



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 WCASG's Co-Chair, Ken Timmis

Welcome to our Spring Newsletter.

Wolverhampton Coronary Aftercare Support Group was formed by ex-patients and staff from the Coronary Care Unit of New Cross Hospital in 1985, and I am delighted that we are celebrating our 40th anniversary this year!



The purpose of the Group in the 80s and 90s was to provide education and supervised exercise programmes for ex-patients of the hospital's Coronary Care Unit (CCU), to raise funds for equipment for the CCU and hospital Gymnasium, and to support patients and carers during the patients' recovery. In fact, over the years the Group has paid over £380,000 on salaries to support recovery and rehabilitation. And we have achieved so

much since then. In the months prior to the submission of a bid to develop cardiac surgery and interventional cardiology services at New Cross Hospital, the Group campaigned strongly in support of the proposal. We presented a petition of over 10,000 signatures to the Government on behalf of the population of Wolverhampton outlining the need and support for the development of this service in Wolverhampton. The Heart and Lung Centre, a prestigious development of tertiary services, opened in October 2004.

More recently, our focus has turned to the provision of long term rehabilitation through Have a Heart Wolverhampton (HAHW). This wonderful, bespoke facility was designed to improve the efficiencies and sustainability of our long term (Phase 4) cardiac rehabilitation services following the COVID-19 pandemic and is proving to be a great success. Chris and Jen, and the rest of the team, have been working hard on fundraising activities at HAHW over winter. I attended a coffee morning with my wife recently and we were both amazed at the goodies laid out on the table. Most of us were keen to tuck in, so I don't suppose there was much left over. There was a class in motion during the morning and the members there were keen to join the rest of us when it finished! You will read elsewhere in this newsletter how much was raised, and I extend my thanks to all who helped and all who attended.

It only remains for me to wish you all a pleasant Spring and Summer, and to thank all who are working to see that you achieve it. May all your plans for 2025 come to fruition.

Ken Timmis, (Co-Chair of WCASG)

Donations

£488 was donated in memory of **Betty Trubshaw**

The West Midlands District Association (WMDA) of the Camping and Caravan Club generously donated £3,106.04. Chris Scordis, WCASG's Treasurer, is pictured below receiving the cheque at WMDA's Annual General Meeting.



Have A Heart Lottery

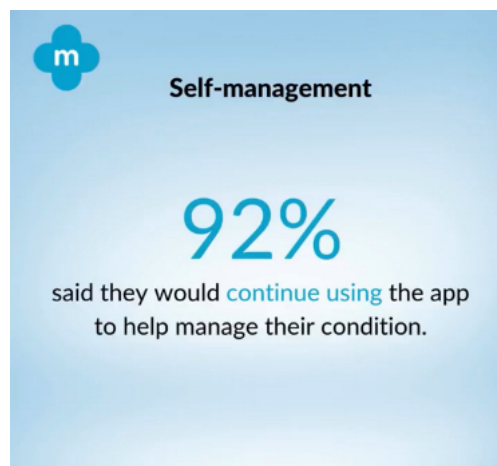
Our new Have a Heart Lottery is now up to 94 members. We have had a total of 6 winners on our lottery since December 2024, one of which is Jackpot winner Steve Atkins, winning the £1,000 jackpot! It only costs £1 a week to sign up to our lottery and can be done by filling in a form at the Have a Heart Wolverhampton gym or online via our website www.have-a-heart.co.uk .



Royal Wolverhampton NHS Trust Cardiac Rehabilitation Update

MyHeart App

The use of the MyHeart App going from strength to strength and the team is thrilled that long-term funding has been secured. They are seeing great patient outcomes and receiving lots of positive feedback to-date, with over 90% of patients reporting that they will continue to use the app to help manage their condition.



Patient Education Sessions

Patient Education Day Pilot continues at the Have A Heart Wolverhampton venue, with a Pharmacist aligned to cardiac services and a Dietitian presenting along with the Cardiac Rehab (CR) Team. Four sessions completed so far, all receiving great feedback.

Research Projects

The CR Team are supporting the following research projects:

- Post-Surgical patients early recruitment to CR Exercise programme
- Microvascular Angina Project in early stages – patient and public involvement and engagement (PPIE) underway with scoping and stakeholder engagement
- Artificial Intelligence (AI) CT Analysis (NHS England Project) well under way and will be presented at BACPR conference later this year

Conferences

Chris Scordis, Clinical Exercise Physiologist and Joint Lead for Cardiac Rehabilitation, helped to plan this year's British Association for Cardiovascular Prevention and Rehabilitation Exercise Professionals Group annual conference on 28th March. The conference was a huge success!

At the conference, Chris also shared the Team's poster 'Monitoring long term outcomes for patients adhering to supervised phase 4 exercise rehabilitation' (pictured above).



ICB CR Network

Maria Glover, Cardiac Rehabilitation Nurse Manager, chairs this group to ensure services are streamlined across the Black Country. A project was recently completed to consider any barriers to CR to optimise access to CR services across the Black Country. The project was presented to the Black Country Integrated Care Board (ICB) and will now be expanded to compare with colleagues at Leicester, to consider a broader perspective.

Talking Therapies

There is an excellent pathway in place and the CR Team are promoting self-management by referring patients to Silver Cloud - available to all here:

<https://wolverhamptonhealthyminds.silvercloudhealth.com/signup/>

Enter the access code **WHMINDS**

Silver Cloud is interactive, flexible and available 24/7; online via a PC, Tablet, or Mobile and can be offered with regular reviews or unguided.

Thank you to the Team for their ongoing commitment to improving patient outcomes and team collaboration. Here's to more achievements and milestones in the coming months!

Have A Heart Wolverhampton (HAHW) Update

Service Update

Current active subscriptions are standing at 354 - we are having good attendance figures with 2,220 attendances since 1st January 2025. Popular classes seem to be exercise to music alongside cardiac conditioning.

HAHW "What's Your 40?" Fundraising Activities For WCASG

With the 40th anniversary we have set our members a challenge called "*What's your 40?*" This involves members setting themselves a challenge incorporating the number 40. Some are doing it for sponsorship to raise funds for WCASG and some are doing personal challenges.

- Jackie Hawkins is swimming 40 miles and currently a quarter of the way through with sponsorship sitting at £470!
- Pat Corns has completed a 40 mile walk with her dog Bella and is raising funds via her Just Giving link online - her current total is at £308!
- Prit has set himself a 40km rowing challenge - yet to be completed.
- Angela Edwards has set herself a 40 mile walk on the treadmill and is currently completing that at her own pace.

We have designed a "What's your 40?" t-shirt and are hoping to give these to people who are completing challenges for sponsorship as a token of our appreciation. We would like as many people as possible to complete a 40 challenge this year and what better way to do it than to sign up to the Best Foot Forward Fun Walk on 28th June? It's £5 to sign up and if you can complete 40 laps for WCASG and collect a minimum sponsorship of £25 you will receive a free "What's your 40?" t shirt to wear on the day to complete your laps.

Please see a member of HAHW staff to sign up for the Fun Walk.

Other Fundraising activities

- Gus Basson completed his 400,000 steps challenge in January and has managed to raise just over £900 for WCASG - thank you Gus!
- Our Wear Red for Cardiac Rehab Week, which included our coffee morning, a Valentines raffle and members wearing red to classes and the gym, raised a total of £700.70!
- We currently have a Spring plant pot raffle running at £3 per go.
- We also have an NHS patient who, along with his grandsons, is raising funds for WCASG and New Cross Heart and Lung Centre - they are completing a Wolf Run. Their current total is sitting at an amazing £520 of a £500 target!
- In our last Newsletter, we told you about Kal's memory walk. We are thrilled that Kal managed to raise £600!
- Finally, check out our Easter raffles next time to pop into HAHW!

We also have a collection of handmade jewellery and handmade cards available at our gym desk for a suggested donation to WCASG.



Please follow WCASG and HAHW on social media to find out more about our fundraising activities!

Facebook [@WCASG79](#) [@HAHWolves](#)

Twitter/X [@wcasg79](#) [@HAHWolves](#)

Instagram [@have_a_heart_wolves](#)

A message from our President regarding Betty Trubshaw

Again, with great sadness I write to you all with news of the passing of Betty, another dedicated past member of the WCASG who worked tirelessly alongside her late sister Vera Tidmarsh at New Cross in our early years.

Betty supported the Group and helped out, whenever she could, with the many fundraising events that we held to raise thousands of pounds to support our work. This included giving support to a local sponsored Beaujolais Wine Run to France, many Fun Runs over the years, selling badges, 40's Evenings dressing up as a Land-Army Girl. And, in fact, Betty and Vera even dressed up as Tele-Tubbies! Her quiet, persistent, dedicated support was always there alongside Vera. Such wonderful fun times we all had with Betty central to our activities!



I too have fond memories of Betty during my own personal difficult times, offering her support and wisdom and I thank her sincerely for this. Betty was dedicated to WCASG, our registered charity, and a much loved friend, always willing to help.

Heaven has again won another exceptional person! God Bless you Betty, reunited with other founder fundraisers of our earlier years!

Until we meet again.

Gill Fenner OBE. Queens Nurse.

*President of Wolverhampton Coronary Aftercare Support Group. Reg Charity
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You can make a donation to HAHW on our Just Giving page:

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

Thank you to all of you who have donated or taken part in fundraising events this last few months. We really appreciate your support.