

Hearty News

Autumn 2016



Cardiac Rehab

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd

Do you have a heart?



Welcome to the autumn edition of the Cardiac Rehab Newsletter at a very exciting time for the Charity. We are now well into our "Have a Heart" campaign which has the specific objectives of:

1. Raising awareness of heart disease which affects 1 in 4 of us, and every day in the UK an average of 200 people a die from the disease. So we have been shouting about what Cardiac Rehab does and how it is dedicated to improving heart health, fitness & wellbeing of those with and those at risk of heart disease.
2. We also set ourselves the goal of recruiting more entrants to our Staywell Programme, from an average of 100 per year to 250 per year, and we are well on track towards achieving that.
3. To raise more funds (£200,000) to support us in achieving our goals and although we are doing well, there is still more to do to get there.

As a Charity we are funded in part by the contributions of those using the Centre but primarily through the generosity of the public; through donations, running events to raise funds, taking on personal

challenges, supporting events we run, committing to regular giving or leaving a gift in their will. Without this generosity the important work we do would not happen.

We constantly need to find more innovative ways to add new and sustainable income and, to that end, you will see that in this edition we are launching the **Cardiac Rehab Weekly Lottery. For just £1 per week, you will have 10 chances to win £1,000 every week, just one of 50 cash prizes.**

Cardiac Rehab has joined forces with Heartbeat, a heart charity in the North West who, like us, provide programmes for those with and those at risk of heart disease. Heartbeat, who have been running their own lottery for 20 years, will administer the lottery on our behalf. Their experience will allow us to take advantage of a major fundraising opportunity that we wouldn't otherwise be able to do.

Continues inside

For the diary...

Annual lecture at the Alton Maltings...

An Evening with Bill Bryson

Thursday 3rd November,
7pm for 8pm start

Canapés inc.
SOLD OUT!

Bill Bryson came to the United Kingdom with the publication of *Notes from a Small Island* (1995), and its accompanying television series. He received widespread recognition again with the publication of *A Short History of Nearly Everything* (2003), which was widely acclaimed as an accessible introduction to science.

Concert of Choral Fireworks

The Waverley Singers

St. Lawrence Church, Alton

Saturday 5th November

Tickets £15.00 Find out more at
www.waverleysingers.com

Rock Choir Christmas Concert

At The Alton Maltings

Thursday 8th December

Tickets £10.00

Mulled Wine & Mince Pies Inc.

Don't miss out - visit our new website!

If you haven't already visited our new website why not check it out? It has a vastly improved user-friendly format and puts all you need to know at your fingertips. While you are there, why not sign up for our e-newsletter and have all the latest news emailed directly to you? Be first to be in the know about forthcoming events! **Just go to www.cardiac-rehab.co.uk**

**more events
on back page**

It's easier to Staywell than get well

Dedicated to improving the heart health, fitness and wellbeing of those with or those at risk of heart disease, Cardiac Rehab has been working hard to encourage those who are at risk to enter the Staywell programme.



Specifically designed to demonstrate the benefits of exercise in helping to manage the risk factors for heart disease, Staywell is a 10 week course of 20 sessions which starts with an assessment, followed by a tailored programme of supervised and monitored exercise with another assessment at the end.

Graduates complete the course with results that demonstrate the improvements they have made. They are invited to continue to exercise at the Centre where progress will continue to be monitored.

If you think you may benefit from joining the Staywell programme, or know someone who would, please contact Dr Sally Turner at staywell@cardiac-rehab.co.uk or call her on 01420 544794.

"Thank you for your help and guidance in getting me started on the programme. The benefits in the first two months are amazing. I generally feel more confident and relaxed in the things that I enjoy doing. Thanks again to the whole team".

Tony Shelton-Smith

A Place to be Proud of Awards

On the evening of Thursday 26th May 2016, Denise Ellis, Centre Manager & Dr Sally Turner, Health Programme Manager, represented Cardiac Rehab at the "A Place to be Proud of" Awards that took place at the Haymarket Theatre in Basingstoke. This is the 13th year of the awards that recognise the contributions made by individuals, groups, organisations, places and initiatives that make a diverse, vibrant community and a great place to live and do business. Individual categories are sponsored by locally-based businesses.

Cardiac Rehab was nominated for the Health and Care Award and from a list of 12, short listed to 3, Cardiac Rehab was chosen by the



judges as the recipient of this year's award.

"This is a tremendous recognition of all the good work that everyone associated with the Charity does". Martin Lovell General Manager of Cardiac Rehab said "I am very proud to say I work at Cardiac Rehab and very proud that the work that everyone associated with the Charity does, from the volunteers, supporters, staff, specialist instructors and trustees, has been recognised in this very public way".

Steve Markham - Building a Replica Spitfire



Steve's dream since becoming a pilot in 1971 was to fly a Spitfire, but the road to fulfilling his dream has been one with twists and turns. In 1980, he tried to buy one but was outbid. In 1995 he tried to buy a 1/6th share but the plane went to Belgium, so in 2006 he started to build a 4/5th replica Spitfire.

In 2011 whilst working on the build Steve had an angina attack. The Civil Aviation Authority (CAA) immediately grounded him and Steve almost lost the motivation to continue his dream. Following investigations by Dr. Glover,

stents were fitted by Dr. Brookes and Steve then received support from the Basingstoke Cardiology team.

After exercising regularly at Cardiac Rehab in 2012 Steve regained his National Private Pilot's licence. "I do not want a recurrence of the problems I have had" said Steve "and therefore I will continue to exercise at Cardiac Rehab, with their support I know I can manage my risk factors."

The project to build the replica will come to an end very soon and Steve expects to fly it for the first time in early 2017. If you would like to learn more about building a Spitfire, Steve will be talking about it at the Cardiac Rehab Centre on the 19th January 2017 to raise funds for Cardiac Rehab.

To find out details visit www.cardiac-rehab.co.uk

Continued from front cover

I hope that you are able to support us in this by signing up! Our target is to have 500 participants, which would add just short of £20,000 to the Charity's income each year. That equates to being able to help an additional 65 people at risk of developing heart disease.

It's easy to enter, just complete the form opposite and return it in the prepaid envelope. If you wish to save the Charity the postage just add a stamp to the envelope in the usual place. Thank you for your help, it makes a real difference!

As early as it is, may I wish you and your family a very happy, healthy and peaceful Christmas & New Year.

Martin Lovell

General Manager, Cardiac Rehab
martin@cardiac-rehab.co.uk

Community Kick Start Fund

Cardiac Rehab would like to thank Chrissie Pollard who on Breeze Radio on Monday 25th July announced that Cardiac Rehab would be the recipient of £300 from the Community Kick Start Fund, to support a new entrant to the Staywell Programme.

Cardiac Rehab is very grateful for the award, it will make a real and positive contribution to helping the Charity achieve its objectives. Cardiac Rehab would encourage other organisations to apply to Chrissie Pollard and the Community Kick Start programme for an award. Information can be found on the Breeze Radio website.

www.thebreeze.com

Charity Shop

Following the flood back in January and the very long drying out process, and a small refurbishment, our Shop re-opened on the 3rd May 2016.

We owe thanks to many people who helped us get back up and running, including the Alton Men's Shed, Tim Brant, and particularly Angie Avis the Shop Manager, who worked tirelessly to ensure everything necessary was done to minimise the time the shop was closed.

If you haven't been in recently, go have a look. It is on Market Street in Alton, number 25. If you have any donations, then please drop them in at the Shop or at the Centre.



Diet And Heart Health An Alcohol Update by Dr Sally Turner

What are the current guidelines and recommendations?

The goal posts seem to move from time to time so I will try to clarify the NHS current view on this hot topic!

The weekly guidelines have changed and are now as follows:

- for both men and women, the advice is to limit your alcohol consumption to 14 units per week.
- to spread this quantity over about 3 days or so rather than every day (assuming you usually drink around 14 units each week - this is not so important if you imbibe less than the recommended amount).

There is confusion for some about what exactly is a unit of alcohol?

We used to say that the small 125ml glasses in pubs were 1 unit but this is not so as the % of alcohol in each drink varies anyway, even with the different types of red or white wines... look at the ABV on the side of the bottle and you will see what % of alcohol it contains. The lower the % the less calories as well!

Here are a few examples:

Wine

- A small 125ml glass at 13% alcohol = 1.6 units
- The standard pub glass nowadays of 175ml = 2.3 units
- A large 250ml glass = 3.3 units

Spirits

25ml glass = 1 unit

Lager/Beer

Beers can vary enormously depending upon their strength between 1.8 units for a small can of lager to 4.5 units for a large glass of strong beer.

Too much on alcohol - hope it's not too depressing - next time we will focus on salt.

TIP: Some people now save their alcohol consumption for weekend socialising and try to stay alcohol-free during the rest of the week to meet this guideline.

Extra extra...

Need a Heart to Heart?

Sally Thomas, a qualified counsellor, will be offering private counselling sessions at Cardiac Rehab on Thursdays, with an option to walk and talk. You can call Sally on **0748 476 1017**

New Look Reception

In the last edition you may recall we launched a "new chair fund", and we would like to thank all those who have contributed for their generosity.

We have raised over £2,000 which will allow us to replace those chairs that are at the end of their lives with a combination of high backed and higher seated chairs. At the same time we will be refreshing the notice boards and signage. We hope you will approve.



New Staff

We are delighted to welcome some new and not so new faces to the Charity team. Lynn Simpson has joined as Finance Officer, Kathy Deane as Receptionist, Dr Sally Turner as Health Programme Manager, and Sandra Letford adding to her role as Instructor, has taken up the post of Deputy Health Programme Manager. We wish them every success!



Charity partners

We have spent a lot of time these past months reminding everyone about who we are, what we do, why its important, how we are funded and our ambition to deliver more public benefit.

I am delighted to say that we have had a very positive response and the following organisations have chosen Cardiac Rehab as their Charity Partner for the next year.

Supported by **Sainsbury's**



ANCHOR INN
AT LOWER FROYLE

Wellington Boot Club

If you are a member of an organisation or a group, and would like to help Cardiac Rehab raise funds, then please contact Martin Lovell who would be delighted to speak to you.

martin@cardiac-rehab.co.uk
or call 01420 544794)

This newsletter was sponsored by FLOOR COVERINGS SOUTHERN who supply carpets and other flooring, and is run by Cardiac Rehab graduate, Simon Jones (01256 842742). Buy your flooring from Floor Coverings Southern and they will make a £1 per square metre donation.

...events

Building a Spitfire

Talk by Steve Markham
at The Cardiac Rehab Centre
19 January 2017

Cardiac Rehab Valentine's Ball

at The Maltings Alton
18 February 2017

find more event details at
www.cardiac-rehab.co.uk

We need you!

Do you have time to spare?
Do you have skills you think might be of help to us?
If so we would love to hear from you...

Contact us via phone or email and let us know how many hours you would be able spare and what you would be happy to do. We can then add you to our list of helpers.

We also need auction prizes for the Valentine's Ball in February!

Basingstoke & Alton Cardiac Rehab Charity Ltd
Cardiac Rehab Centre
Chawton Park Road, Alton
(access via Alton Sports Centre)
Hampshire, GU34 1RQ

Call: 01420 544 794

hearty@cardiac-rehab.co.uk

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Improving heart health and fitness

www.cardiac-rehab.co.uk

 CardiacRehab1

Your chance to **Win £1000** **EVERY WEEK!**



**50 Cash Prizes to be
won every single week**
JOIN TODAY
**AND YOU COULD BE
A WINNER!**

Playing the Cardiac Rehab Lottery gives you a chance to win a cash prize whilst helping people with and those at risk of heart disease

50 cash prizes
per week

One entry costs £1.00
and this gives you ten
chances to win!

By playing YOU can help
hundreds of local people
recover from heart illness



Cardiac *Rehab*

Basingstoke & Alton *Cardiac Rehabilitation Charity Ltd*

Basingstoke and Alton Cardiac
Rehabilitation Charity
Company limited by guarantee,
registered in England no. 2732756
Charity registration no. 1013238

Improving heart health and fitness

What is the Cardiac Rehab Lottery?

Taking place every week, The Cardiac Rehab Lottery gives you the chance to win £1,000 plus other cash prizes.

It costs just £1.00 per week to enter, and you will be given 10 chances in the draw. If you want to increase your chances of winning you can have more than one entry.

How do I pay?

You can pay by direct debit or credit/debit card. Just complete the form below and return it to: **Cardiac Rehab, Cardiac Rehab Centre, Chawton Park Road, Alton, Hampshire, GU34 1RQ** - and we will get you set up!

When is the draw and how will I know if I win?

The Lottery draw takes place every Friday. We will write to all Lottery winners enclosing their winning cheque. Every week we publish the Lottery results on our website: www.cardiac-rehab.co.uk



Complete and return your form now to start playing

1 Complete your details

Title First Name

Surname

Address

Postcode Phone No.

Signature (I am 16 years or over) Email

Date

We'd love to keep in touch with you about our work with people with heart disease, and how your support can make a real difference. We may use the details provided by you to contact you from time to time, by email, phone, post or text. If you prefer **NOT** to hear from us, please tick this box.

2 Select your entry options

<input type="checkbox"/> Every 4 weeks	<input type="checkbox"/> Pay quarterly	<input type="checkbox"/> Pay half yearly	<input type="checkbox"/> Pay annually
<input type="checkbox"/> 1 entry per week = £4	<input type="checkbox"/> 1 entry per week = £13	<input type="checkbox"/> 1 entry per week = £26	<input type="checkbox"/> 1 entry per week = £52
<input type="checkbox"/> 2 entries per week = £8	<input type="checkbox"/> 2 entries per week = £26	<input type="checkbox"/> 2 entries per week = £52	<input type="checkbox"/> 2 entries per week = £104

3 Choose payment option A or B

A Instructions to your Bank or Building Society to pay by Direct Debit



Name(s) of account holder(s)

Name and address of your Bank/Building Society

To the manager

Branch name

Branch address

Sort Code Account number

Signature Date

Reference number (for Heartbeat Use)

B Pay by credit/debit card. Please debit the amount as indicated above, starting immediately until further notice.

From my: Visa Mastercard Maestro

Card No.

Start date Expiry date

Security Code Issue No.

Return your completed form to:

Cardiac Rehab, Cardiac Rehab Centre, Chawton Park Road, Alton, Hampshire, GU34 1RQ

Instructions to your Bank or Building Society: Please pay Heartbeat direct debits from the account detailed in this Instruction, subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Heartbeat and, if so, details will be passed electronically to my Bank or Building Society. Banks and Building Societies may not accept direct debit instructions from some types of account.

The Cardiac Rehab 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 Cardiac Rehab. Promoter: Heartbeat, Sir Tom Finney Way, Preston, PR1 6PA. Registered Charity Number: 511786. Licensed and regulated by the Gambling Commission, www.gamblingcommission.gov.uk Licence Number: 000 005098-N030907 008. Players must be over 16 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



This Guarantee is offered by all Banks and Building Societies that accept instructions to pay direct debits. If there are any changes to the amount, date or frequency of your direct debit, Heartbeat will notify you three working days in advance of your account being debited or as otherwise agreed. If you request Heartbeat to collect a payment, confirmation of the amount and date will be given to you at the time of the request.

If an error is made in the payment of your direct debit, by Heartbeat or your Bank and Building Society, you are entitled to a full and immediate refund of the amount paid from your Bank or Building Society - if you receive a refund that you are not entitled to, you must pay it back when Heartbeat asks you to.

You can cancel a direct debit at any time by simply contacting your Bank or Building Society. Written confirmation may be required. Please also notify Heartbeat.