

# Cardiographic

Newsletter

December 2017

## Milton Keynes Community Cardio-pulmonary Group

Hinton Hall, 296a Whaddon Way, Bletchley MK3 7GB

www.mkccg.org

Email enquiries@mkccg.org

☎ 01908 632999

We wish all members best wishes for Christmas and 2018.

## Annual Christmas Message

I have been asked to put together the traditional Christmas message; unfortunately so much of what I want to say is repeating the messages of the previous years but the reality is that there is very little change in the information.

I have heard some murmurings about us having a really severe winter with snow and ice. If this is going to be the case then we all need to get ourselves organised. Ensure that you have placed your snow shovel in easy access so that you can safely clear a pathway out to the dustbin and the gate or any other vital point of access in your outside area. However, please remember, although the snow shovel makes clearing the snow acceptable it doesn't mean you clear the snow for everyone or indeed clear the roads for traffic. It is also important that you have suitable cold weather wear ready, the warm boots (you may want to put thermal insoles inside the boots) if you have particularly cold feet as a result of the beta blockers.

Hats, scarves, gloves and extra socks all need to be ready partly to deal with the cold weather and partly so that you don't have the excuse of saying you don't know where they are. The really cold weather is not your friend I'm afraid but we can't all hibernate; we have to get on with life so get yourself prepared. If you don't use the clothes, it will be a bonus.



## Contents

Annual Christmas Message	1
Craft Day	2
Quiz night	2
Change of name and logo	3
Waitrose Community matters	3
Social events calendar	3
Management Committee	4
Just for fun...	4
Newsletter publication	4
Newsletter to inbox	4

As for Christmas itself, this is a time of celebration and it should be enjoyed. Unless you are allergic to a particular food you should eat what you like for one or two days but then get yourself back onto the tried and tested healthy eating regimen we all know and love. Be mindful of eating considerably larger helpings than normal as this can also cause problems and discomfort. At the very least get back to normal by the 27<sup>th</sup> December. By all means have a drink if you would like one, just be aware that you may be a bit more sensitive to its potency because of the drugs you take so easy does it. Look at this as a positive, it costs less to get merry!

2017 has been busy with lots of comings and goings as is the nature of the organisation. With a new Social Chairman I am sure we will see some new events in the calendar. Remember it is through supporting these events when we can that we help to keep the cost of membership as low as possible.

I would like to thank all the volunteers, our blue shirts, administration volunteers and probably from your point of view and most importantly, our tea makers. Without all of these people the existence of our organisation would not be possible at current rates. There are of course all of our purple shirts and administration staff who work hard throughout the year and are passionate about providing the very best service that they can for you, so on your behalf I would like to say a big thank you to them for another successful year.

Finally may I take this opportunity to wish you, and those you love a very happy and healthy Christmas and New Year.

Hearty good wishes to you all.

Gill Robinson, Manager

## Quiz night

Quiz night was held on 17 November and 88 quizzers took part. Questions were set by Trevor Adams and Anthea Philips kept control of proceedings by asking the questions. There a plentiful bring and share buffet half way through. A total of £270 was raised for group. Thank you to all those involved.



## Craft Day

The craft day on 28 October raised £1014.32 of which £100 will be donated to the Charity of the Year. People were able to try various crafts and purchase craft items, books, plants and other items.

Tuition and materials were provided by volunteers and those who attended had a very enjoyable and productive day.

Thank you to all the volunteers who helped make the day a success.

## Change of name and logo

At the AGM in 2016 we approved a change of our name to reflect our inclusion of members with lung problems. The new name is Milton Keynes Community Cardio-pulmonary Group (still MKCCG!). During the past year we went through the procedure for officially registering this change of name with the appropriate bodies. We have now received approval from Companies House and from the Charity Commission so since this year's AGM we're now using the new name.

Thanks to Ian Spratley (Tuesday LTC) we also made contact with the Design and Marketing Company, Clarity. We had several meetings with them during which they produced and refined a new logo for us. You can see the new logo being used in this edition of *Cardiographic* and increasingly on our paperwork, badges and merchandise.

Ernie Taylor, Secretary

## Waitrose Community Matters

On 10<sup>th</sup> October our Chairman Ivan Pullen was presented with a cheque for £323 by the Oakgrove branch of Waitrose in Milton Keynes. We were one of the organisations that they chose in August as part of their Community Matters scheme which raises money for local charities. Each month every Waitrose branch donates £1,000 between 3 local good causes; the amount given to the charity is based on the number of tokens which customers have placed in a box of the good cause they would most like to support. The more tokens a cause gets, the bigger the donation they receive.



## Social events calendar

Friday 19 January: New Year Dance at Jurys Inn

Friday 27 April 2018: Borderline Crossing concert will be held at Newton Longville

The Social Committee are meeting on 6 December and details of events will follow in future editions of *Cardiographic*.

## Management Committee 2017-18

At this year's AGM we confirmed the following as members of the Management Committee: Chairman - Ivan Pullen; Treasurer - Nigel Robinson; Secretary - Ernie Taylor; Social Chair - Lyn Kidby. Session Representatives: June Hobden & Graham Alan Smith (Monday morning), Brian Jones (Monday Long-Term Conditions), Ian Spratley (Tuesday LTC), Alain Bangard (Tuesday evening), Steph McPherson (Wednesday morning), Sue Free (Wednesday LTC), Jim Goringe & Patricia Thurston (Thursday morning), Ray McPherson (Thursday LTC), Steve Halliday & Derek Shafer (Thursday evening).

We can also co-opt members when necessary. Meetings of the committee are also attended by Gill Robinson (Manager) and Hayley Hilmy (Deputy Manager). We are very grateful to all members prepared to give some of their time to this committee which oversees the running of our group.

Ernie Taylor, Secretary

### Just for fun...

A few Winter trivia questions with no mention of Christmas!

1. What was the name of Bernie Winters' dog?
2. Which is generally the shortest day in the Northern Hemisphere?
3. How do we better know *Jasminium Nudiflorum*?
4. When the Thames froze in winter, festivals used to be held on it, the last of which was in 1814. What were these festivals known as?
5. Which winter event was first held in Chamonix in 1924?
6. Which Shakespeare play includes the line "Now is the Winter of our discontent"?
7. Winter is often defined by meteorologists as the three coldest months. What would these normally be in the United Kingdom?
8. What term is given to plants that germinate in Autumn/Winter, live through the winter then bloom in Winter/Spring?

**Don't forget Christmas closure. Last session is Thursday evening 21 December; reopening Monday Morning 8 January 2018.**

Answers to Just for fun...  
1. Schnoorbitz  
2. 21 December  
3. Winter Jasmine  
4. Frost Fairs  
5. Winter Olympics  
6. Richard III  
7. June, July, August ('m kidding, 'm kidding!); December, January, February  
8. Winter Annual

## Newsletter publication

It is anticipated that there will be regular newsletters published during the year.

Items for the newsletter can be placed in the envelope in the office at Hinton Hall or emailed to the newsletter email address [news@mkccg.org](mailto:news@mkccg.org)

Thank you to all those who have contributed to this edition.

## Newsletter direct to your inbox

Perhaps this newsletter was delivered to your inbox or you may be reading it on the website.

If you would like the newsletter delivered to your email inbox, please send an email to [news@mkccg.org](mailto:news@mkccg.org) with MKCCG newsletter in the subject box and your name and session details in the message. Future editions of the newsletter will be sent to you electronically as a PDF.