

# Cardiographic

Newsletter

March 2017



## Milton Keynes Community Cardiac Group

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The social committee has already been hard at work arranging events for 2017. Dates for events are on page 4. Attending events is a good way to meet other people and helps raise funds for group; please make a note of dates in your diary and try and attend a few events during the year.



## MP visit to MKCCG: Friday 13 January 2017

Mark Lancaster, MP for North East Milton Keynes, was recently invited to take a look at MKCCG in action. Nowadays a soldier turned politician, Mark is Under Secretary of State for service personnel, veterans and reservists.

His reaction after watching an exercise class at work was to say "The Group is clearly a happy jolly place and it was so good to see the physical and mental benefits the members were getting out of their exercise. Its success is an exemplar for across the country which we should be celebrating and promoting.

The NHS is under great financial pressure these days and this is an advancement in the care and rehabilitation of people with heart and breathing problems that effectively keeps people out of hospital."

The MK Community Cardiac Group eases the pressures on the NHS with the efforts of the specifically qualified health professionals, exercise instructors and trained volunteers who give members a better opportunity to return to work and prolong their independence.

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One of the younger members said "Without the group, I'd still be shuffling along and struggling with everyday activities, just trying to get up in the mornings, let alone getting dressed. It was a black hole but it is a lot easier with the help of the group. I'm now more confident and have more stamina. I still have a way to go but life looks better than I ever thought possible."

The Milton Keynes MP met with Gill Robinson, the founder and manager of the group, along with Ivan Pullen, the chairman and a former heart attack patient. There was a good representation of patrons in Dr Gwilt, Dr Hilmy and Dr Mahendran. It all seemed a far cry from the formation of the group 28 years ago when Gill, a former health promotion specialist, started her group with a £50 donation, an exercise bike and five members.

Now with over 400 members who attend specially designed rehabilitation programmes, members with heart and breathing problems are able to enhance their fitness along with their physical and mental health. The transformation in wellbeing is remarkable and certainly reassuring for their families.



## Swimathon

The Rotary Club of Milton Keynes is holding the annual swimathon on 11 March 2017 at Stantonbury Leisure Centre.

MKCCG will have members swimming between 12.00 and 1pm. There are 3 teams of 6 swimmers. Supporters would be welcome.

Swimmers will be seeking sponsorship and this year MKCCG is one of the charities chosen to receive money from the event.



David Meek (article); Ian Spratley (photos)

## Quick Quiz

A quick quiz on the theme of hearts. Answers on page 4.

1. In which North Yorkshire village was Heartbeat filmed?
2. Which fictional character would frequently proclaim "Off with their heads!"?
3. Who was the hole in the heart footballer?
4. Who wrote the novel "Heart of Midlothian"?
5. What is the name for an adult male deer aged five or more?



## The Big Breakfast

The Respiratory Group Outreach session at York House on Friday 25<sup>th</sup> November participated in a fundraiser called The Big Breakfast and raised £30 for the British Lung Foundation.



## Santander Charitable Giving

Santander match-funded 25% of the takings from the Christmas craft fair to group which was £258.60. Thanks go to Santander.

## 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.

## New Year Dance

The New Year Dance was held at Jurys Inn on 20 January and was a sociable evening. 99 tickets were sold for the dance. Following the drinks reception we sat down for a hot buffet 3-course meal. We were called by each table to choose our food so each table could eat together and there were no long queues. There was a choice of food and plenty to eat. The evening was spent chatting, listening to music and dancing. The band, Harmony, played and sang a selection of music. The raffle raised £278.

It was discussed at the social committee about the date of the dance and the outcome is that the dance will be arranged for January 2018. When a date is known it will be publicised in the social calendar.



## Social events calendar

### Friday 17 March: Quiz night

Hinton Hall, doors open 7pm. £1 admission.

Bring a plate of food to share and your own drinks. Tea and coffee supplied. Teams of 4 people. Questions by Pat Hodges who does regular quiz nights for charity.

### Saturday 29 April: craft workshop

Hinton Hall, 10am – 4pm. £5 admission

Have a go at one of the many craft workshops with materials provided. Help is available if you are not familiar with what to do. There will be a well-stocked refreshment bar. Children under 12 can attend free of charge but must be accompanied by an adult.

### Friday 12 May: concert

Newton Longville Village Hall, Whaddon Road, Newton Longville MK17 0AT

Time to be confirmed. £10 admission (session notices will announce when tickets are on sale).

There will be a cash bar. Concert featuring:

A breath of fresh air: MKCCG Singing for Better Breathing group.

Borderline Crossing: returning after a successful concert in 2016.

Acoustic music, featuring a range of foot-tapping songs and tunes from many genres.



Details of the following events will feature in the newsletter later in the year and in group notices.

Friday 9 June: coffee morning

Saturday 29 July: summer picnic

Friday 29 September: golf day/meal/after dinner speaker

Saturday 28 October: craft workshop

Friday 3 November: AGM

Friday 17 November: quiz night

## Answers to Quick Quiz

1. Goathland (Aidensfield is a fictional place)
2. Queen of Hearts
3. Asa Hartford
4. Sir Walter Scott
5. Hart

## 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 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.