



British Association for Cardiovascular Prevention and Rehabilitation Annual Report

2014 - 2015

Company Limited by Guarantee
Registered Charity No 113 5639
Registered Address
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President's Report

This is my last report as President of BACPR, as Dr Joe Mills will become President at the Annual General Meeting in October 2015. I'm sure that Joe will lead the BACPR to even greater success in promoting excellence in cardiovascular prevention and rehabilitation. I would also like to highlight Jacqui Cliff and Sarah Quinlan who joined council during the last year and who have already proved to be enthusiastic in supporting the work of BACPR. We have recently run elections to replace Council members who will be leaving in October, and will be delighted to welcome Alison Iliff, Dr Alison Atrey, Jo Hayward and (returning) Dr Gordon McGregor to council from October. We still have a vacancy for President Elect.

The past year has been a busy and eventful one, as you will see in the ensuing pages. Over the past few years the work of the council (who are all volunteers) has grown. In order to ensure that council members are supported, and that BACPR strategies change in response to new opportunities and challenges, we decided to undertake a one-year trial of employing a part-time Executive Director to work with the Executive Coordinating Group to lead BACPR. We are delighted that Sally Hinton (Education Director) has agreed to undertake this role (as a secondment in addition to her Education team work). The role will be reviewed before 12 months for us to assess whether we will wish to make the role permanent.

BACPR has continued to maintain a sound financial footing over the past year – please see Treasurer Annie Holden's report for the details of this. Also in this edition of the Annual Report there are details about:

Exciting Conference and Scientific Activities:

- October 2014 saw over 200 BACPR members at the City Hotel, Derry/Londonderry for the annual conference, run in partnership with the Irish Association for Cardiac Rehabilitation. Delegate feedback has endorsed the conference as exciting and enjoyable. See Scientific Officer Dr Aynsley Cowie's summary of the conference in this report.
- In May 2015 the Exercise Professional Group (EPG) Spring study day at Aston University was another resounding success with full attendance and very engaging speakers – as EPG Chair Brian Begg's report shows.
- The British Cardiovascular Society Annual Conference in Manchester in June included the Affiliates' Day programme – delivered jointly by BACPR, the British Association for Nurses in Cardiovascular Care (BANCC) and the British Society of Heart Failure (BSH), with members of the Cardiovascular Care Partnership UK joining us for the final session. Many attendees were supported to attend by the BHF Alliance. Feedback for the day was positive and we look forward to continuing to forge strong links with our BCS Affiliate partners.
- The BACPR textbook to detail how to deliver the 2012 BACPR Standards and Core Components is undergoing final edits prior to submission to Wiley. Keep an eye out for its publication in 2016.

Supporting Quality Service Provision

- BACPR and the National Audit of Cardiac Rehabilitation have been working together to develop a process to certify whether cardiac rehabilitation programmes meet minimum standards. Following a successful pilot scheme, we are delighted to announce that the BACPR/NACR Certification is now available. Please visit our website www.bacpr.com and click on BACPR Certification. We would like to thank the programmes that helped us during the pilot phase, and to congratulate the 11 programmes which have been assessed as meeting the minimum standards.
- The Core Competences Frameworks provide a framework of the required knowledge, skills and competences of all professional groups involved in delivery of core components. The BACPR Core Competences for Health Behaviour Change and Education (HBCE) have been completed and will soon be available via the BACPR website. The BACPR Core Competences for Lifestyle and Risk Factor Management: Diet are currently under development.

Engagement with Members for a Quality Membership Experience

The BACPR has continued to engage its membership with more exclusive services and communications, which include:

- In recognition of the importance of having a vibrant and informative website, BACPR have agreed to fund expansion of the BCS web development team (along with other Affiliated organisations). From the summer of 2015 BACPR now has access to dedicated web development support for the equivalent of one day per week. The Honorary Secretary (Louise Jopling) continues to oversee website and social media-related projects.
- Kath Paterson leads the team which produces both the bi-annual 'CONNECT' magazine and the monthly e-news. CONNECT has continued to provide entertaining and informative articles for our members in a high quality magazine, and e-news updates our members with news from BACPR and the wider cardiovascular prevention and rehabilitation community. A huge "thank you" goes to Kath for her hard work on these over the past year.
- The Exercise Instructor Network (EIN) and the EPG continue to be very active members of BACPR (see the reports from Brian Begg for both EPG and EIN).

Supporting Quality Service Provision through Education and Training

- The Education team, under the leadership of Education Director Sally Hinton, continue to deliver training and courses which receive great feedback, and are to be congratulated on continuing to maintain a healthy financial balance. See Sally's report for more details of the successes of BACPR Education.

Important acknowledgements

With the support of our members and council, BACPR has continued to meet its mission of promoting excellence in cardiovascular prevention and rehabilitation. We would like to highlight the successful partnerships that we have in place on council with BHF, NACR, NHS England Rehabilitation Team, BANCC, BSH, CCP(UK) and primary care. None of this would be possible without the wonderful work of our Affiliate Coordinator at BCS – so a huge thank you to Val for her continued support and good humour.

I am not the only person stepping down at this year's AGM, reluctantly BACPR Elected Council will also be saying goodbye to Jenni Jones (Past President), Mima Traill (past Honorary Secretary), Ali Hornby (England Representative) and Brian Begg (EIN and EPG Representative). BACPR have been truly lucky to have had such dedicated talent on its council and I know that Joe and his team will miss them a great deal. Thanks to all of our retirees for their great work for BACPR.

There have been lots of change among the co-opted members of council, who represent our Affiliated organisations. Many thanks go to Diane Card who has stepped down as BHF representative – Diane has worked with BACPR for many years and has been a staunch supporter and promoter of cardiac rehabilitation. We also thank Annie MacCallum (BSH representative) and Linda Edmunds (BANCC representative) for their support. The Council has been joined by Hannah Waterhouse (BANCC representative), Lindsey Hughes (Rehabilitation Programme Lead at NHS England), Joanne Davies (BHF representative), Dr Bruce Taylor (Primary Care Representative) and Jenny Welstand (BSH representative).

I have been on BACPR council for six years and have enjoyed (almost) every minute. I would like to acknowledge the considerable support from the Executive Coordinating Group of Joe Mills (President Elect), Aynsley Cowie (Scientific Officer), Annie Holden (Treasurer), Louise Jopling (Secretary) and Sally Hinton (Executive Director / Education Director), plus wonderful support from Past Presidents Jenni Jones and John Buckley. I am deeply grateful for the unstinting contributions of our talented Council Officers (past and present) and the teams at BACPR Education and at BCS Administration over that time. I wish Joe, BACPR Council and BACPR members continuing success in *promoting excellence in cardiovascular prevention and rehabilitation*.

Gill Furze
(BACPR President)

Secretary's Report

Introduction

It's been a busy year within Membership & Communications, overseeing many website developments, streamlining the membership database and implementing a move to coordinating membership renewals by Direct Debit. As always our developments are designed to offer greater support and value for money to our members, keeping pace with the potential offered by technology to build on the support BACPR provides.

Council Activities

The Executive and Elected members of Council have continued to meet four times a year, with two of the meetings also including the Co-Opted Members. Council held the autumn Elected members meeting at BACPR Conference and the summer Full Council meeting at the BCS Conference to reduce the costs. We have continued to seek opportunities to combine commitments in this way.

The Council continues to be truly representative of the four nations and including the Co-Opted members, represents all key membership professions.

BACPR Council & Staff (as of September 2015)			
Position	Name	Profession	Country
Executive Officers			
President	Prof. Gill Furze	Nurse	England
President-Elect	Dr Joe Mills	Cardiologist	England
Treasurer	Annie Holden	Exercise Professional	England
Secretary	Louise Jopling	Nurse	Scotland
Scientific Officer	Dr Aynsley Cowie	Physiotherapist	Scotland
Ordinary Elected Officers			
Past President	Jenni Jones	Physiotherapist	England
EIN/EPG Liaison	Brian Begg	Exercise Professional	Wales
NACR Liaison	Dr Gordon McGregor	Exercise Physiologist	England
Connect/E-bulletin Lead	Kath Paterson	Dietitian	England
Nurses Subgroup Liaison	Alana Laverty	Nurse	N. Ireland
	Gail Sheppard	Exercise Professional	England
	Mima Traill	Nurse	Scotland
	Alison Hornby	Dietitian	England
	Jacqui Cliff	Nurse	Wales
	Sarah Quinlan	Occupational Therapist	England
Co-Opted Officers			
BANCC	Hannah Waterhouse	Nurse	
BHF	Joanne Oliver	Nurse	
BSH	Jenny Welstand	Nurse	
CCP/Patient Rep.	Pricilla Chandro		
CCP/Patient Rep.	Mel Clark		
NACR	Prof. Patrick Doherty	Physiotherapy	
ICCP	Prof. John Buckley	Exercise Physiologist	
NHS England	Lindsey Hughes	Orthoptics/Rehab	
Primary Care Advisor	Dr Bruce Taylor	GP/CVD Lead	
Psychology	Dr Lesley Allan /Dr Morag Osbourne	Clinical Psychologist /Consultant Clinical Psychologist	
Employed Staff			
BACPR Executive and Education Director	Sally Hinton	Physiotherapist	
BACPR Education Coordinator	Vivienne Stockley	Administration	
BACPR Education Administrator	Penny Hudson	Administration	
BCS Affiliates Coordinator	Valerie Collins	Administration	

There have been changes to the Executive Coordinating Group [ECG] with Dr Joe Mills stepping up to the role of President Elect, Annie Holden stepping up to the role of Treasurer and Aynsley Cowie taking on the role of Scientific Officer and coordinating the Conference Organising Group.

We were delighted this year to welcome Sarah Quinlan, Occupational Therapist as an Elected Ordinary Officer, bringing a valuable viewpoint from her professional representation at meetings. We also expanded our representation in Wales, welcoming Jacqui Cliff as Elected Ordinary Officer.

We have worked hard to ensure that all key professions and organisations are represented within our Co-opted Members on Council and continue to value their significant expertise and input.

Membership

The Membership Database underwent a full update in late 2014, which created an initial drop in membership numbers as expired memberships were removed. We have worked hard to bring members on to Direct Debit payments, which reduces the administration involved in membership renewals and provides a continuous membership year for the benefit of our members. Over 400 members now pay by Direct Debit and this proportion continues to increase.

Membership update (as of March 2015)	
Overall total:	846 members
Nurse	319 members
Exercise Instructor	259 members
Physiotherapist	123 members
Exercise Physiologist	44 members
Doctor	22 members
Occupational Therapist	13 members
Research Fellow/Academic	11 members
Dietitian	9 members
Psychologist	6 members
Other:	17 members

The comparable membership (February 2014) was at an overall total of 886 members. This high point of 846 members in the year was built up from a low post-database overhaul of 634 members. We have worked to reduce the number of members listed as 'Other' and have had some success although this continues to be monitored with a view to expanding our membership categories as required.

Joint Membership with BCS continues to be an option for members with 50 currently taking that option. Due to an increase in BCS non-medical members' fees, the price of Joint Membership was increased to £105 per annum. During 2015, BACPR have also introduced a new Tripartite Membership option (BACPR/BCS/BANCC) at the very attractive cost of just £135 per annum. We will monitor the uptake from our members in the coming year.

Communications

There has been a real focus on communications with our membership this year, responding to members' feedback and working to make the most of the media we have available to us. We have developed the 'Members' Area' on the BACPR Website and also updated many sections to improve the overall appearance and accessibility of the site.

During 2014, we also launched a BACPR Intellectual Property [IP] Form and process to ensure that BACPR IP is being appropriately represented in publications and on websites by external sources and that as a charitable organisation, our IP is not used for financial gain. A new section has been created on the BACPR Website and we have been receiving a steady stream of requests, with the BACPR Standards & Core Components figures being the most requested.

Connect/e-bulletins – update from **Kath Paterson**, Lead Editor

Our membership magazine Connect continues to be produced with the editorial team led by Kath Paterson. We have introduced a 'Book Review' section to highlight useful resources for practice and have continued to feature the latest research in a very readable review format. The usual updates from affiliated organisations and from across the country continue, along with updates from educational events and the latest on offer through our Education Department.

Regular e-Bulletins are also sent out to members throughout the year and feature snapshots of key research, developments and opportunities as well as updates on Membership Benefits from BACPR. We have formalised our approach to the advertisement of external courses and events within the bulletins, introducing a small charge to cover our costs in distributing the information and guidance for would be advertisers.

Nurses' Forum is led by **Alana Laverty**

There continues to be a Nurses' forum discussion in the members' only area of the website.

Twitter Presence

BACPR's presence on Twitter continues to gain momentum, with over 700 followers now receiving our updates. We are followed by organisations with whom we share an interest and individuals participating in our conferences and courses. We continue to share 'Tweets' of relevance to both members and non-members, using opportunities to promote our work and educational opportunities and share up to date research and headlines.

Members' Forum/Queries

The Forum continues to be a success with over 300 members discussing a wide range of over 70 topics. Members have been grateful for peer support on everything from protocols and medication to new therapies and research. BACPR Council Members endeavour to monitor Forum discussions and use the opportunity to add 'BACPR Responses' wherever relevant.

We still continue to receive direct queries from members and non-members via email and phone. Each person receives a tailored response, often involving the expertise of Council Members. Non-members are encouraged to join, with success as through their initial contact they realise the extent of the benefits that BAPCR offers.

Website

Our website www.bacpr.com has undergone significant improvements. The format has been updated to ensure its readability when accessed from smartphone and tablet devices. The Home Page is fresh, bright and accessible with key BACPR activities prominently displayed.

Many sections have been streamlined and updated to ensure quick access to key information. The analysis of page hits has been reported at Council and would indicate that the updates have been a success. We aim to keep

the 'News' items fresh and over the past year have featured BACPR updates alongside the achievements of our members, highlighting best practice across the UK.

From April 2015 BACPR is committing to the financial support of a Web Developer employed by BCS. This access to dedicated development time will enable more rapid updates on the website and the exploration of some of our more ambitious ideas to improve the site for members, health professionals and the public.

Travel Award

The 2014 Travel Awards were made to:

- **Dr Gordon McGregor** is a Clinical Exercise Physiologist and Research Fellow based in Coventry. As Chair of the BACPR Exercise Instructors Network [EIN], Gordon was aware of an increasing need to establish the role of High Intensity Interval Training within Cardiac Rehabilitation. Through the Exercise Professionals Group [EPG] May 2014 Study Day; Gordon was introduced to Professor Maureen MacDonald, a world leader in HIIT and Cardiovascular Disease, based at McMaster University, Ontario, Canada. Gordon intends to use the Travel Award to visit the Exercise Metabolism Research Group at McMaster University, though at the time of writing the trip is still to take place.
- **Susan Whyte** is a self-employed Exercise Specialist based in Paisley, Scotland. Susan was interested in the unique Cardiac Rehabilitation requirements of Veterans who in addition to their cardiovascular needs are learning to live with emotional issues from their injuries (including PTSD), limb loss and trauma. Susan travelled to the Cardiac Rehab Centre at the Minneapolis Veterans Medical Center [VMC]. She met with both the health care professionals and clients of the rehab programme, toured the facility and specialist equipment and take away written materials from the programme. Susan also learnt about an innovative 'Tele-health' project to reach Veterans living outside of the Center catchment area. Susan plans to keep in contact with the Center and now incorporate additional mental health support links within the classes she provides in her local community.

The Travel Award remains open for two successful candidates to share the £3,000 annual funding (max. £1,500 award per member) and greatly increases the reach of this benefit to both BACPR and its members. The guidance on applying for and spending a Travel Award has been updated to ensure clarity and accountability and publicity around the opportunity has been aimed at more junior staff to encourage them to take up the opportunity for the benefit of their programmes.

Louise Jopling
(Honorary Secretary)

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2015, were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG. Figure 1 provides a summary of income, expenditure and balance sheet items.

These figures demonstrate a decreased profit of £22,000 during 2014/15 compared to 2013-14 largely due to reduced income generated from the annual conference, although sponsorship was sufficient to support conference expenditure. Whilst the Conference account was closed last year, detailed accounting processes provide the ability to report on this separately, as detailed in the table below.

The Education account demonstrated consistent business performance in line with 2013/14's performance, which together with close monitoring of expenditure enabled this account to end the year in a positive financial position. This performance again reflects the on-going efforts of the staff in the Education office who continue to provide efficient management systems and solid supporting infrastructure to ensure the offer from Education and Training is competitive, yet renowned for its high quality. Hence, thanks go to Sally Hinton, Vivienne Stockley and Penny Hudson.

Membership income has reduced this year compared to previous years, however, we are confident this will be improved as a Direct Debit system is now in place. This allows a more flexible payment for 'members' and 'new members', replacing the original restrictive process of 'members only' being able to pay their membership in April of each year and subsequently aiding cash flow.

Overall, this report demonstrates strong financial performance and management, with a further increase of £21,000 in the Association's reserves as a result of a continued reduction in overall expenditure. In addition, the strong closing balance will ensure the identified £200,000 required for annual operating costs of the Association is achieved as well as the ability to be responsive financially, should income fall over the next few years.

	2012 - 2013	2013 - 2014	2014 - 2015
Opening Balance	218,653	247,423	290,486
Income			
Membership	40,987	70,210 *	26,291
Conference	48,699	Account closed	29,724
Education	273,429	286,441	286,477
Sponsorship	51,106	50,350	37,540
Total Income	414,221	407,001	380,032
Expenditure			
Membership	55,329	48,739	45,349
Conference	54,682	47,523	43,290
Education	274,989	267,677	270,469
Total Expenditure	385,000	363,939	359,107
Surplus (-Loss)	29,221	43,063	20,924
Closing Balance	£247,423	290,486	311,410

Figure 1: Summary of 2014/15 Financial position

***Conference income £44,784 and Membership income £25,426**

Planning for 2015/16

A comprehensive review of the overall structure and analysis of accounts was conducted early this year. As a result of this, the accounts structure and financial accounting processes have been streamlined to provide a clear overview of the charity's business relating to income and associated expenditure, with cumulative quarterly reporting to the end of the previous financial quarter. This will enable more detailed reporting of the financial activity and will provide

a transparent analysis of the day to day running of the Council, the Association and further detail of the services that are directly provided to its Members.

Whilst ensuring the financial activity on a day to day basis meets immediate needs, the Council also realises the importance of dedicating budgets to support development projects, such as the Certification programme, Competency Frameworks and on-line Education Courses. The Council continues to seek financial support from sponsors and the Industry to provide this. This will ensure the Association remains strong and serves the needs of its members as well as the on-going support needed to support the standard and quality of Cardiac Prevention and Rehabilitation service improvements. The new accounting system will assist the Council to report on all elements of financial activity including these projects, thereby demonstrating BACPR's ability to align its financial resource in line with its charitable objectives and the Council's current vision and objectives.

Sincere thanks go to Natalie Moorcock who provided the critical 'back-office' financial function from the BCS offices until Val Collins returned in January of this year. Val's continued hard work is also supported by Sally Hinton now as Executive Director within the Executive Coordinating Group. This role is in recognition of the need to invest in Sally's new position given her integral supportive role which directly benefits the on-going running of the day to day finances.

I would also like to thank Gill Furze who as President, has been very supportive of my new role as Treasurer this year, enabling a smooth transition as part of the efficient hand-over process from Kathryn Carver.

The full financial report is available on request from bacpr@bcs.com or can be accessed electronically by visiting the Charities' Commission Website at www.charity-commission.gov.uk, Charity no. 1135639; Registered as a Company Ltd by Guarantee no. 5086964.

Annie Holden
Treasurer

Conference Report

Annual Conference 2014: **'New Frontiers in Cardiovascular Prevention and Rehabilitation'**

The 2014 annual conference was held in the City Hotel, Derry / Londonderry, on 2nd and 3rd October - providing an exciting opportunity for BACPR to deliver the event in collaboration with the Irish Association of Cardiac Rehabilitation (IACR). Over 250 delegates were warmly welcomed to this charming, unique city, and feedback on the conference venue, the city and surrounding area was very positive.

Delegates were treated to an interesting pre-conference speech by the Mayor, on the history and current and future development of the city, and the collaborative BACPR / IACR approach was apparent from the outset, with the conference opening address provided by Dr Aaron Pearce, (Consultant Cardiologist, Altnagelvin Hospital), and welcomes from both Marian Claffey (IACR President-Elect) and Prof. Gill Furze.

Much of Thursday focused upon the psychosocial and emotional impact of cardiovascular disease. There was a particular emphasis on women, and a keynote session from Prof. Sherry Grace (York University, Ontario) provided a thought-provoking insight into the '*factors affecting uptake of rehabilitation in women*'. Dr Blaithead Murtagh (Consultant Cardiologist, Galway Clinic) re-visited this female focus on Friday with '*women at heart*'.

Once again this year, prizes were given for the best abstracts in two categories, best moderated poster presentation was awarded to Sarah Quinlan and best oral presentation was presented to Dr Carolyn Deighan. Thursday evening's gala dinner saw delegates enjoying a delightful meal, followed by dancing the night away to a disco.

Friday's conference session opened with an informative presentation (with conference delegates offered the option of standing for the session) from Dr John Buckley (University of Chester) on '*more leg, less bum: stand up*

for cardiovascular health' whilst another 'hot topic' in physical activity / exercise – 'should we be considering high intensity interval training in rehabilitation' – was presented by Costas Tsakirides (Leeds University) within the EPG / Dietetic parallel session later in the morning.

From a pharmacological perspective, Dr Gerry Malloy (NUI Galway) delivered an excellent session on 'medication adherence' and Bernie Downey (BACPR Past President) and Judith Edwards (Lead Nurse, Imperial College, London) considered whether there is 'a role for non-medical prescribing?' within rehabilitation. Dietetic highlights included 'latest myths and controversies' (Dr Alison Atrey, Specialist Dietitian, Imperial College) and 'think yourself thin' (Damian Edwards, National Obesity Forum). Other talks and presentations included those by Dr Joe Mills on the JBS3, and updates from NACR (Prof. Patrick Doherty, University of York) and the BHF (Diane Card) – ensuring that there was something for everyone.

All conference presentations are available to view in the 'members only' area at www.bacpr.com

Annual Conference 2015: Tomorrow's World in Cardiovascular Prevention and Rehabilitation

The 2015 BACPR annual conference will be held at the Palace Hotel, Manchester. The programme has been developed to incorporate ideas provided in the 2014 delegate feedback, and aspects of cardiovascular health and education which have been prominent within the media. The 2015 conference will therefore include enhanced opportunity for regional networking, a workshop on non-medical prescribing, and sessions on cardiac surgery, smoking cessation, saturated fats and sugars. Also new for 2015, the 'New Investigator in Scientific Research' award provides an additional abstract submission category, allowing novice researchers to showcase their work. Registration opened in early 2015, with details appearing both in the BACPR e-news and on the website at www.bacpr.com.

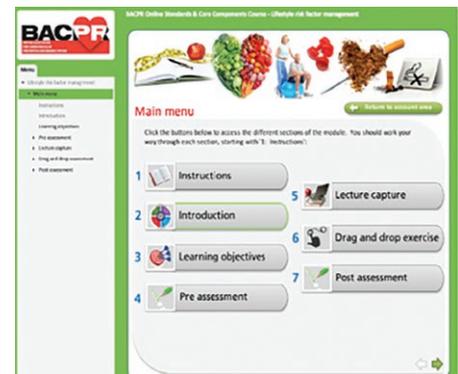
Dr Aynsley Cowie

(Scientific Officer and Conference Chair, 2015)

Education Report

In 2014-2015 we have continued to deliver the UK's only Level 4 Cardiac Exercise Instructor Training course and our comprehensive education programme of short courses across the UK and the Republic of Ireland. There have been 27 short courses including 6 group courses, and 12 BACPR Exercise Instructor Qualification courses over the last 12 months.

The BACPR on line course gives you access to interactive modules outlining the detail behind the BACPR Standards and Core Components. Each module includes learning outcomes, interactive tasks, lecture captures and pre and post assessment to test your knowledge.



Across the education programme all course material continues regularly to be re-evaluated and updated to ensure delegates receive comprehensive material on every course. All courses are BCS approved, recognised by Skills Active and attract Register of Exercise Professionals (REPs) CPD points.

The team were involved in the two successful BACPR conferences this year - the Annual Conference in October 2014 at City Hotel, Derry / Londonderry and the BACPR EPG Spring conference in May 2015 at Aston University, Birmingham, along with being part of the organising committee of the BCS Affiliates Day in June 2015.

Finally, thank you to all the tutors and hosts who we have worked with over the last year in delivering quality training and education across all the core components of cardiovascular disease prevention and rehabilitation.

Sally Hinton

BACPR Education Director

Exercise Professionals Group (EPG)

Brian Begg – BACPR Exercise Professional Group Chair

EPG Committee

In May 2015, Gordon McGregor finished his 2 year term as Chair of EPG, handing over responsibilities to Brian Begg. The EPG committee which currently consists of the following people:

Brian Begg – Chair/BACPR EIN representative

Katie Plant – BACPR EIN representative

Dr Gordon McGregor – BASES representative

Mark Campbell – BASES representative

Samantha Breen – ACPICR representative

Laura Burgess – ACPICR representative

Prof John Buckley – founder member

Council link

The EPG committee have continued to advise BACPR council on matters relating to physical activity and exercise in the cardiovascular prevention and rehabilitation. Gordon McGregor and Brian Begg are both Ordinary Council members, providing a seamless link between EPG and Council activities. Brian Begg will be stepping down as an elected ordinary officer following the AGM. He will still be involved as the chair of the BACPR Exercise professional Group.

EPG Study Day 2015

In May 2015 120 people attended the Aston Conference Centre for our annual study day. They were treated to a high quality programme of national and international speakers who delivered enlightening and entertaining presentations.

The plan for this study day was to address the ever expanding remit of the exercise component of cardiac rehabilitation (CR). The success of CR in the UK and beyond, ideally positions the CR model to be replicated in other clinical populations.

The hope for the day was to get exercise professionals thinking about the below...

- As CR exercise professionals, should we consider this an unwelcome distraction, or alternatively a gilt edged opportunity to allow greater numbers of patients to benefit from our expertise and to potentially ensure the long term survival of CR programmes in the UK??
- Will the future hold a more integrated and less condition specific model of exercise programme delivery for disease prevention and rehabilitation?
- Amongst other fantastic speakers we were delighted to welcome Professor Mark Haykowsky as our key note speaker, from the University of Alberta. A world leader and a true 'Big Hitter' in the field of exercise training in cardiovascular disease. Prof Haykowsky, shared some fascinating information about exercise tolerance and the benefits of exercise training in breast cancer patients.

Exercise Instructor Network (EIN)

Brian Begg – BACPR Exercise Instructor Network Chair

EIN COMMITTEE

BACPR Instructor elections were announced at the EIN AGM (EPG study day 15.05.2015)

Vacant positions included Vice Chair, Secretary and Treasurer.

Members and non-members were invited to apply for positions on the committee.

Following the elections the committee now comprises of the following people:

Chair: Brian Begg
Vice Chair: To be confirmed
Secretary: To be confirmed
Treasurer: Julie Mason
Lead workshop coordinator: Michelle Jeremy
Workshop coordinators: Terri Bryant
PR Officer: Katie Plant

WORKSHOPS

The EIN workshop portfolio is currently under review to ensure that it fits in with and compliments the current BACPR education portfolio.

COMMUNICATIONS

The BACPR EIN are pleased to announce that we have now set up a Facebook page specifically for sharing information that is of interest to BACPR qualified instructors, BACPR members or members of the public with an interest in all things physical activity and health related.

Katie Plant, our PR officer is doing a great job managing the page, ensuring that interesting and topical items are shared regularly. As the number of 'likers' grows it is hoped that the page can help Instructors network with each other and BACPR EIN. Currently we have 189 likes.

If you would like to keep up to date with what's going on with the Exercise Instructor Network, check out our 'BACPR Exercise Instructor Network' Facebook page or scan this barcode which will take you right there. Don't forget to click on the **like** button.





Contact: bacpr@bcs.com 0207 380 1919
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