

Cardiographic

Newsletter

March 2019



Milton Keynes Community Cardio-pulmonary Group

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Ian Spratley (Tuesday afternoon) has agreed to be the new editor of the newsletter. We hope you will continue to support him with items for the newsletter. Unfortunately Ian isn't able to take this on at the moment so Jim Gorringe edited this edition and will do the next. Please send items for the June edition to Jim.



A message from Gill

Dear Members

It came to my notice at the last Committee Meeting that the handbook on using the equipment might not have been given out to new people as they have joined one of the regular sessions.

If you have not received a booklet on how to use all the machines in the Cardiovascular Area upstairs please speak to one of the staff on your session.

I am sorry for this oversight and am keen to address the situation as soon as I can.

Many thanks for your co-operation in this matter

Gill

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Warrior Games

Our own Derek Mundy [Tuesday PM member, Tuesday AM Blue Shirt and Thursday PM Blue Shirt] has been selected to represent the United Kingdom in the Warrior Games 2019 to be held in Tampa Bay, Florida, USA . The games are the forerunner to the Invictus Games. Taking part will be wounded warriors from the United States, Canada, Australia and United Kingdom. Last year Derek did a similar event in Las Vegas competing in Archery but sadly got knocked out in the second round.

This year Derek has volunteered to take part in:

Archery
Shooting
Cycling
Discus
Shot
Sitting Volleyball
Wheelchair Basketball.

The games take place in June 2019 and as Derek has to attend training events around the UK he may be missing some MKCCG sessions.

I'm sure we all wish Derek the very best of luck and hope to see a medal around his neck on his return.

Congratulations

.....to Alex Baggs Exercise Instructor Monday am and Monday afternoon classes on obtaining her British Association of Cardiac Prevention and Rehabilitation Level 4 Exercise Instructors Certificate.

Derek Mundy



Charity of the Year

The year is from August to July and the chosen charity shares a proportion of monies raised at some social events and the proceeds of the collecting tin at Hinton Hall.

The chosen charity for 2018/9 is Cardiac Risk in the Young (CRY) (www.c-r-y.org.uk). This is a national charity working to reduce young sudden cardiac deaths through awareness, screening and research, and supporting affected families.

The chosen charity for 2019/20 was voted for at the AGM and is Carers MK (www.carersmiltonkeynes.org). Carers MK provides counselling, support group meetings, information and advice on carers issues. It also provides a carers service at MK University Hospital.

1 Saddle, 2 Wheels, 4 Days and 400 miles

Did you ever have one of those moments when you should have asked more questions before agreeing to something? I did and I'm now committed to the challenge ahead.

17th May - Bordeaux to Bezier - cycling 400 miles over four days

The charity cycle has been organised by Milton Keynes Rugby Club (based in Emerson Valley) in support of improving facilities to encourage greater community involvement in sport, with particular focus on the mini rugby section for girls and boys of all ages.

However, having undergone angioplasty procedures last year, I wanted to share any fundraising with Milton Keynes Community Cardiopulmonary Group to also support exercise and fitness following heart and pulmonary issues. Wendy will ensure I do the right things but even after 30 years I'm still struggling to understand her puzzled expression and shaking of the head!

My training has started and the legs and lungs are improving but the saddle soreness remains - I'm told (and hope) this will go away! I've managed to avoid Lycra for 58 years but no longer and, for this, I can only apologise.

Please help support my efforts and motivation to train hard to raise much needed funds for the group. My company are likely to match any funds raised.

Just giving page

<https://www.justgiving.com/crowdfunding/terry-gibson-charity-bikeride-2019>

"For anyone who would like to donate but does not wish to go through the Internet there will be a collection box at Group nearer the time."

Thank you for your support.

Wish me luck!

Terry Gibson

On your bike Terry!



Management Committee

At our meeting on 25th February we welcomed a new member, Roger Cook. Roger has agreed to serve as a representative for the Tuesday evening session. We received reports from all of our session reps and our officers about what's been happening with our group recently. You can read the reports in the minutes of the meeting which will be posted on the Committee noticeboard and on our website. Speaking about our website, Steve Persighetti (Tuesday evening member) has been working on a complete redesign and update for the website. We hope to launch it around Easter. If there are any features or particular content you would like to see on the new website you can place any suggestions in the box in the main hall and we'll pass them to Steve. We also discussed the idea of having an event to celebrate our group's 30th anniversary this year - possibly a picnic or barbecue sometime in the summer. If you have any ideas for such an event please pass them to your session rep who will bring them for discussion at the next committee meeting on 15th April.

Ernie Taylor, Committee Secretary.

Staying Safe Online

With all of us using email and the internet so much more nowadays we thought it would be timely to pass on some tips for staying safe online. An extended version of this advice can be found on the Members noticeboard at Hinton Hall.

Spam, or junk mail, is usually from a person or organisation trying to sell you something.

Phishing is when criminals send bogus emails to thousands of people, in an attempt to get you to disclose private information (such as your login or password) or to infect your device with viruses.

Spam emails may feature some of the following warning signs:

1. You don't know the sender
2. Contains misspellings or unusual information
3. Makes an offer that seems too good to be true
4. Contains an urgent offer (time pressure to buy or respond)
5. Requests you to forward email to friends

Phishing Emails may feature some of the following warning signs:

1. Looks like a genuine source but message doesn't seem relevant to you and contains an attachment or a link to a website
2. The email may not use your name ('Dear Customer')
3. May have a sense of urgency or threat if you do not act quickly
4. May request personal information e.g. username, password or bank details
5. It is an unexpected contact from the organisation
 - Do not open or forward emails which you suspect as being scams.
 - Do not open attachments from unknown or suspicious sources.
 - **If in doubt, contact the person or organisation the email claims to have been sent by ... better safe than sorry.**

Top tips for online safety:

1. Don't give out personal information via email, phone or mail unless you initiate the contact
2. Don't respond to Internet solicitations for money for charity or an investment
3. Have an anti-virus / security suite running
4. Keep your operating system and all software up to date

5. Deal only with reputable companies online for purchases
6. Do not open attachments from people you don't know
7. Be wary of suggestions that you have won a contest, sweepstakes or prize. You should never have to send money or fees to claim prizes and you should never divulge account information to receive your 'winnings'
8. Be wary of claims for low-cost insurance or medications
9. Use strong passwords (at least 8 characters including some numbers and upper/lower case)
10. Look for signs of secure websites before buying – https and a padlock in the browser address
11. Never allow a site to save your password
12. Always log out after signing into a site

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.

Future social events

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

Friday 5 April 2019

Borderline Crossing concert at Newton Longville Hall

May 10th

Coffee Morning

June 14th

Bingo

July/August

Silent Auction

Sept 6th

Barn Dance

Oct 4th

Quiz

Dec 6th

Coffee Morning

Jan 17th 2020

New Year Dance

IT TOOK NO ALCOHOL BUT PLENTY OF FRIENDS

I was a bit nervous in joining an existing exercise group back in July 2015 but I needn't have worried. Everyone was friendly and helpful, especially Carol who showed me the ropes. I was so enthusiastic about the exercise as I realised it made me feel much better about myself, especially mentally, as it's such a shock to find out you will be on medication for the rest of your life.

With this new euphoria in mind, I tried to get my husband to come along but he always had an excuse and, of course, the 'man' embarrassment thing! He had a heart attack in 2004 and it was a hard job trying to keep him happy and looking forward to better things. I love dancing, so when I heard about the New Year Dinner Dance, I got two tickets.

It was the best thing I have done to make him see that there is happiness and understanding people out there who can lift your spirit and give you hope for a better life. The dance was a great way of letting him see the kind of people I was meeting every time I attended the Group. The tables were aesthetically set out and we joined one where I recognised a few people from my group. I know I titled my reflections 'no alcohol' – of course you can drink if you want to get those legs moving! The next year, of course, I couldn't wait to get some tickets. Again we joined a table with many of my friends. They welcomed him, spoke to him and he really enjoyed it. My highlight of that dinner dance was to hear him say 'I think I might join it, what do you think?'

Chris started last June and is a changed man. He looks forward to going and is cross when he has another appointment on his exercise day.

My thanks to Gill, Jos, Steve, 'Harmony' (the band) and all my friends on a Thursday (some of whom blue shirt Chris) as I have seen a fantastic change in him.

Linda Morgan [Thursday am]

Partners' Support Group

I first came across this when I came for my Phase IV rehab sessions and my wife was encouraged to join. She found it invaluable.

As time went on and my interest in MKCCG developed I attended the AGM and heard Neal Martin talk about the Support Group and the need for people to help to facilitate it. My own skill set fitted with what was needed and so I became part of the team.

You will know from your own experience of Phase IV that it runs for six sessions on Monday nights and is currently funded by the local CCG who contract with us at MKCCG to provide this service.

Heart patients are directed to us, usually by their GP, after they've completed Phase III at the hospital. When they sign up an invitation is extended to partners to find support for any issues they may have by joining the PSG.

We provide what is best described as a safe space where they can tell their story and how their partner's health issues have impacted them. So whilst exercise is taking place downstairs we gather in the small meeting room upstairs. We lead the group in pairs and encourage confidentiality and hopefully help people to talk through things that may be troubling them. It's not counselling but listening and responding empathically to what they bring.

As a team we're small in number and would always be pleased to speak to anyone who feels they may be able to help. It's not too onerous as we only have to lead about twice a year and we organise this in a very flexible way.

Rest assured what we do in our own small way is a valuable part of what MKCCG offers to all those who come through its doors.

Jim Gorringe [Thursday am]

AND FINALLY

Where I have and have not been

I have been in many places, but I've never been in Cahoots. Apparently you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have, in fact, made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity any more.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart!

At my age I need all the stimuli I can get! But one place I don't ever want to be is in Continent.

Have a nice day....!?

Patricia Thurston [Thursday am]

The Four R's

Reading, writing and arithmetic – the fourth is your's.

Get off it for 3 hours a week and become a Blue Shirt!

Anon [not this edition's guest Editor]