

Cardiographic

Newsletter

September 2017

Milton Keynes Community Cardiac Group

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MKCCG relies on members to volunteer to support the organisation and this newsletter features a number of opportunities available. Please support the forthcoming social events (details to be found on page 5).

Blue Shirt Appeal

We are all aware of the benefit we get from being members of MKCCG. But for this to continue in its present form we need more blue shirts. Some of us have already had sessions where there has not been the requisite cover to run both green and yellow sub-groups. Furthermore, the blue shirts we do already have are being asked to cover more sessions and that can be in no-one's best interest.

Would you be prepared to spare approximately three and half hours per week and be a blue shirt at one of the other sessions? This will not impact in any way on your normal session as a member. If you are retired, you could be a blue shirt at one of the morning or afternoon sessions. If still working, perhaps one of the evening ones.

Being a blue shirt is an opportunity to give something back to the group. Please contact Gill, or one of the health professionals for more information.

Mike Towell



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Why MKCCG developed a charity of the year

Quite some time ago we began to get complaints from members that they were being constantly asked to sponsor financially somebody's relation, friend or neighbour to undertake a challenge. Members often did not know either the person undertaking the challenge or the one making the request, if it came from a session other than their own.

This problem was given serious consideration by the management committee. As a charity ourselves we know the importance and the challenges of raising money and didn't want to be negative about helping others, especially other local charities. It was therefore suggested that each year we would have one charity in addition to ourselves for whom we would collectively raise money.

The charity would be chosen from suggestions made by members and by members' votes at the AGM each year. The criteria are that the charity should be related to our members' health experiences (normally heart/lung) with a preference for a local charity. Over the years we have supported Air Ambulance (twice); Diabetes; Mind; ICU Steps; Bosom Pals.

The collection year is in line with our own financial year: August 1st to July 31st and from this August, as agreed at the last AGM, we will be supporting the local charity Medical Detection Dogs. The main fundraising effort each year is the Coffee Morning which is split 50/50 between ourselves and our charity of the year. The first Coffee Morning was in aid of Macmillan Cancer Support. However as it is such hard work some of our helpers felt we should benefit too from our efforts hence the split. Historically, 10% of each of the twice-yearly Craft Days has been given to the charity. We also ask the charity to supply a collecting box which sits on the table outside the manager's office. This is returned to the charity representative who attends the AGM following the close of their benefit year to collect a cheque for the money raised.

Following this path has reduced the constant requests for financial support for people's endeavours. As we have many newer members who may be unaware of the origins of this activity, we felt it would be worthwhile giving this explanation.

Those who have been beneficiaries have been thrilled to receive support from a fellow local charity and we hope that you will feel able to support our chosen charity scheme in the future.

MKCCG has also been a beneficiary from other charities and we are delighted with the support we get from them.

Gill Robinson, Manager MKCCG

Charity nominations 2018-2019

These are the nominated charities for consideration prior to voting at the AGM:

Willen Hospice (www.willen-hospice.org.uk). Provides specialist care for people from the age of 18 years who live in Milton Keynes and the surrounding areas and whose illness no longer responds to curative treatment. Local charity.

MK Act (www.mkact.com). Works with over 100 families' everyday providing safe accommodation in MK for women and children escaping domestic violence. Specialist support for children and volunteer counselling service. Access to health, housing and legal advice. Local charity.

SERV OBN (Blood Bikes) (www.serv.org.uk). All-volunteer rapid response medical transport service for Oxon, Bucks, Berks & Northampton delivering blood, breast milk, biological samples, medical notes, x-rays and scans to all UK hospitals via motor bike. Regional charity.

Harry's Rainbow Charitable Trust (<http://harrysrainbow.co.uk>). Support and advice to bereaved children and their families. Provides peer contact, recreational activities and access to information about coping with bereavement. Local charity.

Cardiac Risk in the Young (CRY) (www.c-r-y.org.uk). Working to reduce young sudden cardiac deaths through awareness, screening and research, and supporting affected families. National charity.

Social events questionnaire

We asked our 463 members to indicate their support for various social events. We received responses from 68 members. These are summarised:

Event	Number of Votes	% of Respondents	% of Membership
Dance	21	30.88%	4.54%
Quiz	39	57.35%	8.42%
Craft Day	23	33.82%	4.97%
Coffee Morning	41	60.29%	8.86%
Raffles	54	79.41%	11.66%
Picnic	30	44.12%	6.48%
Golf day	9	13.24%	1.94%
No interest	7	10.29%	1.51%

There were some suggestions of other events that people would like and these will be considered at social committee.

Coffee morning: 9 June

The coffee morning raised £1130.93; this is divided between MKCCG and Bosom Pals (Charity of the Year 2016/17). Doreen Labastrid was there representing Bosom Pals and drew the raffle prizes.

At the entrance was the plant store. There were jams and marmalade on sale along with a craft stall and bargain table. The usual tea, coffee, sandwiches and cakes were available for the £2 entry charge plus lucky dip and raffles with well over a hundred people enjoying a convivial occasion. Thank you to all those who helped with the coffee morning and attended the event.

David Meek

Summer Picnic: 29 July

Just over a hundred picnickers gathered at Heron's Lodge and enjoyed a variety of activities, quizzes and competitions. The Welly-Wanging in particular was very popular with competitors of all ages. There were lots of children present who enjoyed their own activities, both indoor and outdoor. Thanks to MKlele who entertained us with some hearty playing and singing.

Thank you to the posse of members and friends who helped before, during and after the event. £324 was raised for group.



Swimathon 2017

Eileen and Margaret being presented with money from the Swimathon at the presentation event at the Holiday Inn

MKCCG was one of the chosen beneficiaries from this year's event and was given £3000.

Swimathon 2018

The 2018 Swimathon is on 10 March. MKCCG will be swimming between 12 and 1. We will have 3 lanes. More details to follow.

Your Group Needs You: Session representatives

We all get a lot out of being members of MKCCG and I am sure you have noticed that the Group doesn't just run itself. Gill, as Manager and Hayley, as Deputy Manager are responsible for staff training and for keeping up with the latest developments in cardio-pulmonary rehabilitation. There is also a committee of Group members – the Management Committee.

The Management Committee consists of five Officers (Chairman, Vice Chairman, Secretary, Treasurer and Social Chairman) who are elected each year at the AGM plus two representatives from each of the exercise sessions. We meet roughly once every seven weeks on a Monday evening, discuss everything to do with the running of the Group and make decisions about a wide range of things including major items of expenditure.

Every year we ask for each session to choose one Session Rep to serve for two years and to represent the views of the members of that session. Could you spare a little time to help with the running of the Group by standing as a Session Rep or perhaps you can persuade someone in your session to stand? Nomination forms will appear on the noticeboard at the end of September with a deadline of 27 October for their return. The names of the new Session Reps will be confirmed at the AGM. Sometime before the first meeting of the new committee we'll hold a special meeting to provide guidance on what is expected from new session representatives.

Please take the time to consider joining the committee and contributing to the running of the Group. Voluntary groups rely on volunteers ... your Group needs you!

Ernie Taylor, Secretary

Foreign Currency

In the office there is a jar for any foreign coins that you can donate to group.

Dickie Ticker's monthly draw

Numbers are available for Dickie Ticker's monthly draw. This is open to members, staff and Blue Shirts. In 2016 £2310 was raised for MKCCG.

It costs £15 per year to have a number and prizes are £50, £40, £30, £20 and £10.

If you are interested in having a number please speak to your session rep.

Wanted: Vice Chairman and Social Chairman

We urgently need volunteers to put their names forward for the above posts to be appointed at the AGM on 3 November. The position of vice chairman has been vacant for a year and this puts additional pressure on the other directors of MKCCG. The role is varied and interesting allowing the vice chairman to play an important part in the future running of our group. If you feel that you would like to be part of this team, please contact Ivan Pullen, the current chairman of the group, who will be happy to explain the role and discuss with you how you might influence the future of the group (pullen.home@googlemail.com).

The other vacancy will be for chairman of the social committee. Mary and Anthea will not stand for re-election in November due to personal circumstances. The results of the recent questionnaire show that there is a need for fresh ideas and energy to be put into this side of our group's activities. Over the years the social needs of members seem to have changed. Nevertheless social activities still form an important aspect of MKCCG, bringing together members from different sessions and reinforcing the work of our health professionals and exercise leaders. All of this makes our organisation such a huge success. There are many members ready to lend a hand when asked, but who need someone to take the lead in organising events. Mary, Anthea or Ivan would be happy to discuss this position with any members who feel they would like to bring their ideas and enthusiasm to this vital side of the life of our group.

Mary Owen and Anthea Phillips

Social events calendar

Saturday 28 October: craft workshop 10am – 4pm
Tickets £5 and includes all workshops and refreshments. Children 12 and under can come free and take part in all the activities. Craft material bargains on sale.

Friday 3 November: AGM

Friday 17 November: quiz night. £1.00 per person entry

Friday 19 January: New Year Dance at Jurys Inn

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



MKlele playing at the Summer Picnic on 29 July

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.