



The Queen's Award for  
Voluntary Service 2008

## PATIENT AND CARER NEWS

CHARITY NO. 701667



# WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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On Sunday March 7<sup>th</sup> it will be a year since COVID-19 hit the Royal Wolverhampton NHS Trust and changed all our lives forever. In recognition of this milestone we are sharing your reflections of lockdown in our Winter Newsletter.

### Reflections of Lockdown from the Chair

I write this as a road to the end of the present lockdown has been announced and people are arguing as to whether it is too fast or too slow. Either way I shall be glad when the pandemic is over and I am sure you will be also. I must admit that I have felt like a spare part in the Group for the past 12 months as there has been so little I can do except answer correspondence and look after the banking. I have to pay tribute to Chris Scordis, Rosalind Leslie and Jenny Davies, who between them have kept the Group going. I was very sorry when Maria Glover handed me her resignation as Secretary as she had been such a great help to me especially with the RDPR, and we have yet to replace her.

I suppose those of the exercise groups are longing to return to the various centres and if we are to read it right that is not too far away. I hope you have all managed to get a jab of the vaccine. I have had mine which gives me some comfort though I haven't changed my routine.

I would like to make a comment or two about the 500 club. It has been difficult and at the moment impossible to meet to award prizes but you can rest assured that we shall bring them up to date as soon as we are able. Also our records show that during the pandemic some may have withheld their contributions. If you are one of those I hope you will get in touch to be reinstated as soon as you can. We don't want to lose you.

To all of you please stay safe and where possible stay indoors until this dreadful virus has passed. I have lost some good friends through Covid-19, some from the Group and they will be sadly missed, so please try to stay healthy until we can meet again.

Regards to all of you.

*Ken Timmis, WCASG Chair*

## Your Reflections of Lockdown

### Covid-19 poem from Margaret Belcher February 2021

We sit at home all alone  
 With conversations merely by phone.  
 The only shops we can visit sell food,  
 However, most of the time I'm not in the mood.  
 If people would keep a 2 meter space,  
 Wash their hands and mask their face.  
 I know some demand it is their right  
 Therefore, we'll never win this fight.  
 Their rights!!! But what about ours?  
 This right of theirs should have no powers.

I do not mean to treat all with contempt.....  
 Because I know that some are truly exempt!  
 If all those who can, would mask and keep their  
 distance,  
 Perhaps we could build up some resistance?  
 We pray to God we will win with vaccinations,  
 And that this virus is wiped from all nations.  
 Once again we'll go out and about,  
 I'm convinced it will come, I have no doubt.  
 We'll once again go on a foreign holiday,  
 Then thank our own God and say; Hip Hip Hooray!

### Reflections & Hope by Roy Marratt

I'm sorry I'm no writer,  
 Just a Covid 19 fighter.  
 Stay well, stay in,  
 Keep safe, big grin.  
 Then we will beat this virus,  
 See daffodils and iris.

For 2020 the year has fled,  
 For many others a tear has shed.  
 A pal, a friend, a relative too,  
 Have lost their lives to Covid flu.

With vaccine now a sign of HOPE,  
 Please take the jab, don't be a dope.  
 Please consider all and sundry,  
 Then we can meet 7 days to Monday.

I've had one jab, another to go,  
 So please have one and go with flow.  
 I wish you well for twenty one,  
 I'll see you all when this is gone.

We'll laugh and joke and meet old friends,  
 We'll stay together till journeys end.

"I shall never forget the report from India early on in the pandemic which said that some residents had seen the Himalayas for the first time in their lives (until then they had been clouded in densely polluted air, some not even knowing that they were there!).

The use of zooming and many other modern technologies for business meetings and other communications thus preventing people from travelling many miles in some cases must be continued. Why not?

Should we not stop and consider whether we do really need yet another foreign holiday? Have we got to have the latest model of car that we have been habitually getting every other year?

These and many more are serious questions we all ought to be asking ourselves but I fear such a revolution won't happen as even now some politicians are desperate to know when the lockdown will be lifted so that we can return to our normal selfish ways.

Sorry residents of north India, make the most of the unique view. It won't be there for much longer I fear.

There can be positives that come from this terrible pandemic. I hope and pray we don't lose the chance to grab them."

*Brian*

“Quite regularly at about 11 o’clock every morning I have my “once-a-day” cup of coffee and biscuit. During lockdown I, along with my husband, have started watching the television at this time for about an hour, enjoying “travelling around the world” with YouTube. We have visited many beautiful places, both abroad and in the UK. Some of them are re-visits from enjoyable holidays in the past, but many are new, and places we would like to visit in the future. There are so many lovely places, particularly in the UK, that we won’t be stuck for somewhere to visit when lockdown is lifted and we can eventually make holiday plans.”

*Janet Worrall*

Many thanks to Dennis Pearson, from our Bilston exercise class, who sent us an audio clip. In the clip, Dennis is performing a song that he wrote during lockdown to share his reflections.

Below is a letter than one of our members wrote to the Express and Star that was actually printed a few weeks ago:

“Dear Editor

There was once a town with a long history going back into the mists of time which had grown thanks to the labours of its people, its trade with the outside world. It had become an economically vibrant, bustling, industrial centre, a railway town with its works and interconnection between major railway companies.

It survived, where many other towns did not, the blitzing by the Luftwaffe, and grew in strength, with its centre where you could buy anything and everything.

Then the powers that be decided modernisation and progress was the way forward, knocking down half the town centre to build a ring road around the town centre, gouging out swathes of history and architecture, obliterating its links with the past, creating shopping centres to force out independent traders.

The town tottered on, trying to make the best of things, and the powers that be thought of the bright idea of calling itself a city, from which it went from weakness to weakness. Its great retail asset was given away to those who did not understand retail, certainly not what its people wanted, closing department after department, and the centre crumbled, from being the place where you could buy anything and everything to the place where you could but very little of anything at all, with closure after closure, poor decision after poor decision.

Then came the great virus, with its continuous restrictions, putting the final nail in - the town that had been dying for many years finally died.

Is this reality or just the depression so many of us are suffering from?”

*Anthony and Joyce Perry*

## **Fundraising/Donations**

Just after Christmas we had a donation of £100 from Bob & Margaret Breeze. They had worked out roughly how much the charity had lost through them not attending exercise classes and sent a cheque in the post.

Donation from **Margaret Belcher** of £40 for cardiac rehab week

Donation from **Peter Ransom** of £25 for cardiac rehab week

**Barbara Littlewood** donated £30 for cardiac rehab week

**Barry Holmes** donated £5 for cardiac rehab week

Donation from Daphne Beddow of £100 for cardiac rehab week

With the text code and donations sent in by cheque we managed to raise over £380 for the Charity during cardiac rehab week

### **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 3 Update**

The therapy team have continued to provide a virtual service since November and forwarding on the completers to Jen and Ade for Phase 4.

We have maintained our daily “wellbeing” lunch time walk and to date have walked the equivalent of Wolverhampton to Penzance!

We have also recently filmed our physical activity and exercise talk; this will be made available to patients via a YouTube link.

## **Phase 4 Update**

Phase 4 members are continuing to be contacted by Jen and Ade - although it is sad to report we have lost a couple of our members. Jen is pleased to report the majority of members who have been contacted are all keeping well and most have had their first covid vaccine. Some of our younger population are still waiting, but everyone is hoping that we can return to classes in the summer.

New referrals sent through from Phase 3 have been contacted and given the details for the website and YouTube, so they too have access to exercise at home. If they require any assistance then Jen and Ade will offer help and guidance. When classes resume these new members will be contacted to see who would like to attend Phase 4 classes. YouTube videos are being refreshed by both Jen and Ade to give some more variety to those using the website and YouTube for exercise purposes and feedback has been pretty positive from the start.

As you are aware from our Facebook page we recently ran our Cardiac Rehab (CR) Week campaign and Jen thought it would be an excellent opportunity to do a bit of fundraising for the Group. Chris set up a new text code for this and Jen updated Facebook each day of the campaign with information supporting CR Week and text code information, as well as sending out a group email for members. With the text code and donations sent in by cheque we

managed to raise over £380 for the Charity. Thank you to everyone who donated during CR Week.



Some of our members wearing red to support the Group during CR Week

### Other News

We would like to extend our sincere condolences to Terry Hopkins following the passing of his wife, Margaret. Margaret was one of our first Committee members when the Group was set up in 1985, and remained a member for many years until her health prevented it.

Our sincere condolences to those of you that have lost loved ones recently.