



Grampian Cardiac Rehabilitation Association Ltd
{ website at www.gcra.org.uk }

GENERAL NEWSLETTER 21:October 2008

GCRA is recognized by NHS Grampian as the principal provider of Phase IV Cardiac Rehab Exercise programmes in Aberdeenshire and Grampian. Copies of this Newsletter are available to all members of GCRA , to Phase III clinics and to GP's / Health Centre staff. GCRA is a voluntary body , a charity and a company limited by guarantee.

1: Sixth Annual General Meeting: was held in the Hopeville Club, Inverurie on the evening of Thursday 11th November 2008. In their reports, the Chairman and the Treasurer highlighted a number of points, including:

- There has been a steady increase in exercising membership, which now exceeds 550.
- Consolidation in the use of resources led to the cancellation of 2 classes but a new class in Laurencekirk has been successfully started giving a current total of 28 weekly classes. Our classes now range from Banff to Laurencekirk and from Peterhead to Aboyne and the area covered is about 2200 sq miles.
- Although the financial difficulties experienced in the latter part of 2007 were acute, new funding sources have been secured and our finances are now on a sound footing for the foreseeable future.
- The response and support of the membership in fund-raising events and in accepting the need to increase class fees has been particularly encouraging.
- A second BACR training course was run in association with The Robert Gordon University and a further 7 BACR-qualified instructors are now available to the Association. Those new instructors are being integrated into our current programme of classes. This should help to reduce travel expenses incurred by using instructors who live closer to their classes.
- Strategic plans are being drawn up to allow the Association to extend our activities into Moray and to small communities in Aberdeenshire.
- The Office-Bearers and Board wish to express our thanks for the enthusiastic support of our members.

Office-Bearers, Board Members and Administration:

	Office-Bearers &	Directors	Board Members &	Directors
Chairman	Robert Paton	Turriff	George Allan	Turriff
Vice-Chair	Sue Kinsey	Aberdeen	Brian Crawford	Peterhead
Secretary	Bert Hosie	Inverurie	George Carcone	Aberdeen
Treasurer	George McCombie	Turriff	David Hekelaar	Tarves
Public Relations	Douglas Pacitti	Stonehaven	Ronald Pittendrigh	Old Rayne
Administrator	Jean Preece	Turriff Office	Lindsay Watt	Lumphanan

2:New Office Hours:

The GCRA Administrator, Jean Preece, will be available in the Turriff Office on : Tuesday, Wednesday & Thursday from 9.00 am to 2.00 pm each week. On other days a recorded message will advise callers when the office will be staffed or who to contact. Please note that the office address is Office No 8, Turriff Business Centre, Markethill Industrial Estate, Turriff AB53 4AG: Phone / Fax 01888 569160 and the e-mail address is info@gcra.org.uk

3: Fund-Raising News:

- The success of the second BenStroll held on Sunday 31st August will be noted elsewhere but at present a sum in excess of £ 8500 has been raised. A special BenStroll Newsletter is being produced and will be circulated soon.
- Kay Robb reports that 2 of the ladies in her RGU classes are proposing to hold a Christmas Raffle and anyone wishing to donate items for the raffle should contact Kay Robb on 01224 712348.
- Suggestions have been made by members of the Garioch Wednesday evening class to hold a Quiz Night either towards the end of this year or early in 2009. Further details of the venue and dates will be issued once those are confirmed.
- In June a donation of £ 700 was received from the Ellon Old-time Dance club
- Ian Prince of the Garioch Wednesday evening class is a keen hill walker and has already bagged 150 of our Scottish Munros. Ian and his walking colleagues are making early preparations to take on some more challenging outings and at present they are considering doing a 5-day trek to the base camps of either Annapurna in Nepal and Kilimanjaro in Kenya. This would be no easy stroll in the sun as the Annapurna Base camp itself is at a height of 13418 ft. Those expeditions are not likely to take place before 2010, but Ian is willing to sponsor GCRA in one of those attempts and further information will be issued nearer the time.

However, if any of our members or instructors who intend to enter a challenge walk, run or cycle event, please keep in mind that GCRA would be delighted if they could seek sponsorship for GCRA. Watch this space, as they say !!

4: Class & Instructor News:

- **Bereavement:** It was with sadness that we heard of the death of James (Jimmy) Burr of the Old Deer class. Jimmy was a staunch member of the Association and took an active part in the GCRA activities. Arising from a retiring collection at his funeral service, his family donated a sum of £400 to GCRA to help support the continuing work of the Association with specific reference to the Old Deer class. It is with gratitude that GCRA acknowledge both this donation and the interest shown by his family.
- **New BACR Instructors:** The following are our new BACR instructors who completed the recent course which we sponsored in association with The Robert Gordon University:

Elaine Buchan: Alford , Gillian Budge: Ellon , Lynn Cowling: Dyce, Jacquie Donoghue: Laurencekirk,
Donna McLean: Stuartfield, Sharon Russell: Cults , Morag Watson:Portessie

- **The new Laurencekirk class** is developing with instructor Jacquie Donoghue .This class meets in the St Laurence Hall at 9.30 to 10.30 on Wednesday mornings.
- **The Alford class** is enjoying a resurgence since moving in to the new and enlarged hall at the Howe Trinity Church. Local lass Elaine Buchan, is leading this group.
- **The Dyce class** , although small in numbers, is now under the guidance of Lynn Cowling. Both Elaine Buchan and Lynn Cowling assist Moira Page , on a rotating, with the Monday morning Garioch class.
- **The Ellon Class** now has Gillian Budge as its instructor and **The RGU Thursday class** is under the guidance of Sharon Russell .
- **Sue Leftwich**, instructor for the Banchory & Aboyne classes has just successfully completed the Newcastle-based Great North Run. This is a full half-marathon of 13.1 miles . Well done and congratulations Sue !
- In addition to the above, suggestions to expand activities into new areas and to integrate new instructors into classes are under active consideration.

5: GCRA Christmas Cards and GCRA Clothing:



Christmas Cards:Douglas Pacitti, our PR Director, has organized the design (by his brother Lewis) of a special GCRA Christmas card and a total of 2000 have been printed. Those are being sold in packets of 5 cards at a price of £ 2 per pack and class instructors already have order forms for those. We hope

that as many members as possible will want to support this endeavour and indications so far show they are proving to be very popular, with about 100 packs already sold. **So, hurry up and get your orders placed !**

GCRA Clothing: Douglas is also responsible for ordering and distributing the GCRA range of nomographed clothing. The clothing is supplied by Craigdon Business Gifts and is produced by manufacturers of quality clothing.

The clothing range consists of:

GCRA Polo shirt:	£ 12.00 in White, Navy & Black
GCRA Sweat Shirt:	£ 13.00 in Ash, Navy & Black
GCRA T-Shirt:	£ 8.00 in white & Black

All are available in sizes from Small up to XXXL . Clothing can be ordered through class instructors or in some cases, class recorders, or via the GCRA Office.

In addition to the above, we have 100 GCRA baseball caps with the GCRA logo. Those are surplus from the BenStroll sponsorship ,so generously provided by Craigdon Business Gifts , and they come complete with a small back satchel . We wish to make those available on a first-come basis at £5 per unit. The baseball caps are of a very high standard and orders can be made via the GCRA Office on 01888 569 160

6: GCRA Promotional CD



" Honest, I'm not a GP referral - I was making a delivery! "

GCRA has recently produced a Promotional Video CD about the nature and benefits of our structured Phase IV Cardiac Rehab programme in one of our Phase IV CR exercise classes . This runs for 8 minutes and can be shown on PC's and CD players. Copies are available at present for GP's , Cardiac Health Visitors / Nurses or Phase III staff by requests addressed to our Administrator at our Turriff Office (info@gcra.org.uk)

Bert Hosie: Secretary GCRA : October 2008