



unsung heroes

The Queen's Award for Voluntary Service 2008

# Patient and Carer News



Issue No. 53 May 2017



**Wolverhampton Coronary Aftercare Support Group**

Website: [www.have-a-heart.net](http://www.have-a-heart.net) Email: [wcasg79@gmail.com](mailto:wcasg79@gmail.com)

## Geoff Lloyd Memorial Sponsored Walk 2017

Together with

### Rotary Club of Wolverhampton Best Foot Forward

Aldersley Leisure Village  
Saturday, 1st July, 2017

Any time between  
8.00 a.m. and 8.00 p.m.

In order to take part, sponsored or not, you must register with our Chairman, Ken Timmis, or you will not be allowed on the track. Registered numbers and Sponsor Forms can be obtained from him

## PLEASE SUPPORT THIS EVENT

If you wish to walk on the track, even to accompany another walker you have to register and we have to pay a fee for you to take part, though you can watch from the stand without registering. Some people abused this last year so we have to be careful this time. You can still sponsor a registered walker.

Walkers may enter or leave the track at any time and even re-enter later if so desired, i.e. to have lunch or refreshments. Their total will be added to the previous total.

**Remember—this is a Rotary Club event and we are partners**



**AN APOLOGY**—In our February Newsletter, having got to the bottom of the first page, I completely forgot to add thanks for the talent and time given at our Pre-Christmas party by the band, RUN DEVIL RUN, who provided the music and entertainment for the whole evening and in addition gave prizes for the raffle. This was an unforgivable omission for which I take full responsibility and sincerely apologize. I can only hope that it did not cause offence to the band or anyone else. Unfortunately I was not at the event, but have only received praise for their excellent performance, which set the tone for the evening.

Ken Timmis—Chairman



### **DONATE TO WCASG WHEN YOU SHOP !!!**

We have been advised by Waitrose, just off the Penn Road, that for the month of MAY 2017 we can have a green token box at their check outs. If you are able to shop there in May, can you please make sure that you pop your token in our green box. The winning box earns a donation from Waitrose to the charity concerned. Last time we were allowed to do this we received £520.

Please tell all your friends too. It will all help the effort. Let's get shopping at Waitrose!

**WE ARE THE PATIENTS' FRIENDS**

## THANKS....

...to those who have donated for the benefit of our patients of Wolverhampton and the surrounding area and for their carers since our last newsletter....Mr & Mrs Wright, Mr & Mrs O'Callaghan, In memory of Alan Hughes, Mr & Mrs D Carmichael, Mr D Wilson, Mr K Ricketts, Mr P Taylor, Trinity Musical Theatre Company, Mr F Withers, Mr & Mrs S Cox, Mr R Needham, Codsall Townswomen's Guild, Rotary Club of Brewood & District, Brewood Acoustic Music Club, In memory of Graham Stone, In memory of Derek Stacey, Mr & Mrs Hodgkins,, Mr R Cotterill,, Mrs M Challis, Mrs C Weston, Mrs Sheldon



## REMEMBERED...

Since our last newsletter we have to report with sadness the death of Maria's father, Julia Burrows' mother and Chris' mother-in-law. Our thoughts are with the families at this sad time.



## 500 CLUB WINNERS

March 2017	Mrs E B Tonks	P Richardson	Mrs G Hyland
April 2017	R G Hinks	Mrs M Weaver	Mrs G Hyland



**“Being a weekend warrior is as healthy as being a gym bunny”**

Daily Express 9.1.17

One or two physical activity sessions could be enough to reduce your risk of dying from heart and circulatory disease and cancer, research suggests.

Researchers from Loughborough University and the University of Sydney tracked the physical activity of 63,591 adults from England and Scotland over a 12 year period. They found that the benefits of working out in one big session (such as one long 150-minute walk) were the same as doing smaller chunks of physical activity (such as walking briskly for 30 minutes each weekday).

Exercising regularly has also been shown to improve a person's mood also, which is a very good side effect. This also proves the value of our exercise programme, which I hope you supplement by brisk walks on the days you are not at the gym. Keeping active is most important as any physical activity will help protect your heart.

A strength of the study is that it looked at a wide range of activities, including light and heavy housework and gardening, along with walking, cycling, football and running, all of which count towards the 150 minutes total.



**NB** For anyone who acts as Treasurer for a Charity Account we can advise you that from 1st April 2017 the Government's Financial Services Compensation Scheme (FSCS) on all Charity Accounts held at the same Bank has risen from £75,000 to £85,000.

**ANNUAL  
PATIENT AND CARER  
PARTNERSHIP MEETING**

**WOLVERHAMPTON SCIENCE PARK  
TUESDAY, September 12th  
10.00 a.m. to 3.30 p.m.**

**EXCELLENT SPEAKERS—FREE LUNCH**

**ALL ARE WELCOME AND  
IT'S ALWAYS WORTH IT**

To ensure adequate catering please book your place  
with our Chairman, Ken Timmis  
01902 755695—ken@ktimmis.co uk

### Please use our Just Giving page

[www.justgiving.com/wcasg](http://www.justgiving.com/wcasg)  
Text: WCAS04 £ to 70070  
(will accept 1,2,3,4,5 & 10)

### Useful Contact Numbers

President:	Mrs. Gill Fenner OBE	01902 896434
Chairman:	Mr. Ken Timmis MBE JP	01902 755695
Vice Chairman:	Mr. Ken Yates	01902 733665
Secretary:	Mrs. Maria Glover	07939 814159

*If you wish to join us as a member or help in any other way, please give your name and contact details either on this tear-off strip, or, if you wish to retain this newsletter, by writing to us separately.*

**Name** **Telephone or Email**

**Articles and comments welcome**

**Donations also Welcome**

*Payee for cheques = WCASG*

**Send to:** 79 Woodcote Road, Tettenhall, Wolverhampton, WV6 8LG

**WE ARE THE PATIENTS' FRIENDS**