



Get Up and Go



Summer Edition (17)

Newsletter of Angus Cardiac Group

August 2011

Page 1

The Talking Chair

Page 2

News...

Page 3

Chest Heart &
Stroke Scotland
Self-Management
Day

Page 4

Chest Heart &
Stroke Scotland
Self-Management
Day cont....

Page 5

Recipes for a
Healthy Heart :

Chicken Kebabs
on Jewelled Rice

Chocolate
Cheesecake

Page 6

LTC Event,
Arbroath

Arbroath &
Carnoustie
Coffee Morning

Page 7

Nicola Cotter Visit

BP Monitors for
Ravenswood

Bob Moffat
Cheque Donation

Page 8

Forfar Coffee
Morning

Ladies That Lunch!

Monies Raised by
Montrose Branch
of Angus Cardiac
Group

The Talking Chair,

Greetings my friends from a very sunny Angus...well sunny today anyway!
It is indeed our Summer 2011 Newsletter.

This year has been already very busy for a number of our members...old and new...whether that's because we chose to keep our NHS colleagues very busy caring for us, or we were busily involved with each other on fund raising missions!

The initiatives have been excellent so far this year...the Devilish Parties in particular have proved popular and much fun as have our Coffee Mornings, Sponsored Walks, etc. I am constantly amazed and encouraged by the generosity of people regarding the Angus Cardiac Group and Heart Charities in particular. Saying thanks hardly seems enough.

As ever though, I ask that we all take 5 minutes or so to think of those members past and those who are currently enduring poor health...I know they will feel just a little better knowing we are all rooting for them. Each group sends cards at such times and I would like to thank you all for this supportive action...these small gestures are so important and a wee card or note really is a spirit lifter.

Arbroath, Montrose and Forfar Branches of Angus Cardiac Group are all busy securing speakers for the Autumn/Winter series of our evening meetings, so please let your committee members know if you have any new or different ideas we can try. Our hard working committee is also exploring an Autumn Event to the theatre again...so watch this space. We are working on the plans for the AGM and I ask all of you to consider whether you would like to take on a role for the coming year.

Enjoy the contents of this busy Newsletter...sit back, relax and share in the comfort of our support and friendship.

Keep Hale and Hearty my Friends,

Mary B... The Summer Talking Chair



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

'Lifeboatman'



Angus Cardiac Group member Angus Strachan dressed as a Lifeboatman following a talk from Emma and Maria Moffat .

'Long Service Award'



Gordon Snedden received a Long Service Award from Sandy Watson, Chairman of NHS Tayside, on 10 February at a Volunteers Reception at Stracathro Hospital. Other volunteers from Angus Cardiac Group also attended this event.



'Voices Scotland Event'

On 28 February 2011, Tom Brighton, Karen Fletcher and Gordon Snedden attended a 'Voices Scotland Event' in Glasgow, hosted by Chest Heart & Stroke Scotland, (CHSS).

Gordon was invited by CHSS to sit on a panel of patient representatives to answer questions from the attendees.

This proved to be a very interesting and informative meeting.

'First Aid Training'



Angus Cardiac Group Members, Anne Allan, Tom Brighton, John Dean, Ken Fenwick, George Grindlay, Sue Johnston, Gordon Meldrum, Gordon Snedden and Jim Tracey successfully received their First Aid Training Certificates, some of which are pictured above. Well Done To All.

VISIT THE ANGUS CARDIAC GROUP WEBSITE

at: www.anguscardiacgroup.co.uk

'Chest Heart & Stroke Scotland Self-Management Day'

The self-management day run by the CHSS in Perth on Monday , 14 February was well attended by members of the Angus Cardiac Group. The day comprised of some sessions that were question/answer while others were interactive.

We were asked to hold a budget and decide as small groups where best to spend the money for the benefit of the majority of patients. This created much 'discussion' about how best to spend! It certainly gave us all an idea of how it must be for decision makers in the NHS with a finite amount of money, trying to ensure sufficient resources available for all.

Overall the day was a great success with the participants now armed with more knowledge about how to get the best out of the Services.

Shirley Fridge
Community Health Nurse

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What is Self-Management?

The terms '*self-management*' and '*self-care*' are often used interchangeably and there are many interpretations to be found. Self-Management could be regarded as a sub-category of self-care.

In Scotland the '*Long-term Conditions Alliance Scotland*' (LTCAS) describes the terms as:

Self-Care: What each person does on an everyday basis. (This is often compromised for a person living with a long-term condition.)

Self-Management: The process each person develops to manage their condition.

The LTCAS further defines Self-Management as:

“a concept where the person takes ownership and is central. It is a process of becoming empowered to manage life with long-term conditions. It is not an individual action, specific treatment or service; neither can it be delivered by a single organisation. Self-Management is the successful outcome of the person and all appropriate individuals and services working together to support him or her to deal with the very real implications of living the rest of their life with one or more long-term conditions.”

* * * * *

Interpretations of Self-Management

Health professionals often have many varied interpretations of what they consider to constitute Self-Management. Here are some possibilities of what health professionals might be meaning when *they* talk about Self-Management:

- Encouraging people to take sole responsibility for their health
- Encouraging people to take partial responsibility for their health
- Patient and health professionals making plan together about their care
- Patients accessing community based support themselves e.g. accessing a local heart support group
- Patients or health professionals referring onto specific Self-Management courses
- Health professionals providing information on a condition to the patient and explaining how they can treat themselves and when to seek professional help
- One health professional referring onto another member of the multi- disciplinary team to help facilitate Self-Management for the patient

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'Self-Management cont....'

The Integrated Self-Management Pathway

GP appointment for review

GP/Patient agreement on immediate care plan

Healthcare professional/patient joint assessment of Health Literacy

- Identification of the impact of the condition
- Identification of factors that could improve the quality of life
- Identification of the capacity to Self-Manage

Healthcare professional/patient joint planning

- Goal setting
- Goal prioritisation
- Goal time frames
- Goal outcomes

Health professional signposting

- Signpost information
- Signpost peer support
- Signpost professional support

Patient enable to Self-Manage

The Traditional Patient Pathway

GP appointment for review

Discharge back into primary care by letter to GP

Secondary care selection of information given

GP referral to secondary care

GP selection of information given

GP appointment with escalation of symptoms

Self-Management Tasks

Tasks that someone with a long-term condition is likely to have to manage for themselves:

- Complying with medication usage, ordering and monitoring for side effects
- Exercise/activity planning, initiating, maintaining and coping with setbacks
- Weight optimisation
- Adapting personal care, household and community activities
 - *Instigating behaviours that control symptoms or slow disease progression*
- Adjusting to new social and economic circumstances and help family and friends make adjustments imposed on them by their condition
- Ensuring good food selection
- Adapting living and work environments, as well as possible social activities
- Stress management strategies
- Learning and adopting self diagnosis and disease monitoring activities
- Initiating communications with physicians, family, carers and acquiring the ability to access information and additional resources when required

* * * * *

Helping You to Help Yourself

The key to successful management of long-term conditions ultimately rests in the hands of the person who lives with the condition and their ability and aspiration to care about themselves. However, they may require support to self-manage. This is not simply about educating people about their condition; it is about developing the *confidence* and *motivation* of people to take effective control of their lives by developing *their own skills and knowledge*. Support can come from a variety of places including:

- The Voluntary Sector
- NHS Scotland
- Unpaid Carers
- Local Authorities

People often have to manage not only physical aspects of the condition but additionally social, economic, psychological and cultural issues – hence focusing on the medical condition and medical interventions alone is insufficient to truly enabling people to self manage.

For many people the impact of a diagnosis of a long-term condition can be far reaching and sometimes devastating. Evidence has found 'that supporting the person to self manage does improve health-related behaviours and as a result clinical outcomes', as well as improving satisfaction for people and workers and most importantly people with long-term conditions want it! Helping people become good self managers is an essential function of those caring for people with long-term conditions.

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'Recipes for a Healthy Heart'

Chicken Kebabs On Jewelled Rice

Ingredients - Marinade

- 2 tablespoons light soy sauce
- 2 tablespoons rice or wine vinegar
- 1 tablespoon oyster sauce

Ingredients – Kebabs

- 550g (1¼lb) chicken breast, skin removed and cubed
- 1 small red pepper, seeds removed and cut into pieces
- 1 green pepper, seeds removed and cut into pieces
- 1 onion, cut into wedges
- 2 tablespoons Flora Cuisine (or 25g (1oz) Flora Buttery Spread)

Ingredients – Rice

- 350g (12oz) long grain rice
- 1 small red onion, finely chopped
- 1 tablespoon raisins
- 1 tablespoon chopped fresh parsley
- Lemon juice



Preparation

1. Combine all ingredients for the marinade in a large bowl, stir in the chicken, cover and marinate for at least 1 hour, stirring occasionally.
2. Thread the chicken pieces onto 8 skewers with alternate pieces of red and green peppers and onion.
3. Brush 1 tablespoon Flora Cuisine over the kebabs before cooking under the grill for 12-15 mins, turning frequently until cooked through.
4. Meanwhile, cook the rice according to packet directions and drain.
5. Heat the remaining Flora in a saucepan, add the red onion and cook for 3-5 mins, stirring occasionally, until soft but not brown. Add the cooked rice together with the raisins and stir to heat through.
6. Mix in the chopped parsley or celery leaves into the rice mixture and add a little lemon juice to taste.
7. Serve the kebabs on a bed of rice.

Serves 4

Chocolate Cheesecake

Ingredients – Crust

- 1 cup chocolate wafer crumbs,
(about 20 wafers)
- 1 tablespoon brown sugar
- 1 tablespoon canola oil
- 1 teaspoon instant coffee granules,
dissolved in 2 teaspoons hot water



Serves 16

Ingredients - Filling

- 24oz 1% cottage cheese, (3 cups)
- 12oz reduced-fat cream cheese, (1½ cups), cut into pieces
- 1 cup packed brown sugar
- ½ cup granulated sugar
- ¾ cup unsweetened cocoa powder
- ¼ cup cornstarch
- 1 large egg
- 2 large egg whites
- 2 tablespoons instant coffee granules, dissolved in 2
tablespoons hot water
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- 2 oz bittersweet (not unsweetened) chocolate, melted
- 16 chocolate-covered coffee beans, (optional)

Method

1. Preheat oven to 325°F. Put a kettle of water onto heat for the water bath. Spray a 9-inch springform pan with cooking spray. Wrap the outside bottom of the pan with a double thickness of foil.
2. To prepare crust: Blend crumbs, sugar, oil and coffee in a small bowl with a fork or your fingertips. Press into the bottom of the pan.
3. To prepare filling: Puree cottage cheese in a food processor until very smooth, stopping once or twice to scrape down the sides. Add cream cheese, brown sugar, cocoa and cornstarch. Process until smooth. Add egg, egg whites, coffee, vanilla, salt and chocolate and blend well. Pour into the crust-lined pan.
4. Place the cheesecake in a roasting pan and pour in enough boiling water to come ½ inch up the side of the springform pan.
5. Bake the cheesecake until the edges are set but the centre still jiggles, about 50 minutes. Turn off the oven. Spray a knife with cooking spray and run it around the edge of the pan. Let stand in the oven, with the door ajar, for 1 hour. Transfer from the water bath to a wire rack, remove foil. Let cool to room temperature, about 2 hours. Refrigerate, uncovered, until chilled.
6. Before serving, garnish the cheesecake with chocolate-covered coffee beans, if using.

'LTC Event, Arbroath, 14 April 2011'

At this event, we had a stall displaying information about the ACG, Seated Exercise and Keep Well, (a Health Board project aimed at early detection of CVD).

The day was steady with a wide variety of people stopping to read our information board, informal chat and/or receive a mini health check.

Approximately 40 people had their blood pressure and blood glucose recorded. Of this, 25 were advised to attend their Doctor's Surgery to get their blood pressure rechecked and 10 were asked to go to their Doctor's for further investigation into raised blood sugar level, detected through the 'finger prick' test. Plenty of cards advertising the Seated Exercise Classes were also taken.

I had Tom Brighton and a Student Nurse called Holly manning the stall with me and I feel the day was a great success. Holly said she learned so much about interacting with people and taking blood pressure and blood glucose readings. Nursing Student participation is now to be actively encouraged when I am involved in public health events.

*Shirley Fridge
Community Health Nurse*

'Arbroath & Carnoustie Coffee Morning'



February was HEART MONTH and 2011 is the 50th Anniversary of the British Heart Foundation.

To celebrate this, the Arbroath and Carnoustie Branch of Angus Cardiac Group held a Coffee Morning to raise funds in aid of Angus Cardiac Group, British Heart Foundation and Chest, Heart and Stroke on Saturday, 12 February in St Andrews Church Hall, Arbroath.

The stalls included Cake and Candy, Tombola, Books and Bric-a-Brac. The event was also used to promote free health checks and this proved very popular. Judging by the queue, those carrying out the checks were kept very busy.

The British Heart Foundation and Chest Heart and Stroke information stands were also very successful.

The grand sum of £574.48 (£634.48) less expenses) was raised and a cheque for £175 each is to be presented to Chest Heart and Stroke and British Heart Foundation and £284.48 to Angus Cardiac Group.

Many thanks to all who helped and contributed in any way to make this such a successful day. Thanks also to all those in the Angus Cardiac Group who gave their support.

*Jim Tracey,
on behalf of the Committee of Arbroath & Carnoustie*

‘Nicola Cotter Visit’

Nicola Cotter, Voices Scotland Lead of Chest, Heart & Stroke Scotland (CHSS) visited Angus on Friday, 28 January 2011, to view for herself the progress and planned developments of the Angus Activity Programme for People with Long-term Conditions.

This programme is managed by the Angus Cardiac Group, in partnership with the local COPD Support Group, Angus CHP and Angus Council Leisure Services.

Nicola commenced her visit at Carnoustie Leisure Centre Phase 4 Circuit-based Class, with Exercise Leader Jennifer McArtney.

Following a buffet lunch at the Links Hotel, Nicola took part in a Seated Exercise Class at Montrose Sports Centre led by Jane Doig.



There was good opportunity for Nicola to feedback to members of the Steering Group on aspects of the programme. She was generally very impressed by what she saw and voiced CHSS support for the programme. She encouraged members of the group to continue to network and advertise CHSS events to be held at various locations throughout Scotland over the coming months.

The main funding source for the programme, the Long-term Conditions Alliance Scotland (LTCAS), has confirmed that funding is in place until June. Work is already underway to source further financial support after this date, for Phase 2 of the Activity Programme.

‘BP Monitors for Ravenswood’

The patients at Ravenswood Surgery in Forfar have benefited from the Angus Cardiac Group donation of two automatic blood pressure monitors. This has enabled the surgery to loan out this equipment to patients suspected of having high blood pressure, a known risk of heart disease.

Patients can be assured of an appropriate diagnosis with more confidence, having had the opportunity to measure their blood pressure at home.

Lynn McGowan, Practice Manager at Ravenswood, thanked the Group for their donation, “This is very kindly received and our patients will benefit hugely”.

‘Bob Moffat Cheque Donation’

Everyone in the Angus Cardiac Group and those who attend Forfar Phase IV Class was saddened to hear of the sudden death of Bob Moffat. Bob was a very popular and well liked regular attendee at Forfar Leisure Centre and this was reflected in the number of friends from the group who attended his funeral. The group would like to thank the family for the very kind donation of a cheque, which was collected at the funeral service.

We were also saddened to hear of the death of one of our Montrose members. Mary Robb passed away suddenly at her home on Tuesday, 26 April. Mary was a lovely lady who made beautiful cakes for our coffee mornings and donated plants to help raise funds for ACG. She will be missed.

We send our condolences to both families.

'Forfar Coffee Morning'

The Coffee Morning on April 2nd was a success once more, with the addition of the tombola being a big hit along with the cake and candy stall. It always amazes just how quickly the produce flies off the table. Diets go out the window when there are homemade scone cookies and delicious cakes on offer! So a big thank you to all our lovely bakers on the day.

Thanks also must go to all who assisted on the stalls and the ladies who made and served the teas and coffees for thirsty customers who came along. It was a great day and I'm sure everyone enjoyed themselves raising the £521 for the Cardiac Group Funds.

Jean Carcary

Ladies that Lunch!

A group of girlfriends, all aged 40, discussed where they should meet for lunch. Finally it was agreed that they would meet at the Ocean View Restaurant because the waiters there were handsome, with tight pants and nice bums!

Ten years later, at age 50, the friends once again discussed where they should meet for lunch. Finally it was agreed that they would meet at the Ocean View Restaurant because the food was good and the wine selection was excellent!

Ten years later, at age 60, the friends again discussed where they should meet for lunch. Finally it was agreed that they would meet at the Ocean View Restaurant because they could dine in peace and quiet and the restaurant had a beautiful view of the ocean!

Ten years later, at age 70, the friends discussed where they should meet for lunch. Finally it was agreed that they would meet at the Ocean View Restaurant because the restaurant was wheelchair accessible and had an elevator!

Ten years later, at age 80, the friends discussed where they should meet for lunch. Finally it was agreed that they would meet at the Ocean View Restaurant because they had never been there before!

Monies Raised by Montrose Branch of ACG



The Montrose Group have had a very successful year in fund raising, The Devilish Party in April hosted by Yvonne Tindal from MacPhies of Glenbervie, who demonstrated luxury sweet cakes and drinks and was sampled by all, then getting the chance to purchase the made up ingredients with 15% of the sales going to Angus Cardiac Group, making a total of £55.

Then we had the Sponsored Walk on May 29th, making a total of £445, there was not so many this year as the Music Festival was on that weekend, but everyone enjoyed themselves. Thanks to all who took part, also the ladies who supplied soup, sandwiches and cakes, etc.

The Coffee Morning on June 18th was a success despite the atrocious weather, raising in excess of £600, there again, thanks to all who helped. I would also give a big thanks to Phil Annandale of MacPhies of Glenbervie who made it possible in supplying all the eats for the coffee morning.

Then we had a donation from Kay Armstrong from the Montrose Yoga Group of £120, which she sold cards, with monies going to Angus Cardiac Group.

Agnes Mitchell