



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: wcasgexercise@gmail.com

An Update from WCASG's Chair, Dr Rosalind Collingswood (PhD)

Welcome to our Summer 2026 Newsletter.

This Summer has been a time for reflection, as both Chris Scordis, our Treasurer, and I have celebrated significant career milestones.

August 1st marked 36 years since I first walked into the NHS as a newly qualified physiotherapist. Looking back, I feel incredibly fortunate to have worked alongside so many inspiring colleagues and also patients and families who have reminded me every day why our work matters. Although the NHS has changed enormously over the years, what has remained constant is the dedication of the people who work within it.

I have also had the privilege of being part of Wolverhampton Coronary Aftercare Support Group (WCASG) for 33 of those years. When the Wolverhampton NHS Trust first started providing cardiac rehabilitation services, it was actually WCASG who funded the Cardiac Rehabilitation Sister post and the Physiotherapy post to run the service. I thoroughly enjoyed running the NHS Cardiac Rehabilitation Service, and overseeing the Phase 4 groups from 1993 to 2016.

Chris has also reached a remarkable milestone, celebrating 25 years in the NHS and in Cardiac Rehabilitation. During that time, he has played a key role in developing cardiac rehabilitation services locally and nationally, championing the importance of exercise as medicine and helping countless people regain their confidence and quality of life after a cardiac event. As our

Treasurer, Chris also gives his time and expertise to support WCASG, ensuring we continue to provide valuable services for our members.

Milestones like these remind us that improving heart health is a team effort. Whether through hospital care, rehabilitation or the invaluable support provided by charities such as WCASG, it is people working together that make the greatest difference. I would like to thank everyone who has been part of my journey, and to congratulate Chris on his outstanding contribution to cardiac rehabilitation. Here's to continuing our work together in supporting heart health across our community.

Ros Collingswood, (Chair of WCASG)

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.

Donations & Sponsorship

Brierley Hill Market Hall donated **£140** following their Tombola Wear Red Week

£150 was donated by the **Tudor Lodge of Rifle Volunteers No 1838**

D. Guest donated **£85** following his Heart Miles Challenge

The Eric Bennett Memorial Trust donated **£500**

Mr & Mrs MacIntosh raised **£200** through sponsorship for the Best Foot Forward event

B. Stanley raised **£90** through sponsorship for the Best Foot Forward event

C. Wilson raised **£333** through sponsorship for the Best Foot Forward event

G. Shaw raised **£1000** through sponsorship for the Best Foot Forward event and donated a further **£1000** to help towards funding the new defibrillators at Have A Heart

G. Clarke raised **£105** through sponsorship for the Best Foot Forward event

G. Perry raised **£100** through sponsorship for the Best Foot Forward event

£281 donated in memory of **Dave Lilley**

K. Bannister donated **£150** to help towards funding the new defibrillators at Have A Heart

K. Braitch raised **£335** through sponsorship for the Best Foot Forward event

M. Smith raised **£175** through sponsorship for the Best Foot Forward event

M. Friedl donated **£100** to help towards funding the new defibrillators at Have A Heart

N. Cockayne donated **£30** for the purchase of new dumbbells at Have A Heart

Mr & Mrs Owen raised **£140** through sponsorship for the Best Foot Forward event

R. Denson raised **£60** through sponsorship for the Best Foot Forward event and completed 11 laps!

S. Scott raised **£225** through sponsorship for the Best Foot Forward event

£480 was donated by **S. Johnson** on from her 70th Birthday celebrations

T. Brazier raised **£307** through sponsorship for the Best Foot Forward event

W. Calloway raised **£100** through sponsorship for the Best Foot Forward event

Y. Gathercole raised **£100** through sponsorship for the Best Foot Forward event

Z. Ismail raised **£137** through sponsorship for the Best Foot Forward event

£150 sponsorship received from **A. Bradney** for the Aberdovey Bike Ride

Mr & Mrs Riley raised **£317.50** through sponsorship for the Best Foot Forward event

D. Bird raised **£410** through sponsorship for the Best Foot Forward event

£625 sponsorship received from **D. Pearson** for the Aberdovey Bike Ride

H. Poyntz raised **£506.25** through sponsorship for the Best Foot Forward event

J. Wilkinson raised **£367.50** through sponsorship for the Best Foot Forward event

£256.25 sponsorship received from **L. Plant** for the Aberdovey Bike Ride

£253.75 sponsorship received from **M. Fergusson** for the Aberdovey Bike Ride

£216.25 sponsorship received from **M. Turner** for the Aberdovey Bike Ride

Mr & Mrs Boydell raised **£205** through sponsorship for the Best Foot Forward event

£710 sponsorship received from **N. Russon** for the Aberdovey Bike Ride

N. Marsh raised **£358.75** through sponsorship for the Best Foot Forward event

P. Wales raised **£150** through sponsorship for the Best Foot Forward event

S. Norton raised **£55** through sponsorship for the Best Foot Forward event

£1105.41 sponsorship received from **S. Parsons** for the Aberdovey Bike Ride

£280 sponsorship received from **S. Mills** for the Aberdovey Bike Ride

T. Perry raised **£50** through sponsorship for the Best Foot Forward event

£100 sponsorship received from **B. Rhodes** for the Aberdovey Bike Ride

Mr & Mrs Fowler raised **£125** through sponsorship for the Best Foot Forward event

J. Swatman raised **£210** through sponsorship for the Best Foot Forward event

M. Wood donated **£100** to fund one of our new pop-up banners

Mr & Mrs Snaith donated **£100** during Have A Heart's Hawaiian Week

£500 received from **Tettenhall Regis' Ward Funds**

£200 donation received from the **Brethren of Dormston Masonic Lodge,**

Wolverhampton

Introducing Our New Trustee

I am Tracy Cresswell, aged 55, and married to Ian Cresswell. In July, we celebrated our 36th wedding anniversary. We have two adult children, Zoe and Harry, and welcomed our first grandchild last year.

I was born at New Cross Hospital and grew up in the Scotlands/Lowhill area. After getting married, we moved to All Saints, and when my son was three months old, we moved to Penn, where I still live today.

I started work at 16, packing items for the military, and later held various roles, including office work. I was made redundant while pregnant with my daughter. When she was six months old, I joined Granada TV, where I worked in several roles until I was made redundant while pregnant with my son.



When my son was 10 months old, I joined the NHS bank as a domestic at Bilston Health Centre. I later moved into an administrative role with the Rapid Response Team and became secretary for the Community Intermediate Care Team (CICT), where I enjoyed working with the multi-disciplinary team. I then worked at Coniston House with the chief executive team until I was made redundant in 2015.

After leaving the NHS, I joined Healthwatch Wolverhampton, where I held several roles, including service manager. I now continue to work for the company that delivered the contract, supporting the corporate team with finance, payroll, HR, policy management, and related responsibilities.

When my husband began losing weight, I became concerned and arranged a doctor's appointment. He was referred to hospital and diagnosed with an aneurysm. He had surgery in March 2015, followed by eight weeks of rehabilitation at HAH. After this, he joined the gym and has remained involved ever since, supporting them wherever needed.

I have volunteered with various organisations over many years. I currently volunteer with "Coat for Kids / Lifeboat Project," which I have supported for several years. When I was asked to become a trustee, I immediately said yes, as it gives me the opportunity to use my skills and give back to the charity.

Royal Wolverhampton NHS Trust (RWT) Cardiac Rehabilitation Update

The Cardiac Rehabilitation Service continues to support over 300 new referrals each month, delivering a blended programme across hospital, community and digital platforms to improve access and patient choice.

Over the past few months, they have:

- Continued to align their service with the ambitions of the new Cardiovascular Disease Modern Service Framework (MSF).
- Expanded their use of the MyHeart digital platform, supporting patients with education, exercise, lifestyle management and remote rehabilitation.
- Maintained their commitment to delivering high-quality cardiac rehabilitation despite increasing demand and ongoing workforce challenges.
- Continued to deliver Phase I and Phase II rehabilitation, alongside education, supervised exercise and multidisciplinary support across the Black Country.

National Update

This year has seen a landmark moment for cardiovascular prevention with the publication of the Cardiovascular Disease MSF, placing greater emphasis on prevention, cardiovascular risk management and equitable access to rehabilitation.

As President of the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), Maria continues to work with colleagues across the four nations to support implementation of the MSF and help shape the future of cardiac rehabilitation. This includes developing a UK-wide roundtable to agree priorities, promoting workforce development and digital innovation, and strengthening collaboration with national partners.

Whilst demand for services continues to grow, it also presents an exciting opportunity to transform cardiac rehabilitation and ensure more people benefit from timely, evidence-based prevention and rehabilitation services.

Nursing Team News

Congratulations to Julia on her appointment as the team's new (NACR) Audit Lead. Julia will play a key role in driving data quality, service

evaluation and continuous improvement to ensure the service continues delivering high-quality, evidence-based cardiac rehabilitation.

A warm welcome also to Sasha, who has joined the Cardiac Rehabilitation Nursing Team. Sasha brings a wealth of cardiovascular experience from the Chest Pain Assessment Team, and the Cardiac Rehabilitation team is delighted to have her expertise supporting patients and service.

The Phase 3 Exercise Team

The Phase 3 Exercise Professionals Team continues to support the delivery of high-quality cardiac rehabilitation, working alongside nursing colleagues to provide a comprehensive rehabilitation programme focused on exercise, education, and long-term self-management.

Over the past few months, the team has:

- Continued to deliver exercise-based cardiac rehabilitation across Cannock and Wolverhampton sites, ensuring patients have access to safe, evidence-based rehabilitation closer to home.
- Strengthened their workforce with the introduction of a Band 5 rotational Physiotherapist, increasing capacity within the team while supporting the development of future specialist cardiac rehabilitation clinicians.
- Continued to work in partnership with Everyone Active Leisure Services and Have A Heart Wolverhampton, who provide invaluable long-term community exercise opportunities, helping patients maintain the healthy lifestyle changes achieved during their rehabilitation programme.
- Maintained their commitment to delivering person-centred rehabilitation despite increasing demand, ensuring patients receive the support they need to regain confidence, improve functional capacity and reduce future cardiovascular risk.

The team was delighted to welcome their new Band 5 rotational Physiotherapist, Maham, to the team - she loved her student placement so much she has come back as a qualified physiotherapist! Her appointment will help strengthen capacity and support the continued delivery of high-quality cardiac rehabilitation services.

We would also like to wish Sophie Felton all the very best as she begins her maternity leave. We look forward to welcoming "Baby Felton" and wish Sophie and her family every happiness during this exciting time. Sophie's

role will be partly covered by another rotational Physiotherapist - Georgie - who joined the team on 7 August. The team is looking forward to welcoming Georgie and introducing her to the Cardiac Rehabilitation Service and the wider multidisciplinary team.

Have A Heart Wolverhampton (HAHW) Update

Membership

HAHW membership is currently sitting at 446.

Fundraising at HAHW

Fundraising is going well thanks to our 2 main fundraising events for the halfway point of the year.

The Aberdovey Bike Ride saw our Treasurer, Chris, and 11 other riders representing HAHW set off on Friday 19 June from West Park at 6.30am met by our Patrons Hugh Porter, MBE and Anita Lonsbrough, MBE at the start line to wave them off on their 104-mile slog to Aberdovey. See photograph below.



The guys did fantastic and all arrived safely in Aberdovey (photograph below) after completing the 6 and a half hours in the saddle (plenty of pit stops and fluids to keep them going!).



With sponsor forms and Just Giving links from our riders together they have managed to raise **£6686.08** which is a fantastic amount – plus WCASG was one of the Aberdovey Bike Ride's chosen charities this year so we should be expecting a little more to top up our total.

The annual **Best Foot Forward** event took place on Saturday 27 June and what a lovely day it was – albeit a little warm. See photographs below.

We had over 100 walkers registered for WCASG, and we came out top on the number of laps completed by team with a staggering **3834 laps** completed! Well done everyone!



There were 702 walkers on the day and between us all we clocked up 16444 laps, which released £11360 to the Rotary's chosen charities.

We were lucky enough this year to be one of the chosen charities and will be receiving **£4000** from the Rotary and the sponsors who contributed to the pot of money.

We had some of our walkers collecting their own individual sponsorship and so far, the total raised from that, including Just Giving pages, is **£4795** so a massive amount raised from two very important events.

In preparation for the World Cup, we held a **World Cup Sweepstake** which quickly turned into 4 draws! We also held 'footie shirt week too'. See the photograph below.



The winners of the sweepstake draws 1st Prizes were H. Porter, G. Clarke, H. Kendall and J. McInnon, winning £100 each. We also had prizes of £75, £25 and £15 for our 2nd, 3rd and 4th place winners.

Together the sweepstake and footie shirts raised a total of **£1337.46**.

Huge thanks to our team of volunteers (pictured below) who gave up their time on Saturday 25th July to promote WCASG in Wolverhampton's **Mander Centre**. They also managed to raise an impressive £400 whilst promoting HAHW and talking all things cardiac rehabilitation!



Hawaiian Week (see photographs below) was back again at HAHW in July and raised a massive £525.20! Thank you to everyone who joined in the fun.



Upcoming Fundraising activities

Wacky Wig Week at HAHW – week commencing 24 August.

September **Back to School-themed Quiz** at Good Year Pavillion - Friday 18 September. More details can be found on email/social media.

Halloween Dress-Up week at HAHW will be from 26 to 30 October (coffee morning date to be confirmed).

Pre-Christmas Party at Good Year Pavillion - Friday 27 November. Ticket prices and more details to be confirmed on email/social media.

Christmas Jumper week at HAHW - 14 to 18 December (coffee morning date to be confirmed).

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 months. We really appreciate your support.