

# Hearty News

Spring/Summer 2017



## Cardiac Rehab

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd

## Thank you for having a heart!

This time last year we launched our "Have a Heart" campaign with some ambitious objectives, and I am delighted to say that we have made a great start.



We have been encouraged by the success we have had this year and will continue with our "Have a Heart" campaign throughout this 20th Anniversary year of the opening of the Cardiac Rehab Centre in Alton.

September is not only the 20th anniversary of the opening of the Centre but also for Denise Ellis our Centre Manager who started working for the Charity on the day it opened (see page 2).

The primary objective was to raise awareness of heart disease and the part Cardiac Rehab plays in helping to improve the health, fitness and well-being of those either with or at risk of heart disease within the community which we serve. The stats below, released by the British Heart Foundation in January, re-inforce why the work Cardiac Rehab does is so vitally important.

In our last edition we launched the Cardiac Rehab weekly lottery and thank you so much to all those who have signed up. We set ourselves the goal of recruiting over 500 entries which would generate for us around £20,000 of income over the course of a year. We have fallen a little short of our goal with currently 389 entries,

so if you haven't yet signed up there is still the chance to do so. **It costs just £1 per week**, and you can pay via direct debit, credit or debit card or cheque. It's easy to sign up and is a fun way to support Cardiac Rehab. You also have the chance to get something back. There is an application form and prepaid envelope with this newsletter.

Continues inside

## For the diary...

### Plant, Cake & Clothes Sale

May 18 - Cardiac Rehab Centre

### Curry Supper & Race Night

May 26 - Cardiac Rehab Centre

### Victorian Cricket Tournament

June 25 - The Butts, Alton

### St Swithuns Walk

August 28 - From Alton to Froyle

### 20th Anniversary Big Band Concert

Sept 16 - Alton Assembly Rooms

### Annual Lecture - Vince Cable

October 13 - The Alton Maltings

find more event details at [www.cardiac-rehab.co.uk](http://www.cardiac-rehab.co.uk)

## TODAY

**435**

people will lose their lives to CVD

...more than **110** people will be younger than **75**

**7** MILLION

people fight their daily battles with CVD

**515**

will go to hospital due to a heart attack

**190**

people will die from a heart attack

**12** babies

will be diagnosed with a heart defect

## Host a Summer Hearty Party!



This year we are launching our Cardiac Rehab Summer Hearty Party campaign. You could host a tea party, or a drinks party, you choose, but either is a great way to get friends old and new to meet, chat and raise much needed funds! Find out how at [www.cardiac-rehab.co.uk/party](http://www.cardiac-rehab.co.uk/party)

# Denise Ellis - 20 years and counting!

I can still remember my interview for the position of part time receptionist, at the new - not even open yet - Cardiac Rehabilitation Centre. I had taken a 5 year break from working to start a family, having previously worked as a Director's Secretary for a company called Lampro, in Alton. The interview took place at the Alton Health Centre and concluded, having been offered the job, with myself and my new colleagues wearing 'hard' hats at the then building site, behind the Alton Sports Centre.

It was so very rewarding to be part of such a fantastic organisation and to see, first hand, the benefit that the service provided to so many local people with heart problems. I clearly remember the new exercisers coming along for the first time and, understandably, not wanting to be there! Having a cardiac illness hadn't been in their life plan, and, it was very much a case of 'why me' when they first attended for Cardiac Rehabilitation.

However, a few weeks down the line it was great to see the complete turnaround for many of these reluctant exercisers; "I had no idea I was so unfit... I am fitter now than I have ever been... my cardiac event was the warning I needed to improve my lifestyle!" If only the charity had a pound for the number of times I have heard people say what a lovely man Dr Bethell is, during my 20 years at the centre, then the fundraising would be very much easier!

My role has changed many times over the years. However, what hasn't changed is the enjoyment I get every day at work from being part of the Cardiac Rehab team. I have seen more than one member of staff leave the centre, for personal reasons, only to return a

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Knowing the income we will receive from the lottery will enable us to plan ahead.

Fundraising is so very important for the Charity. Cardiac Rehab is reliant on the income it receives from fundraising and every pound does count. Without the fundraising we do through events, from the lottery, gifts, donations, sponsorship and gifts left in wills, and without the support and generosity of our

community, we would not be able to do this important work. We are therefore very grateful for every bit of support we receive because you help make a real difference to people's lives - thank you.

I hope you enjoy this edition of the Newsletter, please let me know. I wish you all a very pleasant summer.

*Martin Lovell*

## Challenges

### Triathlon

Our very own endurance athlete Sandra Letford will be taking part in the AJ Bell London Triathlon which takes place on the 22-23rd July, the world's largest triathlon. Sandra has been given a free place in the event thanks to our Charity Partner TSB.



*Sandra gets on her bike!*

### Marathon Runner

#### *Chris's amazing run of success!*

Chris Norkett started on the Staywell Programme about 2 years ago, and by his own admission was very overweight, a smoker, with high blood pressure. However, with the help and guidance of the Cardiac Rehab team, Chris ran his first ever half marathon at Fleet last year. Since then he has been running for fun and completed more half marathons.

On the same day as the London Marathon in April, Chris will run his first marathon in Southampton, raising funds for Cardiac Rehab. He would be very pleased if you would support his efforts and help him raise as much as possible. You can donate either in the Centre or on line at <https://mydonate.bt.com/events/southamptonmarathon>

few months or even years down the line. I guess this speaks for itself and is why I consider myself very lucky to have been part of the Cardiac Rehab team for such a long time!

I have found that fundraising really can be fun! I was part of the 'Fairy Bikers' fundraising campaign leading up to the Big Heart Bike

Ride in Jordan. I and 3 friends cycled 320kms over 5 days from Jerash to Petra to raise funds for Cardiac Rehab. I would have to say that the Big Heart Bike Ride has to be the highlight of my fundraising during the past 20 years.

If I was asked what the best bit about my job is, without any doubt I would have to say it's the people; the dedicated team I consider myself privileged to work alongside, as well as the variety of people I get to meet every day, and whom I see benefit from our fantastic bespoke cardiac exercise centre.



*The Fairy Bikers (Denise 2nd from left)*

# Getting the message across

We set ourselves the goal to increase the number of new entrants each year from the average of 100 per year to 250 in 2018. In the year to December we received 159 referrals and to the end of February we have received 53. That is great news and it is so encouraging that we are getting our message across that “it’s easier to Staywell than Get well”.

Heart disease remains one of the UK’s single biggest killers. As you will have seen in the stats earlier in this edition too many people are losing their lives and Cardiac Rehab are helping those who are at risk to



be able to modify the controllable risk factors to help them avoid developing heart disease.

We are doing lots, but can do even more, so if you think you might benefit from entering the Staywell Programme call Dr Sally Turner on 01420 544794 and she will discuss the programme with you, or visit: [www.cardiac-rehab.co.uk](http://www.cardiac-rehab.co.uk) Similarly if you know someone who might benefit, recommend they get in touch. We are here to help.

# Charity Shop on the brink!

The Cardiac Rehab Charity Shop has been a fixture in Alton for over 20 years, firstly on the High Street and since 2004 on Market Street. Trading has been tough for several years and the shop hasn’t been able to donate much to the charity in that time.

Last year the shop was flooded and closed for 3 months, and this has only further damaged a weak trading position. The trustees are faced with the possibility of having to close the shop, something they do not want to do, but may not have any choice, and are looking at every option available to ensure its survival. The shop needs your support in the form of donations, for shopping and for volunteers.

Please help and please tell your friends and colleagues as without a change in fortune the shop could close within a matter of months.

## Diet And Heart Health An Update on Salt by Dr Sally Turner

Too much salt in the diet is not good for us because it raises our blood pressure (BP). High BP is a risk factor for developing coronary heart disease.



So how much salt should we be having in our diet? The answer is less than 6 grams (gms) daily.

What does 6gms of salt look like? Not much! It is about x1 small (5ml size) teaspoon or approximately a thimble full.

As well as the salt we add to our food at the table there are hidden salts in many everyday foods too. For example, crisps are a well-known source of salt – and gone are the days when the little blue wrapper was found inside every packet of Smiths Crisps - if you don’t know

what I am referring to you are too young! But salt is also found in breads, breakfast cereals - even Weetabix deemed to be a healthy option has 0.1gms per 2 biscuit portion and surprisingly ice cream - Kelly’s Cornish vanilla ice cream (yummy) contains 0.08gms per 100gms.

Looking at the nutrition typical values of any product we can see from the following examples:

- A tin of Heinz Tomato Soup contains 1.1gms of our daily salt allowance in ½ the can.
- Sainsbury’s wafer thin ham contains 2.68gms/100gms of salt (very hard to decipher this from the packaging). The useful ‘Traffic Light’ system of labelling found on many of our foods is coloured red - i.e. ‘high’ for salt content.
- Mature cheddar cheese - 30gm portion size (roughly like a small matchbox) has 0.54 gms of salt.
- Butter - 0.03gms/100gms.
- Tomato Ketchup 0.3gms per serving.

Confusingly some food products express the salt content as sodium. Sodium values are not the same and therefore are not interchangeable. This is the calculation to convert sodium to salt.

Salt = Sodium amount in grams x 2.5

In addition, some of the information on nutritional values are expressed in terms of a portion, some in terms of 100gms and some simply as a serving size.

So, what is the best way to reduce the amount of salt we ingest but still add flavour to our meals?

Firstly, we need to be watchful about the nutritional values displayed on the foods we eat so we choose the least salty options and secondly we need to use peppers, herbs, spices, lemon juice etc. as a substitute to salt for adding flavour to our cooking.

**Next time we will talk about sugars!**

## Cardiac Rehab Cycle Club

We are restarting our cycling group for Rehab graduates, Phase IV exercisers and Staywell attenders. We have led rides over local mainly quiet roads starting from Rehab at 10am every Wednesday morning. The ride length and pace are dictated by the wishes of the group as a whole. The main idea is to have a happy and social ride with some exercise benefits. You will need to provide your own bike and kit including a cycle helmet. If you are interested or simply want to know more, please either telephone Mike Hayward on 01420 88925 or email [mikehayward64@hotmail.com](mailto:mikehayward64@hotmail.com)



## The Alton Victorian Cricket Tournament

This Non-Profit Organisation has been drawing crowds from near and far to watch a unique charity supporting spectacle since 1983 - and this year we are delighted that Cardiac Rehab is the chosen charity.

The event will take place on The Butts in Alton on Sunday 25 June.

If you would like to know more about the competition you can find them on Facebook by searching for [altonvictoriancricket](https://www.facebook.com/altonvictoriancricket).

**If you are able to help Cardiac Rehab on the day with collections, or on our stands, or if you have ideas for fundraising at the event, please contact Denise on 01420 544794 or email her at [denise@cardiac-rehab.co.uk](mailto:denise@cardiac-rehab.co.uk)**

## A very successful series of events

### Annual Lecture

Bill Bryson (right) captivated the audience of 400 with his stories and anecdotes delivered with humility and humour. It would have been marvellous to have had more places available and we are sorry that we were not able to have places for all those who wanted them. The evening was a huge success for all those who attended and helped to raise over £13,000 for the Charity.



### The Waverley Singers & the

**Rock Choir Concert** were very well supported and between them raised over £3,000 for us.

**Building a Spitfire** was a talk given by Steve Markham about his project to build a 4/5<sup>th</sup> flying replica of a Spitfire. It was a captivating talk to over 90 people at the Cardiac Rehab Centre and raised over £1,000.

### Valentines Ball

The second Valentine's Ball took place at the Alton Maltings in February which produced another night of fun, laughter and dancing. Jerry Janes once again ran a wonderful auction which, along with donations and ticket sales, raised over £8,000.

Thank you to everyone who supported these events, and to the Waverley Singers, The Rock Choir, Bill Bryson, Jerry Janes and Steve Markham for their support.

**Some upcoming events are listed in this newsletter, but keep an eye on our website for full details or register for email updates using the subscribe button at the bottom of our website home page, [www.cardiac-rehab.co.uk](http://www.cardiac-rehab.co.uk)**

## Street Collections

If you can spare an hour for any/all of the following please contact Claire on 01420 544794 or [claire@cardiac-rehab.co.uk](mailto:claire@cardiac-rehab.co.uk)

Sat 13 May in Farnham

Sat 10 June in Alton

Sun 9 July at Sainsbury's Alton

Sat 14 October at Matalan, Chineham in Basingstoke

Mon 18 December Tesco's Chineham, Basingstoke

## 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.

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.

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](mailto:hearty@cardiac-rehab.co.uk)

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# Improving heart health, fitness & wellbeing

[www.cardiac-rehab.co.uk](http://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, fitness & wellbeing**

# 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 or cheque made payable to Cardiac Rehab. 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](http://www.cardiac-rehab.co.uk)



**Complete and return your form now to start playing**



### 1 Complete your details

Title	<input type="text"/>	First Name	<input type="text"/>
Surname	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>		
Postcode	<input type="text"/>	Phone No.	<input type="text"/>
Signature <i>(I am 16 years or over)</i>	<input type="text"/>	Email	<input type="text"/>
		Date	<input type="text"/>

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 would like to hear from us please tick this box.**

### 2 Select your entry options

<input type="checkbox"/> <b>Every 4 weeks</b>	<input type="checkbox"/> <b>Pay quarterly</b>	<input type="checkbox"/> <b>Pay half yearly</b>	<input type="checkbox"/> <b>Pay annually</b>
<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 or C

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



Name(s) of account holder(s)	
<input type="text"/>	
Name and address of your Bank/Building Society	
To the manager	<input type="text"/>
Branch name	<input type="text"/>
Branch address	<input type="text"/>
	<input type="text"/>
Sort Code	Account number
<input type="text"/>	<input type="text"/>
Signature	Date
<input type="text"/>	<input type="text"/>
Reference number <small>(for Heartbeat Use)</small>	<input type="text"/>

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

From my:	<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Maestro
Card No.	<input type="text"/>		
Start date	<input type="text"/>	Expiry date	<input type="text"/>
Security Code	<input type="text"/>	Issue No.	<input type="text"/>

**C** Pay by cheque made payable to Cardiac Rehab

**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: 1168850. Licensed and regulated by the Gambling Commission, [www.gamblingcommission.gov.uk](http://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](http://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.