FAREHAM CARDIAC SUPPORT GROUP
FOUNDED IN 1988 BY DR HUGH CARLING MBE

NEWSLETTER SEPTEMBER 2014

President: Dr Vin Patel
Medical Advisor Dr Vin Patel.
Chairman: Roger Reynolds …..01329 289002
Treasurer: Sue Martin ………..01329 310299
Secretary: John Willis ……….. 01329 310187
Speakers: Dawn Saunders ….01329 283876
Almoner: Wendy Hawkins ….01489 581969
Website: Peter Stoddard ……..01329 312484

RULES FOR GYM USERS
# Ensure gate is secured properly after entry.
# Tick the register on arrival
# Cross tick on your way out of the gym
# Wear trainers
# Make cheques payable to :-
FAREHAM CARDIAC SUPPORT GROUP

GYM HOURS
Monday, Wednesday & Friday 8 am to 12 noon.
Any existing member (non-gym user) who wishes to use the gym MUST get a letter from their GP, to include
synopsis of condition, medications and approval of ability to exercise for Dr. Vin Patel.

MEETING HELD AT WALLINGTON VILLAGE HALL THURSDAY SEPTEMBER 4th

Chairman welcomed 64 members to the meeting.

APOLOGIES
Christine Fielding, Davinia Stray, Pamela Rondeau, Cyril & Bunty Butcher, Ian & Joy Macdonald, Les Holmes,
Colin & Janet Wilde, Audrey Ashworth-Smith, Patricia Holland, Colin & Eileen Peake, Jim & Jane Connett,
Sheila Dewey.

INCOME
DOOR …….. £66.00 RAFFLE …….. £55.00 DONATION BOX ……..£22.11

Thanks to Ed for circulating with box.

SEPTEMBER WALK
On Saturday 27th September at Droxford, by the Meon river and railway line. Two and a half miles – easy stroll.
Meet at Droxford at 10.15am for a 10.30am start. Take A 32 north from Fareham to Droxford, park at village centre or
car park next to fire station, (take road opposite centre and then first right, up 100 yards to car park).
Bring a drink for half-way break and wear sturdy footwear.
Lunch at the newly refurbished “Bucks Head” at Meonstoke – 2 miles north of Droxford. 12.30pm for non-walkers.
Queries. Don Gale 01329 234965 Mobile - 07714 216851

HOLIDAY - LOCHS AND GLENS

The coach will be departing on September 23rd 2015 for an 8 day break at
THE ARDGARTAN HOTEL in Scotland. The cost of this holiday is
£410 this includes Dinner, Bed and Breakfast, Excursions and Evening
A £100 deposit per person will be required.

One example of excursions:-
CALLANDER & THE TROSSACHS
This coach trip will offer panoramic views of wooded glens and slate – grey
mountain crags. The deep and mysterious waters of Loch Lomand and the serene
lochan in Glen Dochart eventually give way to a swirling river in an area rich in
folklore and legend.

My doctor recently told me that jogging could add years to my life.
I think he was right, I feel ten years older.
CHRISTMAS LUNCH - TUESDAY 9TH DECEMBER
This will be held at Fareham Masonic Hall. Please let Dawn know ASAP if you would like to attend as there must be at least 50 diners to make it a viable proposition.

Ceramic Poppies & Olympic Park SEPTEMBER 30th
Thank you to all you members that have supported this trip, we now have an Executive 49 seater coach with toilet. The cost surprisingly has gone down to £14.50.
Pick-ups:- Portchester, Red Lion….07.45 Fareham, BHF Furniture (formerly Courts)….07.55 Fareham, W.A27 Lay-by “Oat & Squire”….08.00 Locksheath Centre….08.15

SEPTEMEBER BAG IT, BEAT IT CAMPAIGN
Bags were available at September meeting, if you did not take one ring Dawn 01329 283876, filled bags should be returned at October meeting bulging full we hope, collection can be arranged if you have a lot.

Roger introduced our speaker ADAM BROOMFIELD-STRAWN
Time flies like an arrow – fruit flies like a banana
Rather a coup landing this up and coming comedian to speak to us, he has won awards and just recently appeared in his own show at the Edinburgh Fringe festival. He admits his shows are usually a bit edgy, with some naughty words, but tonight he was on his best behaviour. He had never spoken to a medically associated group before so was at a loss at what to talk about. He decided to do some research, starting with BHF, a light hearted look was taken at the figures they compile and how they can be turned on their heads and perhaps not scare people quite so much e.g. 25% are affected by this! that’s good, because 75% aren’t. It was clever how he did it, going on to look at a couple of other medical associations and making us laugh at his take on scary figures and forecasts. To end his performance Adam entertained us with his enactment of the title, a 5 minute review of life from birth to death, and in his case reincarnation. So very different to our usual speakers, refreshing and funny, but the modern era of humour is a little difficult for our generation to grasp.

HELPER THANKS
To Wendy and Jan for the Tea/Coffee, Jean on the door, Ernie & Jim on the raffle, Sue Treasuring, Nikki & David for puzzles/books and all the furniture shifters.

CHARITY ISSUES URGENT PLEA FOR VOLUNTEER DRIVERS
Open Sight Fareham needs people to transport its members to social events
To volunteer contact Open Sight on 02380 641244 or visit opensight.org.uk

KIT FOR GYM OR HOLIDAY
T-Shirts .................. £7.50 Polo Shirts ................ £8.50 Hooded Top ............ £14.75 All high quality polyester, group crest can be added and name (useful at Gym) Contact John Willis at the gym or on 01329 310187 for colour chart and ordering. Items can be seen at the gym, with many members choosing to wear them.

NEXT MEETING THURSDAY 2nd OCTOBER
SPEAKER – BEATING DIABETES – Jane Egerton Community Nurse Specialist

I’m not denying my age, I’m embellishing my youth.