

Cardiographic

Newsletter

June 2018

Milton Keynes Community Cardio-pulmonary Group

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

www.mkccg.org

Email enquiries@mkccg.org

☎ 01908 632999

This newsletter focuses on the role of volunteers who help to ensure the smooth running of group. If you are interested in helping please speak to Gill.

General Data Protection Regulation

We know that lots of companies will be contacting you at this time about changes in data protection regulations that came into force on 25 May 2018. The General Data Protection Regulation – or GDPR for short – is designed to give you more control over how your data is used. Here at MKCCG we've been reviewing our data protection policies and procedures to make sure we meet the requirements of GDPR. We'll be explaining what we're doing in more detail via announcements and posters at Hinton Hall.

Ernie Taylor, MKCCG Secretary

Change of details

If any of your details that are held on file change then you need to let your session rep or your key worker or the office know. This would include address details, phone numbers, the medication that you are taking or if you change your GP or GP Practice. We saw over the winter the importance of the contact details being up-to-date as a number of sessions had to be cancelled at short notice due to extreme weather.

The Health Professionals also need to know about any changes in your health generally.



Contents

General Data	1
Protection Regulation	
Change of details	1
Volunteering as a Blue Shirt	2
Sporting achievement	2
Swimathon 2018	2
Chuckle time...	3
Newsletter publication	3
Newsletter direct to inbox	3
An appeal for help	3
Social News	4
Future Social Events	4

Volunteering as a Blue Shirt

I'm John and I'm a Blue Shirt. In 2011 I was diagnosed with heart failure, treated and maintained on medication and, in 2012 was referred to MKCCG. This group is unique in the country because of the dedicated way it is organised and financed.

As you know it is staffed by highly trained health professionals who understand intimately our health conditions, whether they are heart or lung based. It is a vital resource for all members. In fact, it is a crucial part of the reason I'm still able to lead a good quality of life 7 years after diagnosis. It's a real comfort to my wife as well knowing I'm in good caring skilful hands. I think most of you could say the same.

The professional staff are supported by a team of volunteers who wear and are therefore called Blue Shirts. It's not because they are cold or support Chelsea! They are mostly members who exercise on one day and volunteer as a Blue Shirt at another session. I am a Blue Shirt because the group needs us to keep an eye on members while they exercise. We try to make sure you are exercising properly or doing the warm up movements in a way that best benefits your body. We help in emergencies by fetching and carrying and looking after members. We help in setting up and clearing away, taking blood pressures and ensuring members check their heart rate and oxygen levels. It's a busy job. We get to group early to set up and stay after you have left to feed back any observations we have made; all with your best interests at heart.

The fun part is that we get to chat with you and hopefully make friends while helping you to feel supported and safe.

I have to say it's a tremendous responsibility and there's a lot to learn which I'm still doing. I also felt a bit overwhelmed and tired during the first few weeks, doing my own exercise group one day and blue shirting on another but that is wearing off now and it's becoming more and more enjoyable.

The thing is the group needs more of you, or your family and friends, to volunteer because it couldn't run without the Blue Shirts unless we paid people to come in. It would cost more and none of us would like that.

I'm 77, I still have heart failure but the privilege I feel being a Blue Shirt and the gratitude my wife and I have for all this group has done for us has added to my quality of life and I would recommend that you give Blue Shirting a go. You could always pretend you're a Chelsea supporter!

John Cousins

Sporting achievement

Congratulations to Derek Mundy who competed for Team UK in the United States' Air Force Trials.

Swimathon 2018

The annual swimathon took place on Saturday 10 March.

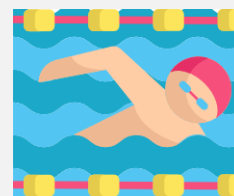
Thank you to everyone for all their support for this year's Swimathon, especially the swimmers and the people taking the sponsorship forms around the various group sessions and all the supporters on the day.

We had 3 teams which consisted of 18 swimmers in total.

In the 55 minutes actual swimming time we swam a combined total of 270 lengths.

Our group raised for the Milton Keynes Rotary Club a total of £2109.00.

Andy Chapman
(Blue Shirt Thursday pm)



I decided to try and become a blue shirt in the first instance because my husband Alain had a heart attack 5 years ago and I would be home alone while he was at his session on a Tuesday, with his sister who was also a member as she too has had a heart attack. I did not know that Hinton Hall existed until Alain told me about it, and boy was I glad he did.

When walking through the door to register for the blue shirt training there were also other people doing the same thing. I found the staff, health professionals, and members so friendly and helpful. We then in turn mentor the new recruits to become blue shirts which is also very rewarding. We are there for any information they need to know, if we can answer we do or refer them to the health professional. I have also completed a chair-based exercise course which is invaluable for the less mobile members.

The rewards I have from being a blue shirt are amazing; I get to meet some wonderful people of all ages and with different illnesses.

I feel now that I have been doing this for a few years I am giving something back to group for what they have helped my husband achieve since his heart attack. I do 2 sessions per week and if I am available will cover when we are short. I get an immense feeling of happiness to think that I am helping the members to keep themselves moving as long as they can in their own homes and also like to think that if they need to talk I will take the time to listen to them and if need be refer them to the health professionals where they can advise them better than I can.

I feel I have become a better person for doing what I do and that gives me a very warm and happy feeling.

Alison Bangard

An appeal for help

We would welcome people who are good at listening to join the *Partner's Support Group* team. This small team exists to help and support the partners of those taking part in the Phase IV programme. They are the ones who can get forgotten when all the focus is naturally on the patient. They need some time to tell their story and give and receive support from each other in a safe environment. Anyone who feels they would like to know more, can contact Neal Martin or pop into the office and leave your name and contact details; we will then get in touch.

Neal Martin (Thursday pm)

Chuckle time...

A weed is a plant which grows easily and which a garden centre can't charge you a fortune for.

Had a ploughman's lunch the other day. He wasn't very happy. I can tell you.

Julian Barrett (Wednesday am)

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 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.

Social news

The **Borderline Crossing Concert** on 27 April was a resounding success, featuring a great range of music from the band and some songs from A Breath of Fresh Air. The full house was well entertained and we raised £1189. We're already looking forward to another concert next year. Many thanks go to the band, and all those who attended and helped organise the event.



A Breath of Fresh Air (Photo by Annie Mayers)



Borderline Crossing (Photo by Deborah Seabrook)

The **coffee morning** was attended by 3 representatives from our charity of the year, Medical Detection Dogs, together with 2 dogs. We had our usual array of delicious cakes, a book and jigsaw stall, a raffle (I hope you've all checked your numbers) and a quiz sheet - congratulations to Janice who won the prize. Altogether we raised £441.70.

Tom Borland from Medical Detection Dogs wrote: Just a note to express the appreciation of the Charity for hosting myself, and colleagues Christiana Lewis with Poppy, and John Evans with Olive, at your cardio pulmonary unit annual coffee morning. We trust your clients enjoyed their morning and having both dogs around to admire, whilst having a chat with our dog socialisers. Your attendees were most generous in supporting us, and we welcomed the opportunity to convey information regarding the life-saving work of our marvellous organisation!

Future social events

The following events are planned. Further information in weekly notices:

8 June – Quiz night

6 July – Bingo night

22 September - Coffee, Cake and Craft

5 October – Barn dance at Lovat Hall, Newport Pagnell

16 November - Quiz night

14 December - Coffee, Cake and Christmas Songs

18 January 2019 - New Year Dance

John with Olive and Christiana with Poppy

