

Scottish Heart & Arterial disease Risk Prevention

SHARP Trustees Meeting 16 March 2022

MINUTES

Present: Michelle Bartlett (MB), Alan G Begg (AGB) Morven Dunn (MD), Miles Fisher (MF), Brian Forbes (BF), Paul Forsyth (PF), Shirley Fraser (SF), Mary Galbraith (MG), Jacob George (JG), Lynne Innes (LI), Victoria Kirkwood (VK), Tom Macdonald (TM), Isla Mackenzie (IM), Suzanne Mackenzie (SM), Chris Packard (CP), Liz Phillips (LP), Terry Quinn (TQ), Bill Simpson (BS) Stuart Watkins (SW)

1. Welcome & Apologies

Apologies: Jill Belch (JB), Christian Delles (CD), Jonathan Malo (JM), John Webster (JW), Rebecca Wheeler (RW)

JG welcomed SF as new Senior Charity Administrator. SF gave a brief resume as introduction.

2. Minutes of last meeting

2.1 Approved

2.2 All arising matters contained within today's agenda.

3. Trustees – geographical spread

AGB detailed current spread. Advised only current patient rep is MG from West of Scotland and that that further patient reps are required from East of Scotland. Proposed Joan Ingram and suggested the need for one further. IM proposed Mary Jo Macleod – JG to send invitation.

JG advised that AB had previously proposed BF, who is now a Trustee and is present at today's meeting.

JG advised that SHARP are in the process of contacting current patrons to ask if they are happy to continue. So far positive replies received from Chris Paterson and Jackie Ashley. Lorraine Kelly still to be reached for comment.

4. Appointment of Deputy Chair

JG advised that no one has so far applied but that someone from Grampian or Lothian would be preferred as a good geographical balance. However, this is open to all.

5. Financial update

A current update was circulated with the agenda. AGB noted that the ASM is still dependent on industry sponsorship to support it. AGB also advised that there are still some potential liabilities carried forward from the 2021 ASM venue change however these remain unclaimed.

Scottish Heart & Arterial disease Risk Prevention

AGB advised that, since the update had been provided, an invoice for £960 has been submitted from the SHARP accountants.

6. Fundraising

AGB advised that flyers had been distributed to Scottish undertakers however, as there have been very few funerals taking place in the last 2 years, this has not yet proved beneficial. Further approach to same group currently in progress.

LP and others raised the possibility of using sponsorship of individuals at sports events as a future fundraising mechanism. This was welcomed by all. MB discussed the possibility of asking Patrons to assist re photo opportunities. A sub-group to be formed (SF/MF/LP/MB/MD) to progress and update at next meeting.

TQ asked about the possibility of some of SHARP's current funds being placed in investments rather than current accounts. JG to investigate this further.

MG raised the requirement of a strategic plan with regard to funds raised, which would detail how they are to be used and could be available when required.

7. Website

JG advised that SF is currently working with a student of DJCAD to update website. SF advised that it is hoped that the new website will be live at least in part within the next few weeks. A SHARP security policy needs to be developed and linked to web security (see also Item 16).

SF asked Trustees for a few lines of bio which can be included with photos on Trustee section of website. These can include social media handles/interests/contact details/etc, as preferred by individuals.

8. Social Media – development & content

SF advised that SHARP currently have Twitter & YouTube accounts, but that these are used infrequently. Sub-group (SF/LI/MG/PF/MD) to be set up to develop a strategy for this going forward - to be added as a standing item for future meetings.

9. Membership recruitment

JG advised that there is now no membership fee for SHARP. JG advised that a new form has been added to the website for anyone wishing to join (and/or update their details) and that a QR code has been created to link directly to this form. SF advised that this will remain in use until the launch of the new SHARP website, when it will be replaced to direct to new URL.

SF advised that there are currently approximately 650 SHARP members. **Post meeting note – SF:** as at 17/3/22 there have been 41 new members and 143 member updates via the website form.

JG asked Trustees to send in details of any ideas for future membership drives.

Scottish Heart & Arterial disease Risk Prevention

10. Webinar Series

JG advised that SHARP are to launch a new free, educational webinar series. This will comprise of approx. 5 webinars per year with 3 currently scheduled for 2022. Overall topic for 2022 is 'Managing Cardiovascular Risk in the Community'. There was discussion around how best to use this series to increase the membership – to be monitored.

SW suggested creating an advertising slide which could be sent to hospitals for display on electronic notice boards. SF to progress & send to all Trustees for submission to relevant areas.

11. 2022 ASM

11.1 Scottish Lipid Forum (SLF)

JG advised that there had been discussions regarding how best to link SLF & SHARP, but still retaining separate identities. BS & SM noted no definitive updates regarding SLF but that JM has contacted SLF members for their opinions.

It was agreed that an in-person/online hybrid approach will continue to be used for future ASMs. This is thought to be the best for far reaching and inclusivity.

JG proposed 'Cardiovascular Risk' as a tentative subject for the 2022 ASM but welcomed any suggestions. JG/AGB/SF to meet to progress.

12. 2023 Joint SHARP/BIHS meeting

JG advised he has been approached regarding a joint 2023 meeting and he thought this would be a good opportunity. There was broad support for this so JG to progress and pass for comment & approval.

13. Projects – 'My 500' exercise programme

This idea was suggested by AB and, since he was not present, this item was deferred until the next meeting.

14. Research Projects

JG advised that this item will remain as a standing item for each meeting. He advised that SHARP could look to answer questions and asked for ideas for future research projects.

JB is currently analysing historical data and could update at future meeting.

The Trustees supported suggestions that SHARP could perhaps make some funding (£500/£1k?) available to support start-up researchers, i.e., via medical students, summer school, research societies, freshers' week, etc

MG suggested that patient involvement in any research is currently very topical and that she could suggest patients if required.

PF noted that we should also include nurses, pharmacists, etc (i.e., mid-career non doctors) as it is harder to find funding in these areas.

Scottish Heart & Arterial disease Risk Prevention

IM proposed Angela Flynn, pharmacist in MEMO as a contact for the pharmacists' group in NES – SF to contact.

MB advised she has a contact within Aberdeen University and also for district nurses in Montrose – MB to send contact details to SF.

CP suggested that a good project would be a 'snapshot' of what it is like for 2022 heart patients within Scotland. Perhaps break down into Scottish regions. Also compare Scotland with current best practice in other countries. Could prove very newsworthy and generate publicity for SHARP.

BF & MD discussed various ScotGov and other initiatives – could be good for coalitions, etc but need to ensure no direct replication of work.

MG advised that women's health is currently very topical and perhaps some research could be focused on this area.

JG to set up a sub-group (JG/TQ/CP/others) to progress and ensure that the reach extends beyond universities.

15. Administration Update

Covered in other items.

16. Data Protection

SF advised of the need for SHARP to create a robust DP policy and advised that we are in contact with a specialist solicitor for advice. Update at next meeting.

17. AOCB & Date of next meeting

MG asked permission to take a screen grab of the meeting participants for social media, which everyone was happy for.

Post meeting note - Date of next meeting 17 August 2022 – SF to send Teams request.