



Cardiac Rehab

Basingstoke & Alton *Cardiac Rehabilitation Charity Ltd*

News

Spring 2011

Registered Charity No. 1013238

Dear Cardiac Rehab Supporter,

Several of our Alton supporters are organizing a great celebration of the forthcoming Royal Wedding in aid of Cardiac Rehab. It will be a wonderful evening with a champagne/canapé reception, dinner, live music, real ales and even the chance to win a car! Do celebrate this very special occasion by organizing a table or joining us at The Alternative Royal Wedding Reception.

Alternative Wedding Reception
 We Request the pleasure of your company to celebrate the Royal wedding
 On Friday 29th April 2011
 at Alton Maltings
 Evening Invitation Charity Black Tie Ball
 at 7pm Ticket only Carriages at Midnight
 Tickets £50 to include Champagne / Canapé Reception, Curry supper with live music & Raffle entry - Real ales available

for more info & tickets contact: info@thealternativeweddingreception.com T: 01420 544794
www.thealternativeweddingreception.com All proceeds to go to Basingstoke & Alton cardiac rehab charity limited 1013238




Welcome to the Spring newsletter. As there is so much to tell you about in this edition I am restricted in the amount of space I can use. However let me thank everyone who has contributed to the Charity over the six months since the last newsletter. The Charity relies heavily on the support of its present and past patients and others who are friends, volunteers and supporters – the details of their contributions are given in the newsletter. Please do continue to help the Charity by buying the Grand Draw tickets enclosed and by selling them to your friends – their sales make a substantial addition to the Charity's income!

Collecting the Newsletter and Grand Draw Tickets

A number of you regularly visit the Cardiac Rehab Centre in Alton for exercise and if you were able to collect your twice yearly Newsletter and Grand Draw tickets this would save the Charity several hundred pounds a year. Please let reception at the Centre know if you would be able to do this either when you are at the Centre or ring 01420 544794.

Tony Causton, General Manager

Future Events

The events for 2011 are given below. Please contact the Centre for more details.

DATE	EVENT	DATE	EVENT
7 th April	Bridge Supper – J. Young / J. Gillie	9 th July	Festival Place collection
15 th April	Fashion Show at the Centre	17 th Aug	Lions / Rehab Golf Match – Test Valley
17 th April	London Marathon – Sponsor Jan	Sept (tbc)	Alton Health Fayre
29 th April	The Alternative Wedding Reception	4 th Oct	Alton Sainsbury's collection
12 th May	Art, Plant & Book Sale at the Centre	9 th Oct (tbc)	Rehab / Rotary Ramble
4 th June	Alton Beer Festival – Rehab collection	Oct (tbc)	Rehab Annual Lecture
22 nd June	Grand Summer Draw	Oct (tbc)	Medstead Charities Fair
25 th June	Bentley & Froyle Walk 50% to Rehab	Nov (tbc)	Rehab Race Night
26 th June	Alton Victorian Cricket – Rehab Stall	21 st Dec	Grand Christmas Draw

With many thanks this edition of Cardiac Rehab News is sponsored by

FLOOR COVERINGS SOUTHERN

who supply carpets and other flooring, run by Cardiac Rehab graduate Simon Jones (01256 842742)

Buy your flooring from them and they will make a £1 per square metre donation to Cardiac Rehab (terms and conditions apply)

If you would like to sponsor Cardiac Rehab News (circulation over 3,000) please contact the General Manager on 01420 544794

Jan Osborne

Please Sponsor her London Marathon Run

Jan, one of the Charity's exercise instructors in Alton and also in Basingstoke and Tadley, is running the London marathon in aid of Cardiac Rehab. Please do sponsor Jan either by calling in at the Centre, telephoning on 01420 544794 or going onto Jan's fundraising website www.justgiving.com and put in Jan Osborne in the 'Sponsor a friend' box. Good luck Jan and many thanks for raising funds for Cardiac Rehab.

Staff joining – Welcome to Lottie Hancock

Lottie Hancock graduated from Birmingham University in 2010 and joined the NHS team as Cardiac Rehab Physiotherapist in February, based at the Centre. Lottie has worked as a representative for a ski holiday company between university and joining the NHS cardiac rehab team and has previously travelled in Asia visiting Vietnam, Laos, Cambodia and Thailand. Lottie lives in Old Alresford and enjoys skiing, tennis and sailing as hobbies. We wish Lottie every success in her role at Cardiac Rehab.

New Trustee - Welcome to Chris Youngs

We welcome Chris Youngs as a new Trustee of the Charity. Chris has worked in Local Government for over 30 years, was Manager of Alton Sports Centre in the late 1980s and progressed to become East Hampshire District Council's Head of Leisure & Culture. Whilst working at the Council Chris was involved in the encouragement of exercise prescription schemes. Chris took early retirement in 2003 and worked as a Town Clerk in Portsmouth and then Shropshire until 2007. He is now an Eco Coordinator for the Whitehill & Bordon regeneration project named the Eco Town. Chris was an international decathlete in the 1970s and still keeps fit by organising and swimming with a small group of masters swimming in Bordon, despite having had 2 ankle replacements and a hip replacement.

The rehab programme began at Alton Sports Centre, which started Chris's involvement in it, and he welcomes being involved again as a Trustee.

Chris is married to Maria, lives in Oakhanger and has a son and daughter.'



Jan Osborne



Lottie Hancock



Chris Youngs

Friends of Cardiac Rehab Donors and Regular Givers

In the current economic climate it is essential that Cardiac Rehab continues to raise funds from Friends and the general public. Many thanks to all of you who donate one off sums to the Charity or who regularly donate via covenants or regular standing orders. These donations together with Flag days and the two Grand Draws each year raise over £40,000 for the Charity. Many thanks also to all those who volunteer both on a regular basis, such as in the shop or on an occasional basis on Flag Days and at events. Anyone who would like to volunteer or make a one off or regular donation, please contact Tony Causton at the Centre or on 01420 544794. Since the Friends of Cardiac Rehab launch at the end of February 2010, we have had a number of successful fundraising activities and events organised by our Friends. These include ...

Alan Sloman' Sponsored Isle of Wight Cycle Ride

Alan did the great job of raising £610 for Cardiac Rehab back in the summer. Alan describes his cycling and heart experiences below.....

I started cycling seriously in 2001 when I completed the Lands End to John O Groats in 6 days with my cycling partner, Owen Pattison from Owens Cycles. As I am blind and deaf I am dependent on a front rider to assist me. Since that ride I have completed the coast to coast at the widest point, London to Paris in 2 days and London to Birmingham in aid of BHF. I had no reason to think I had a heart problem until one day, when out cycling, I started to experience chest pains under exertion. I did not think anything of it as I thought I was unfit so started to train harder but all the time the pain got worse and would not go away. To cut a long story short an exercise ECG test revealed angina and, after an angiogram, I was told I needed a by-pass.

I was referred to Southampton for an angioplasty and they fitted two stents instead of doing the Coronary Artery Bypass Graft (CABG). When I returned to running and cycling, full of hope that the chest pain would not return, I experienced the same pain after 5 minutes of exertion. After further tests I was advised I would need a double CABG which was carried out in February 2008.

To date I am back cycling, not to the same extent as I used to but managing to cycle around the Isle of Wight twice a year (72 miles in a day). Cycling around the Isle of Wight was the goal I set myself as part of my recovery. In September of the same year as my CABG I cycled the island and my confidence just grew as I became fitter and stronger. The following year I did the same to ensure I had no ill effects and to ensure my all year training was working well. I have learnt my boundaries and this was aided by attending Alton Rehab Centre where Dr Glover, Dr Sally Turner and her fabulous team helped me manage and understand my daily exercise and medication regime.



Jimmy Patel & Family organised 'An Indian Experience Evening'

In September Atul Patel and his family organised a very successful Indian Music & Dance evening at the Alton College Forum. The audience were enthralled by the extravagant, high energy and enchanting Indian music and dance, which featured solo performances and interactive dialogue between musicians and dancer. The evening gave a colourful insight and flavour of the East and raised the fantastic sum of over £1400 for Cardiac Rehab.



Man Friday – John LeGrys

You can help Cardiac Rehab by getting those odd jobs done – the ones you can't do or don't want to do! Sheds and fence treatment, fencing, decking, patio cleaning, hedge cutting, gutter cleaning, painting, plumbing, fitting shelves and other various DIY jobs. John charges £9.00 per hour of which £3 covers his costs and £6 is donated to Cardiac Rehab. So far John has donated £693 to Cardiac Rehab. Many thanks John.

You can contact John on 01420 478676/07813 808331 (leave him a text Mon-Thurs when he is at work) or you can also e-mail John at john-boy-90@hotmail.com

Healthy Turnout for Cardiac Rehab/Alton Rotary Club Walk

Over 50 walkers met up in Alton's Market Square, on a Sunday in early October, for the annual Alton Community Walk for Cardiac Rehab, supported by the Rotary Club of Alton and the Alton Heart Support Club. Walkers chose between a 4.5 and 9 mile walk. Due to the bright weather a good proportion chose the longer route. All walkers enjoyed the stunning scenery of Thedden and Bentworth before returning to the Market Square for refreshments at the Wheatsheaf. Many thanks to the Wheatsheaf, Alton Rotary and members of the Alton Heart Support Club for planning the route and marshalling on the day. Also to those who took part in the walk and raised over £1,150 in aid of the Charity.



Bridge Afternoon

Many thanks to Jane Edwards, Anne Charrington, Hopper Cavendish and Kate Causton who organised a bridge afternoon and tea in mid October. Over 50 players very much enjoyed the afternoon and scrumptious tea, which together with the raffle, raised £882 for Cardiac Rehab.

Cardiac Rehab Race Night

Competitive bidding to sponsor horses was egged on by Jerry Janes, betting was efficiently organised by Will Spooner and his three helpers from The Wheatsheaf Inn, Alton. David Gay stewarded the races and succeeded in keeping control of the, sometimes riotous proceedings. Jimmy Patel provided a most enjoyable curry supper and the whole evening raised £1538 for Cardiac Rehab. Many thanks to all.

The Annual Rehab Lecture - Lord David Owen

The Annual Lecture last October lived up to its reputation for hosting the best, most entertaining and most interesting evening of the year as well as raising over £6,000 for Cardiac Rehab! The lecturer was David Owen, doctor, neurologist, Navy Minister, Health Minister, Foreign Secretary, co-founder of the Social Democratic Party and now a member of the House of Lords.

Fashion Show

The November fashion show raised over £750 for the Charity. Clothes and accessories from Alton businesses – Qwirky Women, PS Lingerie, Penny Posh Frocks, The Shoe Orchard, Eve-ology and Captain Tortue Group were modelled by staff and volunteers. Fashion lovers enjoyed watching the show. Thanks to all the fashion outlets who participated, and particularly to Joan Mossop and Angela Davis for organising the evening, and the models who displayed the clothes so professionally assisted by fireman Ian Gary. **DON'T MISS – A Spring Fashion Show will take place on Friday 15th April so book your tickets through reception NOW!**



The Staywell Scheme

The Staywell Scheme is designed for people who are at relatively high risk of suffering coronary heart disease and GPs can refer patients onto the scheme who will benefit from increasing physical activity levels. In the first 24 months we have had 213 patients referred to us. The health factor outcomes measured from the first 70 graduates of the scheme have shown significant improvement, which is very encouraging both for the patients and ourselves. During 2010 we received funding from the South Central Cardiovascular Network of the NHS to provide the Staywell programme free of charge to 150 patients. This number has now been achieved so we will reintroduce charges for newly referred patients but naturally we believe the benefits far outweigh the costs.

Centre Expansion Plans

The planning application for the conversion and extension of the main entrance and reception area has been passed. The extension will increase the size of the Centre by 22 square metres, allowing the reception and waiting area to be moved forward and the rear area of the current waiting area to be utilised as an additional exercise machine area for between 8 -10 extra pieces of gym equipment. We will wait to see how Staywell numbers grow before deciding the commencement date.

Centre Gym Equipment

The Cardiac Rehab Golf Society have donated £1,908 to fund the following capital expenditure during 2010 - the secondhand rowing machine, the new replacement compressor, the cost of a new

central heating water pump and a new wireless instructor microphone system. A new additional Recumbent Bike was purchased in November, funded by the Lions/Rehab Golf Day and part of a donation from Molson Coors. **Please do support the Lions / Rehab Golf Day on 17th August this year.**

Alton Cardiac Rehab Charity Shop

Congratulations to Stef Avis, the Shop Manager, and her team for winning 3rd Prize for the most Festive Christmas Window competition run by the Alton Chamber of Commerce and Alton Town Council. Many thanks to all the ladies and men who run the shop as volunteers on a daily basis. **We are looking for additional volunteers for the stockroom in the shop. It is a friendly team and there are a range of options on times when you can volunteer. If you are interested please contact Stef on 01420 543308 between 10am and 4pm Monday to Saturday, or pop into the shop. Also please keep donating goods!**

Alton Heart Support Club

Our club finished last year events with a Folk Music Evening, a very interesting talk about the Ambulance Service and our usual monthly walks which we managed even in the bad weather. We are now starting to arrange events for this year. If you are interested in coming along to any of our talks, which are usually held at the Rehab Centre you would be most welcome. For more information see the noticeboard in the Cardiac Rehab Centre or go to www.ahsc.hampshire.org.uk

Cardiac Rehab Golf Society

The Golf Society donated over £2000 to the Charity in 2010, for which many thanks, and has a full programme of events in 2011 running from March through to November. The regular society days are hugely enjoyable so do contact Len Mills on 01420 544794 if you are interested in playing. Many thanks to Barry Spurgeon who raised significant sums for Cardiac Rehab by providing watches to be raffled in 2010. Barry has kindly supplied watches for raffling over the 2011 summer/autumn period so please do buy your raffles tickets at Centre reception or at the golf events.

100 Club

Membership of the 100 Club gives you an opportunity to support the Charity with a minimum of effort and a very good chance of winning a monthly prize. The outlay is £16 per year so please do pick up a form at reception and hand it back or send it to Alan Cook, 111 Southview Rise, Alton

Contact Details

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