



The Queen's Award for
Voluntary Service 2008

PATIENT AND CARER NEWS

CHARITY NO. 701667



WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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Tribute to Ken Yates, Vice-Chair WCASG

We would like to pay our tributes to our Vice-Chair, Ken Yates, who sadly passed away on 27th April as a result of his underlying health conditions. Ken helped to set up the Group in 1985 and was instrumental in helping the Group to establish charity status.



Many of you will know Ken from his visits to the Cardiothoracic wards in the heart and lung centre and before that, ward D14. For more than 30 years Ken provided patients and staff with a lovely cup of tea; he also provided patients with a much appreciated listening ear. Even on Christmas day, he made sure the patients received their 'Santa sock'. Although he was influential in setting up cardiac rehabilitation and aftercare in Wolverhampton following his heart attack, he never wanted or expected accolade for his hard work and commitment.

Even when his health was deteriorating, Ken remained committed to his role of 'teaboy' and Vice-

Chair, and was extremely disappointed when he had to put an end to his daily visits after the first cases of COVID-19 in the hospital.

Ken has been an ambassador to cardiac rehabilitation for over 30 years, and a much loved friend to everyone who knew him. His family are extremely proud of Ken's achievements and his commitment to patients and the charity. He will be truly missed by us all.

Phase IV Update

Since Phase IV exercise classes ceased on 16th March 2020, Jen and Ade have been contacting regular members to keep them informed of the situation with classes and have been updating member's contact details on their new Phase IV database.

	Ade's full workout 2 WCASG Home Exercise 36:55	⋮
	Jen's Full Workout 2 WCASG Home Exercise 39:35	⋮
	Jens Full Workout WCASG Home Exercise 25:36	⋮
	Ade's Full Workout WCASG Home Exercise 37:28	⋮
	WCASG Home Exercise Routine WCASG Home Exercise 30:54	⋮
	Ade's Dynamic Balance Exercises Part 1 WCASG Home Exercise 6:17	⋮
	Ade's Alternative Workout No. 3 WCASG Home Exercise 6:17	⋮

They have also been busy producing a series of home exercise YouTube videos so that those with internet access can continue to exercise safely and effectively at home. The YouTube videos can be accessed directly on YouTube by subscribing to our page WCASG Home Exercise or via the website www.have-a-heart.co.uk. Feedback from members has been fantastic – some saying they log on every morning to do their exercise, which is great, and others saying they really enjoy them.

For those members without internet access, exercise handouts have been produced and posted out to them. A home exercise section has been created on the website where members can print off exercise handouts created from the YouTube videos, alongside some general advice and some 'brain training'.

Jen and Ade have tried to speak to members every 2-3 weeks to maintain contact. They have purchased a new phone for the group which Jen has been using to manage our Facebook page, emails, send out group texts and updates to members. Jen has also set up

WhatsApp group chats so members can interact with each other and stay in touch during the pandemic – they have been missing the social element of the classes, so being able to chat at their own leisure has been great. This new phone also replaces the new class hotline number for when classes resume and members have been told about this via check in calls, group texts and Facebook page.

They will continue with the YouTube videos for now, as well as the check in calls, but are also looking at a way they can provide some LIVE classes for those with internet access – methods such as zoom and Facebook live have been mentioned. Work is being done to see how these classes can be set up easily so our members who aren't as confident with computers or technology can log on easily.

Jen and Ade attended a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) webinar to see how other CR programmes have been coping with the lockdown and what they have been doing to maintain their CR services to their members. From this they took some action points to better improve our services to our members.

Fundraising/Donations



WCASG merchandise that was ordered before the lockdown has now arrived – Jen has been busy collating and packaging all the orders and contacting patients to let them know that orders are being sent out. A total of £1220 raised from sales.

Brewood Acoustics donated £325 to B14

Wednesfield Darts League donated £1400

Donation from **S.S. Toor** of £1000

Donation of £88.50 **received in memory of M.F. George**

Tudor Lodge donated £150

D.W Adams (B8) donated £1000

Mrs S Bird donated £400

Donation of £166.17 **received in memory of J.G Mulligan**

Mr D Nash (B8) donated £1415.47

Donation of £250 **received in memory of Mr D and Mrs S Edwards**

The family of Nasib Kaur Sahota donated £5110.23 via Just Giving (Kiran Dale)

THANK YOU ALL FOR YOUR VERY GENEROUS DONATIONS

If you would like to help by donating to our Just Giving page we would be most grateful.

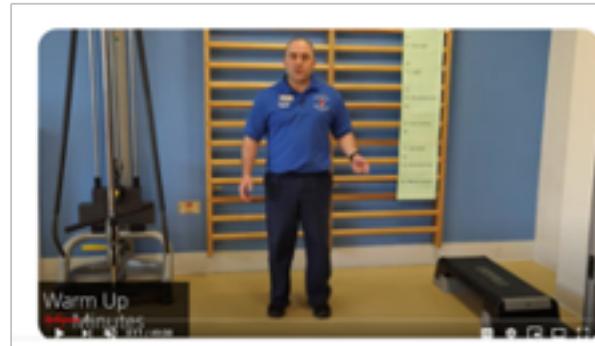
Good news stories

RWT Cardiac Rehabilitation

Since the 16th March 2020, when face to face services were suspended due to lockdown, the Cardiac Rehabilitation (CR) Exercise Team has worked hard to continue to provide a service to patients. The team recorded a YouTube workout (which has been watched over a 1000 times), utilised online resources and provided written workouts for those without internet access.

Throughout these unprecedented times they have kept in contact with patients via telephone and video conferencing, which has been an invaluable source of support and guidance. This has increased adherence to physical activity and exercise and has resulted in extremely positive feedback.

Referrals to our Phase 4 service have continued, giving patient access to Jen and Ade's online CR service.



Meanwhile, the CR Nurses were redeployed to the Cardiology and Cardiothoracic wards, on 12-hour shifts. The first week was a total baptism of fire and they would all admit to feeling a little 'out of their comfort zone' initially, especially as they had not nursed on the wards for some years! Their fears, however, were short-lived and they were made to feel most welcome by staff on the wards who were extremely welcoming and did their very best to orientate them, as well as patiently explain things and support them as they embarked upon this fast changing adventure in unprecedented times.

They very quickly became part of the substantive teams and embraced their new temporary roles whilst, at the same time, getting used to the modern technology!

The CR Nurses are now back together again after 3 months apart. Since the beginning of this journey they have all embraced the opportunity to learn about themselves as well as others in the multidisciplinary team. They describe this experience as one of the most difficult challenges they have encountered in their nursing careers (to-date), but one that they can always reflect upon, learn from and appreciate one another so much more.



They now have new challenges ahead with new learning opportunities within CR. The team as a whole are all acquiring new skills in the world of IT such as Zoom, Facetime and Microsoft Teams Meetings. The Trust mantra is **#NoGoingback**, which the CR Team fully intend to embrace and are looking forward to what the future will bring to this fabulous team and their patients and their families.

Other News

Due to a recent deterioration in his health, Gordon Howells has sadly resigned from the WCASG committee. Gordon is one of our loyal longstanding members and, as such, we are sorry to lose him. We would like to thank Gordon for his loyal service over the years and wish him well.

We would like to extend our sincere condolences to Andrew Lloyd following the sudden passing of his mother Betty, the wife of our late Treasurer, Geoff Lloyd.

Due to the current uncertainty with the COVID-19 pandemic, there will be no Patient and Carer Event and no Pre-Christmas party this year. We look forward to seeing you next year at our 2021 events.

Please play your part to help avoid a second peak and safely get life back to normal.

- If you have symptoms you should self-isolate and get a test.
- Keep a safe distance between others.
- As more places begin to reopen, hand-washing is as important as ever. Wash your hands with soap and water for 20 seconds.

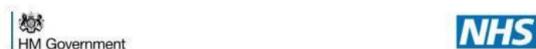


COVID-19
**The fight
is not over**



**Keep washing
your hands**

HSC Public Health Agency



Coronavirus How to get tested



If you think you might have coronavirus you can now have a test.



The signs of coronavirus are:



- High temperature
- Or a new and continuous cough



- Or loss of smell or taste



If you or anyone you live with has any of these signs then you must all stay at home.

You can find out how to get a test and how long you need to stay at home at nhs.uk/coronavirus

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES