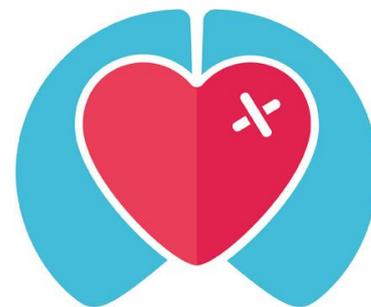


Cardiographic

Newsletter

March 2024



mkccg

Milton Keynes Community Cardio-pulmonary Group

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Service Lead Report



Hello, seems a bit late to say it but Happy New Year!

What will 2024 bring for MKCCG? Hopefully we will continue to grow, delivering the same fantastic service you know and love, as well as new and exciting things to come.

One of these things is our nomination to The King's Award for Voluntary Service. Late last year we were shortlisted for this award, which is an achievement in itself! The Deputy Lieutenant of Buckinghamshire, Julia Upton, visited us on Tuesday 23rd January and was really impressed by our fabulous volunteers.

It would be a great honour to receive this award, but we won't find out until just before the King's birthday in November! Whatever the outcome, it is down to all our hard working, invaluable volunteers that made this nomination possible. Thank you to all our maintenance team, kitchen servers, admin, gardeners, committee members, session leads and Blue Shirt volunteers! You are a vital part of the team.

Thank you to those volunteers who completed the recent questionnaire, I will put the results on the noticeboard (no names will be used).

I will also be sending out our annual questionnaire to members this month in order to get their opinions, ideas, and level of satisfaction. I will display the results and any action taken on our noticeboard. Thank you in advance to

members who are able to complete a questionnaire, your feedback helps us to reach the 5-star service we aspire to.

A BIG heartfelt thank you for the generous donations from our members, Staff, Volunteers, family, and friends who supported us during our Cyclathon last year. We have now purchased the rehabilitation treadmill which is a great addition to the centre. This treadmill is for anyone to use and will benefit those who are new to or lack confidence using a treadmill and for those with joint pain or injuries.

As always, please feel free to pop in to see me if you have anything you'd like to talk about, my door is always open. (If my door is closed, it's only to keep the cold out, you are very welcome to pop in!)

Best wishes

Tina Coles

Social Committee

The Social Committee are looking for someone to help out at our meetings by taking the minutes. We are happy if this is the only part of the social committee work you undertake but we need the help. So if you know anyone, or would like to do it yourself, please contact Stan, Social Chair email:- socialchair@mkccg.org for more information.

The Social Committee would like to thank everyone who came to the Quiz night on Friday 16th February 2024. We raised £117 in total - well done.

Stan Keeves Social Chair

Blue Shirts. What does it involve? Why?

Most of us blue-shirts have been asked at some time or other, our reasons for volunteering. Some blue-shirts do it for purely altruistic reasons which is highly commendable. Others, including myself, had a cardiac event or have a pulmonary condition, and having greatly benefited from the group, simply want to give something back.

I first became aware of the MKCCG some 10 years ago at phase 4 which was the next step after a short programme at the hospital. I remember the initial sessions where Gill Robinson, our founder, advised us that we should not let our medical condition define us and that there was still much that we could do. I remember the supervision by the blue-shirts as we tentatively undertook our exercises. It was reassuring to have them around, especially as some of them had experienced their own cardiac or pulmonary issues and could thus totally

relate to us. Knowing that some of them had been in much the same position as I was, gave me real encouragement. It also caused me to consider following in their footsteps at some point in the future.

What do the Blue Shirts do? I suppose our main role is to support the group professionals and to be their additional ears and eyes. We have more time to chat with the individual members which not only makes things more enjoyable for us but can also result in us getting information which the member in question ought to have shared with one of the professionals. In addition, we watch out when the members are exercising, and provide guidance if necessary. Other functions include taking the blood pressures of the members, helping to set up for a circuit training and clearing away afterwards and the all-important provision of tea and coffee. Before every session the blue shirts will also have a defined role to play in the event of a medical emergency.

What do I get out of it? It is a pleasant thought that somewhere along the line I might have given a fellow member the reassurance that I first received when I was most vulnerable. It is both a pleasure and a privilege to be a small part of such an altruistic team.

Mike Towell

Blue shirt 3 sessions on Weds am, Weds transition, Thurs LTC



Our New Chit-Chat Section

GLOP

BACKGROUND STORY and INTRODUCTION

We were recently on holiday in Wales, not far from Aberystwyth.

A lovely remote location out in the Styx, reached by a narrow single-track road and then by a farm track.

Erin and Isaac had loads of room to play, there was a pond to walk round, a large trampoline and loads of space to ride their bicycles. Adjacent to the farm track entrance was a tree with a rope swing attached.

All these resources were made good use of, and granddad's amazing skills and assistance were in great demand.

One day we went into Aberystwyth to get some shopping and to have a look around some of the shops, one of which sold kids toys.

In amongst all the other stuff was a toy rifle which fired rubber suckered darts.

It was purchased and, well, I think you can guess who became the villain who had to be shot at.

Parallel to all this is the huge amount of criticism I had to endure (Which I bore with great fortitude and a stiff upper lip) regarding my delicious breakfast creation which, by mutual consent, has come to be known within the family as GLOP.

Erin frequently tells me it is DISGUSTING and Isaac says it is POOH.

In order to refute these disparaging remarks and so that you (dear reader) can fully appreciate the total culinary deliciousness, ney geniusness, of my cuisine creation I hereby present you with the recipe and full instructions of how to prepare and eat this culinary masterpiece.

Furthermore, so that you may further fully appreciate not only my culinary skills, I also offer you an accompanying work of fiction (though based on real events) story which, in all modesty and humility, further demonstrates my amazing creative skills.

FOOTNOTE

I have to say that the main inspiration for this recipe is the fact that it is little known and appreciated that (I can hardly begin to tell you how hard it is for me to write the next paragraph, YUCK !!!) there is a devious and sinister plot by alien forces, in league with other international villains, to erode the well being of our beloved country. I need not name them but am sure you know to whom I refer.

How is this plot being implemented? Well, simply by the use of (oh goodness) COLD MILK ON BREAKFAST CERIALS.

Yes. It is vile and unspeakably disgusting, I implore you, if you indulge in this practice, then think of your future health and well being.
STOP NOW BEFORE IT IS TOO LATE!!!

RECIPE

For one

Muesli (e.g. ALPEN)

Fresh Milk

Very Hot Water

1 x Medium size dessert bowl

1 x Medium size dessert spoon

1. GENTLY AND SLOWLY pour milk onto the levelled surface until the mixture just lifts and rises up the inside of the bowl. Using the dessert spoon, put your desired amount of Muesli into the dessert bowl. (I use 7 heaped desert spoonfuls) (What, who's a pig??)
2. Most important, do this next bit CAREFULLY.
Gently shake the dessert bowl so that the dry Muesli is LEVEL in the dish.
i.e. a level flat surface on the top
3. This bit is where the critical skill comes in

CAUTION!!

DO NOT ADD TOO MUCH MILK

'GARR, Milk is the devils poison", (Say this in your head with a West Country pirate accent)

4. Stand the mixture to one side and allow it to stand for a minimum of 5 minutes. THIS IS CRITICAL because this is where some of the magic takes place. The mixture will egugify during this time. You can tell when egugification is complete when you can see that: -
 - a. The mixture is FLAT in the bowl.
 - b. The muesli has obviously absorbed the milk and has swollen.
 - c. There is just a VERY SMALL surplus of the devil's poison visible within the mix.
5. Put the kettle on to boil while stage 4 is in process.
While this stage is in process make yourself a cup of BLACK COFFEE with ONE spoon full of sugar

NO MILK 'GARR, Milk is the devils poison", (Say this again in your head with a West Country pirate accent)

6. Now CAREFULLY and SLOWLY add the nearly Boiling water.

NOTE: - The water MUST NOT BE BOILING

Add the water until the mixture JUST lifts within the bowl.

You will now see that the mixture of milk and very hot water just covers the milk/ muesli mixture.

7. Allow the mixture to stand for a minimum of 5 minutes.

After this period of time, look at the mixture, you will see that.

GLOPULISATION has taken place.

The mixture has risen in the bowl and the muesli has absorbed the milk/hot water. The muesli has swollen and there is a shallow pool of milk/ water on the surface.

YUMMIIY YUM .

8. Gently stir the mixture with the dessert spoon using a stirring/ lifting technique

You are now ready to enjoy the most wondificant, blabcatulent breakfast cereal mixture.

You may think that's it, SORRY.

There is only one way to eat this wonderful preparation.

You will note that the surface of the mixture is 'wet' so, holding it flat/level, GENTLY dip the spoon into the surface liquid and collect a spoonful, raise this to your mouth and NOISILY slurp it down.

Repeat this process until you see that the surplus liquid has gone.

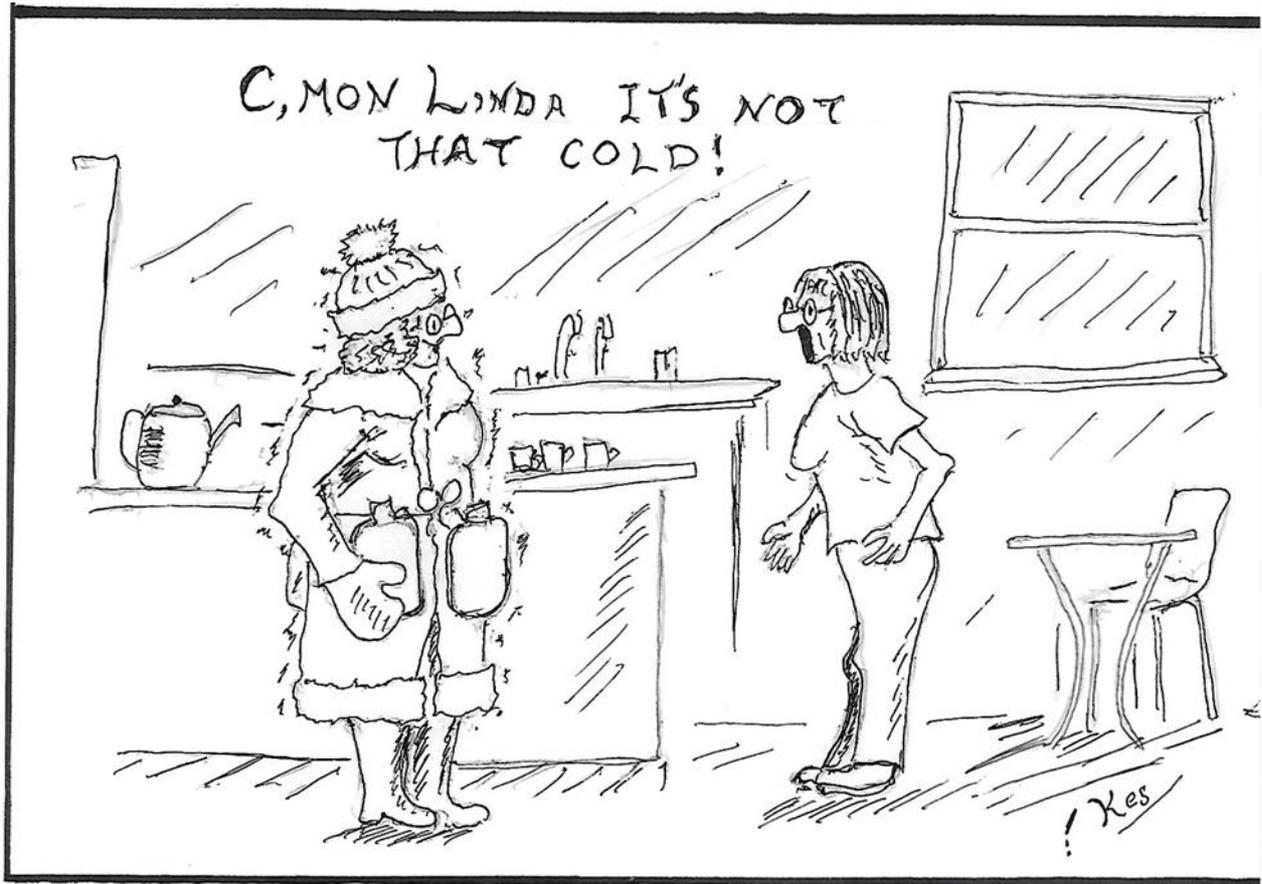
More liquid can be obtained by gently pressing the back of the spoon onto the glopulated surface.

When this process is complete, you may now eat the wonderful GLOP.

ENJOY!!!

Russ, Tuesday Morning Blue Shirt

Cartoon from Stan



Stan Keeves (Social Chairman & Tuesday LTC)

Cardiographic Editor Report

This is my second edition as Editor. I hope you are enjoying the new style, and articles from our members and friends. Remember there is a story or tale in us all. Happy to accept anything you wish to submit. Even a small puzzle.

Theresa Keeves Cardiographic Editor

Poetry Corner

I thought I heard Summer coming,
I heard it shout I'm here,
But all we get is cold nights,
Bed socks and jumper nearby,

A hot drink in the morning,
A hotter one at night,
I'd like to risk a Summer dress,
Well maybe one day I might,

In my car I always pack in,
A jumper coat Brolly too,
Extra Jumper if I break down,
What is a girl too do?

Maybe Summer is in a health queue,
Appointment in the post so wait,
Or stuck out west somewhere,
A train journey now to make,

I have my car packed ready,
For Holiday long overdue,
I'd like to meet you somewhere,
If my feet were not so blue.

Stop blaming Global warming.
Over population does that too
Stop blaming the aged population,
You'll be there one day so.

Start looking for real answers,
Ones people will understand,

I'd like to add my thoughts,
But not now I'm still too mad.

So back to today's weather,
Suns out can chance today,
Too finish in the garden,
And watch the children pay.

Melodie

Trevallyan Robey (Tuesday LTC2)

Your next Edition of the Cardiographic will be June 2024

Anyone who wishes to put anything in a future edition must submit it by the following dates: for the June issue it's May 24th; for the September issue it's August 23rd; for the December issue it's November 20th.

Cardiographic Input

Items for Cardiographic can be placed in the Cardiographic/Theresa Keeves tray in the Blood Pressure Room at Hinton Hall or emailed to the newsletter email address: news@mkccg.org