



TAKE HEART LEICESTER

ADULT CARDIAC PATIENT SUPPORT GROUP

ISSUE 104

SUMMER 2013



The Lost Gardens of Heligan

THE OFFICIAL MAGAZINE OF TAKE HEART LEICESTER, REGISTERED CHARITY No. 519484
FOR ADULT CARDIAC PATIENTS & CARERS, BASED AT GLENFIELD HOSPITAL, LEICESTER
AFFILIATED TO THE BRITISH HEART FOUNDATION

Forthcoming Events

June 2013

Wednesday	5th	June Take Heart Leicester – Annual Dinner at Beedles
Saturday	8th	Support Group Meeting (see back cover) NB: DATE CHANGE
Saturday	15th	Walking Group Meeting – 10.00am. Fosse Meadows
Wednesday	19th	Publicity stall in main foyer – 9.00am - 4.00pm
Tuesday	25th	Trent River Cruise – Noon

July 2013

Saturday	6th	Support Group Meeting (see back cover)
Wednesday	17th	Publicity stall in main foyer – 9.00am - 4.00pm
Saturday	20th	Walking Group Meeting 10.00am. To be advised

August 2013

Saturday	10th	Support Group Meeting (see back cover) NB: DATE CHANGE
Saturday	17th	Walking Group Meeting 10.00am. To be advised
Wednesday	21st	Publicity stall in main foyer – 9.00am - 4.00pm

Contacts

FACILITIES AT GLENFIELD

Tel: (0116) 2583562

PRESIDENT

Dr NICK MOORE, Glenfield Hospital, Groby Road, Leicester, LE3 9QP

CHAIRMAN

Mr ALAN R PHILLIPS, 'Rosala' 8 Henry Dane Way, Newbold, Leics LE67 8PP

Tel: (01530) 224417. Email: raljoy@talktalk.net

HON TREASURER

Mrs L. SMITH, 11 Wellington Street, Syston, Leicester, LE7 2LG

Tel: (0116) 260 9701

HON SECRETARY

Mr RON BILLINGS, 9 Church Leys Avenue, Rearsby, Leicester, LE7 4YF

Tel: (01664) 424510



Chairman: Alan R Phillips

They say summer is due soon and you can get the Barbecues lit, but we may need the Patio heaters or a log fire to keep warm.

To help keep our minds active you will see we have added a Sudoku on page 16 in addition to the regular Wordsearch.

We are always looking for new ideas and things to do that will interest members so please let us know and we will endeavour to get them started.

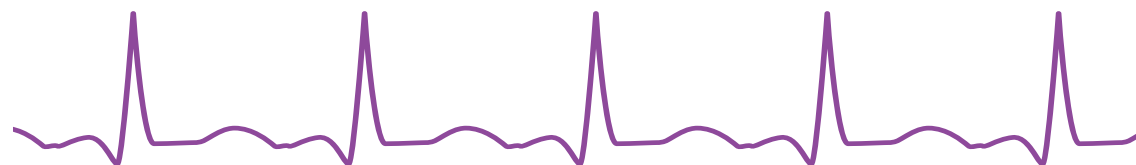
It is good to see (from the treasurer's report) that we are still receiving many Donations, even in these difficult times. They are enabling us to provide very necessary equipment and items to help make both patients and carers stay in hospital more pleasant.

You will see from the forthcoming events that there are a variety of events going on over the summer, please come and join in, and let us know what you like. We hope we can then fit in new events to attract more people to join us.

I have recently been invited to join (as an ex-officio member) the "Cardiovascular Surgery Research Programme Steering Committee" (which is led by Professor Gavin Murphy, the new University of Leicester BHF Chair in Cardiac Surgery) as a representative of patients. The purpose of the committee is to look at the management, conduct, and dissemination of their research. I will ensure that you receive any necessary information via the magazine or web site.

I hope that you all have a magnificent summer wherever you are going, abroad or in the UK, and if you have any "TALL TALES" for the magazine or web site I am sure the editors will be glad to receive them.

ALAN (Chairman THL)



Yellow 24

A man goes into the doctors feeling a little ill.

The doctor checks him over and says, "Sorry, I have some bad news, you have Yellow 24, a really nasty virus. It's called Yellow 24 because it **turns your blood yellow** and you usually only have **24 hours to live**. There's no known cure so just go home and enjoy your final precious moments on earth."

So he trudges home to his wife and breaks the news. Distraught, she asks him to go to the bingo with her that evening as he's never been there with her before.

They arrive at the bingo and with his first card he gets four corners and wins £35.

Then, with the same card, he gets a line and wins £320.

Then he gets the full house and wins £1000.

Then the National Game comes up and he wins that too, getting £380,000.

The bingo caller gets him up on stage and says, "Son, I've been here 20 years and I've never seen anyone win four corners, a line, the full-house and the national game on the same card. You must be the luckiest man on Earth!"

"Lucky?" he screamed. "Lucky? I'll have you know I've got Yellow 24."

"Gessus," says the bingo caller.

"You've won the raffle as well!"



Dear Sally

Could you please express our extreme thanks to the Take Heart Team for their continued support for the wards at the Glenfield site, they have been instrumental in improving our standards by the most recent provision of

Fans for ward 29 and 33
Display Boards for several of our wards
IV Stands for the coronary care unit and other wards

We are extremely grateful for the continued support.

Regards

Sheila Verity
Senior Nurse
Matron



*Bobby Deputy Charge Nurse
Ward 28 with one of the
Lockable display boards to
improve infection control*



*Staff Nurse Kirsty-Jane Bramley
of CCU with one of the stands*



As healthcare staff it is very easy to become impervious to a clinical environment, all too often we overlook the obvious, this does not occur consciously it occurs because of our day to day routine, our focus on getting the job done and doing it well.

This was never more apparent to us than when we received feedback from a patient's relative. The relative approached ward staff very distressed that her Mother's basic needs appeared to have been ignored. The patient had a degenerative sight condition and whilst nursing staff had acknowledged this on admission and had made provision for safe mobilisation and assistance with essential care they had not considered the limitations of the environment in which the patient was being cared for. Consequently the patient could not see where her meal and water jug was placed and even though the nurse call buzzer was always within her reach she could not see it and did not know how to use it. In addition the patient expressed that as she was unable to see the ward clock or patientline TV/Radio she was disorientated to time and subsequently experienced poor sleep patterns.

It was very difficult to receive this feedback however it became evident that a few simple steps and considerations would have enhanced the patient's experience. The relative's feedback led us to the VISTA organisation who undertook training with ward staff, a large part of this training was practical and involved staff wearing equipment to limit their visual range and mimic the sight conditions that unfortunately many patients and service users experience. The workshop had an overwhelming effect on staff and enabled them to experience first hand how limiting sight disorders can be and the effect which they may have on an individual's level of independence.

After the workshop staff reflected that specific equipment was required to adapt clinical environments to the needs of patients with sight limitations, priority was for a safe environment but also an environment that enabled patients to interact as they would at home.

Through Take Heart's funding we were able to purchase visual boxes for the Cardiology clinical areas, each containing aids to achieve this purpose including,



free standing lamps, magnifying sheets, tactile stickers and liquid level indicators as well as a range of literature to inform staff about the various eye conditions and sight disorders that individuals may experience.

Thank you as always for your ongoing support

Mary Payne – Matron, Cardiology

Sarah Ritchie – Sister, Ward 28

www.vistablind.org.uk

www.helpline@rnib.org.uk

vista 
Improving lives of people with sight loss

The Lost Gardens of Heligan

Heligan, seat of the Tremayne family for more than 400 years, is one of the most mysterious estates in England.

The Gardens can be found just outside St. Austell in Cornwall. They were developed from 1200, when the first manor was built and reached their peak in 1890.

Sampson Tremayne completed purchase of Heligan in 1569 and started the process of developing the House and gardens, which was carried on by successive members of the family until the First World War when the house became a convalescent home for the Royal Flying Corps.

At the end of the nineteenth century its thousand acres were at their zenith, but only a few years' later bramble and ivy were already drawing a green veil over this "Sleeping Beauty". After decades of neglect, the devastating hurricane of 1990 should have consigned the Lost Gardens of Heligan to a footnote in history.



The charcoal sculpture

continued over >

The Lost Gardens of Heligan

Instead, events conspired to bring John Willis (a Tremayne descendant) and Tim Smit (of the Eden project) to the romance of the gardens decay and this took a hold on their imaginations. The discovery of a tiny room, buried under fallen masonry in the corner of one of the walled gardens, was to unlock the secret of their demise. A motto etched into the limestone walls in barely legible pencil still reads "Don't come here to sleep or slumber" with the names of those who worked there signed under the date – August 1914. They were fired by a magnificent obsession to bring these once glorious gardens back to life in every sense and to tell, for the first time, not tales of lords and ladies but of those "ordinary" people who had made these gardens great, before departing for the Great War.

Heligan offers over 200 acres for exploration. Discover the Victorian Productive Gardens, romantic Pleasure Grounds, lush sub-tropical Jungle, pioneering Wildlife Project and fields beyond with Charcoal Kilns, a Sawmill and wood turning area, ducks, cattle and views to the sea.

Walking the site could take all day, so there are two restaurants to rest at and a shop for plants and mementos.

The Lost Gardens of Heligan (cont)

You will see in the Northern Gardens one of the largest collections of Camellias and Rhododendrons. Here also are the Productive Gardens with an enormous array of vegetables and fruit including a Melon House and Pineapple pits.

A short walk takes you to the Crystal Grotto and Wishing well followed by the Horsemoor hide in the wildlife area. Here from this large hide you can see the Barn Owl tower and watch all sorts of birds feeding.

From here you can walk along the Georgian Ride through woods and open fields to the Jungle which is exactly what it is with board walks and all kinds of tropical trees.

Heligan is a garden to visit where there is something for all of the family and also where all of the family will learn something new.

Visitors come away with many memories and perhaps the most memorable are, the Charcoal Sculpture, the Grey Lady, The Mud Maid and the Giants Head.



The Mud Maid



The Giant's Head

Ambulatory Clinic

You may not be aware, but there is a waiting room on Ward 20 for Out Patients and those accompanying them, together with some Emergency admissions all of whom are waiting for results before they can go home or be admitted.

This is referred to as the Ambulatory clinic, and patients wait here for the results of: Scans, Blood Tests, X-Rays, ECGs, etc.

Sometimes the wait can be long depending on the test being carried out.

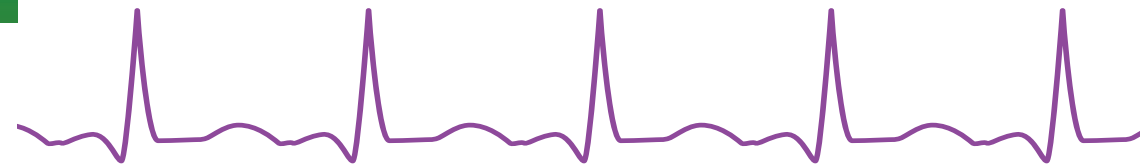
Apart from some magazines to read (including our own) there is little to do.

Following a request from the nursing staff we have provided a TV so that the waiting time is now less boring, and also takes patients (and their carers) minds off the possible outcomes of their tests.

Elaine is very grateful to Take Heart Leicester for this donation which has helped patients to be more relaxed during their waiting time.



Elaine Bailie – Nurse Specialist at the Ambulatory Clinic



Burton Lazars Arts & Crafts Club

The Club have an Annual Open day when they display and sell articles that have been produced during the year.

Monies raised from commission on Sales, Donations and Raffles is donated to nominated Charities.

*This year the selected Charity was
TAKE HEART LEICESTER!*

The Arts and Crafts on show included, Calligraphy, Quilting, Painting, Embroidery Crochet and Knitting.

All the club members take great pride in their work and see the event as a time to show their very best work as can be seen in the photographs.

Take Heart Leicester was delighted to receive the sum of £570 raised at the event.



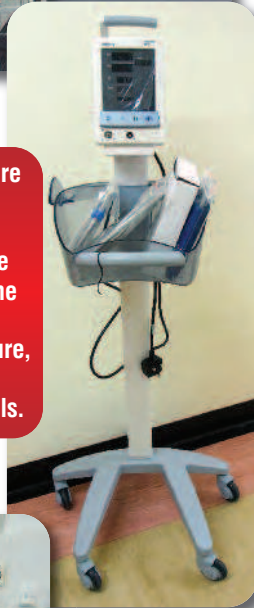
Donations – and how they are used

Some of the donations received by Take Heart Leicester, come from the Book Stall held in the Foyer of Glenfield Hospital on the 3rd Wednesday of each month.



The Leicester Railwaymen's Club generously donate £1000.00 to Take Heart Leicester from their Bingo Night Raffles.

Donations are then used for items such as the Duo machine used for Blood Pressure, Pulse and Oxygen levels.



The Discharge Lounge is an area where patients wait to be collected for their journey home, and the wait can often be quite long, so the television provided by Take Heart Leicester has become MUCH used.



Pirates and Walkers

Your intrepid walking group set off again in May to walk the canal at Mountsorrel. What they did not know when they set off was that their day would lead them to meet with 'PIRATES' and a 'HEN' party.

The group parked at the Waterside Inn and made friends with the publican, so that 'facilities' could be used prior to the walk. At the first lock whilst resting they met a 'PIRATE' boat and its crew (all very scary except for the one in a 'TUTU').

After leaving the 'PIRATES' behind, they came across a boat of 'HAPPY' ladies enjoying drinks and their 'HEN' party.

The walkers shouted to the 'HEN' party to warn them of the 'PIRATES' further down the canal, but to no avail as the "PIRATES" soon arrived on scene and a battle of 'water and buns' took place.

At the next lock your intrepid walkers caught up with the 'PIRATES' and found that the leader of their STAG party (in his TUTU) was due to marry the leader of the HEN party.

The walk back to the Waterside Inn was much less eventful, just ducks and cows to watch. On arrival drinks and a good lunch was the order of the day, together with discussion on where the next walk would be.

Why not join in next time and see what fun you can bring to the group.





Easy...

4				7			9	
		5						
			2			1		
		7	1					5
	3	1				8		
				6			7	
	2	8			4			
			8				6	4
9	7							

2								8
			1		3			
	5						7	4
9							6	1
5		2						
	8			7	1			
					8			5
				3	4			9
8				9		2		



...and not so easy!

A young blonde girl in her late teens, wanting to earn some extra money for the summer, decided to hire herself out as a 'handy woman' and started canvassing a nearby well-to-do neighbourhood.

She went to the front door of the first house and asked the owner if he had any odd jobs for her to do.

"Well, I guess I could use somebody to paint the porch" he said. "How much will you charge me?"

Delighted, the girl quickly responded, "How about £50?"

The man agreed and told her that the paint, brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realise that our porch goes ALL the way around the house?"

"That's a bit cynical, isn't it?" he responded.

The wife replied, "You're right. I guess I'm starting to believe all those dumb blonde jokes."

A few hours later the blonde came to the door to collect her money...

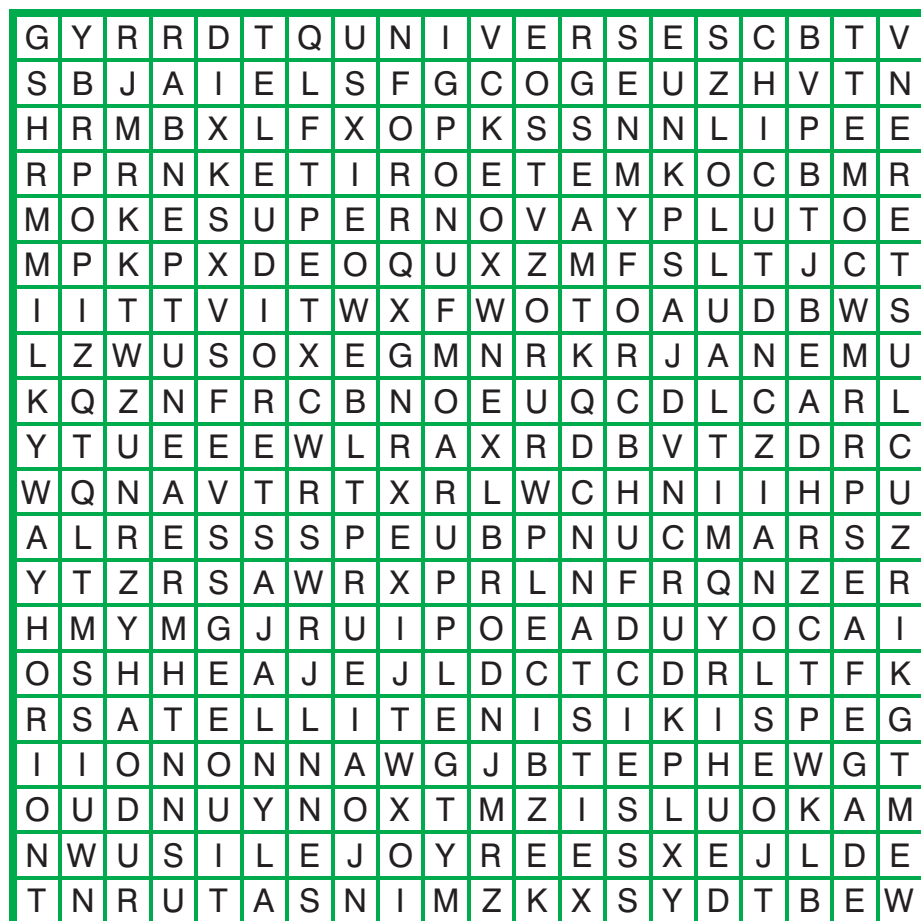
"You're finished already?" the startled husband asked.

"Yes," the blonde replied, "And I even had paint left over so I gave it two coats."

Impressed, the man reached into his pocket for the £50 and handed it to her along with a £10 tip.

"Thank you," the blonde said, "And, by the way, it's not a Porch, it's an Audi."





Words to find:

ASTEROID	ECLIPSE	MILKY WAY	PLANET	SUN
ASTRONOMY	GALAXY	MOON	PLUTO	SUPERNOVA
BLACK HOLE	JUPITER	NEBULAR	QUASAR	TELESCOPE
CLUSTER	MARS	NEPTUNE	SATELLITE	UNIVERSE
COMET	MERCURY	ORBIT	SATURN	URANUS
EARTH	METEORITE	ORION	STAR	VENUS

Donations Received with Subscriptions

Quarter 3 – February, March and April 2013

Mr R. Abrams, Mrs I. Jaques, Mr G. Davies, Mr J. Small, Mrs R. Postlethwaite, Mr A. Heath, Mrs S. Bamford, Mrs G. McKeefry, Mr G. Thompson, Mr C. Wormleighton, Mrs N. Greenwood, Mr R. T. Billings, Mr J. A. Bennett, Mr B. Portwood, Mrs P.H. Collier, Mrs V. Morris, Mrs S. Hall, Mrs H.M. Hammersley, Mr D. J. Giddens, Mr L. H. Pole, Mrs J. Smith, Mrs T.M. Stanley, Mrs M. Hurton, Mr J.M. Checklin, Mr J. M. Mee, Mrs C. S. Statham, Mrs J. Colledge, Mr R. E. Wyard, Mr D. W. Leeding, Mr A. T. Warren, Mr A. Southwood, Mr K. Jolly, Mrs J. Hammond, Mr J. Walton, Mrs B. Cragg, Mr P. Spicer, Mrs D. L. Jeffrey, Mr T. White, T. Mortimore, Mrs J.I. Walsh, Mr J.W. Small, Mrs K. Street, Mr P. Bennett, Mrs C. A. Nash, Mrs E.M. Day, Mrs J.Y. Childs, Mr N.P. Andrew, Mrs S.M. Gamble, Mr K. Cooper, Mr P. Dowell, Mr B. Garner, Mr J.D. Harrison, Mr J.H. Bartlett, Mr & Mrs W. Martin, Mr G. Clamp, Mr J.L. Hough, Mr I. Lees, Mr W.E. Allanson, Mr R. B. Burton, Mrs M.R. Barfield, Mrs H. Brooker, Mr G. Milne, Mrs J. Fishburn, Mrs J. Bailey, Mr J. Billson, Mr D. Wright, Mrs M.A. Sturgess.

Donations with subscriptions brought in just over £900.

Donations 'In Memory'

Margaret Meason, and William Taylor (Bill to THL members).

Other donations received

Berry Anderson, Wigston Rotary, Mrs N. Knowles, Premier Dancing, Kenneth Fazackerley, Mrs Lucas, and our staunch supporter Dave Harding. A collection box in the Staff Restaurant raised £28 in loose change.

Together 'other donations' raised £3.070.00.

A very generous donation was received to specifically cover the cost of the membership cards everyone received in the last magazine. This means none of your very generous donations have been used. Please fill the card in and keep it with you.

Some fabulous purchases have been made, bedside table top fans, fridge, lamps, television, kettle, lockable notice boards and 3 duo monitors. Many very happy people say thank you very much.

Wonder what will be requested next? Watch this space.

Saying the same old thing again, but still mean it 'thank you' so much for your generous donations they really do make a difference.

Breakfast

Evidence suggests that it's not just about having breakfast, it's about having a healthy breakfast. This Food Fact Sheet explains why breakfast is an important meal and suggests ways of putting together a healthy one – even when you're in a hurry.

A healthy breakfast

Breakfast literally means 'breaking the fast' as you have had no food or 'fasted' since the day before. Breakfast helps top up the energy stores you have used up during the night whilst your body repairs and renews itself. It also gives you mental and physical energy for your morning activities whether at work, school, home or out and about. Breakfast is said to be the most important meal of the day, yet up to one-third of us regularly miss this essential meal. Many of us are time pressured in the morning but with a little planning you can find a breakfast choice to suit your lifestyle.

Is breakfast really important?

Yes – apart from providing energy (calories) to kick start your day, a healthy breakfast provides essential goodness or 'nutrients' that the body needs such as fibre, vitamins and iron. Research has shown that people who eat breakfast have more balanced diets than those who skip it, are less likely to be overweight, lose weight more successfully if overweight and have reduced risk of certain diseases such as cardiovascular disease and diabetes.



Missing breakfast may result in snacking on less healthy foods later on in the morning without necessarily catching up on essential nutrients. Eating breakfast may also help to improve mental performance, concentration and mood – three more good reasons to eat something in the morning.

What makes a healthy breakfast?

Breakfast should provide about 20-25% of your daily nutritional requirements. Evidence suggests that it's not just about having any breakfast, it's about having a healthy breakfast.

Breakfast based on the main food groups below will give you an excellent start to the day:

- **Starchy foods such as bread, other cereals, rice, potatoes, and pasta** provide energy, B vitamins, some iron and fibre. Cereals are a really good choice, as well as being quick and easy to prepare, they often are fortified with vitamins, iron and calcium to contribute to your daily nutritional requirements. Porridge, bread, rolls, English muffins, scones, malt loaf, fruit bread, currant buns and bagels all provide good sources of energy, mainly as starchy carbohydrate, that will help kick start your metabolism and they're all low in fat too. Choose wholegrain varieties whenever possible to ensure a good fibre intake and try to avoid cereals coated in sugar.
- **Fruit and vegetables** are good sources of vitamins and fibre. Breakfast is a perfect time to boost your 5-a-day intake. Try chopped fresh fruit like a banana or some dried, stewed or canned (in juice not syrup) fruit on your cereal, half a grapefruit or fruit salad. A small glass (150ml) of pure fruit juice also counts as one serving of your 5-a-day. For something different, try a fresh fruit smoothie – fruit blended with low-fat yogurt or milk. Frozen berries, fruit in season or ripe fruit are all ideal for making smoothies. Mushrooms, baked beans or tomatoes on toast make a tasty change when you have a bit more time.

- **Milk and dairy foods** give you protein, calcium and B vitamins. Calcium is essential to keep your bones strong and healthy whatever your age and a serving of milk on your cereal can give you up to one third of your daily calcium needs. Use low-fat milks like skimmed, semi-skimmed or 1%. If you don't have cereal, try a glass of milk on its own or in a milkshake/smoothie, or have a pot of low-fat yoghurt instead. Natural yoghurt is delicious topped with fruit and a sprinkle of muesli. If you use milk and other products not made from cow's milk such as soya or rice, make sure they are unsweetened and fortified with calcium.
- **Meat, fish, eggs, beans and other non-dairy sources of protein** give you protein, iron and vitamins. These foods are not essential at breakfast but can add variety. Try not to have meat at breakfast every day and choose cooking methods such as grilling or poaching instead of frying in fat. Poached, boiled or scrambled eggs, baked beans or grilled kippers or smoked haddock are healthier options than bacon and sausages which are high in saturated fat.
- **Foods and drinks high in fat and sugar** give you energy but are generally low in vitamins, minerals and other nutrients. Limit these foods and choose low fat sunflower, olive or vegetable oil based spreads where possible and spread thinly. Choose low sugar, wholegrain breakfast cereals instead of sugar-coated, refined varieties. Avoid fizzy drinks, biscuits and crisps at breakfast and use fruit to add natural sweetness instead of sugar on your cereal.

Remember to include a drink. Water, milk, pure fruit juice, tea and coffee all supply vital fluids. Use low-fat milks and ask for 'skinny' coffee when out and about. Being well hydrated also helps you to concentrate better.

If you can't face eating first thing try to eat within two hours of getting up. Keep some healthy wholegrain cereal at work or if you are breakfasting on the go, choose somewhere that has healthy choices like wholegrain toast or cereal, porridge, low-fat yoghurts, pure fruit juices, fresh fruit salads

and smoothies with low-fat milk for hot drinks. Keep pastries and croissants as an occasional treat as they are high in fat and calories.

If you are in a hurry make sure you have things to hand you can grab like a banana, yoghurt with muesli, instant porridge or toast. Find out if your children's school has a breakfast club to make sure they have time to eat and have a healthy meal. Alternatively, lay the table buffet style (get the children to help/do the night before if necessary) and let the children serve themselves.

Here's an example meal plan for a quick and easy breakfast:

- Bowl of fortified wholegrain cereal with semi-skimmed/skimmed or 1% milk
- Fruit (fresh/tinned in juice/dried/frozen)
- Small glass of pure, unsweetened fruit juice
- Either, wholegrain/granary toast, wholegrain bread/rolls, wholegrain English muffins, malt loaf, fruit bread, currant bun or a bagel with poly/monounsaturated low-fat spread

Summary

Eat a healthy breakfast every day give you the best possible start. Planning ahead or grabbing something easy can help if you are short of time, but remember to include all of the four main food groups: starchy foods; fruit and vegetables; milk and dairy foods; and meat, fish, eggs and non-dairy sources of protein. Avoid food and drink that is high in fat and sugar as these are often low in vitamins, minerals and other nutrients. Remember to include a drink as being well hydrated helps you to concentrate.

This Food Factsheet is a public service of The British Dietetic Association (BDA) intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian. If you need to see a dietitian, visit your GP for a referral or: www.freetocontactdietitians.org for a private dietitian. To check your dietitian is registered check www.hpc-uk.org. This Food Fact Sheet and others are available to download free of charge at www.bda.uk.com/foodfacts.
Written by Sian Porter, Dietitian.
The information sources used to develop this fact sheet are available at www.bda.uk.com/foodfacts
© BDA February 2013. Review date February 2016. Version 2.



This organisation has been certified as a producer of reliable health and social care information.
www.theinformationstandard.org



If you would like to subscribe to the TAKE HEART LEICESTER magazine and become a member please complete the form below. The subscription is for four issues – published in **March, June, September and December**

MAGAZINE SUBSCRIPTION

I am a UK taxpayer and I want TAKE HEART LEICESTER to treat all donations from 1 October 2003, until I notify you otherwise, as Gift Aid Donations.

I am currently paying income tax or capital gains tax that is equal to or more than the tax deducted from my donation.

PLEASE TICK

Name (Mr/Mrs/Miss/Other): _____

(ALL IN BLOCK CAPITALS PLEASE)

Address: _____

Postcode: _____ Tel: _____

Signed: _____

Please return this application to:

**MR D WRIGHT
8 FARRIERS WAY
BURBAGE
HINCKLEY
LEICESTERSHIRE
LE10 2SZ**

Subscription £5.00 Annually

(Please enclose remittance)

Subscription _____

Donation _____

Total £ _____

Take Heart Leicester is a registered charity No. 519484

A renewal notice will be sent with the fourth issue and is payable on application. Please make cheques payable to **TAKE HEART LEICESTER**

DATA PROTECTION 1998 – The information given on this form is stored on computer and will only be used for printing address labels and to issue renewal notices. You have the right to object to your data being held on our computer and a request to have it removed should be addressed to the Secretary of TAKE HEART LEICESTER.

Hi everyone,

Please note the changes in two of the dates for the Saturday Support Group meetings. They are now 8th June and 10th August. This is due to major conferences being held at Glenfield on our normal Saturday dates.

We hope you enjoy the articles and the SUDUKO. Let us know if you want SUDUKO to continue or want other puzzles.

Sadly we have to announce the death of Bill Taylor who was a committee member for many years, but will be better remembered as the editor of the magazine. Bill had a knack for finding articles, particularly about Leicestershire and local events past and present. We hope we learn from his skills.

Doesn't time fly? We will be needing your contributions soon for the AUTUMN issue. Don't forget we can now update the web site daily so if you have some news or an event to promote let us know at the e-mail address thl@takeheartleicester.co.uk

Have a great summer and enjoy your holidays.

IAN and ALAN

Publications

The TAKE HEART LEICESTER magazine is published quarterly, (in March, June, Sept, & Dec), for adult cardiac patients and their carers. TAKE HEART LEICESTER (formerly Link-Up) is based at Glenfield Hospital, Leicester but welcomes membership from any hospital in Leicestershire or surrounding counties.

Contributions for the next issue:

AUTUMN 2013 required by 7th August 2013

All articles for inclusion in the magazine to be sent to:

ALAN R. PHILLIPS

"Rosala" 8 Henry Dane Way, Newbold, Leicestershire, LE67 8PP
Tel: (01530) 224417 or by email to: thl@takeheartleicester.co.uk

DESIGN: Chiltz Creative Ltd (07834 535673) • PRINT: Novaprint Ltd (0116 260 8993)



TAKE HEART LEICESTER

ADULT CARDIAC PATIENT SUPPORT GROUP

You are invited to join us for a cuppa and a chat!

We meet on the first Saturday of every month in the
Education Centre, Glenfield Hospital - 10.00am til 12 noon



CONTACTS

FACILITIES AT GLENFIELD: Tel: (0116) 2583562

WEBSITE: www.takeheartleicester.co.uk

EMAIL: thl@takeheartleicester.co.uk

Affiliated to the British Heart Foundation