



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>

email: wcasg79@gmail.com

Message From WCASG's Vice Chair, Dr Ros Leslie

Welcome to our Summer Newsletter.

I am delighted to announce that, following their recent visit to our Have A Heart Wolverhampton Cardiovascular Rehabilitation Centre, two of Wolverhampton's most celebrated sporting icons - Hugh Porter MBE and Anita Lonsbrough MBE - have officially joined the Wolverhampton Coronary Aftercare Support Group as our new Patrons!

This is a proud and exciting moment for our group, as we welcome individuals whose achievements and commitment to community wellbeing reflect the values that are at the heart of everything we do. Hugh and Anita bring with them a legacy of discipline, determination, and dedication - characteristics that resonate with those navigating life after a cardiovascular event. During their visit the couple, who are passionate advocates for public health, spent time touring our rehabilitation facilities, and applauding the commitment of staff, volunteers, and patients.

Hugh (pictured below left), world champion cyclist and acclaimed sports commentator, shared his thoughts on the importance of maintaining physical and mental wellbeing through rehabilitation. He described the road to recovery as being very similar to the road to gold – both involve setting targets, trusting your support team, and believing in yourself.



Hugh's wife, Anita (pictured above right), British Olympic swimming champion and the first female winner of BBC Sports Personality of the Year, echoed this message adding that, seeing the dedication of the team and the courage of the members, was a reminder that champions come in all forms.

We welcomed their visit as an opportunity to highlight the essential role of structured rehabilitation in improving long-term health outcomes and preventing repeat cardiovascular incidents. And we are truly honoured to have Hugh and Anita join us as Patrons. Their legacy of excellence, integrity, and commitment to the local community mirrors the ethos of our group. Their support will shine a light on the importance of cardiovascular rehabilitation and help us reach even more people in need.

Ros Leslie, (Vice Chair of WCASG)

Donations:

£387 donated by friends and family in memory of **Adam Chell**

£1000 donated by the Electrical Contractors Association in memory of **Kevin Davies**

Huge thanks to **thyssenkrupp Materials UK** for their generous donation of £500, adding to the amazing £1,500 raised by their employee, Mark Holmes, during July's Best Foot Forward event.

Have A Heart Lottery

It only costs £1 a week to sign up to our new Have a Heart Lottery and can be done by filling in a form at the Have a Heart Wolverhampton (HAHW) gym or online via our website www.have-a-heart.co.uk.



The poster is for the 'Have A Heart Lottery'. It features a colorful background with a heart rate line and a cartoon character holding a heart. The text is bold and eye-catching. The top left corner provides the address: 9 Salisbury Street, WV3 0BG, and a phone number: 07706881852. The main title 'HAVE A HEART LOTTERY!' is in large, red, outlined letters. Below it, it says 'Your chance to win £1,000 every week!'. Further down, it states 'One entry is £1 and gets you 10 chances to win!' and '50 cash prizes every week!'. A large 'WIN!' graphic is on the right. At the bottom, it says 'Playing our lottery gives you a chance to win a cash prize whilst also supporting our charity!'. The footer contains legal information: 'The Have A Heart Lottery is a beneficiary of the Heartbeat Lottery. After the deduction of prizes and reasonable expenses the good cause money of your ticket will be used to fund the work of Have A Heart Wolverhampton. Promoter: Heartbeat, Sir Tom Finney Way, Preston, PR1 6PA. Registered Charity Number: 1168850. Licensed and regulated by the Gambling Commission, www.gamblingcommission.gov.uk. Licence Number: 000 005098-N030907 011. Players must be over 18 years of age to enter. Please play responsibly. If you are concerned about playing too much telephone Gamble Aware on 0808 8020 133 or visit www.gambleaware.co.uk'.

9 Salisbury Street, WV3 0BG
07706881852

HAVE A HEART LOTTERY!

Have a Heart
W.C.A.S.G.

Your chance to win £1,000 every week!

One entry is £1 and gets you 10 chances to win!

50 cash prizes every week!

Playing our lottery gives you a chance to win a cash prize whilst also supporting our charity!

See a member of staff for more details or visit www.have-a-heart.co.uk to sign up!

The Have A Heart Lottery is a beneficiary of the Heartbeat Lottery. After the deduction of prizes and reasonable expenses the good cause money of your ticket will be used to fund the work of Have A Heart Wolverhampton. Promoter: Heartbeat, Sir Tom Finney Way, Preston, PR1 6PA. Registered Charity Number: 1168850. Licensed and regulated by the Gambling Commission, www.gamblingcommission.gov.uk. Licence Number: 000 005098-N030907 011. Players must be over 18 years of age to enter. Please play responsibly. If you are concerned about playing too much telephone Gamble Aware on 0808 8020 133 or visit www.gambleaware.co.uk

Royal Wolverhampton NHS Trust Cardiac Rehabilitation Update

Ian Swift, Senior Exercise Physiologist – Farewell & New Beginnings

After 10 impactful years with the Wolverhampton Cardiac Rehabilitation Team, Ian Swift has moved on to a new chapter in his career, joining the Shrewsbury and Telford Cardiac Rehab Team.

Ian has been a valued member of the Wolverhampton team, bringing not only clinical expertise and professionalism but also a kind, compassionate approach that has made a lasting difference to both colleagues and patients alike.

Throughout his time here, Ian has been instrumental in enhancing our rehab pathways, supporting service development, and always going the extra mile to ensure the highest standards of care. His presence will be missed not only for his clinical skills but for his humour, patient care, and the camaraderie he brought to the workplace.

Ian (pictured below right) has also supported the charity with numerous fundraisers over the years, from attending the fun walks at Aldersley stadium to joining Chris (pictured below left) on his madcap cycle challenges, 100km on the canals of the West Midlands, 72 lock challenge and first Wolverhampton to Aberdovey bike ride. We hope to see him on his bike in the future.



While we are sad to see Ian go, we are also incredibly proud of him and excited for what lies ahead. The Shrewsbury and Telford team are fortunate to gain such a passionate and knowledgeable professional.

We wish Ian every success in his new role and look forward to hearing about the great work he will no doubt continue to do in his next chapter.

Stealing the slogan from the Wolves, “Once a Wolf always a Wolf”

Best of luck, Ian – and thank you for everything!

In-Person Education Sessions Are Back!

After a four-year break due to COVID, we have relaunched our monthly face-to-face education sessions! These friendly drop-ins are a great chance to speak with our team of experts - including Dietitians, Pharmacists, Cardiac Nurses, Lipid Specialist Nurses, and Exercise Physiologists. Come along and get the support you need in person!

Digital Support: My Heart App

Our My Heart mobile app is now being used by over 850 people. It is designed to help you manage your heart health, with features such as:

- Wearable tech integration for self-monitoring
- On-demand learning videos
- Motivational messages and reminders
- Remote progress tracking for staff support

We are thrilled to now offer unlimited free access thanks to secured funding for the next 3 years! If you would like to join, please get in touch.

AI CT Analysis: Prevention in CR

Thanks to fantastic patient feedback and high engagement, we have received extra funding to continue our prevention work for another 6 months.

Research: FARSTER Trial

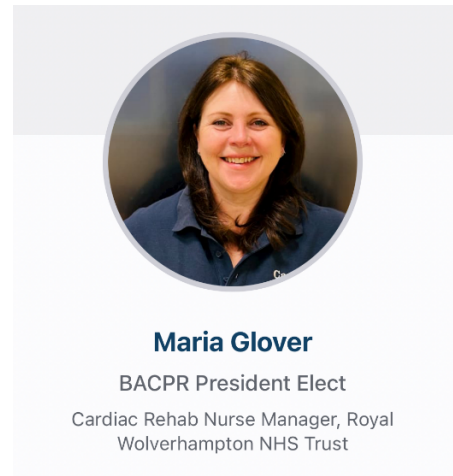
We are excited to be part of the FARSTER Trial, which has started recruiting patients recovering from certain types of heart surgery. The study aims to better understand how we can improve care and outcomes.

Welcome Our New Clinical Lead

We are delighted to welcome Dr Marco Masullo, Consultant Cardiologist, as the new Clinical Lead for our Cardiac Rehab service. Great to have him on board!

National News: BACPR President-Elect

Maria Glover, Cardiac Rehab Lead Nurse Manager (pictured below) has been elected as the President-Elect of the British Association for Cardiovascular Prevention & Rehabilitation (BACPR). She will begin her two-year term this October at the national conference in Glasgow. Congratulations Maria!



Have A Heart Wolverhampton (HAHW) Update

Service Update

Membership is currently sitting at 458.

Due to popularity, we have added in an extra cardiac conditioning class taking place on Tuesdays at 11am.

We have had the Stoma Group utilise our Education Room recently to host an education session - they are impressed with the facility and may wish to make future bookings!

We have also installed our new windows (see right), allowing more natural light into the reception areas and circuit rooms; feedback from members has been very positive. This has been made possible by using some of our National Lottery Community Funding and by your fundraising efforts.



HAHW “What’s Your 40?” Fundraising Activities For WCASG

As it’s our anniversary year we have been encouraging members to choose challenges surrounding the number 40, either for sponsorship fundraising purposes or personal goals.

We have had some fantastic efforts!

First to volunteer was Jackie (pictured below at HAHW) putting herself forward for a 40-mile swim. Jackie raised £671 in total!



She was closely followed by some of our other members some of whom have completed their challenges and raised funds:

- Pat’s 40mile walk raised £408
- Prit’s 40km row raised £1,382
- David and Sarah Guest’s (pictured right) 40km canoe down the River Wye raised £755
- Steve’s 70th birthday bucket raised £901 (this helped us purchase a new rowing machine for our Phase 4 Circuit Room)



Aberdovey bikers - Chris, Dennis, Martin, Mark, Stu, Ian and Statto (pictured below) have raised £3867 to date.



Best Foot Forward (two of our walkers pictured below) - Ann and Frank, Haydn, Mark, Sudaish, Steve, Julian, Dale and HAHW staff have raised £4207 to date, with more donations yet to come in from some of our sponsor form-only walkers. Watch this space!



We have also had some small fundraisers from members including 40 cupcakes, 40 sunflowers, 40 Easter chicks, 40 Easter cakes, 40 scotch eggs and more!

A brand-new fundraiser - Hawaiian shirt week, commenced 21st July! We asked members to come wearing Hawaiian themed clothing (see picture below) or, if they don't want to take part, they can pay a fixed penalty fine of £5 donated to WCASG!



We are currently sitting at approximately £11,000 of our £21,000 fundraising target for the year, which is fantastic!

30 Years of Cardiac Rehab

This month (August) marked 30 years since HAHW member, Peter Ransom (pictured right), had his first heart attack. And at 88 years young he is still jogging on the treadmill and joining our exercise classes every week.

Peter says that our classes have kept him going all these years – here's to many more years of health, happiness and rehabilitation!



Happy birthday Ruby!

Ruby, our mascot, celebrated her 5th birthday with a well-earned day off! Happy birthday Ruby!



Thank you to everyone for their fundraising efforts this year so far.

Other Fundraising activities

Our 40th Anniversary Dinner and Dance at the Molineux takes place on Friday 26th September from 7pm. Our honourable guests include Cllr Craig Collingswood, The Right Worshipful The Mayor of Wolverhampton, The Mayoress, Miss Abby Collingswood, and our new Patrons Hugh Porter MBE, and Anita Lonsbrough MBE. We hope that you will join us to celebrate our 'Ruby Anniversary'!



The cost is £40 per ticket and all are welcome.

In Memory of Neville Fletcher



We are deeply saddened to share the passing of our dear friend and long-standing supporter, Neville Fletcher (pictured left). Nev had been part of our community for many years, faithfully attending our long-term cardiac rehab classes at Ashmore Park and, more recently, at our new home, Have A Heart Wolverhampton.

When we began the journey of converting our new premises, Nev's

help started with a simple request to “have a look at a few jobs.” Before long, he had taken the reins, project managing the entire transformation. Of course, in true Nev fashion, he “knew a bloke” for everything we needed. His hard work, determination, and connections made our vision possible—we simply would not have our wonderful new facility without him.

Nev was a true character; cheeky, larger than life, and always ready with a smile or a story. He will be sorely missed by all of us, not just for what he did, but for who he was.

Our thoughts are with his family and friends at this difficult time. Thank you, Nev, for everything—you have left a lasting legacy here.

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

Email: WCASGEXERCISE@GMAIL.COM

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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.