



Heart Matters

Issue 4

September 2010

East Lothian Cardiac Rehab Group

Fundraising

££££

Our July Coffee Morning in the Hope Rooms North Berwick, raised £350, despite inclement weather.

A recent Golf Tournament at Whitekirk raised £1,000

Huge thanks to all concerned.

Our next event is a "race night" -on 16 October—see p4 for details

In this issue:

| | |
|-------------------------------|---|
| ELCRG /QMU link | 1 |
| Dance movement psycho-therapy | 1 |
| Developments | 2 |
| Research File | 2 |
| Fund raising | 3 |
| Race Night | 4 |
| ROLP programme | 4 |

ELCRG / Queen Margaret University link

ELCRG has been contacted by the Placement Coordinator for the Dance Movement Psychotherapy MSc programme at Queen Margaret University (QMU) regarding a placement with us for a 2nd year student, Mariam Mchitarian, who is planning to undertake her research project in the application of Dance Movement Psychotherapy (DMP) with patients in a Cardiac Rehabilitation Unit. Mariam is a qualified nurse with some years experience of work in Cardiology, and a research interest in the link between chronic cardiac conditions and depression and anxiety, which she recently explored during a summer internship in the Cardiac Rehabilitation Unit at Paphos Hospital, Cyprus, as part of her course.

It is hoped that she will be introduced to some of our groups during the autumn.

What is Dance Movement Psychotherapy?

Dance Movement Psychotherapy is a movement-based therapy. The professional Association for Dance Movement Psychotherapy defines the field as: 'the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration' (ADMP UK, 2007 p 1).

Dance Movement Psychotherapy is founded on the principle that movement reflects an individual's patterns of thinking, feeling and communicating. Through acknowledging and supporting the client's movements, the Dance Movement Psychotherapist facilitates clients to arrive at new understandings of personal and relational issues and achieve therapeutic change.

Dance Movement Psychotherapy is practised with individuals and groups predominantly in education, health, social services and other community-based settings. It has been shown to reduce anxiety, and improve self-concept, self-efficacy, imagination and body awareness.

The professional association, the Association for Dance Movement Psychotherapy (ADMP)(renamed spring 2008) assumes responsibility for the accreditation of professional training and maintains a register of approved practitioners.

Update on developments - ROLP

(from Anna Faulkner, Development Officer)

Practice nurses: all the Practice nurses have had a visit over the last few months so they now have plenty of information to pass onto their patients though we are still waiting for all those referrals. Having said that, to my knowledge, we have had a couple of new members lately (one each in North Berwick and Musselburgh).

Possible new class: we are considering starting a class in Ormiston and have been looking at suitable premises. Still to decide whether this is viable so will report any developments as and when they happen.

Pulmonary Rehab: A couple of PR classes are due to start shortly at Port Seton and Edenhall so hopefully Lorraine and I shall be able to go along to encourage patients to come and try our ROLP classes. Let's hope we see a big rise in numbers in the Prestonpans and Musselburgh classes!

Dance Movement Psychotherapy (DMP) student: Shall look forward to meeting with 2nd year student Mariam Mchitarian and finding out what her placement entails. (More detail above)

From the research file

"You? A heart attack? But you're fit and healthy!" Such a surprised reaction (in this case from a Practice Nurse) is probably a not uncommon experience for some heart patients, previously thought to be healthy and apparently showing no prior symptoms. How good then, if a test could be developed to identify early those at risk of cardiac problems so that they could take action to control their diet or lifestyle thus limiting their chances of developing heart disease later and having to undergo expensive treatment.

This is just what researchers at Edinburgh University (as reported in "the Scotsman" and the journal "Nature") are hoping to do, after discovering new genes linked to high cholesterol. This means it should be possible to devise a test to predict who is likely to develop high cholesterol using a genetic blood test. People could then be tested early in life so that they could then take appropriate action if necessary.

It should also be possible to develop new cholesterol-lowering drugs. Much more research is needed to understand exactly how these genes work, and this work is described as just a small step down a long road - but just think - no sudden hospital admissions, no stents, no bypasses - how wonderful if all this could be avoided by a simple test!

Fundraising can be fun... coffee at North Berwick!



Ready to welcome the public



Hardly a spare seat to be found!



Some familiar faces enjoy a chat



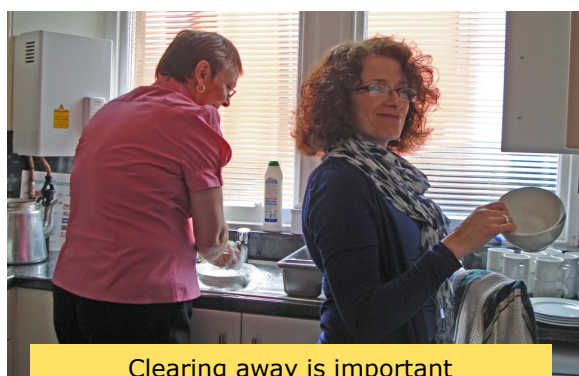
Raffles are very popular...



...and someone has to sell the tickets!



Helpers ... but Jimmy Veitch a waitress???



Clearing away is important



Leave the premises as you found them!

Golf events are fun, too, but the recent one escaped the notice of this roving photographer - info for the next edition welcome!

More Fundraising—and fun !



A "Race Night" has been booked for

Saturday October 16th at 7.30 pm

in

The Glen Golf Clubhouse, North Berwick

There will be 36 horses "for sale" at £5 each. All horses are unnamed, so for your £5, you get to name your horse. We also require 7 sponsors to donate towards our charity—in return they get promoted in the flyers advertising the event.

There will also be a raffle, so prizes will be welcome

Please tell as many people as possible, who you think might want to help, buy or donate!

More information from Lorraine.

East Lothian Cardiac Rehab Group **Rest of Life Programme (ROLP)**

Hearty Exercise: Cardiac and Pulmonary Rehab

Classes open to all who would benefit from a supervised exercise Session

| | |
|---------------------------------------|--|
| DUNBAR Leisure Centre | Monday 13.30—14.30 |
| HADDINGTON Aubigny Centre | *Monday 18.30—19.15 Tuesday 10.30—11.30 & *Tuesday 13.00—14.00 *Friday 11.00—12.00 & Friday 13.00—14.00 |
| MUSSELBURGH MECA Centre | *Monday 13.00—14.00 |
| NORTH BERWICK Sports Centre | *Thursday 11.00—12.00 |
| PRESTONPANS Mercat Gait Centre | *Wednesday 10.30—11.30 |

*Fully qualified cardiac rehab and/or fitness instructor, exercise programme devised to meet the requirements of each individual.

Content of this publication is for guidance only—patients and any other readers should always check their particular circumstances with their own health professionals. Comments or content for future publications should be sent to ELCRG, c/o Newtonport Surgery, Haddington, EH41 3NF or janicewhite@btinternet.com

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