourselves with an informal get together and I would appreciate it if could let Karen know if you intend to be present as we like to provide a simple snack. I am looking forward seeing you all at our November 11th 2026 meeting, and may I wish you all the very best stay well and safe.

Henry Phillips Chairman

21st Century Shopping.

How I long for bygone days when shopping was a simple chore.
Now I am in a constant haze from endless choice in every store.
I walk for miles along the aisles in search of powder for the wash, what happened to the ones I knew, like Tide, Rinso, Oxydol and Omo?
Oh joy! There's Persil, know it well, what kind to choose, how I can tell.
The prices are a mystery just buy one and get one free! I always think it would be nice if they Would simply half the price and only this and that, on items that are far from cheap.
They treat us like a flock of sheep. But that, which drives me quite insane, is when I seek for things in vain. To only find again, once more they've gone and rearranged the store.
Are the choc bars getting smaller or is it just me?
Are the shortbread fingers thinner? It surely cannot be me.
A bag of crisps, just half a potato? Perhaps it's just me.
Are tempers getting shorter? I hope that is not me.
Everything seems to be shrinking, but I know that isn't me.

Life

Man comes into this world without his consent, and leaves against his will.
On earth he is misjudged and miss understood;
In infancy he is an angel, in boyhood he is a devil, in manhood he is a fool.
If he has a wife and children, he is a chump;
If he is a bachelor, he is unhuman.
If he enters a public house, he is a drunkard;
If he stops out, he is a miser.
If he is a poor man, He has no brains;
If he is rich, he has had all the luck in the world.
If he has brains he is considered smart and dishonest.
If he goes to church, he is a hypocrite
If he stays away, he is a sinful man.
If he gives to charity, it is for advertisement;
If he does not he is stingy and mean.
When he comes into the world everybody wants to kiss him;
Before he goes out everybody wants to kick him.
If he dies young, there was a great future before him;
If he lives to a ripe old age, everybody hopes he has made his will.

I will not be sending a Newsletter in December.
May I wish you all a Very Happy Christmas and a Healthy New Year.
And to all our Jewish Friends I wish you all A Happy Chanukah.