

# CARDIAC NEWS-BEAT



**2021**

*Official Newsletter of the  
CARDIAC SUPPORT GROUP  
(Nottingham)*

***Supporting Cardiac Rehabilitation***

# **SPEAKER PROGRAMME 2021**

|               |                             |                                                             |
|---------------|-----------------------------|-------------------------------------------------------------|
| January 28th  | Tiffany Jones               | Director of Communications and External Relations NUH Trust |
| February 25th | Dr Nicole Atkinson          | General Practitioner                                        |
| March 25th    | Richard Terrington          | Linby Ward                                                  |
| April 29th    | Kevin Hole                  | ENT & Audiology                                             |
| May 27th      |                             | Rehabilitation Services                                     |
| June 24th     | Andy Rogers                 | Medical Physics                                             |
| July 29th     |                             | “Birthday surprise”                                         |
| August 26th   | Rosie Huckle & Philip Britt | Sustainability and Transformation partnership               |
|               |                             | “Tomorrows NUH”                                             |
| Sept 30th     | To be confirmed             | “NHS Patient Participation”                                 |
| October 28th  | CSGN Members                | “The Way Forward”                                           |
| Nov 25th      | To be confirmed             |                                                             |
| Dec           | To be confirmed             |                                                             |

The above programme is correct at the time of print but due to unforeseen circumstances this may change at short notice.

Due to the regulations regarding Coronavirus we are also controlled by the ability of the Speakers to access the Zoom platform so we are only working on 4 months ahead and the next 4 month programme will be advertised in the “Autumn” 2021 News-Beat

# Editorial

## ***A SPECIAL WELCOME TO ALL NEW MEMBERS***

Once again, I would like to welcome all readers to the Summer issue of the official quarterly magazine of 2021 of The Cardiac Support Group (Nottingham).

One year and 5 months on, who would have thought we would have missed 17 members face to face meetings due to a pandemic! and we still cannot positively plan the next face to face meeting. But, if this is required to protect ourselves and our loved ones, so be it.

Many of us are quiet passionate about the NHS and rely on it from day to day, so please protect it and stay safe.

Under the current situation (Dare I mention Covid) as Editor I do not want to fill the "News-Beat" with regulations as these seem to change at regular intervals and I believe this adds to an already confusing situation so, I am following requests from members to make it more light hearted.

In this issue, I have included poems from friends of the group from Sheffield, Devon and the West Midlands and I give thanks to Karen, Tracy, Mick and also thank you to Rob Gellion for supplying his cartoons to give a lighthearted take on life.

Also, Roland has included an item on our "New Members" meetings .

As we were officially formed in February 1991, so this year is our 30<sup>th</sup> Anniversary year!

Mick Wagstaff, News-Beat Editor.  
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## Chairman's Bit

Hello everyone!

Well it did look likely that we may have had permission to get back to being near to normal living but, it looks like it's going to be put back for a "short" time again. Still that is ok by me as long as it helps to get this covid under control; the one thing that I wish is that they would make wearing facemasks inside shops and outside compulsory, until such times as the covid is really under control.

We did have our 60 + 1 anniversary organised – (sort of) but that's gone out of the window, but we will have a mini party for four – Hazel, our daughter and partner, that's booked and we shall go no matter what.

I think you all know that we still have a members meeting just like we used to before Covid hit us but, it is now via the Zoom platform and we could do with a few more to join us, it's just a get together and we have a short talk from a Speaker. The question and answer session is still available and we do have a laugh and you can have your own tipple and sandwiches in the comfort of your own home.

You can ask the committee members what you like, all in a relaxed way, all you need is a laptop, pc, tablet or phone. The meeting details can be obtained by ringing Roland Malkin whose phone number is in the News Beat or ring any Committee member for information.

The Committee still meet via zoom, still trying to keep up to date with things, its quiet interesting finding out what can and can't be done to keep the group going until such times as we can open it up to regular meetings again, this will be delayed until we can find out what the rules are.

Never mind we are still looking into things and hoping for the best

Hope to see you all soon

Barry

# Secretary's Slot

Do we, don't we, can we, can't we, that is the question. I did say in the Editorial as Editor that I do want to avoid the "Covid" issue but, two pages on, as Secretary, under a different hat, (a Harry Potter situation, please forgive me for this as I and my two Granddaughters are Harry Potter fans), for me and the Trustees, the situation changes.

Over the past seventeen months we (the Trustees) have been working to keep the group going via a new internet technology with online meetings via the Zoom platform. I must admit, this was totally alien to the majority of the Trustees but, we persisted with this new technology and we were able to fulfil our commitments to the "Constitution" as Trustees.

Moving on, we are hoping to move forward to "Normal service" but, what is "normal service", will the regulations change and will we feel safe. All questions that need to be answered before we move on. We only have your confidence and safety at heart. I ask you as members, "under what conditions would you feel safe with a face to face meeting?

We require this input from yourselves to plan this next move forward. There are members who want to continue with the "Willow Tree" lunches but, at this point in time, this is impossible due to the "Covid" regs, we are not trying to influence anyone's decision to organise this type of gathering but, the Trustees will not agree to this at this point in time as an official CSGN activity!

Please let me know your thoughts as we do need a plan forward, your input would be a great help. At this point in time the situation is still "up in the air" and regulations may support one way but not another! You can contact me via the secretary's email [secretary@heartsupport.co.uk](mailto:secretary@heartsupport.co.uk) or the trusted telephone service on 01773717648.

Moving on:- Another question:- how have you been dealing with the current situation (Covid again) We would like to know. (Items for News-Beat). Carole and Myself have been concentrating on our garden and our two greenhouses – tomatoes of course, we are both tomato lovers and at the moment they are looking good, if fact, they are extremely healthy. After a lot of T.L.C the hydrangeas are now recovering well from

the heavy frosts earlier in the year, must admit I thought we had lost them.

During lockdown I have also been involved with the UK Biobank's covid imaging study which involved a follow up study from five years ago. (I have been a participant since 2009). This involved a visit to the Stockport assessment centre which included four and a half hours of tests including several MRI, ultrasound and full skeletal scans plus other tests.

Also, I am involved with the UK Biobank's covid antibody survey. Although this involvement may not benefit myself it will benefit the health of our children and future generations.

If you would like to get involved, find out more via <https://www.ukbiobank.ac.uk>

I would like to wish the NHS a Happy Birthday on their 73 birthday and of course being awarded the George Cross by the Queen to mark 70 years of public service.

Well Done, you definitely deserve it.

Mike Wagstaff  
Honorary Secretary



# `Happy birthday NHS` " Many callings "

Heroes come from many callings, heroes come from many ways,  
Not retreating from their duty, in these dreadful, frightful days,  
Standing strong amid the mayhem, strong and proud for all to see,  
Heroes come from many callings, standing strong for you and me.

Each new day presents this challenge, bringing fear to all around,  
A fight to lose if not for heroes, who stand firm on poisoned ground,  
Not a selfish generation, not the ones to shy away,  
Heroes come from many callings, heroes fight to hold the day.

Hear a Nation call out `thank you`, with all the strength that we provide,  
See the pride we hold for heroes, who carry on and never hide,  
As you fight this daily battle to protect those in your care,  
Heroes come from many callings and bring salvation everywhere.

When this virus is defeated, when our life begins again,  
Keep this thought of these great heroes, planted deep within your brain,  
For the ordinary person, who stand strong amid the strife,  
Heroes come from many callings, to protect and guard our life.

-----//-----

To the Doctors, Nurses, Hospitals, to the people from all walks of life  
who come forward to protect us and keep our way of life safe

My humble ` THANK YOU ` is all that I can offer, but I do so with all of my  
heart on behalf of all of my loved ones.

` THANK YOU `, to those who stand for us.

Mick Westwood

# Cardiac Support Group (Nottingham)

## Membership Subscriptions

Our current Members subscription is £5.00 per year and runs from March to February but if you join in January your membership is valid for 13 months until March of the following year. Your 2021 subscriptions are now due.

## Public Collections 2021

**Supermarket / Garden Centre Collections.** Sadly, we are unable to proceed with this activity for various reasons. When the outlook is clearer we will be having discussions with Businesses and our collection teams to ensure they are comfortable with the arrangements we can ultimately make in this respect.

**Know Your Symptoms**

| Covid-19                                                                                                                                                                  | Flu                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>-Fever</li><li>-Dry Cough</li><li>-Fatigue</li><li>-Shortness of Breath</li></ul>                                                   | <ul style="list-style-type: none"><li>-Fever</li><li>-Dry Cough</li><li>-Runny Nose</li><li>-Headache</li><li>-Sore Throat</li><li>-Muscle and Joint Pain</li></ul> |
| Cold                                                                                                                                                                      | Allergies                                                                                                                                                           |
| <ul style="list-style-type: none"><li>-Cough</li><li>-Sore Throat</li><li>-Aches and Pains</li><li>-Watery Eyes</li><li>-Sneezing</li><li>-Runny or Stuffy Nose</li></ul> | <ul style="list-style-type: none"><li>-Sneezing</li><li>-Coughing</li><li>-Itchy Eyes</li><li>-Runny or Stuffy Nose</li></ul>                                       |

Please check [gov.uk](https://www.gov.uk) for up to date information regarding Covid-19 information.





## **Jumpstart**

### **Just for ICD wearers**

Jumpstart is a local support group run by the Arrhythmia Nurse Specialists, who work in Cardiac disciplines at Nottingham University Hospitals NHS Trust. The aim of the group is to give help and support to ICD users in Nottingham and surrounding areas. The meetings provide advice and support and are often attended by speakers who offer information on all aspects of ICD use and other topics. The meetings also provide a platform for users to share experiences and information with other users.

We encourage new members and welcome our stalwart members to attend as often as possible. Friends / relatives / carers are warmly invited and welcome, especially if they have any questions/queries.

*Jumpstart is co-ordinated by the following healthcare professionals.*

**Ellen Berry** (Arrhythmia Nurse Specialist):

**Helen Padgett** (Arrhythmia Nurse Specialist):

**Cathy Holton** (Arrhythmia Nurse Specialist):

***To contact Jumpstart,***

*C/O Cardiac Nurse Specialist Office,*

*Linby Ward, NUH NHS Trust,*

*Hucknall Road, Nottingham, NG5 1PB.*

*Email [jumpstart@nuh.nhs.uk](mailto:jumpstart@nuh.nhs.uk)*

*Tel: 0115 9691169 Ext 54482*

**If you are called by the Pacing Clinic for a check-up you must attend or make alternative arrangements, otherwise you may not be authorised by the DVLA to drive a motor vehicle.**

**Please contact the above for further  
Information**

**We must  
keep on protecting  
each other.**



**HANDS**



**FACE**



**SPACE**

**STAY ALERT • CONTROL THE VIRUS • SAVE LIVES**

**Although regs regarding covid may change or lifted please do what you are comfortable with to stay safe.**

## **Donations Received**

### **March to June 2021**

|                             |           |         |
|-----------------------------|-----------|---------|
| Amazon Europe Core Donation |           | 12.72   |
| Virgin Money giving         | Donation  | 37.50   |
| Co-op Community Fund        | Donation  | 2467.46 |
| Anonymous                   | Donation  | 20.00   |
| Anonymous                   | Donation  | 5.00    |
| Mr P White                  | Donation  | 50.00   |
| Mr & Mrs Carlisle           | Donation  | 100.00  |
| Anonymous                   | Donation  | 100.00  |
| Anonymous                   | Donation  | 100.00  |
| Linby Ward Collection tin   | Donation  | 54.21   |
| Mr J Waterall               | Donation  | 5.00    |
| Sale of greeting cards      | Donations | 60.00   |

### **Total Donations Received £3011.89**

Many thanks to everyone for their donations and support.

## **SUNDRY SALES**

|                           |        |
|---------------------------|--------|
| Sweatshirts               | £18.00 |
| Polo Shirts Short Sleeves | £14.40 |
| Tee Shirts                | £11.94 |
| Baseball Cap              | £10.80 |

All items carry the Cardiac Support Group logo

Garments are available by special order from our Secretary, Mick Wagstaff also Carole Wagstaff Payment is required with all orders.

### **I.C.E**

We all carry our mobile phones with names & numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign. With certain phones (eg – iPhone) which are locked to prevent access you can use an app to display this info as a wallpaper without unlocking the phone.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients but they didn't know which number to call.

He therefore thought that it would be a good idea if there was a nationally recognised name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc

## Mobile Phones

In an emergency situation, anyone can ring either 999 or **if using a mobile, 112** – the latter is used by the Ambulance service to locate you exactly which aids help arriving in time.



Spare a thought for loved ones and friends who are no longer with us. Also those who are not feeling so well, we wish them a speedy recovery.

This year especially has been a very lonely time for many people due to the lockdowns we have gone through, so please spare a thought for all, Don't forget.



Give Someone a call !!!!!

## ***Hear To Help***

Thankfully during we have been able to maintain our availability for recently discharged/diagnosed patients who wish to meet and have a conversation to come to us and meet in a safe space. People do need to talk things through and I am so glad we have been able to do this without interruption.

For those that know, we used to run a “New Members Desk” at our regular meetings so that newcomers could get an introduction to the group as well as get some of their questions answered prior to the meeting starting. With meetings having to switch to the online ZOOM service, this method of getting to know each other wasn’t quite possible.

It didn’t take much to realise that it was simply those conversations that the new faces really wanted. By telling their story they had a chance to revisit the events and get them better sorted in their own mind. On top of that they had a chance to compare notes, get questions answered and get the reassurance that others had been through the same.

So the Informal Chat Night was introduced, “fronted” by a number of existing members, it is a ZOOM meeting where the more recent joiners as well as new contacts can come together and talk. There is no agenda and the time is filled very easily by those attending. Much of the conversation is keeping up to date with each other’s progress as well as contributing our experiences where it helps.

Above all else, this informal meeting gives our group an opportunity to offer the direct support some who have encountered heart disease need. Interaction with others from a similar background. It is so true that many feel much better just being able to share their story with somebody else. Very few opportunities exist outside of support groups. I’d invite anyone interested to join the team, all you need to be able to do is “Hear to help”.

**Roland**

**Songs with numbers in title –  
Given the Song and the year of Release, Identify the Artist**

1. 1965 – ‘It Takes Two’
2. 1978 – ‘Three Times a lady’?
3. 1983 - ‘99 red balloons’?
4. 1964 - ‘Eight Days a Week’?
5. 1979 – ‘One Way or Another’
6. 1980 – ‘9 to 5.
7. 1977 – One Love/People Get Ready’
8. 1980 – Another One Bites the Dust
9. 1970 – Knock Three Times.
10. 1984 – One More Night
11. 1982 – Goody Two Shoes
12. 1965 – 1, 2, 3.
13. 1975 – 50 Ways To Leave Your Lover
14. 1977 – Two Out Of The Three Ain’t Bad
15. 1967 – When I’m 64
16. 1985 – Summer of ’69.
17. 1982 – 1999
18. 1975 – December’63 (Oh What A Night)
19. 1988 – I’m Gonna Be (500 Miles)
20. 1964 – 5-4-3-2-1.
21. 1977 – Three Little Birds
22. 1961 – Happy Birthday Sweet Sixteen
23. 1959 – Only Sixteen
24. 1973 – You’re Sixteen
25. 1958 – Sweet Little Sixteen
26. 1998 – You’re Still The One
27. 1966 – 19<sup>th</sup> Nervous Breakdown
28. 1968 – ‘In The Year 2525’
29. 1998 – Baby One More Time
30. 1999 – Mambo No 5 (Cover version)
31. 1990 - Nothing Compares 2 U
32. 1977 – 2-4-6-8 Motorway

Answers on page 19

## COME LOOK AT MY FLOWERS

I love to sit out in the sun  
Just looking at the flowers  
There's just so much to look at  
I can sit out there for hours

I love to watch the blossom  
As it's falling from the trees  
I love the smell of Jasmine  
As it's wafting in the breeze

I love to see white Daisies  
In a green grass patch together  
I love the Red hot pokers  
Standing tall amongst the heather

I love to see the Fuchsia's  
Hanging down like little bells  
I love the scented Roses  
And all they're different smells

I love to see the Bluebells  
And the Ivy down the wall  
I love to see the Foxgloves  
And the lupins standing tall

I often sit out in the sun  
Just looking at my flowers  
There's just so much to look at  
I often sit for hours

With Daffodils of yellow  
And Hydrangeas snowy white  
With Forget me nots of purple  
It's such a splendid sight



Sweet-pea's grow round the arch way  
By a Pansy flower bed  
There's orange coloured Lilies  
And Poppies scarlet red

There's Hyacinths and there's Tulips  
Hollyhock and Busy Lizzie  
Petunia, and there's Begonias  
So my garden keeps me busy

I have a Peony that's fuchsia pink  
And Honeysuckle in the hedge  
With Marigolds and Alyssum  
And Lobelia round the edge

So there you go I've named a few  
As I've walked amongst my flowers  
There's just so many more to name  
But that would take me hours

Enjoy.. 😊

© Written by ..... Tracey Curtis



## POT LUCK.

1. Who was President of the USA at the beginning of the new millennium?
2. Who wrote the opera from which the melody known as “Here comes the Bride” comes?
3. What do the lachrymal glands produce?
4. What does USB stand for in computer hardware?
5. What name is given to a word that is spelt the same backwards?
6. Which reality TV show aired for the first time in Britain on 14<sup>th</sup> July 2000?
7. Who played the title role in the 1975 film “Tommy”?
8. Which British doctor was sentenced to life imprisonment on 31<sup>st</sup> January 2000?
9. In which year did the Royal Mail introduce self-adhesive stamps – 2001, 2003 or 2005?
10. The Boston Red Sox compete in what professional sport?
11. In which English county is the Queen’s private residence, Sandringham House?
12. Which South American country has both an Atlantic and Pacific coastline?
13. Who became London’s Mayor in the year 2000?
14. Paul Nicholas starred as Vince Pinner in which TV comedy series?
15. A Griffin has the body of what animal?
16. What cocktail consists of Tia Maria, Vodka and Coke?
17. In what state would you find the Army post “Fort Knox”?
18. How long does a game of Rugby League football last?
19. What African country was the setting for the 1966 film “Born Free”?
20. Known as the ‘Queen of Soul’ who died in August 2018?
21. Which Band had a hit in 1963 with “Glad all Over”?
22. In TV’s ‘The Royle Family’ what was the name of Denise’s son?

Answers on page 21

## June

Blow gentle Summer breeze for me, go softly in your way,  
Shine longer Summer sun for me, to brighten my life`s day,  
Bring me a month of memory, of birdsong at the dawn,  
Give me a month to treasure dear, as each new day is born.

Let a panoramic carpet grow, of Summer flower`s bloom,  
Weave your magic in the meadows just before the harvest moon,  
With new growth in all abundance and balmy heady days,  
And just the gentle shimmer of a glistening heat haze.

And give to me an evening of a warmer milder air,  
And the sweetened smell of new mown hay to perfume everywhere,  
Then grant us, in your wisdom, the gift of sight to see,  
This land of scented beauty - and calm tranquillity.

Mick Westwood.

## July

The `Mid - Summer` month is upon us,  
With a background of beauty galore,  
Where the birds sing a heavenly chorus,  
All God`s blessings, outside our back door.

Will `St, Swithin`, refrain from foretelling,  
With the barometer high on the day,  
For the corn in the ear is for swelling,  
And the harvest set fair for the hay.

Sing fair songs for the height of the season,  
Let the `Cumulus Nimbus` stay far,  
Give us hope, give us heart, give us reason,  
Clearer days till the evening`s bright star.

Mick Westwood.

**Monday June 21<sup>st</sup> 2021**

**Just a snippet of information**

**On June 21<sup>st</sup> 2021 at 21 minutes past 9pm**

**It was the 21<sup>st</sup> minute of the 21<sup>st</sup> hour of the 21<sup>st</sup> day of the 21<sup>st</sup> week of the 21<sup>st</sup> year of the 21<sup>st</sup> century.**

**Cheers**

**Never to be repeated!**



**Answers to Songs with numbers in title –**

- 1. MARVIN GAYE & KIM WESTON**
- 2. COMMODORES**
- 3. NENA.**
- 4. THE BEATLES**
- 5. BLONDIE.**
- 6. DOLLY PARTON**
- 7. BOB MARLEY.**
- 8. QUEEN**
- 9. TONY ORLANDO AND DAWN**
- 10. PHIL COLLINS**
- 11. ADAM ANT**
- 12. LEN BARRY**
- 13. PAUL SIMON**
- 14. MEATLOAF**
- 15. THE BEATLES**
- 16. BRYAN ADAMS**
- 17. Prince**
- 18. FOUR SEASONS**
- 19. THE PROCLAIMERS**
- 20. MANFRED MANN**
- 21. BOB MARLEY**
- 22. NEIL SEDAKA**
- 23. SAM COOKE**
- 24. RINGO STARR**
- 25. CHUCK BERRY**
- 26. SHANIA TWAIN**
- 27. ROLLING STONES**
- 28. ZAGER AND EVANS**
- 29. BRITNEY SPEARS**
- 30. LOU BEGA**
- 31. SINSEAD O'CONNOR**
- 32. TOM ROBINSON BAND**

P.M.A  
(Positive Mental Attitude)

It's really heavy plothering  
So I'm just not bothering  
It's far too wet to be heading out  
The rain is watering  
But flattening the flowering  
Today might be another washout  
I'd like sunshine shimmering  
Just a little glimmering  
Would definitely brighten up the mood  
So as I sit here wondering  
If summer will be recovering  
I'll try to keep a positive mental attitude.

(©Karen Stoker29/05/21)



### **Answers to:- POT LUCK.**

1. BILL CLINTON.
2. WAGNER.
3. TEARS
4. UNIVERSAL SERIAL BUS.
5. PALINDROME.
6. BIG BROTHER.
7. ROGER DALTRY.
8. HAROLD SHIPMAN.
9. 2001.
10. BASEBALL.
11. NORFOLK
12. COLUMBIA
13. KEN LIVINGSTONE
14. JUST GOOD FRIENDS
15. LION
16. BLACK RUSSIAN.
17. KENTUCKY
18. 80 MINUTES
19. KENYA
20. ARETHA FRANKIN.
21. DAVE CLARK FIVE.
22. BABY DAVID.



When all this is over  
And the rainbows start to fade  
Don't forget the sacrifices everybody made

When all this is over  
And the death toll starts to slow  
Don't rush out and party, be careful where you  
go

When all this is over  
And the world starts to reset  
We must be very careful not to forget

Because when this is all over  
There'll be lessons we have learned  
A true sense of community has hopefully  
returned

So let's all hope that 'normal' has had a  
makeover!  
And the world's a kinder place when this is all  
over 



## OBITUARY

A tribute to a good friend, Jean Leach.

It is with sadness we hear that Jean passed away on Monday 27<sup>th</sup> April 2021.

When The Cardiac Support Group (Nottingham) was in its infancy so many years ago the group began with four ex cardiac patients and their partners. With great enthusiasm, in the lounge of a founder member, they considered there was a great need to support cardiac patients.

It soon became apparent that there was a great need for such support and a venue would be needed, along with money to keep the group motivated and several ideas were put forward and as the membership slowly increased, the CSG(N) became a force to be reckoned with. At this point Jean and her husband Peter, became stalwarts of the group by tirelessly fund raising and organising group gatherings at various eateries around the city.

Following the loss of her husband, Jean continued to keep the group moving forward with her unstinting enthusiasm and rapport which was sadly brought to a very sudden end and poor Jean became bed-ridden until her demise.

Jean, along with a small group of 'helpers' ensured that the CSG(N) developed into the successful and proficient support group we all now know and appreciate.

God bless Jean. You will be sadly missed

Mike and Josie Lowe.

## ***Joan Turner***

It is with deep regret that I have to inform you of the death of Joan Turner who passed away in March of 2021.

Joan and Tom have been members of the group for many years and supported us and the NUH to help patients to deal with their conditions and to move forward.

Mike Wagstaff

***Those we love don't go away,  
They walk beside us every day,  
Unseen, unheard, but always near,  
Still loved, still missed and very dear.***



# *Your Committee*

## *2020 - 2021*

|                                                   |                                           |
|---------------------------------------------------|-------------------------------------------|
| <b>CHAIRMAN</b>                                   | <b>Barry Brentnall</b>                    |
| <b>HON. SECRETARY &amp;<br/>NEWS-BEAT EDITOR</b>  | <b>Mick Wagstaff</b>                      |
| <b>HON. TREASURER</b>                             | <b>Christine Edwards</b>                  |
| <b>MEMBERSHIP SECRETARY</b>                       | <b>David Shelton</b>                      |
| <b>FUND RAISING OFFICER<br/>FUNDRAISING ADMIN</b> | <b>David Shelton<br/>Susan Dale</b>       |
| <b>PROGRAMME SECRETARY</b>                        | <b>John Judson</b>                        |
| <b>LIAISON OFFICER</b>                            | <b>Roland Malkin</b>                      |
| <b>ELECTED TRUSTEE</b>                            | <b>John Mason</b>                         |
| <b>ELECTED TRUSTEE</b>                            | <b>Chris Kelly</b>                        |
| <b>ELECTED TRUSTEE</b>                            | <b>Ian Dale</b>                           |
| <b>ELECTED TRUSTEE</b>                            | <b>Christian Mulchay</b>                  |
| <b>APPOINTED TRUSTEE</b>                          | <b>Dr William Smith</b>                   |
| <b>APPOINTED TRUSTEE</b>                          | <b>Helen Marsh<br/>Cardiac Rehab Lead</b> |

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|                       |       |              |
|-----------------------|-------|--------------|
| Queens Medical Centre | ..... | 0115 9249924 |
| City Hospital         | ..... | 0115 9691169 |
| NHS Direct            | ..... | 111          |

Registered Charity Number 1076567

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CSGN Internet Web site:-

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