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The Talking Chair,

Greetings my friends, winter has most definitely arrived in Angus. It seems like yesterday I was saying that I had never seen so much snow!! How wrong was I?

What a wonderful and dramatic entry to our winter...blue skies, sunshine...and lots of snow. It's a shame we are all tired of it now and wishing the snow would disappear and let us all get back to normal. I fear its going to be a long winter made much better by having the chance to stay indoors by the fire with a cuppy and the Angus Cardiac Group Newsletter...and the odd wee Jaffa Cake of course.

Despite the heavy snow, we had a fabulous Christmas Dinner together at The Meadowbank Inn. I have had many of our members contact me to say how much they enjoyed the night and that it was the best night we have ever had with all three branches together...I agree and I am confident we should embark on a night of music, dancing and dinner again sometime sooner than next Christmas. Thanks to all the members who enabled such a wonderful evening to happen.

The evening also allowed us to socialize and blether with each other whilst remembering those members of Angus Cardiac Group no longer able to join us for an evening out. Regardless of whether that's due to failing health or those who have passed away. Please know that they were all fondly remembered and considered.

I hope that all our members are able to enjoy the wide array of events available as we move into 2011...exercise classes at either phase 3 or 4 are complimented now by chair-based classes. Evening meetings in the local burghs continue through the winter months as ever and offer a welcome to all members and friends to get together. There are also many informal walks and coffee stops available which are discovered when you ask other members what they are up to for a day.

Whatever your plans are my friends this winter, know that we are stronger and healthier by our associations with each other...so as ever...look out for each other, stay warm, safe and Hale and Hearty.

Have a Very Happy, Healthy New Year
Mary B



The Talking Chair,

A very snowy Talking Chair!!

'NEWS'.....'NEWS'.....'NEWS'

'Cheque Presentation'



Jennifer Hedge accepted a cheque on behalf of Angus Cardiac Group from Gordon Snedden following his special birthday party.

'Carnoustie 3rd Birthday'



It was the 3rd Anniversary of the Carnoustie Class and all those who were at the first class and still attending, received a certificate.



"I'll be performing the operation, and this is the anesthesiologist."

'Health Certificates'



Three Angus Cardiac Group Members successfully completed a Food Hygiene Course at Arbroath College. Well Done Ladies!

VISIT THE ANGUS CARDIAC GROUP WEBSITE
at www.anguscardiacgroup.co.uk

'Angus Activity Programme for People with a Long-term Condition'

This project, initiated by Angus Cardiac Group, has the ultimate aim of providing exercise classes for everyone in Angus with a long-term illness where they, along with their partner or carer, can attend either chair-based, circuit or gym exercise and where the criterion for eligibility will be their exercise potential and not their condition.

Money has been obtained from three funding partners and, to date, chair-based exercise classes have been started in nine separate venues in Angus. These classes are being attended by people with a variety of long-term conditions.



Separate visits from representatives of two of the three funders took place recently when Sheona Bird from BG Group and Jen McCole from Long Term Conditions Alliance Scotland paid full day visits to Angus and saw how the classes at Brechin and Forfar were being run. They professed themselves delighted with

the way that the classes were developing and were fully supportive of the continuation of the project.



After these visits representatives of the Angus Cardiac Group involved in the day-to-day running of the project were invited through to Glasgow to deliver a presentation to other interested parties. They were chosen from 80 other projects in Scotland to meet the Health Secretary Nicola Sturgeon.

Two of the team were also recently invited through to the Scottish Parliament to a reception hosted by MSP Mary Mulligan with the opportunity to network with other potential funding resources.

The success of this project is dependent, not only on the hard work being done by the Project Co-ordinator, Tom Brighton and his team, but also on the enthusiasm and commitment of the volunteers from Angus Cardiac Group, Angus COPD Group and elsewhere.

If anyone would like more information on the project or would like to join those who have already volunteered then please contact the team.



'Angus Cardiac Group Planning More Events'



...AGM...

Angus Cardiac Group had a very successful AGM at the Plough Inn, Forfar on Thursday, 23 September 2010. Chairman Mary Ballantyne said "It is testament to the entire membership when over 50 people can attend an AGM to support this very active patient led group".

There is a healthy membership in excess of 250 currently, and the group continues to grow. Forfarian Ken Fenwick succeeds Gordon Snedden as Vice Chairman for Forfar and Jean Cook succeeds Sandra Strachan as overall Treasurer. Agnes Mitchell, a member since the early 1990's was awarded lifetime membership.

Mary Ballantyne sees in her third year as Chairman and states she is "proud and honoured to work on behalf of the group and support its members whilst equally they support her".

The aims and objectives of the group were discussed with Muriel Hume of North Angus Radio at on Thursday, 6 October 2010.

...Meetings...

If you are suffering from heart disease or you are supporting someone who is, why not come along and meet some of the group informally ... you have a variety of events you can attend. The Forfar Branch hold their regular meetings on the last Wednesday Evening of the month at 7.30pm in the Guide Hall, Myre Car Park, Forfar. There are also weekly Thursday meetings in Columba Hall, Montrose at 7pm and bimonthly meetings in Arbroath at the Saltire, (to be advertised).

...More...

The Arbroath Branch are holding a Coffee Morning on Saturday, 12 February 2011 at St Andrews Church Hall, Hamilton Green, Arbroath from 10am – 12.30pm. Stalls will include cake and candy, tombola, books and health checks.

Montrose Coffee Morning being held on Saturday, 18 June within Old Kirk Hall.

A Sponsored Walk is being arranged in Montrose for May.

The BBQ at Forfar is planned for Wednesday, 29 June 2011.

More information can be found on www.anguscardiacgroup.co.uk



'The New Committee'



'Recipes for a Healthy Heart'

Lentil Broth

Ingredients

- 200g (8oz) lentils
- 2 carrots, diced
- 100g (4oz) turnip, diced
- 1 large potato, diced
- 1 ham stock cube in 1 litre (2 pints) water

Method

1. Wash lentils and then drain.
2. Place the lentils in a large saucepan and add the ham stock.
3. Bring to the boil and simmer for 2 hours.
4. Add the diced vegetables and cook for a further half hour.

Serving Suggestion

2 slices of wheaten bread and low fat spread

Serves 6

Sardine Toasties

Ingredients

- 2 slices wholemeal bread
- 1 small tin sardines in tomato sauce
- 250g (1oz) low fat cheese, grated

Method

1. Chop sardines finely and mix with tomato sauce.
2. Place in a saucepan and heat.
3. Toast the bread and spread sardine mixture evenly on top.
4. Sprinkle grated cheese on top and place under grill cheese melted.

Serving Suggestion

Toss green salad

Serves 1



Order your free fundraising kit!

'Red for Heart'

Go red this February and join in the fun for National Heart Month.

2011 is the 50th birthday of the British Heart Foundation, so what better time to join the celebrations? Get involved in **Red for Heart** to help raise funds for their vital work. Read on to find out how you can get involved in **Red for Heart** and order your free fundraising kit.

What will you do?

Join thousands of others on National Wear Red Day on Friday, 25 February 2011 or organise your own event. Anything goes as long as it's red.

You can take part at work, school or home. What really counts is being part of this historic year. They want to invite you to the party! Their fundraising kits contain lots of red fundraising ideas, stickers, a sponsor form, a collection box, quizzes and games to use at your event and lots more.

They want everyone in the UK to be a part of **Red for Heart** this February. Tell your friends, colleagues, club members and everyone you know! Here are just some of the ways you can help:

- Download and print their **Red for Heart flyers** and distribute them to your friends or colleagues
- They also have **posters** that you can download and print to display at your workplace or club
- You can also order free copies of their posters and leaflets by completing their **online form**

They are always here to help if you need any support or materials. You can contact the **Red for Heart** team at red@bhf.org.uk or call them on 0845 241 0976.



'Health Fairs'

Angus Cardiac Group has been represented recently at two Health Fairs.

The Reid Hall Fair was very well attended and the Angus Cardiac Group team giving out information and carrying out health checks were kept busy all day. Notable visitors were Sandy Watson, Chairman of Tayside NHS, and Mike Weir, the SNP Member of Parliament for the area.



Mike Weir was also in attendance at a smaller Health Fair held in Kirriemuir and organised by the "Hearty Thrang". The small ACG team carried out a number of blood pressure and diabetes tests and Gordon was fortunate to be given some Reiki by Shirley Fridge.....

For other photographs from these events please go the Angus Cardiac Group website.



'Coffee Morning & Christmas Fayre'



A very successful Coffee Morning was Held in Forfar on 2 October 2010, with £550 being raised

The Christmas Fayre was held in Columba Hall, Montrose and £393 was raised.



Thanks go to all who contributed to these events.

Do you live in Angus with A Long Term Condition

Are you aged 18 or over?

**Would you like to manage your
long term condition better?**

**Do you have access to a computer
and have basic computer skills?**

If yes, this course may be for you!



Expert Patient Programme CIC Online is a new internet accessed self-management course for people living with any long term condition, aged 18 or over. It lasts 6 weeks, with users logging on at times they wish, for a total of 2 hours per week, anywhere there is internet access, using a user name and secure e-mail address.

The course is based on the Chronic Disease Self-Management programme developed at Stanford University, California, and aim to give the tools, techniques and confidence to better manage their condition on a daily basis.

Benefits for participants include:

- **Increased confidence, optimism, energy and self-esteem**
- **Reduced attendances at A & E and out-patient visits**
- **Improve relationships with family, friends and work colleagues**
- **Improve communication with healthcare professionals**
- **Increase social inclusion**
- **Reduce pain, tiredness, depression and isolation**
- **Re-introduce structure into daily living**
- **Improve quality of life**
- **Identify sharing experiences with others in a similar situation**
- **Provide the potential for further support through contact with others with self-management experience and access to wider networks**



**Expert Patients
Programme**
Community Interest Company

To find out more, or to book a place please contact:

**Rhona Guild or Janice Reid
(01307 474889)
achptraining.tayside@nhs.net**



'Crombie Picnic'



The group enjoyed a walk round Crombie Park on Friday 27 August 2010. Most people got round without getting wet, but the stragglers got soaked and had to contend with hail stones, in August!!!

We missed Fred with his liquid refreshments, but Jim saved the day with some beer and a bottle of wine. Janice made a brilliant fat free loaf which disappeared in no time. We spotted plenty of funghi, so were away to look them up so we could seem clever at the fungus foray. As it was cancelled due to heavy rain, we've got plenty time to swat up before 2011!

What is Alternative Medicine?

In Western culture, the term alternative medicine is any healing practice "that does not fall within the realm of conventional medicine".

Examples include Aromatherapy Massage, Tai Chi, Reflexology, Reiki, Chiropractic Medicine, Herbalism, Traditional Chinese Medicine, Meditation, Yoga, Hypnosis, Homeopathy, Acupuncture, and Nutritional-based Therapies, in addition to a range of other practices.

It is frequently grouped with complementary medicine, which generally refers to the same interventions when used in conjunction with mainstream techniques.

Alternative and Complementary Medicines have many common characteristics, including a focus on individualizing treatments, treating the whole person, promoting self-care and self-healing, and recognizing the spiritual nature of each individual. In addition, they have characteristics commonly found in mainstream health care, such as a focus on good nutrition and preventive practices. Unlike mainstream medicine, they often lack or have only limited experimental and clinical study.

Alternative Practitioners can often point to thousands of years of anecdotal evidence that suggests certain alternative practices are successful. Some physicians now embrace complementary medicine because it creates more options for addressing a medical condition.

If embarking on a course of alternative or complimentary medicine, always ensure the practitioner is suitably qualified.

A little Education for you....

'Do not argue with an idiot. He will drag you down to his level and beat you with experience'

'Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad'

'A bank is a place that will lend you money, if you can prove that you don't need it'

'The last thing I want to do is hurt you. But it's still on the list'

'A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station'

'I didn't say it was your fault, I said I was blaming you'

'We never really grow up, we only learn how to act in public'

'I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car'

'Whenever I fill out an application, in the part that says "If an emergency, notify:" I put "DOCTOR"