



The Queen's Award for
Voluntary Service 2008

PATIENT AND CARER NEWS

CHARITY NO. 701667



WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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An Update From WCASG's new Chair, Dr Ros Leslie (PhD)

Welcome to our Autumn Newsletter.

I am pleased to announce my appointment as the new Chair of Wolverhampton Coronary Aftercare Support Group (WCASG). Having led the Cardiac Rehabilitation Service at The Royal Wolverhampton NHS Trust from 1993 to 2015 and being one of the Directors of Have a Heart Wolverhampton, I have a long-standing commitment to cardiac rehabilitation and community health initiatives. I have also been a WCASG committee member since 1993, becoming Vice Chair in 2021. I look forward to continuing to support WCASG and Have A Heart Wolverhampton (HAHW) in my new role, working closely with trustees, members, volunteers, and partners to strengthen our programmes and expand the support we offer across Wolverhampton.



Ros Leslie, Chair WCASG, at our 40th Anniversary Dinner Dance on 26th September 2025

In October we launched our Five-Year Business Framework – our response to the 10-year Health Plan for England: Fit for the Future. We recognise the changing landscape of

healthcare and the increasing pressures faced by our NHS, so, our role as a charity has never been more vital. You can read a copy of our Framework at HAHW.



This year marks an important milestone for our Group: our 40th anniversary. To celebrate four decades of mutual support, education, and community, we were delighted to host The Right Worshipful The Mayor of Wolverhampton, Councillor Craig Collingswood, and The Mayoress, Miss Abby Collingswood, at a special Dinner Dance at the Molineux on 26th September. This landmark event offered an opportunity to reflect on our shared history, recognise the contributions of our members and volunteers, and look ahead to the future with renewed energy. During the event we were honoured to present Ken Timmis MBE (former Chair of WCASG) and Gill Fenner OBE (WCASG Founder and President) with Lifetime Achievement Awards in recognition of their outstanding service. Ken has since stood down as Chair, after 35 years, and we have now appointed him as Chair Emeritus. This is an honorary position, created to acknowledge his service and to enable him to continue to be publicly associated with the charity in a way that reflects his legacy. You can read more about our event later in the newsletter.

I hope to see you at our next celebration event – our Pre-Christmas Party at Goodyear Pavilion, on Friday 28th November. Best wishes for the festive season and a Happy New Year! We are most grateful for your ongoing support.

Ros Leslie, (Chair of WCASG)

Donations

HAHW member **Anita Finnegan** held a birthday party dress-up with family, raising a total of **£230.00 plus £57.50 gift aid** (photos below).

Joyce Hunt organised a charity Golf Event held at **Bloxwich Golf Club** on Friday 19th September 2025 in memory of **Marcus Malcolm**, raising **£4,408**. Sincere thanks to everyone who participated, donated, and supported the 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.

40th Anniversary Dinner Dance

Since the last newsletter we have celebrated our 40th anniversary for WCASG with a Dinner Dance at the Molineux. What a fabulous night it was - great to see our members all together in one place enjoying themselves and embracing the work we do and have done for the past 40 years!

We were honoured to welcome the Right Worshipful The Mayor of Wolverhampton and the Mayoress, along with our wonderful patrons Hugh Porter MBE and Anita Lonsbrough MBE (pictured below with our Chair, Ros Leslie), plus over 100 guests who joined us to mark this very special milestone.



The Mayor delivered a heartfelt speech recognising our achievements over the past 40 years and gave thanks to our trustees past and present for everything they have done for the people of Wolverhampton.

During the evening, three special awards were presented:

🏆 Long Service Awards – presented to Gill Fenner OBE (Founder & President) and Ken Timmis MBE (former Chair)

🏆 Fundraising Award – presented to the incredible team at Have a Heart Wolverhampton

A big 'thank you' to Georgie from Bouquet of Balloons for the stunning backdrop and balloon arch that made the perfect photo spot for all our guests!

We had a wonderful evening celebrating our 40 years' service and even made appearances in the Express and Star and the Wolverhampton Living magazine (see photos below)! There are more photos in the Gallery on our website www.have-a-heart.co.uk.



Royal Wolverhampton NHS Trust (RWT) Cardiac Rehabilitation Update

- The Cardiac Rehabilitation team at RWT continues to be productive, strengthening services across the pathway.
- Chris Scordis and Sophie Felton have been working incredibly hard to keep the cardiac rehabilitation exercise service running smoothly and effectively. So far this year, the team has completed over 800 new patient assessments, and classes are currently operating at an impressive 91% capacity.
- Alongside delivering a busy clinical service, the team continues to support physiotherapy placements from Keele University, Birmingham City University, the University of Worcester, and the University of Wolverhampton. So far, this academic year, they have had some fantastic students who have thoroughly enjoyed learning about cardiac rehabilitation and have valued their experience with both the NHS Team and the team at Have A Heart Wolverhampton.
- Digital and face-to-face programmes continue to grow, alongside developments in lipid management pathways, involvement in the Caristo project and ongoing recruitment to the FASTER trial.
- The MyHeart App is thriving with more than 800 patients recruited, over 5,000 views on educational resources and more than 15,000 diary entries recorded to-date!
- The team is proud to have achieved NACR accreditation again this year – well done!
- They have a Quality Improvement (QI) project underway to celebrate patient completion of cardiac rehabilitation.

- Regionally, the team is supporting the development of an enhanced psychology network with regular engagement meetings and clearer referral processes across the Black Country.
- They continue their established Cardiac Rehab Education Day on the last Friday of each month.
- The team is represented nationally through Maria Glover's role as President of the British Association for Cardiovascular Prevention & Rehabilitation (BACPR) and Chris Scordis' role representing the Chartered Association of Sport and Exercise Sciences (CASES) on the BACPR-Exercise Professionals Group (EPG) committee.

Have A Heart Wolverhampton (HAHW) Update

Bec's 25th Birthday Pink themed coffee morning

Celebrating our newest team member turning 25, Bec wanted a pink-themed coffee morning! As you can see from the photo below, we were certainly 'pink' and a total of **£253.99** was raised for WCASG – a fantastic amount and a Happy Birthday was had!



Diwali Celebrations & Halloween Shenanigans

We held our Halloween dress-up week 27th - 31st October (see photo below) - some excellent efforts made, and some donations and fines paid!



Diwali was celebrated on Monday 27th October, where some lovely food was brought in by our members (see photo above). These members, alongside Prit, provided some educational points around Diwali and why it is celebrated. The rest of the week we engaged in spooky activities for Halloween with our Halloween coffee morning and dress-ups and as a result raised **£438.35** from our collection tins.

A hamper, donated by Janette Wastell, plus two family tickets to Tettenhall College Bonfire, donated by Amardip Sanghera, were raffled off. The winners of the raffle, drawn on Friday 31st October were:

Hamper (re-raffed by Nick White) - Alison Gibbons (pictured right)

Bonfire tickets - Malcolm Wood and Bron Russell

The total raised from the Halloween raffle was **£606** - fantastic efforts and generosity from our members as always, with us able to raise over £1000 for coming together, engaging and having FUN!



We had another raffle, drawn on Friday 7th November, for a handmade birdhouse, made by Ian Cresswell and personalised by Lydia Powell with our logo, plus 3 beautiful plant pots (pictured below) donated by Judith Wilkinson and Julie Banner. We managed to raise **£330**! The winner, Nigel Vann, is pictured below with his raffle prizes!



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

Christmas holiday closure:

HAHW will close for a Christmas break on **Tuesday 23rd December 2025 at 7pm** and reopen on **Monday 5th January 2026 at 10am**.

Other Fundraising activities

On Friday 28th November we will be holding our Pre- Christmas party at a new location at Goodyear Pavilion from 7.30pm onwards.

Christmas Jumper week is back week commencing 15th December - 19th December and we will be holding our Christmas coffee morning on Wednesday 17th December - all welcome and please feel free to bring some yummy treats!

Kal will also be completing another Christmas memory challenge by way of remembering his loved ones - this time covering 240 miles! 120 miles on a treadmill and 120 miles on a bike in the gym - we have a sponsor form for Kal at our gym desk and a Just Giving link on our Facebook page for anyone who wishes to sponsor him.

Our 40th Anniversary merchandise is still available to purchase - please see a member of staff at HAHW to order.

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

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