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# 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)

### Message from the Vice-Chair, Ros Leslie

Welcome to our Winter 2021/22 edition of the WCASG Newsletter. I hope that you are all keeping safe and well.

As February is **Heart Month**, we are supporting the British Heart Foundation (BHF) with their campaign to encourage everyone to take some simple steps to improve their heart health. Around 7.6 million people in the UK are living with heart and circulatory diseases and making small changes to your daily routine can make a big difference to your heart health.

The BHF have shared some of the ways you can improve your heart health during Heart Month:

#### ***Keep track of your numbers***

If you have high blood pressure, it's essential to control it. You can normally get it checked at your GP surgery, Cardiac Rehab exercise class or local pharmacy. Around 28 per cent of adults in the UK have high blood pressure, which can be caused by unhealthy habits. Some people can control their blood pressure by losing weight, doing more physical activity and cutting down on alcohol and salt. However, if you are prescribed medication to control your blood pressure it's important that you take it as prescribed.

A high cholesterol level can increase the risk of further problems. The most common cause of high cholesterol is having too much saturated fat in your diet. To help reduce your cholesterol level, you need to cut down on the amount of saturated fat you eat. It's likely that your doctor has prescribed medication, such as a statin to reduce your cholesterol level and to give your heart further protection. Even if you don't have high cholesterol levels, it's likely you will still benefit from taking these medicines.



### ***Get moving***

Whatever your age or ability, exercising can help to improve your general wellbeing. In fact, regular physical activity can help to reduce the risk of further heart and circulatory problems. Just taking 20 to 30 minutes from your day to exercise can help make such a difference to your heart. It's recommended that adults do a total of at least 150 minutes (two and a half hours) of moderate intensity activity a week. This is activity that makes you feel warmer and breathe harder, and makes your heart beat faster than usual, but you should still be able to carry on a conversation.

If you are unsure of how much/what type of exercise to do, speak to the Cardiac Rehab exercise team for advice.



### ***Be kind to yourself***

Stress can lead to unhealthy habits that may increase your risk. If you feel stressed or anxious, it's important to identify what may be the cause, so you can learn how to manage it effectively. The Cardiac Rehab team can help you to monitor stress and show you ways to help you manage the stress. If you're not coping well with your stress or anxiety, talk to the Cardiac Rehab team or your GP who can assess you and may suggest referring you for counselling.

### ***Stop smoking***

Stopping smoking is the most important thing you can do for your heart health and significantly reduces risk of dying from a heart attack. If you are still smoking and need help to quit, please contact the Cardiac Rehab team for advice and support.



### ***Take your medication***

Your medicines are an important part of your ongoing treatment as they help to protect your heart and reduce the risk of future problems. It's important to know what medicines your doctor has prescribed for you and understand what they do. A pharmacist or one of the Cardiac Rehab team will provide information on your medicines.

*Information correct at the time of producing this newsletter; sourced from British Heart Foundation Website.*

**500 Club**

**500 club members** - for those of you who signed up as annual cash payments for 500 club in 2019/2020, unless you have been contacted by our 500 Club secretary it is likely your membership has expired. If you would like to renew your 500 Club membership or sign up to be a new 500 Club member, please contact Jen on 07706881852 or email [wcasgexercise@gmail.com](mailto:wcasgexercise@gmail.com) who will be happy to help.

Please note those who pay a monthly or annual direct debit, you will still be registered with your original number/s.

**Fundraising/donations**

£120 donated for ICCU in memory of **Mark Giles**

**Mr Bhageerutty** donated £500

£1,000 was donated in memory of **Mrs Morgan** (ICCU)

**K. Wright** donated £100

£400 grant received from the **Emma Bussey Trust**

**J. R. Simms** donated £60

£100 was donated in memory of **Neil Sargent**

**L. Jones** donated £255 for ICCU

We received a £1,200 donation from **Patshull Golf Club**

**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.**

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

**RWT Cardiac Rehabilitation Update**

There have been several landmark clinical trials of secondary prevention of coronary heart disease (CHD), that have shown that statins reduce risk of death. In 2018, the Cardiac Rehab team undertook an audit with colleagues in Cardiology to look at the follow up for patients, following the initiation of statins. The audit showed that only 24% of patients (randomly selected) received the 12-week follow-up by their GP. The audit results then led to us addressing these findings and look to ways of improving this process. The discussions between Cardiac Rehab and Cardiology led to applying for funds to extend the audit and following a successful bid, Royal Wolverhampton NHS Trust (RWT) was selected for a national project and was one of 13 centres involved. The project gave us a great opportunity to bring colleagues together and work

in collaboration to establish a Cardiac Services Led Lipid Optimisation Clinic, aiming to, a) improve lipid management in Wolverhampton for people with cardiovascular disease; b) improve identification of people with familial hypercholesterolaemia; c) improve outcomes: reduce recurrent cardiovascular (CV) events and prevent premature CV events through optimised lipid management.

A steering group was established and included professionals from Cardiology, Cardiac Rehab, Pharmacy (primary and secondary care), Medicines Management team, Diabetes/ Endocrinology, Lipid Services, Long Term Conditions Commissioners, and supported by the Continuous Quality Improvement Team. The project is now in its latter stages, and the results will be released late 2022/23, and we very much look forward to the findings. Locally, we have maintained our own audit and we have seen a significant increase in the follow-up for patients, going from 24% to 81%, demonstrating the successes and commitment of all involved. In Cardiac Rehab we have embedded this change into our service provision, and the Cardiac Services Led Lipid Optimisation Clinic has now been established at RWT.

We all need to be reminded to:

- Avoid foods that contain a lot of fat, such as fried or processed foods or takeaways
- Avoid a lot of saturated fat (for example, fatty meat, butter, and cheese)
- Try to choose foods containing mono-unsaturated fats (such as olive oil and rapeseed oil) and polyunsaturated fats (such as corn oil and sunflower oil) instead
- Lower cholesterol to reduce the risk of coronary heart disease and stroke
- Reduce intake of sugar and of food products (such as cakes and processed meats) that contain refined sugars
- Choose healthy ways of cooking and preparing your food. Don't fry food or roast food in fat such as butter or ghee. Instead, steam, poach, bake, casserole, or microwave. Add flavour using spices, herbs, and lemon juice instead of using buttery, cheesy or creamy sauces, which tend to be high in fat
- Choose wholegrain varieties of starchy food (for example, wholegrain rice and pasta)
- Eat at least 5 portions of fruit and vegetables a day. A portion is about 80 g (for example, an apple or 3 heaped tablespoons of peas)
- Eat at least 2 portions of fish a week, including a portion of oily fish (such as herrings, sardines, mackerel, or salmon). A portion is about 140 g (a fillet of fresh fish or a small tin)
- Eating at least 4 to 5 portions of unsalted nuts, seeds, and legumes (such as peas and beans) a week



Unfortunately, due to the number of Omicron cases in Wolverhampton, the Phase 3 exercise classes had to be suspended again in January. We hope to be up and running again soon, but we need the go ahead from the Trust to resume. In the meantime, our videos are still available.



### **Phase 4 Update**

Firstly, a big thank you for everyone's support last year! As a result of people taking part in our Phase 4 fundraisers throughout the year, whether it be via raffles or text codes, we managed to raise just shy of £3000.00 for WCASG. This is a fantastic achievement given that, due to covid restricting our class attendances and a reduction in participants per class, we have seen a decrease in the donations received via our exercise programme, so thank you for supporting us any way you have done in 2021!

Patients wanting to wear their Christmas jumpers to the Phase 4 exercise classes kindly donated £1 to WCASG. Prizes were awarded for the best efforts and Santa dropped by to support our Christmas Jumper week!



Our Christmas Raffle was a huge success, with Santa's Helper drawing the following winning tickets:

First Prize – A. Poole

Second Prize – B Jones

Third Prize – D Hadlington

There were also 10 mini prize hampers.



Congratulations to our winners and a massive thank you to everyone who has bought tickets and/or donated prizes. The first prize was a large hamper provided by Morrisons, Willenhall.

Due to Ashmore Park Hub and New Cross classes still remaining closed, 2 extra Friday classes have been opened up at Bilston Community Centre for those who wish to attend. This now means we hold 7 classes across the week at Bilston community centre for our members to book onto, as well as 7 classes at Aldersley Stadium and 6 classes at Bob Jones Hub (including our ladies exercise to music class). We hope people continue to use the online booking-in system to secure their spaces at class and keep in line with covid measures at this time.

For the month of February Aldersley stadium is holding the televised ITV snooker event therefore our Aldersley Tuesday and Thursday classes have had to be relocated to Bob Jones hub between the dates of Tuesday 1st Feb - Tuesday 1st March inclusive. We expect to be back to classes at Aldersley Stadium on Thursday 3rd March 2022 and Jen will send out communication regarding the move back to Aldersley in due course.

As you know mask wearing is no longer considered mandatory by the government at this time, however a lot of our classes take place in community gyms/halls which fall into the Public Health category. Therefore, these venues/centres will still ask their clients/members to continue wearing masks. Please could you support this by wearing a mask in and around our community venues if you can (unless you are exempt)? You are not required to wear your masks whilst exercising.

On a more positive note, we have been informed that this year the Best Foot Forward fun walk is going ahead at Aldersley Stadium on Saturday 25th June 2022, 8am - 8pm. WCASG has been selected as one of the charities that will get a share of the rotary club's charity pot when all the laps are completed. Further communication about the Fun Walk will be sent out nearer the time, however we are looking for volunteers wishing to register themselves and/or family members as walkers for this year to support the event. Please get in touch with Jen via 07706881852 or email [wcasgexercise@gmail.com](mailto:wcasgexercise@gmail.com) if you wish to put your name down on our list of walkers.

## Exciting News!

As some of you who use our services are aware, we continue to have problems with the facilities we rent. Therefore, we have been working hard throughout the pandemic to review our exercise programmes, plan for the future and make our service more sustainable. We have decided the time is right to progress and improve the service we have been providing for the last 30 years, taking it forward and making it sustainable for the future patients of Wolverhampton.

**WCASG is creating “Have a Heart (Wolverhampton)”, a Cardiovascular Rehabilitation Centre here within Wolverhampton to continue to offer the excellent service we currently provide, increase our flexibility and provide additional services such as complimentary treatments and socialising space.**

A locality has been identified and we are working hard to secure this premise for your benefit. We are looking forward to being able to offer a more stable and structured Phase 4 exercise service to our members by way of a membership-oriented rehabilitation programme, integrating both individualised and group supervised phase 4 exercise under one roof. This will ensure we have full control over classes/gym time, without fear of class cancellations/rescheduling at different locations/venues and offer a very personalised service to all of our members who use it. A great start to 2022 and something, I'm sure you'll agree, to look forward to!



*Architect's impression of the proposed WCASG Gym*

We will be looking to set the facility up to the highest standards we can provide, therefore we are asking for your help. **If you would be interested in making a donation, joining as a member, providing your time or skills to help develop this facility please get in contact.**

Email: [Wcasgexercise@gmail.com](mailto:Wcasgexercise@gmail.com)

Website: <https://www.justgiving.com/campaign/HAHWolves>

Or Text HAVEAHEART followed by your donation amount to **70085** to give that amount.

Texts will cost the donation amount plus one standard network rate message.

Thank you for your support