

Cardiographic

Newsletter

March 2016

Milton Keynes Community Cardiac Group

Hinton Hall, 296a Whaddon Way, Bletchley MK3 7GB

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Welcome to the first newsletter of 2016 and the first for the new editors. Sam Shunmoogum, the previous editor, will be a hard act to follow and we appreciate all the work that he did over many years. Feedback on the newsletter is welcome especially what you like/don't like and what you would like included. Your support with articles and information will be most appreciated. This is your newsletter, so please get in touch.

So...who are the Editors? The article on page 3 identifies them.

Website

The group website has a member's secure area where management committee minutes can be found – don't forget to check these out. The log-in details are to be found on the notice board. Previous editions of the newsletter can also be found on the website.

Noticeboards

Don't forget to check the noticeboards for committee minutes and other useful information.



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Borderline Crossing in Concert

A concert is being held on Saturday 30 April 2016 8.00 pm - 11.00 pm at York House Centre, London Road, Stony Stratford MK11 1JQ to raise funds for MKCCG.

Featuring Leicestershire musician and music producer, John Montague (guitar, vocals), local musicians Neil Mercer (guitar, mandolin, vocals), Tim Smith (bass, vocals) and Ian Spratley (guitar, vocals), along with Leicestershire's brilliant singer-songwriter, Phil Riley. Ian attends the Tuesday morning long-term condition session.

It will be an evening of Acoustic Music, presenting a wide range of foot-tapping songs and tunes from many genres, blending original compositions with Americana, Country, Blues and Pop. Over the years band members have played in a variety of venues, including Nashville, BBC Radio and The Stables as well as Number 11 Downing Street. More recently they completed an 8-day tour of Germany in October 2015.

Tickets £7.50. Tickets available from Social Committee chairman Andy Halsey or your session rep. For more information, contact Ian at ianspratley@btinternet.com.

There will be York House's friendly bar offering real ale & cider, wines and soft drinks.



Borderline Crossing at a previous concert (Ian is taking the photo!)

Recent Events

Some of the recent events that have taken place are Craft Fair on 17 October, quiz on 13 November and the annual dinner dance on 29 January.

Volunteers needed

Interested in DIY?



Occasional small DIY jobs need to be completed at Hinton Hall. If you are able to assist when these are required please let Gill know.



The Editors

Trevor and Liz Adams are the new editors of the Newsletter.

Trevor attends the Thursday evening session and has been a member since 2014 following surgery at Papworth for mitral valve repair.

Liz has worked in the local health service for many years and is currently based at Bletchley Community Hospital – some members have recognized her from her work. One member of MKCCG encouraged her to attend a social group many years ago where she met Trevor!

Find out more about Trevor on page 4 – In a nutshell



Liz and Trevor

Word search

Just for fun...

Search up, down, forward, backward and on the diagonal to find the hidden words. One word is not in the word search; answer on page 4.

O V G P P K L H C W N L M V M
S T E N T A T A Z I J T A G A
Y T M S T V C V R A Z S X N O
P B B L T H I E L T C X I T R
Q V D J A F E R M U I T Q V T
E L O T S Y S A L A A M A D A
S G G V X Z U A R T K L R I N
P C N S O R R P S T V E S A I
E R D U Z L C F E E C P R S E
Q P B H L Z I Q R Z E X L T V
H Y P E R T E N S I O N A O Q
X Y B Z R X W V Q Q E V I L D
X C A A D B O H C E K J R E T
H M T A R F J A K C T Z T L P
P R W U T J Q F P R L B A R W

ANGINA
AORTA
ATRIAL
DIASTOLE
ECG
ECHO
HEART
HYPERTENSION
LUNG
MITRAL
PACEMAKER
STATIN
STENT
SYSTOLE
VALVE
VASCULAR
VEIN

Forthcoming events

Watch this space for details of future events.

Support for all events by members and their friends and families helps raise funds for the group and is a good opportunity for socializing.

We wonder what new crafts people did on 12 March and hope all enjoyed themselves.

In a nutshell

Name: Trevor Adams

Session: Thursday Evenings

Favourite food: Huge bowl of chilli followed by banoffee pie, washed down with a couple of refreshing beers

And if Gill is reading this? Those salad leaves look excellent but go easy on the dressing

What did you want to be when you were growing up? A midfield enforcer for Brighton and Hove Albion in the style of Steve Foster

And did that work out? Err no

What one thing would you like to do before you die? Find the secret of eternal good health

What was the last book that you read? I'm slowly working my way through Time Magazines 100 great novels of the 20th century. I have just finished Atonement by Ian McEwan – that was excellent (some of the others have been hard work!)

Favourite music act: Pink Floyd

What is your favourite place in the UK? I'm never happier than walking in the Lake District

Describe yourself in 3 words: where's my slippers

What are your hobbies? Hiking, following Brighton & Hove Albion and Sussex County Cricket club; I also like music and cooking

Where do you take your mind to during the relaxation at the end of an exercise session? Sometimes it's a Lakeland fell; often it's a slowed down version of the session that has just happened

Favourite part of the exercise programme: probably the circuits although they can be quite challenging at the time

What do you get out of attending MKCCG? On the one hand it is regular exercise in a safe setting – on the other it is having a chuckle with your mates

In a nutshell

This is a good opportunity to contribute to the newsletter. The questions are to be found on the website, fill in some or all of them or add some questions of your own. Then send to the editors for inclusion in future newsletters.

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.

Word search: ANGINA