



unsung heroes  
The Queen's Award for  
Voluntary Service 2008

# PATIENT AND CARER NEWS

CHARITY NO. 701667



## WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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### Message from the British Heart Foundation (BHF)

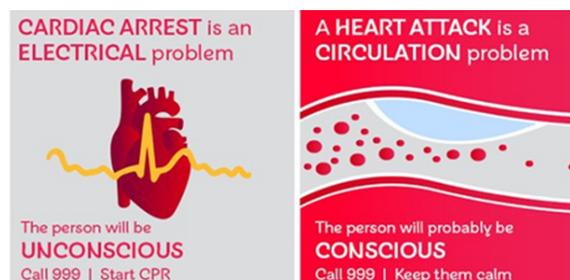
You are probably all aware that footballer Christian Eriksen suffered a cardiac arrest when he collapsed in Denmark's Euro 2020 match against Finland. Eriksen was given immediate CPR and defibrillation and was stabilised in hospital, according to reports.

The BHF's Associate Medical Director, Dr Sonya Babu-Narayan, recently advised that Christian Eriksen's sudden collapse is a "stark reminder that a cardiac arrest can strike anyone, anywhere and anytime, without warning." She emphasised that "every second counts when someone suffers a cardiac arrest - the more of us that know how to perform CPR, the more lives that can be saved".

One of our members shared his reflections on his cardiac arrest. Glyn suffered his first cardiac event (a heart attack) in 2001. Having completed the initial phase 3 cardiac rehab process, he was attending his cardiac rehab phase 4 class in 2004 when he had a cardiac arrest, which eventually resulted in him having an ICD fitted and then more recently, a CRT-D device.

The last thing Glyn remembers about his cardiac arrest was sitting in the chair exercising and then he woke up on the ward after coming off life support. After asking why he was in hospital, he was given an account of what happened to him from several people who had witnessed the event. Chris (Specialist Exercise Physiologist) and Jo (Cardiac Rehab Sister) were supervising the exercise class and noticed that Glyn had collapsed in the chair without warning. Chris administered CPR and then Jo administered 3 shocks with the defibrillator. Glyn was advised that he had been unconscious for around 8 minutes and that the third shock brought him back. He had no warning about his cardiac arrest - he felt fine before it happened.

Glyn said that he is, and always will be, eternally grateful to Jo and the rest of the team at New Cross involved in his treatment following a cardiac arrest as, without them and their quick response, he would not be here today. Every time he sees Jo he gives her a hug as a thank you and calls her his 'Guardian Angel'.



He feels extremely lucky every day that he was amongst people who have the training and expertise to deal with a cardiac arrest and feels it is a very important skill to have - so much so that he actually attended a CPR course himself after his experience. And now, 20 years after his initial heart attack and 17 years after his cardiac arrest, he is still able to come to his rehab classes and enjoy exercise knowing that he has people with these vital lifesaving skills watching over him.

Glyn fully supports BHF’s campaign to find opportunities to offer everyone training in CPR - including in secondary school education - and for public defibrillators to be readily available in the places they are needed most. This will mean that more people could get the rapid and life-saving response that Christian and Glyn received.

Find out more on the BHF website: <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life>

*If you need support following a cardiac arrest or after giving CPR to someone in cardiac arrest, please contact our Cardiac Rehabilitation team for help and advice.*

### Fundraising/Donations

Donation from the **Masonic Charitable Foundation** of £250  
 Kelly Anne Yates donated £492 in memory of **Kevin Yates**  
**Mr C Worrall** donated £500

### Purchases

The Group has purchased 2 defibrillators at a cost of £2192

**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

Face to Face Phase 3 services are still currently suspended, awaiting the go ahead from the Trust to resume. However, the team have continued to support our cardiac patients and, during the pandemic, have increased uptake with the use of virtual assessments and exercise. Their YouTube videos have exceeded 5000 views and, because of their success, the team have added a physical activity and exercise education talk.

The team have also supported May’s ‘Walk More’ month by recording a short video on the benefits of walking.



## Phase 4 Update

We organised a text code for an Easter raffle and made up 2 hampers containing Easter-themed gifts and some yummy Easter inspired brownies from Alyssa's Bakery. Tickets were £1 each and bought via our TICKER textcode or via cheques that were sent directly to Jen. As a result of the raffle we managed to raise £557.00 which was fantastic.



Here are our winners – Peter and Emmanuel – receiving their Easter hampers!

Chris and Ian, from our Phase 3 team, got involved with the nationwide Captain Tom 100 challenge. They decided to raise funds for WCASG with their 100km for Captain Tom bike ride challenge where they rode 100km (they actually cycled 109km in total!) along the canal tow paths of the West Midlands. Response from members and supporters of WCASG was amazing and donations came flooding in via the CAPTAIN TOM text code, cheques and the Just Giving link set up by Chris. As a result of peoples' generosity and Chris and Ian's tremendous effort and enthusiasm they raised just shy of £1000.00 (including gift aid). This was fantastic effort from Chris and Ian, for which the Group is most grateful.



We also had some good news from 2 of our venues - Aldersley Stadium and Bilston Community Centre contacted us to advise us that we are we able to return as and when we wanted. As a result of this, members from these venues were contacted to attend a health screen

meeting prior to returning to classes. We also set up an online booking procedure via Calendly to give everyone a fair chance to attend a class - due to reduced class numbers it is a first come first served basis at the moment until we can reach full capacity again. Although we have had to maintain strict rules with social distancing, sanitising procedures and use of the booking system (a maximum of 12 per class), we are happy to report that members are glad to be back and looking forward to class numbers and availability increasing further.

Unfortunately we are yet to hear from Blakenhall Bob Jones Hub, due to a recent fire and the continuing roof repair at the venue, as to when we can return classes there. Ashmore Park is currently being used as a lateral flow testing centre, so we have no return date for this venue. As soon as we know more we will update members who attend these venues accordingly.

Jen and Adrian are continuing to check in with members not yet back to class and guiding them towards using the exercise handouts available on our website and the link to the YouTube videos they created.

## Other News

We would like to extend our sincere condolences to John Cooper's (pictured below) family following his passing on 16th April 2021. John was a regular attender at our phase 4 classes and he raised a significant amount of money for our Group over the years.



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