



Get Up and Go



4th issue – August 2006 Newsletter of the Angus Cardiac Group

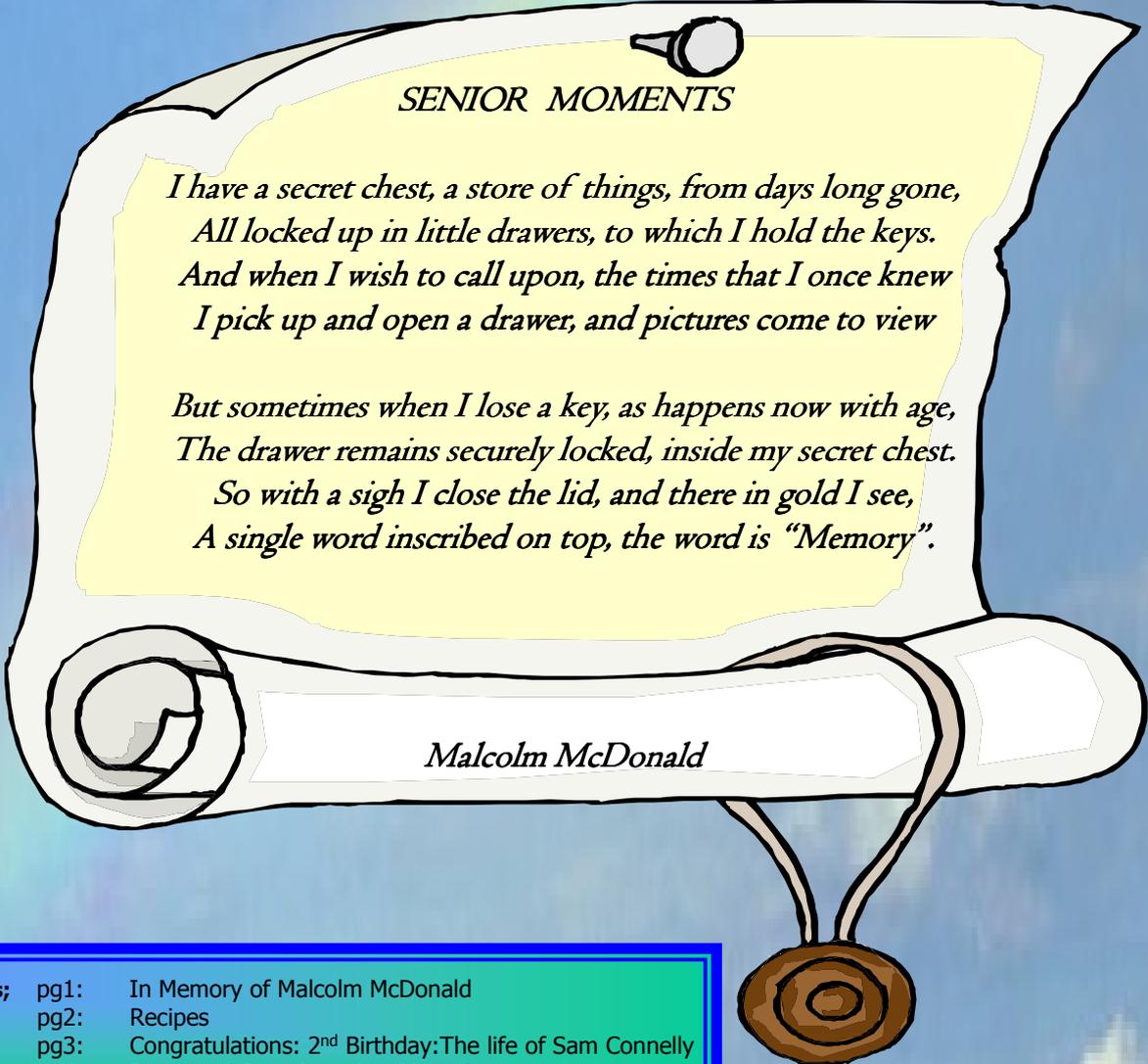
From the Chair,

It is with great sadness that we note the passing of Malcolm McDonald, Chair of the Angus Cardiac Group. Malcolm touched many with his kindness and tireless work – he was indeed a gentleman.

He was also chair of the Angus Writer's Circle and, with his family's permission, we reprint a poem he wrote.

He will be missed by all who knew him.

Karen Fletcher



SENIOR MOMENTS

*I have a secret chest, a store of things, from days long gone,
All locked up in little drawers, to which I hold the keys.
And when I wish to call upon, the times that I once knew
I pick up and open a drawer, and pictures come to view*

*But sometimes when I lose a key, as happens now with age,
The drawer remains securely locked, inside my secret chest.
So with a sigh I close the lid, and there in gold I see,
A single word inscribed on top, the word is "Memory".*

Malcolm McDonald

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What does Summer time mean to you?



To me it means – sun (we have been lucky this year!!), bbq, a red wine or so and lots of long walks in the evenings with my children, who believe, because it is not dark it is not time to go to bed!!!!

Recipes this time go with the BBQ theme. I hope your summer has been as fun-filled as mine.

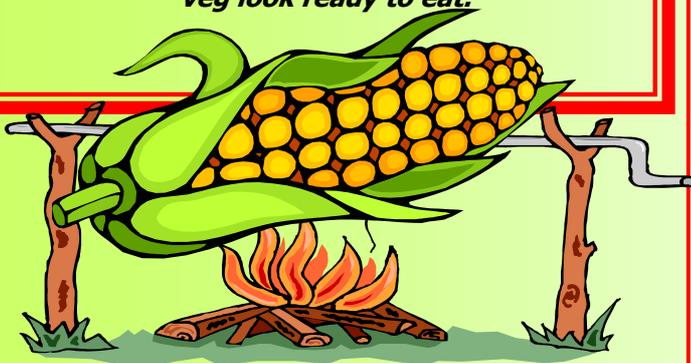
Vegetable Kebabs – Serves 1

Ingredients:

1/6 red pepper, 2 mushrooms, 2 slices courgette, 1/2 tomato, 1/2 large potato(boiled for 5 mins), 1 kebab stick, 1 tablespoon of oil, pinch of mixed herbs/curry powder.

Method

1. Wash/prepare all veg – cut potato, courgettes and peppers into same sized pieces.
 2. Mix oil and herbs.
 3. Thread veg onto kebab stick.
 4. Brush some oil mixture over all veg and grill for 5 – 10 mins under a high heat.
 5. Serve on a bed of rice.
- If cooking on a bbq. cook for 5 mins or until veg look ready to eat.



Summer Fruit Salad – Serves 2

Ingredients:

1 kiwi fruit
5oz/150g strawberries
1 peach
40z/120g drained canned pineapple pieces
2 tablespoons of pineapple juice
1 tablespoon of water
2 tea spoons of clear honey

Method

1. Peel and thinly slice the kiwi
2. Half the strawberries
3. Dice the peach
4. Mix all fruits together
5. Place fruit juice, water & honey in small saucepan over a low heat. Stir until honey is dissolved.
6. Pour the syrup over fruit.
7. Chill before serving

Tip – always buy fruit tinned in juice and use unsweetened fruit juice.

Recently visited Kellogs website to see if they had any good healthy eating/exercising tips. Noticed they are giving away pedometers.



After reading through the page it seems you have to purchase two boxes of All-bran, send or email them the token numbers with a few other packaging details and then they will issue you with a pedometer.

This is a great offer and a super way to keeping tabs on your walking back to fitness!!



The website is www.kellogs.co follow the all-bran path.

Congratulations

Congratulations go to Jane Doig, exercise instructor based in Montrose and Laura Deacon, based in Forfar who have recently passed their BACR (British Association of Cardiac Rehabilitation) Exercise Instructor Qualification.



Laura Deacon is pictured at Lochside Leisure Centre

2nd Birthday

The Forfar class of the long term exercise programme celebrated its second birthday at Lochside Leisure Centre in April. Participants were treated to sausage rolls, dumpling and jelly and ice-cream before being presented with Certificates of Attendance. Pictured is Alister Cameron who has almost 100% attendance.



Pictured above is Alison Aitken, BACR Institute handing over certificate of attendance.

Hi, I am Sam

I have been asked to tell you about the half marathon I recently ran (SUNDAY 19.03.06). Not Many of you will know me so I will give you a little history of myself.

I like to keep fit, I cycle and run early in the morning for about two hours, but on Friday I just do a four mile run as I have my work out with the rehab class. I started running when I was 52 and have ran for 21 years so I must be 73. I have run 56 marathons, 13 x 36 mile races, London – Brighton 53 miles, South Downs 80 miles (world champs I was 3rd over 60) 3 x 24 hours covering 108, 110 and 112.

I ran the Alloa ½ marathon my first for 2½ years after my by-pass, it was a nice day and I was over dressed, not too sure how I would do, so I started last at a steady 10 min. miles for the first 4 miles then 9½ min miles for the next 6 miles, looking at my watch I was on time for 2 hour finish. At the 11mile its up a small gradient for 2 miles and back to 10 min. miles and pleased to see the finish line at a time of 2 hours 4 mins and 47 sec. – happy with that time and about 150 young runners behind me. Off then to meet the rest of my club – Forfar Road Runners

I hope you enjoyed this short story about me. Kind regards.

Sam Connelly

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Results of Questionnaire

ANGUS LONG-TERM EXERCISE PROGRAMME FOR PEOPLE WITH CORONARY HEART DISEASE

Introduction

The Angus long-term exercise programme for people with coronary heart disease (CHD) commenced in April 2004.

Funded by the Big Lottery, the evaluation requires certain information to be collected on attendance, gender, ethnic origin and disability. It was felt, however, that additional information could be collected from participants on the programme. Questions were also included which were relevant to the original aims and objectives of the programme development, and also in relation to the Big Lottery evaluation requirements.

A total of 76 questionnaires were issued and 67 questionnaires were returned, an 88.2% return rate.

Discussion of Findings

85% of those who returned the questionnaire were male, 15% female. Most participants (74%) were over the age of 60 with 10% registered as disabled.

88% of those who returned the questionnaire were White Scottish, 10% White Other British, 1% of Other Ethnic Group and 1% did not answer. There were no Black or Black British, Asian or mixed Ethnic Groups.

The majority of participants, (64%), have attended the exercise programme for over one year. This supports the original concept of a long-term exercise programme and demonstrates that most people who initially attend, continue to attend.

Although most participants, (64%) attend only one session a week, 52% of all those who returned the questionnaire would like the opportunity to attend another session.

46% of patients who currently do not access the gym would like the opportunity to do so.

In terms of self-care, 85% were able to understand their health condition more than before the programme commenced, 80% were able to cope with their health condition more, 88% were able to keep themselves more healthy and 87% felt more confident about their health. 73% also felt more able to generally help themselves than before the programme commenced. Additionally, 82% felt more able to exercise on their own.

In relation to the original aims and objectives of the long-term exercise programme, 87% reported that the programme provided them with education and support regarding exercise and lifestyle changes and 91% felt that the programme gave them access to the cardiac rehabilitation team.

82% of participants who returned the questionnaire had coffee/tea with other participants after the exercise session, which facilitates the social support that is important to participants and is highlighted in the comments.

100% of questionnaires returned advised that all participants are satisfied with the exercise programme with 55% being completely satisfied.

Comments were invited from participants. This is an opportunity to highlight two particular comments made:

"It helps give you the confidence to live as normal a life as possible".

"It helps to give me a purpose to life, and to feel good about myself".

Future Developments

The Angus long-term exercise programme for people with CHD is well-liked, and opportunities should be sought to ensure continuation of the programme after the Big Lottery funding ceases at the end of March 2007.

Further sessions at existing and other leisure facilities, should be made available for participants who wish to access the class more than once a week.

Further opportunity to access the gym should be made available and/or opportunity to use other equipment, such as rowing machines and/ or static cycles, within the circuit based class.

The programme should be tailored to the individual to ensure that an appropriate exercise prescription is maintained.

Relaxation should be incorporated into all group sessions.

A formal programme of speakers, organised via the Angus Cardiac Group, would "reinforce good habits to prevent complications in the future", and can be advertised via the Group's Newsletter "Get Up & Go".

A functional capacity test, not as an outcome measure, but as an indicator of improved fitness, for some participants, would be useful for personal knowledge and may help maintain motivation and adherence.

Any readers wishing a full copy of the findings from this questionnaire should contact Karen Fletcher (see contact list).



The Editorial Team

Here we have Karen Fletcher and myself (Karen Small) on a hot Friday afternoon.

If you have any news/information/stories please contact myself or Karen Fletcher and we will gladly print your article.

This is your newsletter and any input from yourselves is greatly appreciated.