



The Queen's Award for
Voluntary Service 2008

PATIENT AND CARER NEWS

CHARITY NO. 701667



WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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

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Message From WCASG's Co-Chair, Ken Timmis

As I write this Chair Chat, we have entered a new year. We have much to be thankful for in the past and much to look forward to in the future.

Whenever I visit our 9, Salisbury Street premises there is much activity which is a credit to Chris and Jenny and their staff, not to forget the patients who come for their activity. I feel that this shows the increased enthusiasm day by day.

Long may this continue as more and more patients receive benefit from what is provided.

Meantime, in the background, Ros beavers away keeping us informed as to what is going on. Personally, I do miss my visits to the hospital in spite of the fact that when I do go there, I can never find a parking space as they are all filled by workmen! What I miss most is the contact I was fortunate to have with Surgeons and Cardiologists, as I feel that they provided a link between the hospital and our group.

To patients and staff alike I say keep up the good work. I value the good work that I see, and I know we all benefit from what is achieved. My good wishes for 2024 go with you and my thanks also for all that takes place. Now read on for I am sure there is much information to find in the following pages.

Ken Timmis (Co-Chair of WCASG)

500 Club

We are grateful to those of you that continue to subscribe to our 500 Club, our charity lottery. To play, you simply need to subscribe to the 500 Club for 12 months to be allocated a number (for example, number 115). This number is then yours for the whole year. The subscription cost for 12 months is £24. You can request more than one number, at a cost of £24 per year for each number allocated.

1st prize = £60

2nd prize = £30

3rd prize = £15

To join our 500 Club, please fill out an application form, available at HAHW, and return to Jen Davies at HAHW. You will then be allocated a number/s depending on your subscription amount.

Details of the winning numbers are below:

Date	1st Prize	2nd Prize	3rd Prize
Nov 2023	117 J. Sadler	123 J. Evans	205 N. O'Connor
Dec 2023	60 M. Wilson	149 A. Gibbons	63 L. Sargeant
Jan 2024	142 D. Gilhooly	44 B. Paul	65 L. Sargeant
Feb 2024	189 H. Munger	201 L. Borra	42 A. Hulbert

Cheques are being drawn up and signed and then will be posted out as soon as possible.

Express & Star Charity Spotlight

SUNDAY, JANUARY 14, 2024 | ADVANCED FEATURES

CHARITY SPOTLIGHT 8

Helping patients on road to recovery

In the years since their inception in 1985, Wolverhampton Coronary Aftercare Support Group (WCASG) has raised over £2 million for the benefit of patients with cardiovascular disease and their carers across the Black Country.

In June 2008, they received The Queen's Award for Voluntary Service for their work in providing support and representation for the patients and carers of the Heart and Lung Centre at The Royal Wolverhampton NHS Trust.

Over the years the charity has grown, offering patients with cardiovascular and respiratory disease ongoing access to rehabilitation classes after completing their NHS-led rehabilitation programmes.

Created through WCASG fundraising, Have A Heart Wolverhampton (HAHW) is a cardiovascular rehabilitation centre, a non-profit



Patients with cardiovascular and respiratory disease can have ongoing access to rehabilitation classes



company affiliated with WCASG supporting the community. Both HAHW and WCASG work collaboratively with NHS cardiovascular and respiratory services at the Royal Wolverhampton NHS Trust to support patient rehabilitation.

This wonderful new facility opened in August 2022 so that patients, who have completed their NHS rehabilitation, can attend

long-term rehabilitation exercise classes, supervised by fully trained exercise professionals. This facility offers much-needed additional capacity as well as offering greater flexibility. There are circuit-based classes at varying times throughout the day, plus patients can exercise individually in the well-equipped gym, or even join exercise yoga, tai chi and music classes.

The first year has been extremely successful, bringing patients into this stand-alone premises. They have welcomed lots of new faces who joined to use the facility, alongside patients from previous years to utilise the new service.

A big success was the introduction of supervised strength training classes. These classes educate the patients about weight training and

offer long-term benefits through their physical and mental well-being.

WCASG is Wolverhampton's sole heart charity; they receive no funded support from the NHS, local council or BHF. External fundraising has come from events this past year, taking part in Wolverhampton Rotary's Best Foot Forward, Cycling to Aberdovey with the Aberdovey Bike Ride, plus hosting rock nights and Christmas parties. Finally, running multiple raffles and tombola events over the year has also contributed to fundraising.

The next step for HAHW is using their facility and expertise in heart disease for prevention, with their Healthy Hearts Wolverhampton service. If you would like to know more, please contact them via phone or email details are on the website.

If you would like to support this charity or know more about their services and have a family member who has experienced a cardiac event, visit www.have-a-heart.co.uk or to support the project visit www.justgiving.com/wcasg

We were fortunate to be chosen as the Express & Star Charity Spotlight in January.

Donations

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

Patricia Wright donated £600 in memory of **Alan Wright**

Steve Passmore and **Pam Jones** donated £153.98 from plant sales

Sandra Morris donated £50

Donation of £250 received from **Worfield Cricket Club**

Maldwyn Roberts donated £25

Midlands Freewheelers donated £35 after Chris Scordis (photo on the right) presented at their monthly meeting on behalf of Have A Heart Wolverhampton



Tony Martin donated £20

Donation of £334.34 received from **K.Wright**

B.T.Brookes donated £100

Paypal – Facebook birthday links raised £80

Royal Oak 1st Birthday Celebrations raised £108

£40 received from **Knitted Angels**

Mr and Mrs Sheldon raised £131 with their coin collection

Simon Northcott raised £175 from his 1st Park Run

A huge thank you and 'well done' to Have A Heart member, **Kal Singh**, who completed a memory walk in December to raise funds for our charity and to remember six members of his family. Kal walked 192.6 miles over 12 days (the distance from Yosemite Lakes to San Fransico) to raise £1,200 for WCASG. Thanks to Kal's efforts and your support and sponsorship, we have managed to purchase two new pieces of equipment for the gym – a pulley training machine and an adjustable bench. Kal is pictured on the right with the new equipment.



THANK YOU FOR YOUR VERY GENEROUS DONATIONS

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

Royal Wolverhampton NHS Trust Cardiac Rehabilitation Update

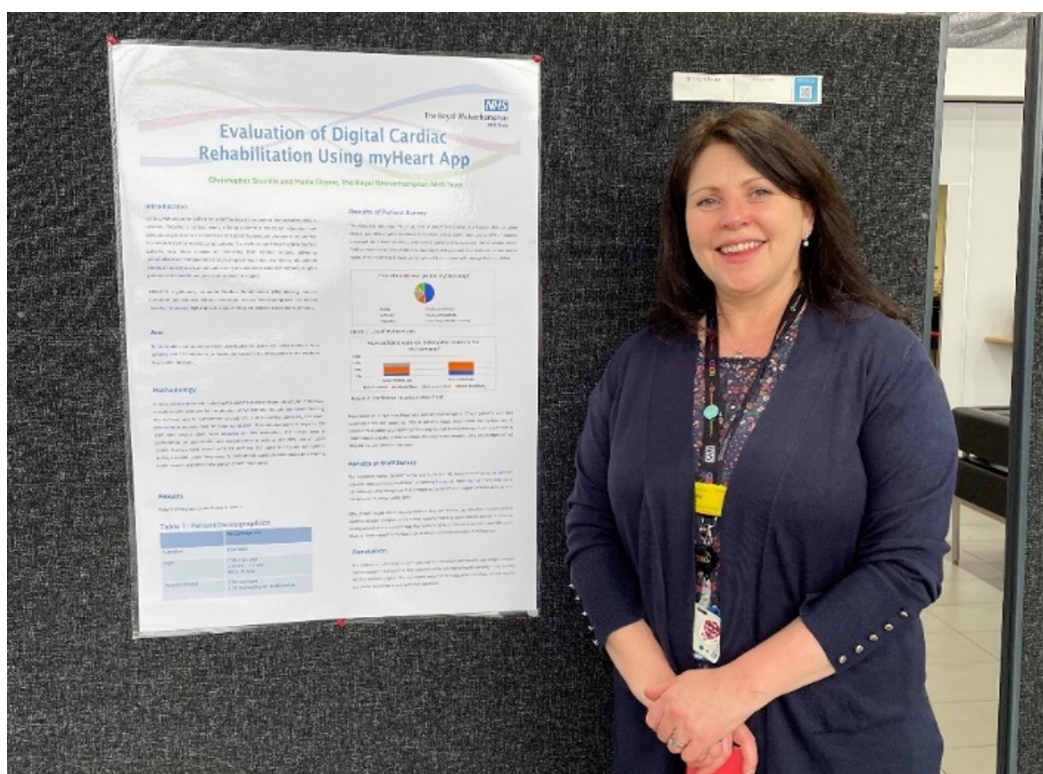
Since our last newsletter, the team have welcomed Corlene Parker, who joined the nursing team as a Cardiac Rehabilitation Sister after transferring from B8, Cardiothoracic Ward.

Maria Glover, Cardiac Rehabilitation Nurse Manager, continues to work collaboration with teams across the network to streamline services and tackling inequalities together in her role as Chair for the CR BC ICB Network.

The Team continues to work in collaboration with the multi-disciplinary teams and the community:

- PREHAB service continues to thrive, interlinking with wards and outpatients
- Smoking Cessation – the Cardiac Rehabilitation Nurses are working in partnership with the new Smoking Cessation lead in the Trust to provide this continued service
- OUTREACH - Balinder Khunkhuna, Cardiac Rehabilitation Sister, is planning the next Outreach Programme to take place in a local Temple in Spring

The myHEART App. is going well, and funding for long-term sustainability is under way! Maria Glover presented an early evaluation of the myHeart App. at a recent 'Celebrating Digital Innovation, Data and Technology Event' held by The Royal Wolverhampton NHS Trust and Walsall Healthcare NHS Trust (photo below).



The Exercise Team are continuing to support Keele and Wolverhampton Universities with their physiotherapy placements, and students have returned after their Christmas break.

Chris Scordis, Clinical Exercise Physiologist and Joint Lead for Cardiac Rehabilitation, has continued to support the Occupational Health and Wellbeing Service at New Cross Hospital by providing their first Physical Wellbeing Webinar – ‘More People, More Active, More Often for Heart Health – Taking Action on Physical Activity’. Chris (photo to the right) definitely got people thinking about their activity levels and his presentation generated lots of questions!



Chris has also delivered a talk for the Cardiology Study Day – Cardiac Rehabilitation Service, Exercise programme (Core Cardiac Rehab).

Congratulations to Chris on achieving Clinical Exercise Physiologist status! At the end of 2021, Clinical Exercise Physiology UK announced that Clinical Exercise Physiologists are now eligible for professional registration with the Registration Council for Clinical Physiologists (RCCP), a wholly owned subsidiary of the Academy for Healthcare Science (AHCS). The RCCP hold a voluntary register regulated by the professional standards authority for Health and Social Care and enforce high standards of practice and maintain a public database. Suitably qualified individuals were able to apply, via an equivalence process, to become registered to be conferred the title of Clinical Exercise Physiologist upon successful acceptance on the register.


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Professional registration ensures Clinical Exercise Physiologists are appropriately trained, meet standards of proficiency, have indemnity insurance, are committed to continued professional development and are deemed 'fit to practice'.

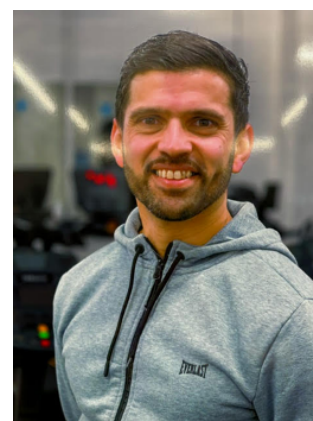
Sophie May, Cardiac Rehabilitation Exercise Physiologist, completed her personal challenge, 'Big Winter Workout', to raise funds and awareness for Crohn's and Colitis UK by completing 31 mins of exercise for 31 days. Well done, Sophie.

Have A Heart Wolverhampton (HAHW) Phase 4 Update

HAHW Service Update

We are currently up to approximately 400 memberships although, unfortunately, not all of these are active. However, for the month of January we had some positive class bookings amounting to 1098 attendances. Reflecting on last year's figures we had 12698 attendances in the last 12 months.

We now have a new staff member who has joined us on a part time basis - Pritesh (Prit) Patel (photo to the right). Prit has stepped in to replace Alice Baldwin's hours as Alice has now moved on to further her Personal Trainer career. We wish Alice all the best and hope she pops in to visit from time to time.



We have now introduced specific time slots onto the booking system where HAHW members can speak to a member of staff and have a personal gym programme tailor made to suit their specific fitness and wellness goals. They can then compete this programme independently for 6-8 weeks before booking in for a program review with either Brody or Prit to set a new schedule or add on specifics to the current one.

One of our members, Mary Laba, has filled the Monday morning slot on our reception desk to help out during the busy Monday morning rush - thank you Mary you are a superstar! We still require volunteers for other times during the week to help us on reception with general administration tasks such as booking in, raffle tickets and merchandise sales:

Tuesdays 1pm to 4pm

Wednesdays 12:30pm to 3pm

Fridays 10am to 12:30pm

If you are available to help us, please speak to Jen. Thank you.

We have introduced Tai Chi classes with an instructor called Phil on Mondays, 12-1pm, in our studio - uptake for this has been positive and attendance is increasing each week.

We also have our regular gentle yoga and meditation with Kerry on Thursdays, 1.30-2.30pm, available. Both of these classes are available for a charge of £5 per session paid directly to the instructor and anyone is welcome to attend. Kerry also offers massage therapies on specific days at Have a Heart and offers a discounted rate to members - please speak to staff onsite if you require further information. Payment is made direct to the therapist for any treatments booked.

HAHW Fundraising Update

In December we had our usual Christmas festivities, including Christmas Jumper Week, a Christmas coffee morning and Christmas raffle, raising over £1,000!



We also had an additional sum of £1,200 raised from a member - Kalvinder Singh who completed a memory walk in honour of some of his family members. This was a fantastic amount and has allowed us to purchase a new piece of kit and a bench for the gym - please see the donations section above.

Congratulations to Tony, winner of the signed Andy Gray Wolves shirt in our November raffle.

Our 500 Club membership is now up to 208 active numbers - we are getting closer to our target of 250 active numbers in order to increase our prize amounts for 1st, 2nd and 3rd place. Thank you for your support!



Upcoming fundraising

As February is Heart Month we will be holding a 'Wear Red Week' and a Valentine's healthy snacks-inspired Coffee Morning on Wednesday 14th February. We will be asking members to pop a donation into our red collection tins. We will also be holding a few raffles to kickstart the fundraising for 2024. Our Valentine's raffle is £2 per go and Plant Pot raffle £3 per go.

Finally, we are sad to share the news that HAHW member, **Norman Allen**, passed away on Monday 12th February. Norman started his cardiac rehab journey with us at our Bilston venue. He was a lovely, kind man who always contributed towards our charity fundraisers, and an avid supporter of our 500 Club. Always a pleasure to have in classes and always had a smile and a story to share. He will be truly missed.

Norman is on the left of the picture below wearing the white t-shirt.



You can make a donation to HAHW on our Just Giving page:

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

Thank you for your support.