

# Minute

## ANGUS CARDIAC GROUP 'Get up and Go' COMMITTEE MEETING

Minutes of the above meeting held at 1000hrs on Thursday 27<sup>th</sup> March 2008, St Margarets House, Forfar.

### Present

Mary Ballantyne (chairperson), Vicki Brighton, Sam Connelly, Ken Fenwick, Karen Fletcher, Alex Masson, Jennifer Hedge, Zanna Christie.

### Apologies

Jennifer McArtney, Laura Deacon, Lawrie Gallacher, Alison Nicoll, Gordon Snedden, Edith Sherriff, Agnes Mitchell, John Dean, Keith Robertson.

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| <p>1. <b>OPENING:</b><br/>MB opened the meeting expressing her pleasure at returning to her role as chairperson after her bypass operation.</p> <p>2. <b>MATTERS ARISING FROM MINUTES OF PREVIOUS MEETING:</b><br/><b>Lottery Proposal</b><br/>KF informed the committee the registered address for the lottery bid, if successful, would be Tom and Vicki Brighton's (treasurer). MB extended her support and willingness to help if required. Karen F informed the committee the NHS Tayside bid had been unsuccessful.<br/><b>Venue for next years Christmas function</b><br/>VB informed the committee that the Montrose venue was definitely booked.<br/><b>Sponsored walk</b><br/>VB confirmed the Montrose sponsored walk would be held on the 25<sup>th</sup> May at 2pm. SC pointed out this clashed with the Forfar Mara fun date. Karen F volunteered to print the paperwork/sponsor forms and will ask GS to make it available for download from the ACG website. VB offered to circulate the forms around GP practices. VB will be responsible for collating a list of names of participants on the day and for collecting forms and money. Alex M was asked to speak to Agnes Mitchell re organising the refreshments. He will also liase with JD re other requirements. It was felt that the police should be made aware of the walk and a safety car should be arranged.</p> <p>3. <b>LETTERHEADS:</b><br/>GS had designed a number of letterheads for the committee to choose from. The committee unanimously voted on one. Karen F will request GS to add the new letterhead to ACG's website for downloading as required. Karen F offered to print them on her laserhead printer for better quality.</p> <p>4. <b>BUDDYING:</b><br/>Karen F stated she has been approached on a number of occasions by the community cardiac nurses looking for volunteers to speak to heart patients and relatives going through an anxious time. Training may be available. Once numbers are identified MB suggested approaching Befriending Services to give a talk. It was decided each group should come back with numbers. Ken F, AM and JM were requested to do so for their respective</p> | <p><b>Action</b></p> <p><b>VB,TB</b></p> <p><b>KF,GS, AM,VB</b></p> <p><b>KF,GS</b></p> |
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branches. ZC will convey message to JM who can enquire within the Arbroath branch for volunteers.

ZC,JM,KF,  
AM

## 5. CAMPAIGN FOR CARDIAC REHABILITATION:

MB informed the committee of Tom Brighton's request that ACG should contribute to the British Heart Foundation and Chest Heart and Stroke Scotland, 'Scottish Campaign for Cardiac Rehabilitation'. He also wanted the committee to have a plan to lobby our local MSP's. (It is hoped every heart patient will have access to a high quality cardiac rehabilitation programme by the end of 2010.) It was decided to ask GS to put details of this campaign on ACG's website and to provide a 'link' to the BHF website and pod cast. Karen F suggested each branch have a separate petition of signatures with a covering letter to be handed to MSP's. This was agreed. Karen will collate a letter. MB suggested the ACG held a meeting as an awareness launch of the campaign to which Mike Weir and John Swinney (local MSP's) would be invited. The petitions would be presented at this point. The committee were informed Tom Brighton and VB had attended the opening of the campaign at the Scottish Parliament. VB gave the committee a handout on the format of the opening and points from the evening. MB asked VB to convey thanks to Tom for the resume. MB requested this be discussed further at the committee's next meeting.

GS,KF,VB

## 6. LOTTERY FUNDING BID UPDATE:

Karen F informed the committee the draft proposal had been sent via e-mail and also a declaration with Tom Brighton's signature. It will be approximately two weeks until ACG find out if they need to submit a full application.

## 7. A.O.C.B.:

VB informed the committee the ACG's bank account stands at £4059.55. There is £150 to go in and a small amount to go out.

MB requested a portable microphone for branches which needed them. Ken F will source information and prices.

VB informed the committee she recently attended a meeting informing on the overnight service for emergency care. MB asked VB to write an article for the ACG's newsletter on this subject. MB suggested this information be added to the ACG's website.

Karen F told the committee her mum, along with Kirriemuir Ladies Golf Club had raised £450 from a bingo tea for the ACG. Karen F will inform the group when the presentation is to be made.

The committee were informed Karen F will be having a competition to raise money, guessing how long it will take her to walk The West Highland Way.

It was requested GS put an appeal on the website for articles for the newsletter.

KF

VB  
GS

KF

KF  
GS

## 8. DATE OF NEXT MEETING:

Thursday 1<sup>st</sup> May, 1030hrs, Columba Hall, Montrose.

**There was nothing further to discuss and the meeting closed at 1200 hrs.**

Minutes prepared by Jennifer Hedge

Approved :