

Cardiographic

Newsletter

June 2017

Milton Keynes Community Cardiac Group

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We have been pleased to receive the articles and news from members for inclusion in this edition. Details of how to get in touch are on page 6.

Details of forthcoming events are on page 6 and articles about recent events are featured. Please support MKCCG by attending social events.

A Breath of Fresh Air

MKCCG's singing-for-better-breathing group – "A Breath of Fresh Air" – returned to the Ridgeway Centre in Wolverton at the end of March to take part for the second time in the music section of Milton Keynes Festival of the Arts. As in 2016, we were entered in the Community Choirs section which this year was in two parts according to the size of the choir.

We were one of three choirs in the 'small choirs' section and were first on stage to sing our chosen two songs for the audience and the adjudicator. We knew we had sung one song better than the other and we weren't surprised to be placed third! We still felt we had achieved a great deal and people commented on how much we had improved since we were there a year ago. We are encouraged – and not a little surprised! - as we think back to how we have improved since we started to sing together....improved in our singing ability perhaps, but more importantly in our breathing techniques not to mention in our confidence. Thanks go to Lyn for her commitment in leading us and to Tony for coming each week to accompany us on keyboard.



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If you would like to join us, please do come and give it a try on Mondays at 3pm downstairs at Hinton Hall. We'd love to welcome new members –and you really don't have to be able to sing. If you want to improve your breathing and would like to (try to) sing, please come and have a go! Participation in festivals is *not* compulsory!

Lesley Blight (Tuesday morning LTC)



Swimathon

The Rotary Club of Milton Keynes held the annual swimathon on 11 March 2017. A big thank-you goes to everyone involved in this year's event: swimmers, lane clickers and the session representatives who took the sponsorship forms around all groups.

Our 18 swimmers swam a total of 274 lengths in the allocated 55 minutes and hope to have raised approximately £2,000.00 for the Rotary Club. MKCCG is one of the beneficiaries from this year's event.

Andy Chapman (Blue Shirt Thursday pm)



Quiz night

The quiz night was very busy, with 90 participants taking part. Pat Hodges kindly took on the task of quizmaster and kept us all guessing, many thanks to her. We raised a total of £285 for group funds, thanks to all those who helped make the evening such a success and all those who came and supported the evening.

Mary Owen (Joint Chair Social Committee)

Craft workshop

The craft workshop was held on 29 April and disappointingly very few tickets were sold prior to the day. Overall less people attended than previously and this is reflected in the amount raised (£784.00). Those who attended undertook a variety of different crafts with tuition and materials provided by volunteers and had a very enjoyable and productive day.

Medical Detection Dogs

As voted at the AGM, Medical Detection Dogs will be the charity that MKCCG will support from August 2017.

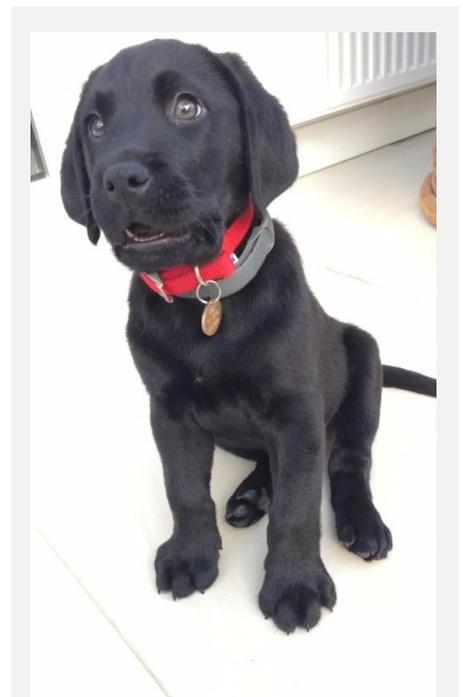
Medical Detection Dogs is a fairly new charity that needs a lot of funding. It takes £13,000 to train a dog to be able to 'work' in this field. The charity is based in Great Horwood, Milton Keynes and needs all the help you can give them.

Dogs are being trained to detect bladder cancer in people by smelling a urine sample. A Cancer Detection trained dog called Daisy has sniffed over 6000 mixed samples of human urine and had a success rate of 93% correct. The dogs can detect cancer a lot earlier than any tests can, just by the urine smell alone. The dogs have the capacity to provide second line diagnostic support for cancers that are currently difficult to diagnose reliably, such as prostate cancer.

Other dogs are trained as medical alert assistance dogs to assist people living with Type 1 Diabetes and Addison's disease along with a number of other medical illnesses.

There are a number of ways you can help, not only just by giving money. When we lost our dear Labrador Polly, over one year ago we said that we didn't want another dog as we were now a lot older. Our good friends Colin and Joy lost their dog Bonnie (a black Lab) 11 months after our Polly. They felt the same way but didn't really want to be without a dog. They had heard about Medical Detection Dogs, and enquired about becoming volunteers with the socialising of the dogs before they go for full training. They now have a black Labrador called Alfie. He arrived at their home age of 8 weeks which they found very hard at first.

They have to look after and train him to a set standard of ways and commands. They have to take him out and about with themselves to get him used to different places and of course sounds and noises. They had training themselves before agreeing to have a puppy and now take him along to group training sessions to learn more and to be assessed. They will have him up the age of about 12/18 months. At 18 months old he will then go into deep training for what suits 'him' best for the work the charity do.



Alfie

Dr Claire Guest who has been training dogs for over twenty years believed strongly in the fact that dogs could be used to help in the medical field of detecting cancer. Her dog Daisy actually detected breast cancer in her long before the dog was trained for this precious work. So over time she set up the charity and now has a successful training unit just outside Milton Keynes.

If you can give help in any way or wish to find out further details of the 'work' the charity do then have a look at the web page www.medicaldetectiondogs.org.uk

Every pound you give, goes towards making a difference: improving lives by using a dog to sniff out cancer at an early stage long before us humans know something is not right or to be with a person to assist them to be safe by alerting them of a danger to themselves with their own medical illness. Can you help just a little? There will be a collection box in the foyer from August and a portion of money from coffee morning and craft day will go to the charity.

Patricia Thurston Thursday AM Session Rep.

Bosom Pals (MK)

The charity of the year for August 2016-2017 is Bosom Pals (MK). Bosom Pals is a primary Breast Cancer Support Group in Milton Keynes. It offers people the opportunity to discuss feelings and fears. Volunteers are trained by Macmillan Cancer Voices to listen and respond. They can be telephoned or texted, make one-to-one home visits or meet up for a coffee. Whether someone is going through treatment now or has received treatment in the past, they are available to listen and offer advice and support. Bosom Pals is also open to carers, relatives and friends of those diagnosed with Breast Cancer. Ladies being treated for a gynaecological cancer can also join the group.

Easter raffle

Thanks to everyone who purchased tickets for the Easter raffle; it raised £408.00.

Just for fun...

A few questions to challenge how observant you are

1. On the clock face of Big Ben are the numbers English or Roman?
2. What symbol is above the number 1 on QWERTY keyboard?
3. Can a JCB be bought in any colour other than yellow?
4. What is in the bottom left corner of the Royal Standard?
5. What colour benches are in the House of Commons?
6. What is the outside colour of a rainbow?

Tony Smith (Thursday evening)

MKCCG Concert

The sell-out concert was held on 12 May at Longueville Hall, Newton Longville and featured Borderline Crossing and A Breath of Fresh Air. Erika Benning from MKFM provided witty chat linking the acts and was the compere for the evening.

Borderline Crossing features John Montague (guitar, vocals), Neil Mercer (guitar, mandolin, vocals), Tim Smith (bass, vocals), Ian Spratley (guitar, vocals) and Phil Riley (singer-songwriter). Ian attends Tuesday morning LTC. There was a wide range of foot-tapping songs and tunes from many genres, blending original compositions with Americana, Country, Blues and Pop.

As well as their musicianship with guitars, mandolin and double bass all five members of the group sing great harmonies and as John who is taking them on a tour of Germany in July says "It's all about friendship, and that's why we play for the cardiac group. I have had two heart attacks myself so I know what it is all about, and feel one of the family. We just like to make music and entertain."

A Breath of Fresh Air entertained us with a number of songs and featured guest conductor, Eddie Kidby. They are usually led and conducted by Lyn Kidby but she wasn't able to make the concert due to a longstanding engagement with her own choir. Tony Preedy accompanied A Breath of Fresh Air on keyboard. They sang 'The Strength of Song' with Borderline Crossing. Ian Spratley (who helped get a singing for better breathing group established at MKCCG) attended a few of the practice sessions to teach it to the choir. There was lots of positive feedback for the choir.

Thanks go to all those who helped make it such a great evening: Ian Spratley for organising the evening with Borderline Crossing; to A Breath of Fresh Air, Eddie Kidby, and Tony Preedy and to the compere Erika Benning; also to members who helped before, during and after the evening.

Details of amount raised is still to be finalised but we thank Borderline Crossing who donated £40 from the sale of their cds.

Contributions from a number of members including David Meek and Mary Owen. Photos: Ian Spratley



Social events calendar

Friday 9 June: coffee morning

Hinton Hall 10am to 2pm £2.00 admission

Admission ticket includes a drink and either a cake or sandwich.

There will be a number of stalls including plants, lucky dip, gifts and cakes as well as a raffle.

Saturday 29 July: Summer Picnic

Heron's Lodge, Bradwell Road, Loughton Lodge MK8 9AA

Time and ticket price to be confirmed; free admission for children 12 and under.

Heron's Lodge has a large hall and outdoor sitting area; bring your own chairs and food. Tea, coffee, squash and desserts are provided and there will be a few competitions and a raffle.

Children have a chance to win prizes for their art/craft work which will be set out inside. The site is very secure so the kids can enjoy their time and the parents can also have a good afternoon.

A Breath of Fresh Air will sing for us.

Details of the following events will feature in the newsletter later in the year and in group notices.

Friday 29 September: golf day/meal/after dinner speaker

This will be held at Aylesbury Vale Golf Club. If you are interested in playing golf, please leave contact details with the office.

Saturday 28 October: craft workshop

Friday 3 November: AGM

Friday 17 November: quiz night

Please support the social events as these help to raise funds for MKCCG and provide an opportunity to meet other members. If there is an event that you would like considered for next year, please email news@mkccg.org or leave a note in the newsletter envelope in the office and the social committee will consider your suggestion.

Please remember to return the social events questionnaire.

Answers to Just For Fun

1. Roman
2. !
3. No
4. Harp
5. Green
6. Red

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

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 with CCG 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.