



Issue 1 Feb 2018



Event Diary

Heart Care Walsall

Welcome

Welcome to our fantastic new Newsletter where we aim to give patients updates, news, tips and knowledge to help with your cardiac rehab and exercise journey! In this edition we will be talking about our latest news and events plus tips from the British Heart Foundation and we will also be introducing you to our new spotlight section, this time featuring our very own volunteer Pam. Hope you enjoy the edition....Happy Exercising !

Suzanne Ursell, Manager



Date of event

Streetly 2nd
Skittles Mar
Night

Easter 27th
Coffee Mar
After-
noon

Clare 22nd
Teal Mar
Jazz

Anvil 24th
Chorus Mar

Heart 1st
Care July
Walk

News Update

Unfortunately due to loss of funding we had to cease our Weight Management programme. However I am delighted to announce that we have now received external funding so that we can offer a course this year for our own patients. Could this help you? Please see poster for further info.

We are currently commissioned by Walsall CCG to provide Cardiac and Pulmonary rehab although this is reviewed on a regular basis alongside all the other NHS contracts. However, the funding does not cover new equipment so we are always trying to raise funds.

If you have any ideas on how you can help to fundraise in any way please let our fundraiser Rina Guddu know.

Unfortunately Louise will no longer be able to provide a singing session at Heart Care. However if you are interested in continuing or joining a singing group please let us know as we have a retired singing teacher who is very keen to start a group at Heart Care. Singing has proved very beneficial to a number of patients and anyone is encouraged, we are hoping to restart in February!

Don't Forget

- Our Bonus ball only £1 per go
- Ebay Shop click on link from our website
- Please donate any new items for our raffle prizes
- Tai Chi classes at Heart care every Wed 1pm to 2pm & Monday 6pm to 7pm

British Heart Foundation Winter Diet Advise



Here, we share tips from BHF on how to get through a cold winter's day.

Fight flu

When you have flu, keep eating and drinking, even if you don't feel like it. Use your store cupboard and freezer to keep a store of meals that are easy to

cook and prepare. Go for low-saturated fat and low-salt whenever possible.

Get your 5-a-day

Boost your 5-a-day by mixing mashed potato with other root vegetables like parsnips, carrots and turnips.

Avoid comfort eating

Resist the urge to comfort eat but if you are really hungry between meals, try a cup of homemade vegetable soup or a bowl of stewed fruit to fill the gap.

Buy frozen

Don't be afraid of using frozen vegetables – they are sometimes more nutritious than fresh and will last well in the freezer so there's no waste.



Contact us....

If you are interested in any of the events in this newsletter please contact Rina Guddu for details

01922 725050 or email
rina.guddu@walsall.nhs.uk

We would love to hear your feedback on this newsletter or if you have any ideas for content please contact
sarah.gittoes@walsallhealthcare.nhs.uk

Like us on Facebook
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12 Portland Street, Walsall, WS2 8AB Tel: 01922 725050 www.heartcare.org.uk Registered Charity no 110621



Spot Light Pam

Pam is a volunteer at Heart Care who welcomes patients on our Reception Desk. Pam has been a volunteer with us for 2 years and thoroughly enjoys the time she spends with us. Pam enjoys volunteering with Heart Care as she loves meeting people and she says it feels great to be part of a caring team!

In her spare time Pam is actively involved in her local church and enjoys spending time with her family. She enjoys reading, walking and needle-work. She says her favourite thing about Heart Care is the expert service it gives to patients.



Clare Teal Singing to raise funds for Heart Care

Yorkshire-born Clare Teal is one of the UK's most celebrated and much-loved singers. She performs across the UK and internationally with her pianist, Trio, Mini Big Band, Hollywood Orchestra and Big Band and has sung with artists including Sir Van Morrison, Jamie Cullum, Katie Melua and Liza Minnelli. She guests with the BBC Concert Orchestra on Friday Night Is Music Night and has produced and presented three concerts for the Proms Season at the Royal Albert Hall.

Clare won British Jazz Singer of the Year several times, most recently in 2017 and BBC Jazz Singer of the Year in 2006.

We now have the pleasure of announcing that Clare Teal will be putting on her very own concert to raise funds for Heart Care.

Clare will perform at the Methodist Central Hall in Walsall on 22nd March at 8pm. Tickets are £16.00 and are on sale now from Rina!!

Come along for what promises to be a fantastic night of Jazz!



Clare Teal
(Jazz Singer & BBC Radio 2
Presenter)

We are holding an Easter Coffee Afternoon
On 27th March
1:30pm – 3:30pm

Come along for a friendly chat
and FREE refreshments

