GILL’S RETIREMENT CELEBRATION

On Friday 10th January 2020 we held a retirement celebration for Gill, who founded our group 30 years ago. Over the course of 3 hours members from each of our exercise sessions, including York House, dropped by to say thank you to Gill and pass on their best wishes for her retirement. It was also wonderful to catch up with so many members from the past who no longer attend each week but who wanted to say goodbye to Gill.

We were delighted that 4 of our patrons, Dr Hilmy, Dr Mahendran, Mr Purohit and Mr Wyld attended and were able to pass on to Gill their congratulations for the wonderful work that she has done in founding and managing our unique group.

Gill was presented with a number of gifts to mark the occasion. In addition to flowers Gill received a very special piece of jewellery hand made by one of our ex-members Richard Baucutt who is a goldsmith. In the shape of a heart with the familiar sticking plaster, it also carried this inscription: “Gill, Heart felt thanks for 30 wonderful years. A Blessing to All. Love your friends at MKCCG. Gill Robinson Founder of MKCCG 1989”.

Thank you to all members who contributed to the collection for this. We also presented Gill with the remaining money to spend on her retirement. Many thanks also to our wonderful staff who worked hard in decorating the hall for the occasion and organising the refreshments, which were lavish.

DATES FOR YOUR DIARY

2020

Quiz Night: Friday 20th March
7.00pm Hinton Hall

Concert: Friday 24th April
7.30pm St George’s Hall
Fenny Stratford

Bingo: Friday 15th May
7.00 for 7.30pm Hinton Hall

Boat Trip: Friday 19th June
Time tbc

Coffee Morning: Friday 10th July
10.30am Hinton Hall
Our longest serving member, Joe James (Monday morning) said “For me and my family Gill was a life saver. She gave me back what I thought I had lost, and I am still here. Gill’s dream and vision has come true and we all owe her and her team a great debt.”

Gill gave a very moving speech of thanks, which included a brief explanation of why and how she decided to start the group and finished with her wishing the group best wishes for the future. She was clearly touched by the gifts and by everyone’s good wishes.

There are more photos of the event on the website.

Ernie Taylor and Ivan Pullen

**OTHER STUFF**

**Matched funding schemes**

As you know, our group is financed largely by our membership fees, donations from friends and local organisations plus the contracts we have with the Clinical Commissioning Group to run the Phase 4 and Heart Failure/COPD programmes. Given that the future of these contracts is by no means certain, we need to renew our efforts to raise funds for our group.

You may remember that last year Wendy Gibson’s husband Terry raised £850 from a sponsored bike ride. His employer, the Stock Exchange, then matched this sum. Do you know anyone whose company has a matched funding scheme for charitable donations? If you do, please ask them to consider MKCCG for such a scheme.
Donation by The Inner Wheel Club of Buckingham

Pam Coughlan, President of The Inner Wheel Club recently presented a cheque to MKCCG. Her organisation had held a fun quiz night where they very kindly raised £850 for group. She gave the following as background on the Club:

You may not have heard of The Inner Wheel Club of Buckingham but it is part of a worldwide organisation and one of the largest and leading women’s voluntary organisations in the world. We meet monthly for a dinner meeting and the aims and objectives of our club are to promote true friendship, to foster international understanding and to encourage the ideals of personal service.

With this in mind we like to organise fund raising events and we recently held a Fun Quiz and elected to support, with the proceeds, the Milton Keynes Community Cardio Pulmonary Group.

President Pam Coughlan has a personal connection to this group as her husband Jerry attends the Tuesday evening sessions and has expressed how important this facility is along with the devoted volunteers and blue shirts.

Pat Coughlan (2nd left) presents a cheque for £850 to Manager, Hayley Hilmy
Lest we forget ......

Some may remember that I took the opportunity at the AGM in November to bring to members’ attention the Dementia Friends initiative. It’s something that Gill Robinson had heard about and felt that we as an organisation should find out more.

I volunteered to look at how we might be involved and duly registered us as an organisation. This means that you as members are now able to access their information videos by going on their website - dementiafriends.org.uk - and using our unique code which is MK5656.

As we grow older many of us may well have personal experience of caring for relatives who develop the condition and Dementia Friends encourages us all to respond with compassion. Part of doing so is drawing on the resources they offer in their information videos, which are quite short and well worth a look.

There has been a poster on the Members Notice Board explaining more fully how to access the information on the website with the hope that people will do so. The website records the number of people who do and to date that has been two, one of which is me!

I am very happy to arrange a visit from one of their team to tell us more but I will only do so if I know that as a group we are interested. Please take a few minutes to follow this up.

Jim Gorringe
Thursday am

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### NEWSLETTER PUBLICATION

Items for the newsletter can be placed in the envelope in the office at Hinton Hall or emailed to the newsletter email address news@mkccg.org

Sometimes we receive more items than we have room for, so we’ll hold those over for publication at a later date.

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Ian Spratley
Tuesday am