

Milton Keynes Community Cardiac Group (MKCCG) provides support for people from Milton Keynes and surrounding areas who have had a cardiac diagnosis, episode or surgery or suffer from Chronic Obstructive Pulmonary Disease (COPD). The aim is to help members maintain an appropriate level of exercise in a safe, friendly, supportive and social environment.

### **How to become involved with MKCCG**

GP approval is required for people to attend MKCCG.

A six week course, funded by Milton Keynes Clinical Commissioning Group, is held on Monday evenings for people who have recently completed the hospital rehabilitation programme or have been referred by their GP or practice nurse. The course provides an opportunity to participate in exercises and a relative/friend is invited to attend as well for support.

Milton Keynes Clinical Commissioning group also funds a six week course held on Wednesday afternoon for people with COPD and/or heart failure. This provides an opportunity to exercise.

Following either six week course people can become a member of MKCCG for which a subscription is payable and attend one of the weekly sessions.

### **York House Group**

As part of a contract with Milton Keynes Clinical Commissioning Group there is an outreach group at York House, Stony Stratford, for people with COPD and/or heart failure.

## **What is available?**

### **Exercise**

Standard classes are Monday morning, Tuesday evening, Wednesday morning, Thursday morning and Thursday evening. Long Term Conditions classes are Monday afternoon, Tuesday morning and Thursday afternoon. Members attend one session a week. Members are advised of sessions with vacancies and can join one to suit.

Each two-hour session is carefully structured and people exercise at an appropriate level to individual ability and need.

The session comprises a series of warm-up exercises and stretches followed by either aerobic or machine-based exercise; active cool down, muscle strength and endurance work and final stretches. There is a break for refreshments and a chance to chat to fellow members. This informal period is a time to socialise, exchange news, compare notes and to give and receive support.

Finally, there is a guided relaxation period; a time to relax the mind as well as the body and an important period during which staff can reassure themselves that everyone is properly recovered after their exertions.

### **A Breath of Fresh Air**

A weekly group primarily for people with breathing problems using singing as the focus. Sessions consist of warm-up exercises and vocal exercises.

## **Health monitoring**

The health of each member is closely monitored by the support staff, who take and record blood pressure and pulse rate on a regular basis to build up a long-term record of individual progress. In addition, people record a perceived exertion level during each group session and keep a record of home activities and exercise throughout the week.

## **Social activities**

There is a programme of social activities arranged by the social committee and this can include quiz nights, golf tournaments, craft days and a New Year dance.

## **Staffing**

The Manager is supported by a team of health professionals and qualified exercise instructors. Exercises are overseen by British Association of Cardiovascular Prevention and Rehabilitation (BACPR) teachers. At each session there is a combination of clinical and exercise instructors; the mix of staff depends on the profile of the session.

Every session is supported by volunteers who have been trained in the taking of blood pressures and exercise correction as well as first aid, basic life support techniques and the use of an automated external defibrillator.

A team of administrative staff run the office, answer queries and maintain members' records of progress.

## About Us

Milton Keynes Community Cardiac Group was created by Gill Robinson M.B.E. in 1989 to provide support for people from Milton Keynes and surrounding areas who have had a cardiac diagnosis, episode or surgery or suffer from COPD.

MKCCG started in 1989 with 5 members and an exercise bike. It moved to different premises in Milton Keynes as the membership grew.

In 1995 MKCCG moved to Hinton Hall and in 2002 agreed a 50-year lease with Milton Keynes Council. There is a sprung wooden floor for aerobics and upstairs, a gymnasium with a wide range of exercise equipment. There is a stair lift and lift available for people to use if needed to access the first floor.

MKCCG now has over 400 members with an age range from 25 to over 80 years.

MKCCG is financed primarily through membership fees and fundraising activities.

MKCCG employs health professionals, exercise instructors and administrative staff who work with the Management Committee to ensure the group is run professionally and has appropriate policies and procedures in place. The Annual General Meeting is open to all members to attend.

## Milton Keynes Community Cardiac Group

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MKCCG is a registered charity, affiliated to The British Heart Foundation and the Arrhythmia Alliance.

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**Information Leaflet**