

# Cardiographic

Newsletter

September 2018

## Milton Keynes Community Cardio-pulmonary Group

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MKCCG relies on members to support the organisation and this newsletter features opportunities available including Blue Shirt, Newsletter Editor, Session rep and Vice Chairman.

## Social events

The following events are planned; information in weekly notices.

**Coffee, Cake and Craft** on 22nd September 10 - 12.30. A regular £2.50 coffee morning combining with bookable workshops at £5 plus materials. Sales tables, including a scarf and bag stall, a raffle and a children's activity table.

**Barn Dance** at Lovat Hall in Newport Pagnell on 5th October at 7.30pm. Odd Sox will be playing and there will be tea, coffee and cake available to purchase in the break. Bring your own drinks. Tickets cost £15 and are available from your session rep.

**AGM** on Friday 2 November at 7.30pm at Hinton Hall. Cheese and wine after the meeting.

**Quiz Night** on Friday 16th November at 7.30pm at Hinton Hall. Bring your own snacks. Tea and coffee during the break. £2.00 per person.

**Coffee, Cake and Christmas songs** on 14th December 10 – 12. Admission £2.50.

**New Year Dance** on 18 January 2019 at 7pm at Jurys Inn, Central Milton Keynes. Drink on arrival, hot buffet and the band, Harmony, providing music. Tickets cost £28.50 per person.



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## 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

## Wanted: Vice Chairman

We urgently need a volunteer to put their name forward for the above post to be appointed at the AGM on 2 November. The position of vice chairman has been vacant for a year or more 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).

## Brainteaser

You want to cross a bridge which will take you 7 minutes, by any of the means available to you. However, there is a guard on the bridge, who has a habit of falling asleep for exactly 5 minutes every so often. So how do you get across?



Tony Smith (Thursday evening)

## Borderline Crossing CDs

Borderline Crossing have donated 10 copies of their new CD for fundraising. They cost £10 each and all proceeds go to MKCCG. If any are still available you can buy one through your session rep or Blue Shirt. Thanks to Borderline Crossing for their kind donation.

## Bingo Night

The Bingo Night finally took place on 6th July. Having been snowed off in March, we had instead heat and sunshine!

The evening was well attended and great fun with some very enthusiastic players. I certainly enjoyed my first time with the 'Bingo Lingo' as caller. We raised over £240.

Lyn Kirkbright Social Chair

## Quiz night

Quiz night on 8 June was well attended with 20 teams competing. A total of £274.00 was raised for group.



## 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 each session to choose a 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 26 October for their return. The names of the new Session Reps will be confirmed at the AGM on 2 November. To find out more about what is expected from new session representatives you can talk to your existing rep – see the Committee noticeboard if you're not sure who this is.

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

## Vacancy: newsletter editor

The role involves compiling the newsletter (this template is available or you can choose one); emailing a PDF to the printer and getting a quote agreed prior to printing; arranging electronic distribution. Members submit items and there are social events to advertise. Ernie Taylor, secretary provides support and advice in compiling the newsletter.

If you are interested; please email [news@mkccg.org](mailto:news@mkccg.org) with any queries and the editor and/or Ernie will contact you to discuss further.

### Brain teaser answer

As soon as the guard falls asleep you start walking across the bridge. After exactly 4 minutes and 55 seconds you turn around and start walking back. The guard wakes up; sees you and shouts "hey you, turn around and go back." So, you do!!

## Volunteering as a Blue Shirt

I became aware of the group about 17 years ago when a neighbour and friend had a heart attack and subsequently attended on Thursday evenings. Later on, my wife had developed asthma and she too became a member. About 18 months ago, she suggested I looked into volunteering as a blue shirt as new recruits were needed. I came to the six-week training course and haven't looked back. I enjoy coming each week with the very friendly team and to experience the improvements that attending the sessions gives to the members. It is also very gratifying to know that in a small way you are making life for others better.

Barry Hamilton Blue Shirt  
Monday Long Term  
Conditions

## Why I became a Blue Shirt...

My story begins on 20<sup>th</sup> December 2006. Following various tests at M.K. Hospital I was blue lighted to John Radcliffe Hospital Oxford and had a triple bypass (CABGx3).

Oxford released me to M.K. Hospital and I was invited to join a group of patients who had heart problems. After 8 weeks of talks on exercise and life style changes (couple of hours 1 day a week) and the use of the Hospital Gym, I was referred to MKCCG. I attended Phase 4 for 6 weeks and felt a great deal of benefit from the talks, exercise and being with people in the same boat as myself. This was on top of the care and help from my wife, family and friends.

In July 2007 I became a Group Member. I felt the exercise and care given during the session of great benefit. The understanding of the Health Professionals, Fitness Instructor and Blue Shirts was welcomed.

Early 2011, I thought I had benefited from Group, so I approached Gill to become a Blue Shirt and give something back. I did my training. On completion of Blue Shirt training (which is ongoing) I hope that I am as good as the Blue Shirts that looked after me in the early years.

So, going back to the heading, the reason I became a Blue Shirt was to give back to Group what it had given to me. Plus, you get a free Aerobics session.

I have several friends in different parts of the country that have heart problems and apart from walking groups they have nothing that we have. So, if you can give 3 hours a week to help and encourage new and existing members and keep the Group going, sign up now. The pay is non-existent but the satisfaction is well worth it.

Dave Dyer Tuesday p.m. member; Thursday a.m. Blue Shirt

An article by Richard Pearson about being a Blue Shirt will feature in the next Cardiographic.



## 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](mailto: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](mailto: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.