

Cardiographic

Newsletter

December 2016

Milton Keynes Community Cardiac Group

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Don't forget the Christmas closure. Last session is Thursday evening 22 December; reopening Monday Morning 9 January 2017.

Gill's Festive message

The last weeks have been particularly busy here at MKCCG starting off with the craft sale, followed by the quiz, AGM and Christmas craft workshop. The thought of Christmas approaching has almost taken me by surprise.

As I write this, it is the first really cold and frosty morning; beautiful to look at but for all of you members it important to remember to wear hats, scarves, gloves and warm socks especially for those of you taking a beta blocker which is the vast majority of members. Even if you have never worn a hat or used a scarf to pull up over your mouth so the air warms a little before it hits the lungs, you really need to be using these simple techniques to help you cope.

Before we have any snow (let's hope we don't have any or at least only a little that does not create problems) make sure you have proper snow shovels and brooms ready in easily accessible places so that in worst case scenario you can safely clear a path. Remember, you are not required to clear the paths of all who live in your area...just your own!

I'd like to take this opportunity to thank you all for another year of work and fun. As the year comes to a close I would like to wish each and every one of you and your families a very happy Christmas and my sincere wishes that 2017 bring health and happiness in abundance.

Gill Robinson, Manager



Contents

Gill's Festive message	1
Councillor's visit	2
Name Change	2
Dickie Ticker	2
Craft Sale	3
Quiz night	3
Christmas Craft Day	3
Just for fun...Sudoku	3
Charity of the Year	3
Heart support group event	4
Forthcoming events	4
Electronic version:	
Members skills	5
Website	5
Newsletter	5
Some thoughts on the flu jab	6

Councillors visit

"It's a hidden gem," declared Councillor Hannah O'Neill after visiting an exercise session run by Milton Keynes Community Cardiac Group on 23 November 2016.

The Councillor was there as Deputy Leader and Cabinet member for Healthier and Stronger Communities as the group tries to forge a closer working relationship with Milton Keynes Council.

"I had no idea of the extent of the Group's work and I am very impressed. The fact that so many of the members have been coming for a really long time and that a good number of them have become volunteer helpers with the exercising speaks volumes for the success of the programme." She added, "The Council should know about the work being done to help patients keep well when they leave hospital. I had no idea of what to expect. It's unique as far as I know and quite amazing."

Gill Robinson, founder of the Group 27 years ago and Manager, outlined the work involved with 460 members and 10 sessions a week staffed by qualified clinical and exercise staff along with 80 volunteers.

When not distracted by Councillor O'Neill's babe in arms, who was also on the tour and who seemed to enjoy this part of her mother's maternity leave, Gill took the opportunity to try and establish a point of contact with the Council for use in emergencies.

Chairman Ivan Pullen stressed the social value of the Group sessions as well as helping members stay fit and healthy. "We are delighted the Councillor came to have a look at us in action. It will raise awareness of what we do, and while we are completely independent I think we complement the Health Service" he said.

Article: David Meek. Photos: Ian Spratley

Name Change

At the AGM in November members voted and approved the name change of the group to Milton Keynes Community Cardio-pulmonary Group (MKCCG). This name will be used in the application to become a Charitable Incorporated Organisation which will be progressed during 2017.

Having agreed the name change, a new logo needs to be designed. A local company 'Clarity' have been provided with a brief by the Management Committee; discussions about the logo are ongoing. The publicity committee is involved in the discussions and the Management Committee will make the final decision.

The logo will be used on all paperwork, publicity information and the website.



Dickie Ticker

Dickie Ticker is the current mascot of MKCCG and we now need to think about a mascot to reflect the group name change. Perhaps Dickie Ticker needs a friend or the addition of lungs. Are you feeling creative? Perhaps you could come up with a name and design for a mascot. Email ideas to news@mkccg.org or place them in the newsletter envelope in the office at Hinton Hall. Suggestions will be discussed at Publicity and Management Committees. Please submit your ideas by end January 2017.

Craft sale 24 September

The craft sale was the first of its type we had put on. We had tremendous support from members and other craft sources with donations for our table sales. Sellers could raise money for their own causes and 10 crafters came. We had asked for 20% of any takings to be donated to group, sellers were generous and between them raised £107; the grand total was £1108.79. The crafts on sale were beautiful and very diverse. We also ran a raffle, tombola, lucky dip, book sale, wine game and Danny's craft stall. Refreshments ran throughout the morning, tea and coffee being supplied by our kitchen girls. Morrisons of Central Milton Keynes kindly donated a supply of fresh scones and doughnuts, we would like to thank them for their kindness and support. My own personal thanks go out to all those who willingly gave of their time on both Friday and Saturday; it is a hard but very rewarding weekend and without them these events wouldn't take place.

Mary Owen, Joint Chair Social Committee

Quiz night

The quiz night on 21 October was held at Hinton Hall and saw 20 teams competing to answer questions mainly set by Trevor Adams with Anthea Philips keeping control of proceedings by asking the questions. 7 rounds of questions were answered with a plentiful bring and share buffet half way through. A total of £286 was raised for group. Thank you to all those involved.



Christmas Craft Day

The craft workshop day was held on Saturday and thanks to a band of willing helpers it raised £1134.37 for group funds. Thanks also to those who baked some tasty cakes for us. Without their help on Friday and Saturday, together with our skilled demonstrators, this event could not take place. Despite the low turnout on the day we raised £1134.37 for group funds, those crafters who came certainly "dug deep" and showed their support for our cause.



Just for fun...Sudoku

Put each of the numbers 1-9 once in every row, column and 3x3 box.

Devised by Tony Pateman

9			1	4	8		3	
			2				6	1
	8	2	3	6				
4	2		5	7				3
8								5
3				8	2		7	4
				5	4	3	2	
2	7				9			
	3		6	2	1			7

Charity of the year

Charity of the year provides members with an opportunity to help support another charity. The general principle in choosing the charity is that it should be related to members' health experiences (normally cardio-pulmonary) with a preference for local rather than national charities.

The charity for August 2015 to August 2016 was Thames Valley and Chiltern Air Ambulance (serving Berks, Oxon and Bucks). A cheque was presented for £843.88 and a sealed collection tin.

The charity for August 2016 to 2017 was voted and agreed at the 2015 AGM; it is Bosom Pals.

At the 2016 AGM there were a number of suggestions and following a vote it was decided that the charity for August 2017 to 2018 would be Medical Detection Dogs.

Heart Support Group Event: London

Our heart group was one of a number of Heart Support Groups invited to attend a meeting at the headquarters of the British Heart Foundation in London on 7 November. The BHF informed us that up to four members could attend and they would pay the travelling expenses. We were represented by our chairman, Ivan Pullen (Tuesday PM member); George Samme, a Blue Shirt (Wednesday AM member); Jim Goringe, Session Rep and Partner's Support Group (Thursday AM member) and finally Mike Towell, a Blue Shirt (Thursday AM member).

The aim of the meeting (and other similar meetings across the country) was to provide an opportunity to network with other groups on matters such as raising public awareness of the group and its aims, recruiting new members, fund raising and getting more members involved in the running of these groups. We split up so as to sit with as many different groups as possible. The meeting commenced with a brief resume of the groups who were present.

Of the eight or nine groups in attendance ours is the largest and most active. Whereas we have up to three exercise sessions on some days, some of the other groups have no facilities for their members to exercise. Of those groups that do offer their members exercise, some are having to pay their local hospital a fee to use their facilities. Some groups are struggling for committee members: one support group was still trying to operate even though there were only two members prepared to sit on the committee. It became clear from what we heard that MKCCG is a successful well-run group. We should be proud of what has been achieved and rightly so. But even our group is still short of volunteers, whether that be session reps, committee members or Blue Shirts.

There was a presentation by a BHF Dietician, Victoria Taylor, entitled, "Diet: Behind the Headlines". The previous guidelines on healthy eating have been revised. For the new guidelines Google BHF Eatwell Guide. There was second presentation given by Dr Riyaz Patel of University College London, entitled, "Subsequent event risk and secondary prevention of heart disease". We have been promised the text of both presentations and these can be made available to members once received.

We had some group workshops. We came away with some ideas for increasing local public awareness of our group. It would seem that we are already doing what the other groups are doing in respect of raising funds and indeed with our Dickie Ticker draw, something that they don't.

All in all, an interesting day.

Mike Towell

Answers to Just for fun...

9	5	6	1	4	8	7	3	2
7	4	3	2	9	5	8	6	1
1	8	2	3	6	7	4	5	9
4	2	9	5	7	6	1	8	3
8	6	7	4	1	3	2	9	5
3	1	5	9	8	2	6	7	4
6	9	1	7	5	4	3	2	8
2	7	4	8	3	9	5	1	6
5	3	8	6	2	1	9	4	7

Forthcoming events

Tickets available now for MKCCG New Year Dance on Friday 20 January at Jurys Inn. 7pm for 7.30pm hot buffet. Dancing to Harmony. Tickets £26.50 each.

Rotary Club of Milton Keynes Annual Swimathon will be held on March 11 2017.

The social committee will be holding a meeting on 7 December at 6.30pm. This is an open meeting to discuss the events for next year so if you would like to make us aware of events you would like to support please feel free to come along, you will be very welcome.

Alternatively email news@mkccg.org with ideas by 5 December.

Members Skills

As mentioned at the AGM there is a register of members' skills that is held in the office. Forms are available to complete detailing skills that members have that would benefit the group. Perhaps you are handy at DIY, good using a computer, can help organise an event. All these skills are useful to group and the more volunteers there are the easier it becomes for everyone.

Why not volunteer to help MKCCG?

Social committee is looking for Associate members – these are members who are not necessarily able to attend every committee meeting but will receive minutes of the meeting and can input into discussion via email in advance of the meeting. If you are interested, please contact Mary Owen, Anthea Phillips or email news@mkccg.org

If you are interested in volunteering as a Blue Shirt please speak with Gill.

Website

The publicity committee would like to know your views:

What would you like to see on the website?

What do you like/not like on the website?

Please email news@mkccg.org with your ideas so that they can be discussed at the publicity committee meeting when changes to the website are discussed.

Newsletter

The editors of the newsletter like to receive your articles for inclusion and would remind you that the newsletter is for members so if there are things you would like to see please let us know and write something for it. We would encourage people to receive the newsletter electronically.



Newsletter direct to your inbox

Perhaps this newsletter was delivered to your inbox or you may be reading the full edition on the website.

If you would like the newsletter delivered to your email inbox, please send an email to news@mkccg.org with CCG 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.

Some thoughts on the flu jab

If you do not like having a flu jab here is some advice on how to avoid having one.

To avoid it...

Eat correctly and ensure you have your recommended daily dose of fruit and veg.

Take vitamin supplements and bump up your vitamin C and D. Take plenty of exercise because it helps to strengthen your immune system.

You should take a walk every day or go for a swim and always take the stairs instead of the lift.

Wash your hands often. If you can't, keep a bottle of antibacterial stuff around.

Get lots of fresh air. Open doors and windows whenever possible. Try to eliminate as much stress from your life as you can. Get plenty of rest.

Or...

You can take the NHS approach. Think about it...

When you go for a flu jab, what do they do first?

They clean your arm with alcohol

Why?

Because ALCOHOL KILLS GERMS.

So...

Walk to the pub (exercise)

Drink rum and black (blackcurrant fruit is high in Vitamin C)

Put celery in your Bloody Mary (that's 2 of your 5-a-day veg)

Drink outdoors on the patio (fresh air and vitamin D via the sun)

Tell jokes and laugh (eliminate stress)

Drink until you pass out (rest)

The way I see it...

If you keep your alcohol levels up, the flu germs can't get you!

Remember...

Vitamin C cannot be stored in the body, so you need it in your diet every day.

Conclusion...A shot, or more, in the glass is better than one in the arm!

Roger B Wyatt



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.