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Voluntary Service 2008

# PATIENT AND CARER NEWS

CHARITY NO. 701667



## WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

website: <https://have-a-heart.co.uk>

email: [wcasg79@gmail.com](mailto:wcasg79@gmail.com)

### Tribute to our Late Vice-Chair, Ken Yates

The family of the late Ken Yates has donated this lovely bench for staff and visitors who wish to sit and remember him. The bench is a poignant reminder of the things that Ken loved in life – his family, his pigeons and his visits to the Heart and Lung Centre to do his ‘tea round’. Ken’s bench is located next to the Heart and Lung Centre – feel free to sit a while and “have a cup of tea and half a minute” as Ken would say.



### 500 Club

We are grateful that contributions have been maintained during the COVID-19 pandemic, particularly during lockdown. Even though our full committee meetings were not permitted, we found a way for some of the officers to meet, complete the 500 Club draw and distribute prizes. Following the recent announcement from the Prime Minister, we shall have to repeat this process towards Christmas and then see what 2021 holds for us.

## Fundraising/donations

Many thanks to **Marian Graceson** for her donation of £100 after offering excess fresh veg from her garden that she was willing to give out to people who may require it in exchange for a small donation to WCASG.

Marian specifically asked for her thanks to be put in the newsletter:

"I am a keen gardener and enjoy growing (and eating) a range of vegetables. I usually pass on any excess to family and friends, but due to the limitations on social contacts in this year this was difficult or impossible and I found I had more of some produce than I could eat (and my freezer was full as well). In July and August beans were particularly prolific (and delicious) so Jen passed on the message to WCASG exercise participants and some of them arranged an appropriately distanced visit to collect some, contributing to my collection pot for the Charity if they wished. Anne Simpkins from Finchfield was particularly delighted with this opportunity and contacted me and visited on quite a number of occasions adding probably a quarter of the sum ultimately raised. Other contacts and friends, particularly from the Wolverhampton U3A and the Wombourne Choral Society, also received vegetables and contributed to the collection which brought in approximately half of the total amount raised.

The final amount raised was the equivalent of the money I estimated I owed to my kind neighbours across the road who offered to get me groceries early in the March lockdown, but always refused to accept payment saying that 'it's not much, we are pleased to help you'. I was very grateful for the help especially as they have four young children (including two year old twins!), but it all added up and needed to be paid for by me, so, with their agreement, I added this amount to the collection.

I would also like to add a mention of my other neighbours who, most weeks, collect a bottle of milk for me which supplements my on-line grocery order deliveries. All of the above has given me a small but very pleasant diversion from the gloom and stress which we have found ourselves in this year. Thanks you."

Thank you Marian for your generous idea of raising funds for the charity this way and also thank you to our members who contacted her to collect the veg and kindly donate funds to our charity.

Thank you to **Tony and Norma Kettle** who made a £100 contribution to Neelam from Cardiac Outpatients for her sponsored run.

**Ward B8** donated £239 for Ken Yates' memorial bench

**R. Sewel** donated £50 (plus Gift Aid) to the Have-a –Heart Appeal

**S. Brookhouse** donated £15 to the Have-a –Heart Appeal

**G. Ouseley** (Ward B14) donated £100

**Mr and Mrs Sheldon** (Ward B14) donated £86.99

**E. Brimble** (Wards B3 & B8) donated £71

ICCU donations of £100 from **Jodie Lloyd**; £488.47 in memory of **P Watkins** and £70 in memory of **Louise Wilson**

**THANK YOU ALL FOR YOUR VERY GENEROUS DONATIONS**

**If you would like to help by donating to our Just Giving page or by texting WCASG to 70085 to donate £2 we would be most grateful.**

## Phase 4 update

Since March 16th we have had 129 people referred from the phase 3 team. All of these patients have been contacted via a phone call (or email) and given the information about home exercises (web address, where to find YouTube videos, and information about the Facebook page etc.) Many local to Wolverhampton seem keen to join the classes when we are able to get up and running again which is really positive. We may need more classes at some point if that's the case!

Our current phase 4 members have also been contacted and check-in calls/texts and emails are done on a regular basis - they all know to contact the hotline / email us if they require any help/ advice. Jen is pleased to report that she has had no news that any of our current members have been poorly or shown any signs of covid symptoms and all seem fit and well in general, but everyone is desperately missing their regular phase 4 classes and can't wait to get back.

Unfortunately we lost Brian Humphries from our Friday heart failure class due to an accident earlier in the year but his family have been very supportive of the charity and sent us many donations which they collected from his funeral. Once covid is more under control and allows more interactions, his family are wishing to throw a party in his memory (we know Brian loved his dancing) and any donations from the night will also be raised for WCASG. **Donations received in Brian's memory so far amount to £405.00.**

## Mask sales

Chris ordered customised charity face masks from BCT and gave Jen the job of selling them. They were a huge hit with the phase 4 members and we sold the initial 200 within a few weeks! We then did a second order and sold a further 22! Feedback from the members has been very positive and they are very happy with their purchases! We had some patients add in extra as donations for the charity off the mask sales too – a big thank you to them.



## Pumpkin competition

We had some great efforts and David Downs was the chosen winner (pumpkin was carved and submitted by his daughter Bec Southall on his behalf). Jen made a socially distanced delivery to Penn to drop off his prizes.



There are still ways that members can support the charity whilst classes are suspended:

1. We have a few text codes now for the charity. If you would like to donate any amount text TICKER to 70085.
2. If you would like to donate £2 text WCASG to 70085
3. We have our 500 club charity lottery where for £2 per month you can support the charity whilst being in with the chance of winning cash prizes in our monthly draws (see website for details of how to enter or contact Jen on 07706881852).
4. We have our Christmas-themed fundraisers coming up, including Christmas jumper week and WCASG baubles available for purchase. Further details will be posted on social media!

## News stories

### RWT Cardiac Rehabilitation

A huge well done to the Cardiac Rehabilitation Team for becoming certified as Green, which means that RWT's cardiac rehabilitation programme will be listed as a certified programme in the National Certification Programme for Cardiac Rehabilitation 2020/21 report. There is a growing emphasis on quality assurance of cardiac rehabilitation services across the NHS, and services are assessed (through the National Audit of Cardiac Rehabilitation) against seven key performance indicators (KPIs). These KPIs focus on staffing, patient priority groups, waiting times, assessment and programme duration. Green certification is achieved through meeting all seven KPIs.

The programme will be publicised on both the British Association for Cardiovascular Prevention and Rehabilitation and National Audit of Cardiac Rehabilitation websites and will retain this status until the date of publication of the next (2021/22) National Certification Programme for Cardiac Rehabilitation results.

This is a fantastic achievement for team!

Congratulations to Chris Scordis on being awarded best oral abstract at the 2020 British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Virtual Conference for his abstract "Cardiac Rehab Success during COVID-19 Pandemic". Chris also presented at the FAB Event on 21st October.



**Other news**

The Group would like to pay tribute to **Maria Glover**, who ceased to be our Secretary at the end of October. During her time with us as Secretary she was a great help to Ken Timmis (our Chair), especially when we were forced to review our membership after GDPR and when we suffered the loss of our long serving Vice Chair, the late Ken Yates.

We are still looking for a Group Secretary. In the meantime you will be able to contact Ken Timmis or Rosalind Leslie (our Vice Chair) and we will redirect or respond to any of your queries. If anyone can suggest a replacement Secretary, we shall be most grateful.

**Sharon Bradbury** retires this autumn, after working in Cardiac Rehabilitation since 1994. Here, Sharon shares her reflections on her career.

“I remember back in 1994, when Ros interviewed me for a job in Cardiac Rehab, her asking me if I thought I would stay for some time. I wasn’t exactly sure what the job would entail but there were so many developments and it became so rewarding that suddenly 25 years later retirement has come!



In those early days the team consisted of Ros, myself and one nurse...all part time and crammed into a tiny office on D14. We were very involved with the charity and I remember that the annual Fun Walk used to be held around the streets of Wolverhampton in October. This meant that Ros and myself spent a great deal of time standing in the rain handing out orange juice at various points along the route. The support and enthusiasm was amazing.

We also spent many weekends during the summer attending various summer fairs offering health

screening and promoting Cardiac Rehab. Christmas was always a good time as well with a party in the gym (we had a big gym in the hospital then) and plenty of banter.

Despite the seriousness of cardiac conditions the exercise classes became a fun time for both staff and patients; the words ‘move round’ forever imprinted on my brain. Many hours were spent shouting at the top of my voice whilst Ken Yates operated the treadmill. The phase 4 exercise groups became almost like extended family that we grew with over the years.



Cardiac Rehab has changed and developed over the years under Ros' leadership and I am proud to have been a part of it. I leave with sadness but also satisfaction that we achieved something worthwhile and had fun at the same time and not everyone can say that about their job. I met many lovely people and take many memories with me.



Many phrases stick in my mind apart from 'move round' such as 'How are you Vic? His response was always 'lovely all over '. Then there was 'lean forward'.....'with a straight back' and of course 'find a pulse'. I remember Geoff Lloyd and I counting how many times the man on the relaxation tape said 'relax' and then trying not to giggle every time he said it.



I must give a special mention for the Ladies class. It has been a real joy over the years as we danced our way to fitness. Britain's Got Talent has missed a real treat there!

Thanks to you all....patients and staff and especially Ros who has been the best boss ever and the best advocate the patients could have had.

I wish you all the very best and will think of you often".  
*Sharon Bradbury*

Everyone from the Wolverhampton Coronary Aftercare Support Group would like to thank Sharon for supporting our Cardiac Rehabilitation Service and our patients (phase 3 and phase 4) over the years. We are all very grateful for everything that you have done. We wish you a long, happy and healthy retirement Sharon.



**Christmas Update**

Unfortunately, due to the current circumstances with coronavirus and the restrictions in place, we are unable to go ahead with our annual pre-Christmas party. We will be holding a Christmas Raffle and Christmas competitions so please check our Facebook page and your emails for further information.

