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

NEWSLETTER OCTOBER 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 OCTOBER 2nd

Chairman welcomed 70 members to the meeting.
2 NEW MEMBERS – Pat & John Priest 1 GUEST – Derek Meek

APOLOGIES
Bunty Butcher, Doug & Jean Peskett, Christine Fielding, Pamela Rondeau, Langford Vincent,
Peter Holland, Gwyneth & Malcolm Gale & Jim McCarthy

Sadly Brian Davies passed away at Q.A. Hospital on Sunday 21st September. Our heartfelt condolences go to Joan and her family
at this sad time. His funeral was on October 2nd at the Portchester Crematorium, F.C.S.G. was very well represented.

INCOME
DOOR …….. £75.00 RAFFLE …….. £68.00 DONATION BOX ……..£36.62
Thanks to Doreen Seldon for circulating with box.

SEPTEMBER WALK
Took place on Saturday 27th September, an easy stroll by the Meon river and railway line. About two and a half miles,
it was cloudy but thankfully dry. Lunch was taken at the newly refurbished “Bucks Head” at Meonstoke.

OCTOBER WALK on Sat. 25th
Meet 10AM sharp in car park of Castle Inn, Rowlands Castle. A 3 mile walk generally flat terrain except a steep bit of
100 yards at the start. Half of walk in open country, the other part in mixed trees, through forest paths. Wear sturdy
footwear and bring drink for halfway. Lunch at Castle Inn.

DIRECTIONS
From Fareham, take Downend road over the hill to Bedhampton, bear left at crossing. At next roundabout turn left
onto B2149 and travel north towards Rowlands Castle. After 3 miles, at roundabout take 2nd exit. Drive through
village and pass through left arch, Castle Inn is on your left. Please Park tidily, small car park

Any queries ring Colin or Eileen 02392 521271 or 07969 241135

AGE MELLOWS SOME PEOPLE; OTHERS IT MAKES ROTTEN.
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 Entertainment. Names to Wendy Hawkins 01489 581969 a.s.a.p. please. A £100 deposit per person will be required.

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 lochs in Glen Dochart eventually give way to a swirling river in an area rich in folklore and legend.

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 & friends that supported this trip.

TONIGHT’S SPEAKER-BEATING DIABETES
Jane Egerton Community Nurse Specialist

Diabetes mellitus, also known as sugar diabetes or simply diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. This blood sugar produces the symptoms of frequent urination, increased thirst, and increased hunger. Untreated, diabetes can cause many complications. Serious long-term complications include heart disease, stroke, kidney failure, foot ulcers and damage to the eyes. Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body not responding properly to the insulin produced. There are two main types of diabetes mellitus:

Type 1 results from the body’s failure to produce enough insulin. The cause is unknown.

Type 2 begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop. The primary cause is excessive body weight and not enough exercise. Prevention and treatment involves a healthy diet, physical exercise, not using tobacco and being a normal body weight.

Blood pressure control and proper foot care are also important for people with the disease. Type 1 diabetes must be managed with insulin injections. Type 2 diabetes may be treated with medications with or without insulin. Insulin and some oral medications can cause low blood sugar.

Type 1 is partly inherited, with multiple genes known to influence the risk, it is unrelated to lifestyle.

Type 2 is due primarily to lifestyle factors and genetics, including obesity, lack of physical activity, poor diet, stress and urbanization.

PREVENTION

There is no known preventative measure for type 1. Type 2 can often be prevented by a person being a normal body weight, physical exercise, and following a healthy diet. Dietary changes known to be effective in helping to prevent diabetes include a diet rich in whole grains and fibre, and choosing good fats, such as polyunsaturated fats found in nuts, vegetable oils, and fish. Limiting sugary beverages and eating less red meat and other sources of saturated fat can also help in the prevention of diabetes. Active smoking is also associated with an increased risk of diabetes, so smoking cessation can be an important measure as well.

Rehabilitation from heart event DIABETES PREVENTION = Physical Exercise

Footnote. On 29/09 Dr Vin spent all morning at the gym, Donna gave up half her day-off for an open day at the gym. Not one person turned up. Come on members, we are a rehabilitation group you know.
Roger thanks our speaker Jane Egerton

SKITTLES

OCTOBER 16th at ‘THE CROFTON’, Hillhead. 11AM Start. Eat at 1ish. £9.50 per head
I have been a little distracted by the Poppy visit so very late in chivvying you good folk along.
To remind you, we somehow throw the balls at the skittles with two teams playing for the ‘Dr Carling Memorial Trophy’, Gym Users v’s Non Gym Users. We have each won it once.
The food is excellent, ambience great (especially if Ed is on form) so do come along. You do not have to bowl, just bring your smile. RING John or Jan on 01329 310187 to book and for menu choice.(see below)

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.

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

NEXT MEETING THURSDAY 6th NOVEMBER
SPEAKER – HEART START – CPR Instruction from David Williamson

SKITTLES MENU

Fish & Chips
< Homemade Steak,Ale & Mushroom Pie
    < Pork & Leek Sausage & Chips

Chicken & Chips
< Ham Salad
    < Cheddar Cheese Salad
    < Homemade Mushroom Carbonara topped with cheese & served with crusty bread

RETIREMENT IS THE PERIOD WHEN YOU EXCHANGE THE NOTES IN YOUR WALLET FOR SNAPSHOTS OF YOUR GRANDCHILDREN.