

Cardiographic

Newsletter

March 2018

Milton Keynes Community Cardio-pulmonary Group

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The social committee has already been hard at work arranging events for 2018. Dates for events are on page 4. There are some new events planned for this year; please support them.

Sporting achievement

Derek Mundy (Tuesday evening and Blue Shirt) has been invited to compete for Team UK in the United States' Air Force Trials which is a prelude to the Warrior Games. The Warrior Games is a multi-sport event featuring competitions such as wheelchair basketball, sitting volleyball, archery, shooting, track, field, cycling and swimming and is hosted by the United States Armed Forces. This year the tournament will be hosted by the U.S Air Force in Las Vegas in February/March. The Games were the inspiration for the Invictus Games created by HRH Prince Harry.

Derek served in the army from 1969 to 1986 in Northern Ireland and elsewhere. He had been in touch with "Help for Heroes" who support veterans in various ways. They suggested that Derek get involved in sport and showed him a list of events to select from. Derek chose archery despite having never tried it before. He has been getting training since November and is enjoying it greatly.

I hope that we will be able to catch up with Derek again after his trip to see how he got on.

Trevor Adams



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New Year Food and Drink quiz

We are now a few months into a New Year and our good intentions about what we eat and drink may be a struggle. To help us think about things, Wendy Gibson has devised this quiz.

1. What would be your yearly sugar saving if you swap to a no-added sugar squash?
a) 3.5 kg b) 8.9kg c) 6.0 kg
2. Which of these sweet treat slices has the fewest calories?
a) Flapjack b) Victoria sponge c) Jamaica ginger cake
3. Which of these drinks is equal to one unit of alcohol?
a) 50ml glass of sherry
b) ½ pint of normal strength lager/cider/beer
c) 175ml glass of wine
4. Which of these is lowest in saturated fat content per 100g?
a) Cheddar b) Ricotta c) Mascarpone
5. How many calories are there in 60g of chocolate?
a) 50 b) 100 c) 300
6. What is considered to be a healthy portion size of protein?
a) Size of a matchbox b) Size of a tennis ball
c) Size of a pack of cards
7. Which of these food suggestions has approx. 300 calories?
a) 2 scrambled eggs on 2 slices of wholemeal toast
b) 600g of apple
c) A bowl of cereal with milk, 1 banana, cup of tea or coffee
d) None of them
e) All of them
8. Food labels help indicate healthier food choices. Which colour indicates foods should be eaten only occasionally?
a) Green b) Yellow c) Red
9. Which type of fish is considered to be "oily"?
a) Haddock b) Mackerel c) Coley

Answers on page 4



Continuing the food and drink theme...

Did you know the recommended daily amount of salt intake, for an adult, is 6g (approx. 1 teaspoon)?

The average general daily intake is 8.1g.

Salt (sodium chloride) is the biggest source of sodium in our diets and it's this sodium that's the problem in relation to blood pressure. We need some sodium in our diet to help regulate fluid in the body. One of the reasons it can be tricky to reduce salt intake is that it is often already in foods; about 75% comes from processed foods and foods such as breads and cereals, as well as sweet foods.

Heart support group regional event: London 14 November 2017

This year MKCCG was again invited to attend a meeting at the British Heart Foundation's (BHF) London headquarters. We were represented by our Chairman, Ivan Pullen (Tuesday PM member), Ann Tracey (Monday AM member and Blue Shirt) and Steve Persighetti (Tuesday PM member).

The aim of this meeting (and similar ones around the country) was to enable heart support groups to network and discuss matters of common interest. There was also a talk from a research fellow.

The meeting started with a brief session entitled "Highlights and Help" which enabled each group to introduce themselves and highlight their successes and areas of concern. Several groups raised fundraising issues, including specific difficulties obtaining funding from BHF. Conversely two groups were unable to spend their funds and in one case donated any balance each year to the BHF. The groups were advised to speak to each other to see if there was scope for mutual assistance.

Dr Andrew Cobb then gave a presentation entitled "When Blood Vessels Turn To Bone" in which he detailed the process in which smooth elastic vascular muscle cells become hard calcified "boney" cells which can compromise the blood flow and lead to heart failure. It is thought that this transformation is a result of DNA damage as part of the ageing process. Researchers have tested inhibitors and found that vessel calcification can be repressed in the laboratory but these inhibitors are yet to be tested on humans. Meanwhile, Dr Cobb's only advice to slow down the ageing process was regular exercise and a restrictive diet, high in anti-oxidants (eg broccoli and avocado).

After a healthy lunch, there followed two workshops. The first entitled "Heart Support Group 'card sort'" during which each table was invited to arrange an envelope full of cards bearing possible headings and sub-headings for a revised heart support group area of the BHF website. Each table was invited to suggest the best order for these headings and/or to suggest alternatives.

The second workshop entitled "Getting online – exploring HSG websites and social media" gave groups the opportunity to discuss their web presence. For those groups who did not have a web site the BHF advice was to use Facebook: it is free to use and a private group can be set up so that the information is only available to registered Facebook members of that group.

The meeting closed with feedback and an exchange of contact details.



A Breath of Fresh Air

A Breath of Fresh Air sang 3 times this Christmas. Firstly for St James Church in New Bradwell for their Christmas tree festival, then at the MK Acapella concert in Newport Pagnell United Reformed Church raising money for the Mead Centre and finally at the Parkside Centre raising money for Emily's Star.

Unfortunately our Coffee, Cake (and Christmas songs) event at group was cancelled due to the snow! Lyn Kirkbright



A Breath of Fresh Air at Newport Pagnell URC

Social Committee

The new Social Committee has met twice now and has put together a programme of events for the year that includes something new, some old favourites and a new slant on some previous activities.

The ever popular Coffee morning continues with a new twist. Themed as Coffee, Cake and.... the first will include a short (and voluntary!) quiz on paper, the second will incorporate some pre-booked craft activities with something for the children too, and the third will be an opportunity to enjoy and join in with Breath of Fresh Air as they sing Christmas songs and carols.

Borderline Crossing will be holding another concert in April and the Quiz Night returns in November.

The first event is a Bingo Night - something that hasn't been on the calendar for a while.

All events will be advertised at Group in notices. The current schedule of events:

- 2 March - Bingo Night
- 10 March - Swimathon
- 27 April - Borderline Crossing Concert
- 18 May - Coffee, Cake (and quiz)
- 22 September - Coffee, Cake (and craft)
- 16 November - Quiz Night
- 14 December - Coffee, Cake (and Christmas songs)

Lyn Kirkbright, Social Chair

New Year Dance

On 19 January 105 people attended the annual New Year dance at Jurys Inn in Central Milton Keynes.

The evening was a great success with a good hot buffet, music by the band Harmony and plenty of dancing by those attending. A raffle was also held which raised £347. In all a very enjoyable evening.

Many thanks go to Nigel Robinson for organising the event.

Lesley Casbolt

- Answers to Food and Drink quiz
1. B (8.9kg)
 2. C (Jamaica ginger cake)
 3. A (50ml glass of sherry)
 4. B (Ricotta)
 5. C (300)
 6. C (Size of a pack of cards)
 7. E (All of them)
 8. C (Red)
 9. B (Mackerel)

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.