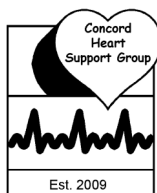


Concord Heart Support Group

Affiliated to The British Heart Foundation



NEWSLETTER

Winter 2009

As the first year of existence for the Concord Heart Support Group draws to an end, we can reflect on how the time has passed since Dave Birds gathered some willing volunteers together with the idea of forming a local heart support group.

The passion and enthusiasm of the professional and voluntary workers who have helped us to hold our public meetings has been uplifting. Our launch event at the end of January 2009 had a great mix of local people, health workers, local businesses and was topped off by Richard Caborn MP drawing our raffle after dashing back to Sheffield from London.

Since then, the committee has worked to produce publicity material, leaflets, and newsletters and started to make links to other heart support groups by attending events. We have become affiliated to the British Heart Foundation and introduced ourselves to the world of grant applications and fund raising.

We have held four public meetings so far, covering a variety of topics: first aid, nutrition, pharmaceuticals and the effects of different drugs, and most recently an overview of the benefits most commonly claimed. We have a Christmas Social Evening planned for Thursday 17th December 2009 and our Annual General Meeting is scheduled for 28th January 2010.

We raised money with our first raffle, Dave held a sponsored slim and local businesses have been generous and donated gifts we could either donate onwards to local health sessions or use for fund raising. We have used that money to keep the group going, advertising meetings and mailing members, but we have also donated equipment for use during Dave's Cardiac Rehab Classes at Concord Sports Centre: heart rate monitors, an oxygen saturation monitor, blood pressure monitors and mini trampoline.

Our second raffle is underway with the tickets already on sale. The draw itself will take place during our Christmas Social Evening with a number of prizes on offer: a 15" colour TV with built-in DVD player, a bumper Xmas hamper, a digital camera and more surprises on the night.

We look back and it seems we have been quite busy, but I know we could do more: hold more meetings, reach more people, look to fund raise and fund more support for those living with the effects of cardiac disease. To do that we need more support from you – so if you have ideas, or some time and would like to work with us, come along to our Christmas event, the Annual General meeting or speak to Dave Birds if you are in the Concord Sports Centre.

Dee Legg, Secretary

Focus on David Birds

In January 2003, living in Wincobank, Dave decided to change his life and start a diet and exercise program at Concord Sports Centre. It was a new year's resolution he had to stick to. He weighed 26 stone at the time whilst working for Christian Salvessen (the distribution arm for Marks and Spencer). Having struggled with his weight most of his life, he decided there had to be a change; due to being on the verge of high blood pressure, diabetes and arthritis.

By mid 2004, Dave had lost over 12 stone and was enjoying his new life. He decided to go back to learning and study to be a fitness instructor so that he could help others achieve what he had done. He was fortunate to get a position at Concord as a fitness instructor and started on his new career.

"Everyone thought I was going through a mid life crisis, leaving a well paid job to start again in a gym, working with people some 15 years younger than me, but it was the best thing I had ever done!"

He continued to learn in his own time, studying in Bolton to become an advanced instructor and qualified personal trainer.

In 2005 he went on to study for an exercise referral instructor qualification enabling him to train people that had medical conditions. Having successfully completed his course he started to work in this field, initially working unpaid in his own time, receiving patients referred to him by their GP.

"I had to prove to my boss, that there was a need for this service. Once I'd done that I was allowed time to develop my ideas, and was given the opportunity to start the Concord referral scheme, and it was my passion to have the best referral scheme in the country."

During this time, Dave has had over 500 GP referrals that have completed 12 weeks

of rehabilitation and boasts high retention rates, with many patients going on to continue their training, not only to lose weight, but lowering their blood pressure, becoming fitter and stronger, having more range of movement and balance, returning to work, feeling more confident and happy, some to reducing their medications and others coming off them completely.

"It's all about trying to increase quality of life - the patients do the hard work, and I just show them how to do it."

Since working in the fitness industry, Dave has become a qualified specialist cardiac instructor and more recently a specialist pulmonary instructor, completing this course in Loughborough in 2009. Dave is an advanced member of REPS (Register of Exercise Professionals) and is a member of the BACR (British Association for Cardiac Rehabilitation). He is also an active member for exercise referral in Sheffield. He has won numerous awards for his work and referral scheme and his most recent achievement was as a finalist in the Pride of Britain awards 2009. He has also been involved with NHS initiatives and research studies with Hallam University. And finally starting Phase IV cardiac rehab at Concord and our very own Concord Heart Support Group.

Meetings for 2010

Thursday January 28th (AGM)

Thursday February 25th

Thursday April 29th

Thursday June 24th

Thursday October 28th

Thursday December 16th

All meetings start at 6:30 pm

Topics to be covered will be announced at a later date.

Healthy recipes by the 'Fat Fryer'.

Just suggestions of how a couple of all time favourites can be made less fatty and more healthy. I have tested these recipes on my family but am unable to tell you their views as they disowned me after the trial.

Oven chips

I have tried to make a reasonable low fat oven chips by many methods but this is probably the best of the lot. The secret is to coat the chips with egg white before cooking in the oven.

Ingredients:-

- 1 egg white.
- About 650g baking potatoes
- 1 cal spray oil.

What to do:-

1. Peel the spuds and boil for about 5 minutes. Drain and dry with kitchen paper or a clean tea towel.
2. Cut spuds into chunky chip shape.
3. Lightly spray a non stick baking tray with the oil spray or use a very light covering of vegetable oil.
4. Whisk up the egg white until frothy, coat the chips with the egg white lightly shaking off any excess, place on the baking tray, if you want this is the time to add salt or any other spices you wish just sprinkle lightly over the chips.
5. Cook in a 200° C (gas mark 6) oven for about 35 minutes, turning halfway through the time. Reduce the temperature by a few degrees if using a fan oven. This technique could be used for wedges or roast potatoes!

If you want the fish with these then using a lightly oiled or sprayed baking tin place the fish skin-side down. Gently press into the fish, breadcrumbs mixed with a little oil or low fat cook-able spread, again you could add salt, Parmesan (parmigiana) cheese or any spice in with the bread crumb mixture. Cook for about 15 to 20 minutes in the oven at about 200° C.

Chicken Tikka Masala

This one is a little more complex than the chips before but is a good alternative to the high salt/fat/sugar sauces available to make life easier (and more dangerous!). Serve with rice, naan bread or pasta with vegetables.

Ingredients to serve 3:-

- 1½ tablespoons low fat natural yoghurt
- 1 teaspoon crushed garlic
- 1 cal oil spray.
- 1 teaspoon peeled chopped and crushed fresh ginger.
- 1 tablespoon of chopped fenugreek leaves.
- ½ teaspoon crushed black pepper.
- ½ teaspoon chilli paste (or powder)
- About 250g of skinned chicken (or Turkey) breast diced.
- ½ teaspoon cumin seeds
- 1 medium onion finely chopped
- 1 teaspoon tomato purée
- ½ teaspoon garam masala
- ¾ teaspoon cumin/coriander powder
- 1 tablespoon half-fat crème fraiche.
- 1 tablespoon chopped coriander leaves.

How to do it:-

1. Mix ingredients from yoghurt to chilli together and place with chicken in a bowl leave to marinate from 1 to 2 hours in the fridge.
2. Lightly oil a large pan, fry onions and cumin seeds on a medium heat until browning (not burning like Mrs. Fat Fryer would!)
3. Add the chicken, removed from the marinade and cook for about 5 minutes on a high heat.
4. Add remaining ingredients APART from the crème fraiche and coriander leaves. Lower the heat and simmer for about 20 minutes until chicken is cooked and sauce is fairly thick and almost gone. If it is too dry at the start wash out marinade bowl with a little water and add to pan.
5. Remove from the heat and stir in the crème fraiche and coriander leaves. Serve and hopefully enjoy. You may wish to add salt, on your own heart be it!

Sponsors - to whom we are indebted



Concord Sports Centre

18 Hole
Concord Park Golf Club
Floodlit Driving Range

Golf Shop
Hire available for Buggies, Clubs & Trolleys
Licensed Bar with Bar Meals
Functions Catered For



Burncross Tiling

Friendly, Professional Wall & Floor Tiling Service

Nick Brown

Tel: 0114 246 9560
Mobile: 07979 593392
Email: nicb854@aol.com
www.burncrosstiling.co.uk

1 Nether Ley Croft
Chapelton
Sheffield
S35 1AG

Sheffield City Taxis Ltd

2•39•39•39

Meadow Farm

Nether Lane, Ecclesfield, Sheffield, S35 9ZX
Tel: 0114 2401155

**This advertising space could be for your company
simply by offering us a donation!**

To contact us: Call Dave Birds on 0114 257 4426
email us on: heart-support@concordsportscentre.co.uk
or see our website: www.concordsportscentre.co.uk/concordheartsupportgroup