

TAKE HEART'S GRAND CHRISTMAS DRAW

In aid of Cardiac Depts. at Southend University Hospital

TICKETS ONLY £1 each

1st Prize: £250 Cash

2nd Prize: £100 Voucher
(Donated by Cooks Coaches Southend)

3rd Prize: 7" Android Tablet

4th Prize: £50 Voucher
(Donated by the Fisherman's Wharf Southend)

5th Prize: £30 voucher
(Donated by Padrino Italian Restaurant Westcliff)

6th Prize: Large Christmas Cuddly Reindeer

7th Prize: 3 Bottles of Cava

8th Prize: 3 bottles of Prosecco

9th Prize: Bottle Jack Daniels

10th Prize: Bottle of Margarita

11th Prize: Bottle of Port

12th Prize: 2 Bottles of Sparkling Rose (Jacobs Creek)

13th Prize: 2 Bottles Sparkling Wine (Banrock)

14th Prize: 2 Bottles of White Wine (Ernest & Julio Gallo Brut)

15th Prize: Bottles of Crème Liqueur

16th Prize: Set of Crystal Glasses

17th Prize: Christmas Teddy Bear

18th Prize: Bayliss & Harding Beauty Set

19th Prize: Tin of Chocolates (Roses)

20th Prize: Bottle Martini

Draw will take place at the Take Heart Meeting and Christmas Concert on Thursday 13th December 2018 At the Eastwood Community Centre, Eastwood, Southend-on-Sea, SS2 6SH.

Concert starts at 8.00: Entrance is Free: All Welcome:
Registered Charity Number 1023707

Promoter: Mr. Colin Stanley, 30 Westminster Drive Westcliff SS0 9SL
Registered under the Lotteries & amusements Act 1976
with Southend-on-Sea Council No.1247



A Cardiac Support Group - Registered Charity No. 1023707

WINTER 2019

(Covers: December 2018 / January 2019 / February 2019)

The Group meets on the **SECOND Thursday**
of every month at 8.00 pm at:

THE EASTWOOD COMMUNITY CENTRE
WESTERN APPROACHES
EASTWOOD
SS2 6SH

Free Parking in
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*New Members welcome :
come along and introduce yourself*

www.takeheartsouthend.org

For Further Information:- 01702-309042
Leave a message and phone no. and we will contact you.

The Who's Who of "Take Heart"

Chairman: Paul HalleyTel: 01702-615660
paul@takeheartsouthend.org

Secretary: June Johnson.....Tel: 01702-309042
junejohnson2810@gmail.com

Treasurer: Colin Stanley.....Tel: 01702-311796
finance@takeheartsouthend.org

Membership Sec. Gill Stanley.....Tel:01702 311796
g.l.stanley@hotmail.com

Hospital Rep: Richard Lefever.....Tel: 07850662422
richard.lefever@sky.com

Refreshments: Eileen Stewart..... *eileengas3@gmail.com*

Advertising: Lesley Pettengale.....Tel: 01702-340769
lesleycyd@aol.com

Committee Member: Les Whitehead

President: Dr Paul Kelly BSC. MD. FRCP.
 Vice President : Mr George Turner

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Committee (Ex Officio) Members Sue Middleton and Sarah Sayer
 both Clinical Nurse Specialists and joint Rehab Team Leaders

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Southend Hospital Cardiac Rehabilitation Centre.
 Tel: 01702-385028

E-Mail: susan.middleton@southend.nhs.uk

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All correspondence should be sent to:

"Take Heart" 47 Ness Road Shoeburyness Essex SS3 9DB

The views expressed in articles submitted for publication are not necessarily the views of the Editor or The "Take Heart" Committee.

To advertise in Future Editions of this magazine

Please contact the Editor: 01702 615660 or e-mail enquires to: lesleycyd@aol.com
 Circulation is 2,500 copies per quarterly edition posted to all 850 "Take Heart" members with copies sent to all 110 local G.P. surgeries and clinics within our area and all local libraries also waiting areas within Southend Hospital.

The cost per page advert is £70.00 per year,
 1/2 page £40.00 per year, 1/3 page £30.00 per year, 1/4 page is £25.00 per year.



(W. E. COOK)

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A grammar lesson: On his 70th birthday, a man was given a gift certificate from his wife. The certificate was for consultation with an Indian medicine man living on a nearby reservation who was rumoured to have a simple cure for erectile dysfunction. The husband went to the reservation and saw the medicine man. The old Indian gave him a potion and, with a grip on his shoulder, warned 'This is a powerful medicine. You take only a teaspoonful, and then say: '1-2-3.' When you do, you will become more manly than you have ever been in your life, and you can perform for as long as you want.' The man thanked the old Indian, and as he walked away, he turned and asked: "How do I stop the medicine from working?" "Your partner must say '1-2-3-4,' he responded, "but when she does, the medicine will not work again until the next full moon." He was very eager to see if it worked so he went home, showered, shaved, took a spoonful of the medicine, and then invited his wife to join him in the bedroom. When she came in, he took off his clothes and said: "1-2-3!" Immediately, he was the manliest of men. His wife was excited and began throwing off her clothes, and asked: "What was the 1-2-3 for?" And that, boys and girls, is why we should never end our sentences with a preposition. (Here endeth the lesson)

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“Take Heart” Southend and District Cardiac Support Group Chairman: Paul Halley

Welcome to our winter edition which covers Christmas and into the New Year. If you received this by post you would have found a book of tickets for our Grand Christmas Draw enclosed. If you would like to purchase these or sell them to members of your family or friends we would be very grateful. We only send £5.00 worth but if you would like more please let me know and more can be sent to you. You should have also received an addressed envelope to return the counterfoils with your cheque (made payable to Take Heart) or if you wish a folded £5.00 note can be enclosed. Please return these by 9.00 pm on Thursday 13th December when the draw takes place.

Our Christmas concert this year promises to be something special and is a “not to be missed event” Thursday 13th December should be imprinted on your minds. Please come along and bring family and friends for Christmas Starts Here. This will also be the last opportunity to return your raffle tickets and the last chance to purchase extra tickets to increase your chance of winning £250.00 cash or one of the other 20 prizes (full list on the back page) **Good Luck.** We recently had another Italian night at Pa-



drino's in Westcliff which was sold out and a great time was had by all. A total of £515.00 was raised on the night which included a surprise donation of £100.00 from Steve Spooner who is Master of his Lodge Crossbrooke Lodge no. 6443 this year. Steve and his wife always attend our meals with his in-laws who are members of Take Heart. We are grateful for his support. Pictured left presenting the cheque.

I always write of the happiness felt by most at this time of year, but it is also a sad time for many, a time to reflect on the events of the last year and to remember those who are no longer with us. So whatever Christmas means to you, on behalf of all at Take Heart may we wish you health and happiness at this time and a healthy and prosperous New Year.

Kind regards to all

Paul

Steve Ashby

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**MERRY CHRISTMAS AND A HAPPY AND
HEALTHY NEW YEAR
FROM ALL AT TAKE HEART**

ENTITLED TO WEAR THIS ?



Then Join us at 20.00 hrs on the
2nd Tuesday of each month at

The Royal Naval Association
73-79 East Street
Southend-on-Sea
Essex SS2 6LQ

Further information Call Peter Ford 01268 696625
pford15952@aol.com

My wife crashed her car yesterday. When the police arrived, she told the officer that the man she ran into was on his mobile phone at the time and had a can of beer in his hand. The police officer thanked her for the information but explained that a man is entitled to do anything he likes in his own back garden.

I was having trouble with my computer.
So I called Richard, the 11 year old next door whose bedroom looks like Mission Control, and asked him to come over. Richard clicked a couple of buttons and solved the problem. As he was walking away, I called after him, 'So, what was wrong? He replied, 'It was an ID ten T error.'
I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.'
.... 'Haven't you ever heard of an ID ten T error before?' Richard grinned 'No,' I replied. 'Write it down,' he said, 'and you'll figure it out.'

So I wrote it down:

I D 1 0 T

I used to like the little sh-t.



“TAKE HEART’S” St PATRICK’S DAY

Lunch at
THE POLASH WEST ROAD SHOEBURYNESS

On Sunday 17th March 2019: 1.30pm. for a 2.00pm. start
3 course Lunch with coffee & mints ONLY £20.00 EACH
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~~~~~**booking form cut here**~~~~~

**Indian Lunch:** Book me.....Tickets @ £20.00.each. = £

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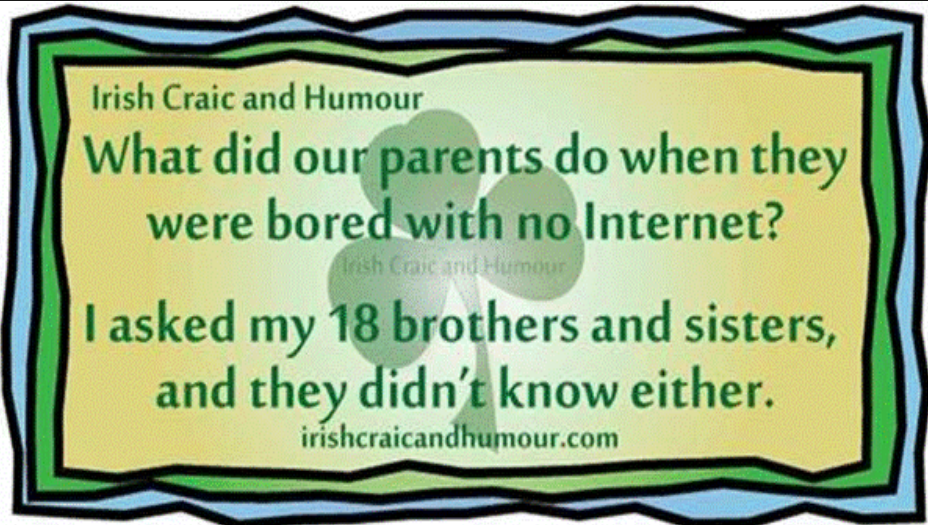
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Please send this form together with your cheques  
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To: Take Heart (Polash) 30 Westminster Drive Westcliff on Sea  
Essex SS0 9SL

**(Cheques should be dated 1st February 2019)**

Further enquiries phone Paul: 01702 615660



## SPEAKERS AT OUR MEETINGS

Second Thursday of each Month from 8.00pm

(extra events in **colour**)

Thurs. 13th Dec: **Christmas concert with “KARIZMA”**  
something for everyone all Christmas  
songs and a few carols to sing-a-long to  
Also Grand Christmas Draw. Win £250

Thurs. 10th Jan. **Tales of a Toastmaster:** Steve Ashby

Thurs.14th Feb. **When you were born:** Colin Banks

Thurs.14th March. **Karaoke Night:** with Steve Ashby. Come  
along and give us a song. Lots of people  
having a go including members of your  
committee. Fun night.

Sun. 17th March. **St Patricks Day lunch at the Polash**  
(Details and booking form see page 12)

Thurs.11th April **A.G.M.** Paul Kelly has been invited to give  
us an update on Cardiac Care locally. Paul  
hopes to attend subject to his commitments.

Thurs. 9th May **Coping with Emotions:** Living After Cardiac  
Problems: Dan Wright



## A Few Funnies

Southend United have had to turn down a lucrative shirt sponsorship deal from a pet food company. The contract would have been worth a lot of money but the manager decided that having his players running around wearing shirts saying 'Winalot' would be taking the p.

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Just found out my uncle has left me a stately home in his will. I have no idea where Sod Hall is, just off to Google it now

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After my prostate examination the doctor left, then the nurse came in & whispered 3 words that no man wants to hear "who was that?"

+++++

When my wife suggested we try playing doctors and nurses. I was really hoping for something sexier than being left in a corridor for two days!

+++++

I said to my wife over breakfast "Were you faking it last night?"  
She said "No, I really was asleep!"

.....this is when some of them will feel safe enough to open up and talk about their problems for the first time.. Working together they can build confidence themselves and feel able to turn their difficulties around and with help and guidance from their helpers, can set out to a new beginning. It was an interesting and uplifting talk.

**On the 8th November** our Members welcomed David Williams who came to talk to us about living conditions for the many in 1900. It was a time of great suffering, poverty, hardship and cruelty for the masses. Charles Dickens was the journalist who began shining a light on this terrible state of affairs with his story's, along with other prominent influential people who also took up the challenge to improve conditions for the 'deserving poor' In time work houses were built. Not a great thing by our standards but the inmates, were clean, fed, sheltered, and for some at least it was better than the rat infested hovels they left behind. Britain was recovering from the wars and conflicts of the previous century, money was being made but people were still suffering. The railway came and some of the slums were torn down. New roads. houses and factories were being built and there was work to be done for the industrial revolution was taking hold. There was so much interesting information packed into the talk. Once again, as he told the story David used slides to show us the poor and needy, the rich and greedy. and the famous people who used their influence to change the lives of so many . David is a brilliant speaker, it was so nice to see him again and we will look forward to welcoming him back at a future date.

**MERRY CHRISTMAS AND A HAPPY AND  
HEALTHY NEW YEAR  
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how much money you have,  
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**Our September** speaker was Samantha (Sam) Davis from the Dogs Trust. Previously called The National Canine Defence League which started in 1891, The name was changed in 2003 because people thought it was a Cat Charity !. The Dogs Trust came to Basildon in 2014 and at any one time houses approx.120 dogs needing new homes for all sorts of reasons. We saw slides of dogs and their dedicated carers. Some dogs have foster homes if kennels upset them. Puppies are top favourites but sadly elderly dogs sometimes have to wait a while for re homing as they can be overlooked. However as The Dogs Trust never put a healthy dog down, it means the staff never give up trying to find all dogs in their care the loving 'For ever Homes' they deserve where they will be happy however long it takes. It was a good evening and it gave some of our members food for thought.

**Our October** speaker was Jo. Roberts from The Wilderness Foundation in Essex. Jo came to tell us about this amazing Charity that started in South Africa in the 1950's to save Rhinos from extinction by hunting and habitat development. There are branches of this Charity all over the world now trying to halt the mindless destruction of wild life and habitat that will effect generations to come. Jo explained about the wider importance of wild places and the effect that it has on all people but especially young people with problems who's lives can be changed by them. It was a fascinating evening. The age range starts from about six and they go with supervisors and carers to run about freely exploring the woods puddles, fields etc. learning about nature, and having fun. Most of them have never experienced anything like it. The older ones gradually learn over time (sort of Bear Grills style) the challenges of survival in the wilderness places. Eventually, along with supervisors and instructors support, they climb. canoe and walk with only a back pack and tent into the wild. Jo said that often .....Con't..over.....



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**It is with great sadness that I have to inform you of the passing of a couple of great supporters and long standing members of Take Heart.**



**Sid Mitchell** who many of you would know from our meetings, meals out, also from many trips particularly our holidays over the years. Sid and his family were affectionately know as Take Hearts very own Eggheads because they always won our quiz nights. Since his wife Daphne passed some seven years ago Sid remained an active member of Take Heart until recently and will be sorely missed by all who knew him. Funeral has taken place.



**Gillian Blackall** Sadly passed away on 22nd October 2018. Gill together with her husband Colin were great supporters of Take Heart for many years. Particularly the times when we had the Christmas grottos. Gill had her problems over the years but always remained cheerful. She did not suffer fools gladly and was a genuinely nice lady. We have been informed by the family that as Gill requested her body be left to medical science there will not be a funeral but instead a memorial service will take place at 11.30 on Friday 30th November at St James the Less in Hadleigh and all who knew her are welcome. Please wear bright colours, no flowers, donations if desired to Parkinson's UK. through their donations page.

<https://gillianblackall.muchloved.com>

**Don't forget to get your Raffle Tickets back to us by the 13th December at the latest. If you are attending our concert where the draw will take place you can bring them with you.**

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