

**Welcome to the 55<sup>th</sup> edition of the GCRA+ Newsletter!**

### 1. CORONAVIRUS (COVID-19) INFORMATION :

The Coronavirus pandemic has presented us all with an unprecedented and challenging set of circumstances to cope with and GCRA+'s priority during this time is to ensure the safety of our members, exercise instructors and staff and prevent the spread of COVID-19 to the wider public, which is the reason GCRA+ took the difficult decision to suspend all classes from 16<sup>th</sup> March, 2020 until further notice.

GCRA+ are working incredibly hard with Chest Heart and Stroke Scotland and a group of GCRA+ exercise instructors to develop an online platform of specialist exercise classes members can access from home and we will send you further details once this is in place.

The community response to COVID-19 has been so positive and below are a list of resources you can access if you need assistance due to COVID-19:

<b>Grampian Coronavirus Assistance Hub</b>	<a href="http://www.gcah.org.uk">www.gcah.org.uk</a>  0808 196 3384 (Lines are open 8am-8pm 7 days a week)
<b>Age Scotland</b>	<a href="https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/">https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/</a>  0800 12 44 222 (Lines open Mon-Fri, 9am-5pm)
<b>Ready Scotland</b>	<a href="https://www.readyscotland.org/coronavirus/">https://www.readyscotland.org/coronavirus/</a>
<b>Aberdeen Helping Hands (Facebook)</b>	<a href="https://www.facebook.com/groups/662057134560968/">https://www.facebook.com/groups/662057134560968/</a>
<b>Aberdeen City Mutual Aid (Facebook)</b>	<a href="https://www.facebook.com/groups/Aberdeenmutualaid/">https://www.facebook.com/groups/Aberdeenmutualaid/</a>  Email: <a href="mailto:aberdeenmutualaid@outlook.com">aberdeenmutualaid@outlook.com</a>
<b>Aberdeenshire Mutual Aid (Facebook)</b>	<a href="https://www.facebook.com/groups/aberdeenshire.mutual.aid/">https://www.facebook.com/groups/aberdeenshire.mutual.aid/</a>

### 2. GCRA+ MEMBERS' STORIES:

#### Putting Life into Their Years

Sheila Kelly (GCRA+ Westhill class), exercising on the hand-bike, and Gilda Winkle (GCRA+ Inch class), exercising on the stationery bike, are inspirational examples of the benefits of regular exercise. Both are in their nineties and they are wonderful reminders that 'Exercise for Life' is not just about adding years to your life, it's about adding life to your years. Keep up the great work ladies!



## Duchess of Rothesay's Visit to Banchory



Duchess of Rothesay giving the GCRA+ Banchory Class her royal seal of approval.

Camilla, the Duchess of Rothesay, opened the new Banchory Sports Village in February, 2020 and visited one of the GCRA+ Banchory sessions led by Wendy Gray.

Wendy said “the Duchess seemed to love what we do here and took a real interest in speaking to everyone”. The Duchess engaged enthusiastically with the GCRA+ Banchory members and enjoyed learning about their cardiac rehabilitation class and exercises.

Any opportunity for GCRA+ to promote the excellent exercise provision our specialist exercise instructors lead throughout Grampian is essential for the charity to raise awareness and encourage new members to benefit from joining GCRA+.

### 3. GCRA+ UPDATES:

#### a) **Coordinator Update:**

Suzi Will (Development Coordinator) has continued to focus on generating funds for GCRA+, in order to ensure that the charity maintains a stable financial position.

Since the last GCRA+ newsletter (Nov, 2019), Suzi has secured £2,460 in funding from the Morningfield Association, Spar £1000 Giveaway and the #CelebrateNationalLottery25 programme.

Suzi also successfully nominated GCRA+ as Co-op Local Community Fund local causes for the Co-op Aberchirder, Banff, Turriff, Aboyne & Newmachar stores and the more people who nominate GCRA+ as their local cause, through their Co-op membership, the more funds GCRA+ will receive in November, 2020, when the funding period ends (*see details below about how you can nominate GCRA+*).

GCRA+ will also be one of the local causes to benefit from the Asda Foundation Green Token schemes in the Huntly and Garthdee stores and the Tesco bags For Life Blue Token scheme in Turriff – voting has been postponed in stores due to COVID-19.

The Development Coordinators, as Rock Choir members, also successfully nominated GCRA+ to receive £400 from the proceeds of the Xmas party raffle.

Suzanne Murdoch has been working incredibly hard ensuring the smooth running of the existing GCRA+ classes, supporting the team of GCRA+ exercise instructors, getting our new GCRA+ exercise instructors established with their own class(es), and establishing new GCRA+ classes throughout Grampian, in order to allow more people affected by cardiac and long-term health conditions to access a weekly GCRA+ exercise class.

#### b) **THANK YOU FOR YOUR GENEROSITY:**

##### a. **GCRA+ Beacon & RGU Classes and Kay Robb (GCRA+ Instructor):**

The Beacon classes had a meal & a quiz on 1<sup>st</sup> February, 2020 at the Newhills Bowling Club with 39 members from the GCRA+ Beacon classes and some of the GCRA+ RGU members in attendance with friends & family and £215 was raised for GCRA+.

**THANK YOU TO EVERYONE WHO HAS DONATED & GIVEN THEIR TIME TO SUPPORT GCRA+!**

#### 4. HOW YOU CAN SUPPORT GCRA+:

GCRA+ is very lucky to have such wonderful support throughout the communities in Aberdeen City and Aberdeenshire, in which our team of specially qualified and highly experienced exercise instructors lead specialist exercise classes for people with cardiac and a range of long-term health conditions, and we need that support now, more than ever, during the COVID-19 pandemic, which will severely restrict the charity's ability to generate funds and reduce its financial reserves.

##### a) **Nominate GCRA+ as your local cause for the Co-op Local Community Fund**

Co-op members can nominate GCRA+ and help us raise funds whilst they shop at any Co-op store or purchase any Co-op services until the 24th October 2020 when they choose GCRA+ as their local cause.

Every time a Co-op member buys selected own-brand products and services, 1% of the money they spend in any Co-op Food or service outlet goes to their nominated local cause.

If you are not already a Co-op member, you can become a Co-op member online at <https://membership.coop.co.uk/new-registration>.

GCRA+ are one of three charities, which have been chosen as local causes at the Co-op Aberchirder, Banff, Turriff, Aboyne and Newmachar stores - if you live in these communities, then you can nominate GCRA through your Co-op membership page - <https://www.coop.co.uk/membership>, but anyone living in any location can nominate GCRA+ as their local cause if they use the following link:

<https://membership.coop.co.uk/causes/37468>

##### b) **Do your online shopping on [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) & [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)**

If you shop online, please could you sign up to easyfundraising to support GCRA+? It's a really easy way to raise money for us – you just use the [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) site to shop online with more than 4,000 well known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and when you make a purchase, the retailer sends us a free donation, at no extra cost to you.

Just enter 'GCRA Ltd' into the 'search for a cause' box and click on the logo and 'support this cause' to raise funds for GCRA+.

AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. When you shop at <https://smile.amazon.co.uk>, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.co.uk, with the added bonus that Amazon will donate 0.5% of the purchase price to your selected charity. Just select '**Grampian Cardiac Rehabilitation Association**' as your chosen charity on your first visit to the website and shop away!

##### c) **Donate to GCRA+**

GCRA+ really needs as much support as possible over the coming months, particularly due to COVID-19 preventing the charity from undertaking community and events fundraising until the foreseeable future.

Suzi, GCRA+ Development Coordinator, has set up a GCRA+ fundraising page (link below) and the Hunter Foundation will top up every donation made to GCRA+ by 50% up until the 7<sup>th</sup> May, 2020, making a £10 donation worth £15 at no extra cost to you. They will send the funds to GCRA+ in mid-May, 2020 as the foundation understands that charities need funds now to overcome cash-flow issues due to COVID-19.

<https://aberdeenkiltwalk2020.everydayhero.com/uk/susan-14>

Suzi will complete the 26 mile walk – 'The Mighty Stride' – when the Aberdeen Kiltwalk is rescheduled.

Alternatively, donations would be gratefully received through the GCRA+ office.

## 5. CHAIRMAN'S COLUMN

Bert Hosie

(12-7-1927 – 6-12-2019)

### Co-Founder of the Grampian Cardiac Rehabilitation Association

Bert Hosie was co-founder and secretary of the Grampian Cardiac Rehabilitation Association until he retired on the grounds of ill health in November 2018, at which time he was made lifetime president of GCRA+. In his time as secretary he took the lead in instructor training, working with Robert Gordon University to set up and run British Association of Cardiac Rehabilitation (BACR) training courses. He was very active in fundraising for the GCRA and instigated the Benstroll fundraiser, which helped secure GCRA's financial position during the time of austerity from 2008 to 2013. Bert was active in setting up new classes especially in Inverurie and the surrounding area. He was a great advocate for Phase IV CR, his dedication and hard work contributed hugely to the very existence of the GCRA.

Robert Paton Chairman GCRA+.



GCRA Chairman, Robert Paton presenting Bert Hosie with his Honorary Lifetime President Certificate in November 2017

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