



July 2021

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www.cardiac-rehab.org www.facebook.com/NGCRAC

TICKER NEWS

Official newsletter of the North Gwent Cardiac Rehabilitation & Aftercare Charity

Hello and a warm welcome to all our members. As we move into a time when the government restrictions are being eased, I am delighted to announce that the Charity is looking to reinstate the Phase Four Community Classes. The classes will re-open on Monday 12th July 2021 and we sincerely hope you will all come along and re-engage with your fitness rehabilitation.

You will no doubt be aware that changes have recently been introduced. The last 6 months has seen the trustees debating the service model and, as a result, several decisions have been made. We truly believe the changes are necessary to guarantee the long-term future of the Charity and the work it does.

I would like to take this opportunity to thank the fitness instructors Helen, Adrian and Ioan for their continued support during the Covid period and during the time they have been associated with the charity and wish them all the best with their future careers with the Health Board.

We have new Fitness Instructors joining us and I am delighted to extend a warm welcome to Zavia, Tom and Callum. They will be accompanied by Allen and Owen who are both well known to you all and long-standing supporters of our community classes and Kath who so ably supports the charity with her never-ending work behind the scenes. I am confident you will do all you can to welcome our new colleagues and help them settle in.

I will finish now with a message to everyone associated with the charity. Firstly, I would like to pass on my heartfelt thanks to all of you for your continued support during this difficult Covid period and to those of you who are about to re-join our classes I wish you all the best with your fitness rehabilitation. May I also make a point of thanking my fellow trustees for all their hard work and support during the re-planning of our service model.

Gary Hicks, Chair of the Trustees

**OUR
CLASSES ARE
BACK!
Starting
12th July**

**IMPORTANT - If you
are a class member you will
have received two
questionnaires.
Please fill them in and bring
them with you to your first
class.**

**Don't worry if you haven't got
them they will also be
available from your class Tutor**

SPOTLIGHT ON:

- ✓ MAN WALKING
- ✓ MAKING A SUCCESS OF BAD HABITS
- ✓ GOING FOR GOLD -UPDATE
- ✓ THE LAUNCH OF OUR ON-LINE POP-UP SHOP
- ✓ THANK YOU TO JEAN HOMER
- ✓ HEALTHY HEART RECIPE
- ✓ OUR NEW TUTORS
- ✓ WHAT WILL HAPPEN WHEN YOU GO BACK TO YOUR CLASS
- ✓ YOUR NEW CLASS TIMETABLE

P.S. If you would like to send us an article to go in our next edition or have any queries just get in touch with Tony Lowery or myself on cardiaccarecommunity@outlook.com We look forward to hearing from you
Jacky Miles M.B.E. Trustee

MAN WALKING - John Mason, (Monmouth Class)



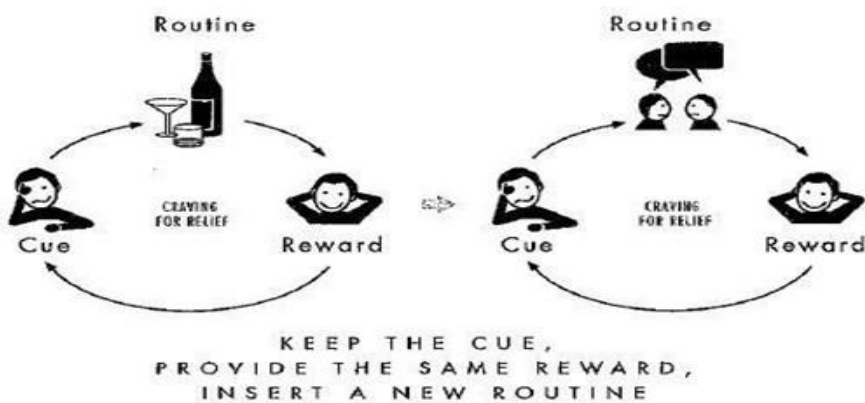
I'm Zara and I take the master out 3 times a week. Does us both good for half an hour or so. We enjoy ourselves and occasionally meet other dogs. Mind you if they give me the eye I have a go at them, which makes the old man a bit cross, and he jerks my lead and tells me off. I trybdo better but can't really help it with my background. My dad was a German Shepherd, mum a Schnauzer (both guarding dogs) and I come from a puppy farm near Carmarthen where they kept me in a cage until I was 2, that's 14 in man years, I guess dogs do things quicker than humans. Folks would come to look at me and shake their heads. No-one wanted to buy me, so the farmers dumped me outside a dog rescue charity. One day an old man and his wife came to the charity; they took one look at me and off we went to their home in Monmouth. I get my food twice a day and life is pretty good. Fun in the garden chasing squirrels with Asha, who is a Labrador, only she's pretty old – I'm nearly 3 and she is 8 plus. So maybe that's why she doesn't fancy playing with me. A couple of days a week I go out with my friend Rhiannon and her dogs. I often get to play off the lead and we have a great time. The rest of the time I'm on a long line because I do like to investigate other dogs to make sure my friend is safe. Occasionally I have a jump in the river – now that is serious fun. When I get home it's great to have a snooze – a bit like the master does, only I don't snore! Tell me about those Easter bunnies.....

Making a success of bad habits - Tony Lowery, Secretary to the Trustees

Last week I managed to get up to see my family in Northumberland. It was a relief to see them again after 16 months. A lot has changed in the Town that they live in. They are building a new supermarket and the police station has been shut much to the annoyance of my mother. What hasn't changed is that my nephew has kept the weight off. The work on habit change seems to have worked!

What I would like to discuss briefly in this article is a simple way that you could change a bad habit into a good one. As I previously explained habits once formed cannot be changed.

A good example of a bad habit loop is drinking alcohol. Most habits are based on cravings, the craving drives the habit. It could offer escape, relaxation, companionship, or the opportunity for emotional release. We all don't crave the hang-over!



If you want to change the habit, try changing the routine. If you are worried about drinking too much change your routine. Instead of going to the pub go to a fitness class instead. Going to a fitness class is a small step, but it sets a small habit. You will get fitter; drink less and still get that companionship that you get from going to a pub! Sometimes to change that habit you might want to set yourself a tiny goal. Here's how you do it:

1. Take a blank piece of paper. On the top of the paper write "My goal for the week is"
2. Write exactly what you will do e.g., if you are planning to go for a walk this week. Write down who you are going with, where and when you are going to go for the walk. Say how long the walk will be, even say what you will wear on the walk. The more detail you give your plan. The more you are likely to carry out the plan.
3. At the end of your plan write down in block letters GIVE A REWARD. It could be a cup of coffee at a coffee shop with your friends.
4. This is one priority that needs to overshadow everything else.
5. You might ask yourself what about the cue? Well, that's the priority, going for the walk and making it the most important thing you do is your cue.
6. Put the plan on your fridge or some other point at eye level. Read your plan every day and make it important.
7. Once you have completed your walk sit down and review your plan. Give yourself some criticism; what worked, why did it work, how could I make my plan better?
8. By reviewing and changing your plan, I can guarantee this will become a habit.



'I hope you do try this out, it worked for my nephew, and it's worked for me. In a future issue you might want to tell us if you had success with a habit change' Tony

Support Your Local Cardiac Charity/ Get Fit / Inspire Others



THANK YOU SO MUCH TO ALL THE SUPPORTERS OF OUR VIRTUAL WALK

'Going for Gold' from London to the Olympic Park in Tokyo

We are on track to reach the opening ceremony on the 23rd July

A special mention to our ex Fitness Instructors Helen and Ioan as well as class assistant Alan for supporting our walking groups. And the 'Mardy Walkers' The amount raised from this event will be in our next edition

Our Very Own On-line Pop Up Shop is Opening Soon!



Donated by our supporters we have an excellent range of

High Street, Premium and Designer goods all at bargain prices! We will let you know when its open and how to join on our web site, via facebook, email and through your class tutor



THANK YOU SO MUCH TO JEAN HOMER, Abertillery Class

Helen Sanchez, Cardiac Rehab Fitness Instructor

Jean has been going to the Abertillery cardiac rehab community for over 20 years. Up until a few years ago every class used to have a representative. It was the person who took the class fees, paid the hall hire, and banked the money. This job was all done very efficiently by Jean. Up until 2019 she also organised the tea and coffee refreshments after class on Tuesday and Thursday mornings.

Jean was always the person who arranged the out of class socials. These were a summer trips, tinsel, and turkey every November and numerous day trips throughout the year. You could always rely on the Abertillery class to attend all the charity events. Jean again booked a coach to take and get them home again safely. A memorable evening was a quiz night in Abergavenny organised by Phillip Miles (one of our ex-Fitness Instructors) which the Abertillery team won out right.

Every month Jean held a raffle at the class, using items donated by class members, it was a great fund raiser, and everyone looked forward to it. Jean is a very good knitter and the Charity Christmas fair benefited greatly from the sale of her beautiful work. She also gave more of her time selling raffle tickets at Nevill Hall Hospital for the charity Christmas draw.

When Jean does find time to take a holiday without the class, her favourite is cruising and always did spend Christmas on board a ship in some warm destination (before Covid 19)! Jean's efforts in fund raising have been outstanding throughout the years and she will be missed greatly by all the Abertillery class and the charity members. You could always rely on Jean to sort everything out, including giving out snow alerts when it was not fit to travel to the class. So very sorry you are leaving Jean, but we hope you will be able to go cruising very soon, you definitely deserve it.



Healthy Heart Recipe - Mary Wakeling, Monmouth Class **Banana Bread**

This recipe I found in a useful book 'The Everyday Wheat-free and Gluten Free Cookbook by Michelle Berriedale - Johnson, a good recipe for using up ripe bananas

100g low fat spread, 2 medium eggs, 3 tbs milk, 225 chick pea (gram flour), 1 tsp bicarb soda, 3 large, very ripe bananas

Pre-heat oven to 180c/350f/Gas Mark 4/ 170c fan.
Beat the eggs and milk until pale and fluffy. Sift flour with the bicarb and add alternately with the eggs. Mash bananas and add to the mixture. Add extra milk if too stiff. Put mixture in 1lb loaf tin for 1 to 1hr 30 mins, until a skewer comes out clean. Cool on rack -slice and enjoy!

Getting Back To Class - What You Need To Know

The board of trustees together with the new instructor team has been working hard over the past few months to make changes that will secure the future of the charity post COVID.

The new class timetable starts on the 12th of July.

Day	Venue	Time
Tuesday	Monmouth Leisure Centre.	9.45am to 10.45am
Tuesday	Wyndham Vowles Community Centre, Abertillery.	11.45am to 12.45pm
Tuesday	Usk Memorial Hall.	2.00pm to 3.00pm
Tuesday	Llanfoist Community Hall.	6.00pm to 7.00pm*
Wednesday	Orpheus Hall, Tredegar.	10.30am to 11.30am
Wednesday	Ebbw Vale Catholic Church.	12.00pm to 1.00pm
Wednesday	The Band Hall, Blaenavon.	2.00pm to 3.00pm
Wednesday	Wincheston OAP Hall, Nantyglo	4.30pm-5.30pm
Wednesday	Wincheston OAP Hall, Nantyglo	6.00pm to 7.00pm
Thursday	Llanfoist Community Hall.	12.00pm to 1.00pm
Thursday	Wyndham Vowles Community Centre, Abertillery.	2.00pm to 3.00pm
Saturday	Llanfoist Community Hall.	9.00am to 10.00am
Saturday	Llanfoist Community Hall.	10.00am to 11.00am

* **Please note** the Llanfoist evening session scheduled for 6.00pm will not start in July. We will inform you when classes start.

Its very important that you help us manage the start of the new service.

Enclosed with the Ticker News are two forms:

A Class Member fit for Exercise Activity Questionnaire and a 2020 PAR-Q+ form.

Please take some time to complete the forms and bring them to the first session.

We want the new classes to be as successful as possible.

The information you provide will help us plan our future service for you.

Please note all information will be treated with the strictest confidentiality.

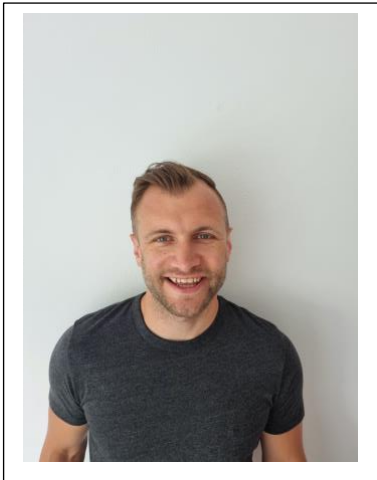
Meet our New Team



A new chapter starts for your charity and we are very excited by the team we now have in place. Let's get on with some introductions to our three British Association of Cardiovascular Prevention and Rehabilitation (BACPR) certified instructors

Zavia Penn is a Cardiac Rehabilitation Exercise Specialist. During completion of her BSc (Hons) degree in Sport and Exercise Science, she developed a keen interest in Cardiovascular Physiology. She became BACPR certified in 2019 and obtained her research Masters in Cardiovascular Exercise Physiology in 2020 at Cardiff Metropolitan University.

Zavia has a background in Exercise Physiology, working in the department of Physiology and Health at Cardiff Metropolitan University, where she operates with a range of populations including athletes and clinical populations. In her spare time, she loves being outdoors, exercising and caring for her large family of houseplants.



Tom Stone started his career in health and fitness as a sports coach. Following a natural progression as a group exercise instructor to Exercise Referral. After completing several exercise referral courses, covering a range of health conditions, Tom has found a real passion for Cardiac Rehabilitation.



Callum Simmonds is from Abergavenny. He recently graduated from the University of Worcester with a degree in Sport and Exercise Science BSC (HONS) and has decided to specialise in Cardiac Rehabilitation. During lockdown Callum completed the BACPR exercise Instructor level 4 course and is looking forward to furthering his knowledge and experience in the field of cardiac rehabilitation.

Saving the best till last! An outstanding supporter of the charity Allen needs little introduction.....



Allen Cleveland

Following a heart attack and subsequent bypass, Allen went through Phase 3 before joining the Charity classes. When a position for an Assistant Community Tutor became vacant in 2005, he jumped at the chance! Since continuing with Cardiac Rehab Allen has maintained good health and considers himself to be a prime example of the value of exercise

Just to remind you of some of the words that we might be using - why not have a go at finding them!

F	S	Q	S	D	O	D	E	T	E	R	M	I	N	A	T	I	O	N	Y
X	S	M	V	T	R	E	S	I	S	T	A	N	C	E	H	C	H	T	V
H	E	G	B	J	R	T	K	F	A	T	I	G	U	E	W	I	E	L	M
Z	E	G	H	A	F	E	C	N	V	S	H	L	D	C	A	U	X	I	T
B	O	A	D	Y	L	G	T	U	X	F	I	T	N	E	S	S	E	F	V
J	V	C	R	K	E	A	T	C	D	U	M	B	B	E	L	L	R	E	J
T	E	V	A	T	S	N	N	N	H	N	K	X	M	N	P	Q	C	E	O
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U	S	K	I	P	P	I	N	G	A	O	G	O	C	I	X	A	R	X	G

cardiovascular	endurance	stamina	healthy	fitness	life expectancy
overweight	obese	heart	lungs	fatigue	flexibility
strength	agility	speed	motivation	determination	aerobic
skipping	jogging	dumbbell	resistance	circuit	interval
continuous	rest	recovery	exercise	balance	stretching

P.S MEMBERSHIP AND THE 200 CLUB — *a reminder on the importance of you renewing or joining both the Membership and the 200 Club. They are a vital part of our regular income. As a member you will get a reduced class fee and in joining the 200 Club you may be lucky and win a cash prize!* Joining forms are available on www.cardiac-rehab.org or from your class Tutor

The latest quarterly winners are:

- 1st Leon Keith Davies
- 2nd Anne Atkinsons
- 3rd Alan Watkins