

Cardiographic

Newsletter

September 2016

Milton Keynes Community Cardiac Group

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

www.mkcardiacgroup.org Email enquiries@mkccg.org

☎ 01908 632999

Welcome to the September newsletter. This edition features important information from the Manager and Deputy Manager and details of the forthcoming AGM.

Changing Times

When we started MKCCG way back in May 1989 there were no guidelines or governing bodies to advise how to go about setting up maintenance groups, what to monitor or how frequently to monitor. Therefore we took a number which seemed reasonable on which to base the taking of blood pressures (BP). So for the past 27 years we have taken them on a six week rotation or three weeks for those who also have diabetes.

Times have moved on and there are now lots of studies and research in to the whole area of Cardiac Rehabilitation and Maintenance, along with a governing body to ensure good practice throughout the country. The NHS only requires doctors to take annual BPs. When exploring what other groups do, we find that many do not record BP at all in their maintenance sessions.

Over the last 14 months Hayley and I have run a pilot within the COPD and Heart Failure classes on reducing the frequency of taking blood pressures with no ill effect for members.



Contents

Changing Times	1
Just for fun...	2
Electronic newsletter	2
Your group needs you	3
Getting Old	3
A Breath of Fresh Air	4
Forthcoming events	4
Website	4

We therefore feel that we can now safely reduce the frequency to 3 monthly with no adverse effect to you the member. We are bringing in this change with the backing of the Management Committee and the Staff. The new system will start on Monday 3rd October 2016.

Of course members might feel a little anxious about this change but we should all be encouraged that this is a positive move. With fewer BPs to take at each session the interaction between blue shirt and member can be a real opportunity to have a conversation about your current health and any changes of any nature that have occurred.

May we assure you that if anyone is feeling unwell or has any reason why they want to have their BP checked out of rota they will be accommodated. There will be people who are checked weekly because they are being monitored until a clinical decision by the session leader on the action required is made.

Finally may we assure you that we would never make a change that we thought would be detrimental to the care and wellbeing of members and this is not a decision that has been taken lightly. Please remember that at the end of the day the service has always been primarily to provide exercise with sufficient clinical monitoring to support that. We are not a primary care provider; that is the role of your GP.

We trust we can look forward to your support and co-operation in this matter.

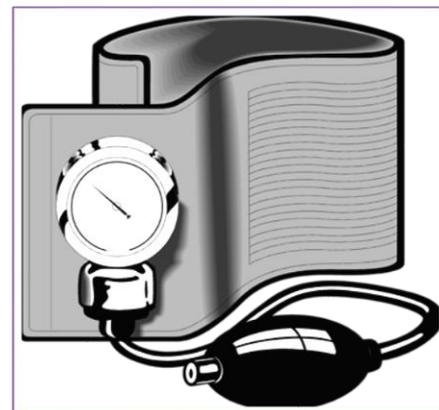
With thanks

Gill Robinson & Hayley Hilmy, Manager & Deputy Manager
MK Community Cardiac Group

Just for fun...

Vic Turner (Thursday evening) has contributed some conundrums. To get you started 7 D in a W gives 7 days in a week. Answers on page 4.

4 S of the Y	3 BM (SHTR)
7 C of the R	8 F in a M
9 P of the SS	16 O in a P
88 K on a P	14 L in a S
21 S on a D	64 S on a CB



Newsletter direct to your inbox

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.

Your Group needs you!

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. Each session has Health Professionals, Exercise Teachers, a team of volunteer 'Blue Shirts' plus admin staff in the office. You'll know that Gill is Manager and Hayley is Deputy Manager of all these staff. They are responsible for their training and for keeping up with the latest developments in cardio-pulmonary rehabilitation so we can be sure we're operating to the highest standards of care. There is also a committee of Group members who make sure that MKCCG is being run properly and is moving in the right direction – the Management Committee.

The 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. The Session Reps were added some years ago as a way in which the views of members could reliably be brought to the Committee. We meet roughly once every six 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 21 October for their return. The names of the new Session Reps will be announced at the AGM.

The AGM is on Friday 4 November at 7.30pm in the main hall. As well as confirming the election of Committee members there will be reports from Gill and all the Officers covering what's been happening over the past year. We will also be voting on the proposal to change the name to Milton Keynes Community Cardiopulmonary Group (MKCCG). There will be a chance for members to make any points they wish about this proposal and raise matters under Any Other Business. We will be ending the evening with Cheese and Wine.

Please take the time to come along and contribute to the running of the Group. Voluntary groups rely on volunteers...your Group needs you!

Ernie Taylor, Secretary

Getting Old

It's a worry getting old
When you can't remember.....
Things you've just been told
And when you go to wash your hair
Then find there's not much there
It's a worry getting old

It's a worry getting old
When you fail to see the mould
When you're buttering the bread
With glasses perched upon your head
Or perhaps they're somewhere in the bed
Or did you leave them in the shed?

It's a worry getting old
Your wardrobes rammed with hoarded clothes
The Mods and Rockers flares and jeans
And skirts so short for sixties teens
The kipper ties and mohair suits
Stiletto heels and Chelsea Boots

It's a worry getting old
The contest with unwanted hair
Which seems to sprout just everywhere
In and on your nose and even on your hammer toes
On your lip and on your chin
And I bet there's some which grow within

It's a worry getting old
When you always seem to feel the cold
So you turn the stat up yet again
And get a bill which causes pain
Then spot your washing in the rain
Yet more money down the drain

It's a worry getting old
When you try to cross the road
With insufficient breath to run
From flashy cars doing a ton
And cyclists riding on the path
Who make you jump then start to laugh

And all these things can make you grumpy
And that big lump Humpty Dumpty
Shouldn't have been sat upon that wall
Serves him right if he had a fall
And all the King's horses and all the King's men
Had scrambled egg: again and again

What a load of rubbish. Humpty Dumpty was a great big cannon which fell off a wall at York Castle, or a Church in Colchester, or somewhere or other. He wasn't an egg. Where do they get this rubbish from? Weren't like that in my day. It's not like the good ole' days anymore. (Scurvy, rickets, diphtheria, whooping cough, head lice, Hitler!)

Roger B Wyatt

A Breath of Fresh Air

Do you remember the last edition of *Cardiographic* when Ian Spratley explained the thinking behind Singing for Breathing and Roger Wyatt shared his experience of MKCCG's own singing group?

How about giving it a try? No singing experience necessary, just come and have a go! We gather on Mondays in the main hall from about 2.45, getting underway at 3 pm, and would love you to join us. Improve your breathing – and who knows, maybe even your singing...

See you there????

Lesley Blight (Tuesday LTC group and Monday 'choir' (aka 'A Breath of Fresh Air'))

Forthcoming events

The Social Committee are planning a number of events over the coming months including:

Sale of handmade craft items: Saturday 24 September at Hinton Hall 10am – 2pm

Quiz: Friday 21 October at Hinton Hall 7.00 for 7.30pm start. Entry £1.00 per person pay on the door. Bring food for the shared buffet and your own drink

Christmas Craft Workshop: Saturday 19 November at Hinton Hall 10am – 4pm. Your chance to try different crafts. Admission £5

New Year Dance: Friday 20 January 2017 at Jurys Inn, Midsummer Blvd, Milton Keynes MK9 2HP. Tickets will be available from session reps nearer the time

AGM: Friday 4 November at Hinton Hall 7.30pm

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 views by 26 October so that they can be discussed at the next publicity committee meeting.

Answers to Just for fun...

4 Seasons of the Year	3 Blind Mice (See How They Run)
7 Colours of the Rainbow	8 Furlongs in a Mile
9 Planets of the Solar System	16 Ounces in a Pound
88 Keys on a Piano	14 Lines in a Sonnet
21 Spots on a Dice	64 Squares on a Chess Board

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.