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

NEWSLETTER NOVEMBER 2014

President: Dr Vin Patel
Medical Advisor Dr Vin Patel.
Chairman: Roger Reynolds …..01329 289002
Treasurer: Sue Reynolds ……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 72 members to the meeting.

APOLOGIES
Joan & Trevor Clark, Christine Fielding, Hilda Kellar, Derek Rudland, Patricia Holland & Margaret Vincent.

Alan Grimwood passed away at Q.A. Hospital on October 2nd after a short illness, his smile and geniality will be sadly missed at the gym by many of us. Our condolences go to Alan’s family.

DOOR …….. £77
RAFFLE …….. £72.20
DONATION BOX ……..£23.96
Thanks to Ivor Miller for circulating with box.

A.G.M.
The AGM is in February and it is time to think about volunteering for the committee. The chairman said it was with great sadness and disappointment that he had to announce that both Sue Martin, our Treasurer, and Dawn Saunders, our Speaker/Social Secretary, are standing down. These are two very important posts and he appeals to you to think about taking on one of these posts. If any of you are interested please speak to Sue or Dawn to see what the job entails.

LOCHS & GLENS
Unfortunately the 30 names are now down to 20 which is disappointing. September 2015 is the date so please speak to Wendy if you are interested or change your mind. 01489 581969

OCTOBER WALK
In keeping with the time of year a smaller group of members and friends turned out to walk this month. It was a lovely day and the forest at Stansted was beautiful in a host of autumn colours. Copious amounts of chestnuts were consumed and the staff at the Castle Inn looked after us nobly.

Blessed are the forgetful; for they get the better even of their blunders.
NOVEMBER WALK SATURDAY 22nd.
To suit the rather unexpected nature of weather and temperature we will walk in an area closer to home. We will meet at 10am sharp in the carpark of the Cocked Hat PH, where we may park. The terrain will be undulating and wet so wear sturdy footwear is essential. Distance will be the usual 3 miles and we will explore the wild ground and country around the river Alver and Browndown open land. Bring a drink for halfway.
Any Questions Ring Colin/Eileen on 02392 521271.

DIRECTIONS
Follow A32 from Fareham towards Gosport, through traffic lights serving Leisure Centre & New Hotel on right. Keeping to right hand lane cross next roundabout, at next take 3rd exit into military road, follow road past HMS Sultan and Cocked Hat is on your left at end of road (access before roundabout). From Lee direction, follow coast road passing Browndown on your right, at 2nd roundabout Cocked Hat sits between exits 1 and 2.

CHRISTMAS LUNCH DECEMBER 9th 2014
Come On You Members! A 4 course lunch and a brilliant Raffle (extra) all for £18
It’s at Fareham Masonic Hall, please let me know ASAP if you would like to attend.
cheques pre-dated to December 1st and made out to ‘Fareham Cardiac Support Group’
to Sue, myself or in folder at gym.

SKITTLIES
30 members and friends took part in the October Skittle Challenge, good company and good food made for an enjoyable lunchtime. The trophy went to the Armchair Allstars, top scoring lady was Janet Pearse, top man Roger Reynolds. Thanks and Well Done to all those that had a go. Diary Dates April 16th & October 15th 2015.

SPEAKER – David Williamson from HEARTSTART
The new watchword for artificial respiration is DRSABC (Doctors ABC)

D - Danger. Your priority is always to maintain your own safety. Check for signs of danger or potential risks before you start to treat a casualty.
R - Response. You now need to ascertain if the casualty is conscious. Ask them to respond to a simple question like "Can you tell me your name?" If they are unable to respond verbally, they may be able to respond to other simple commands like "Can you open your eyes?"
S - Shout for help. You will most likely require someone to help you call the emergency services while you attend to the casualty.
A - Airway. You should ensure that your casualty's airway is open and unblocked. If they are unconscious, tilt the head back and lift their chin to open the airway.
B - Breathing. You need to establish if your casualty is breathing normally - look, listen and feel for breaths. If your casualty is unconscious but breathing normally, they should be placed in the recovery position. If the casualty is unconscious and not breathing, you should……
C - Call. Dial 999 / 112 for the emergency services and start CPR.

More and more we will see AED units (Automated Electrical Defibrillators) in our day to day life. They will be appearing in secure shopping precincts and public buildings, to avoid vandalism they quite often are kept in Security offices (always manned), my NHS Dentist has one on the wall. They have very simple instructions, as we saw in David’s film. I think they are going to save many lives in years to come. Keep your eyes open, I’m told there is one in Fareham Shopping Precinct, somewhere!
David took questions at the end of his presentation, which I think everybody found very interesting and enjoyable.

HELPERS 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.

Life must go on; I forget just why.
NEXT MEETING THURSDAY 4th DECEMBER  
At AFC PORTCHESTER FUNCTION ROOM with  
‘THE SUPERB - STOKES BAY STRUMMERS’  
NOT TO BE MISSED – ALSO WINE/JUICE & MINCE PIES  
DIRECTIONS  
Follow A27 from Fareham towards Portchester. At the roundabout where you would turn left for Crematorium take 3rd exit (Cornaway Lane). Travel to bottom of this road, it continues to left so take care in turning right into Cranleigh Road. This road is well lit and will take you to the car park, turn right and you will see football stadium. Park as close to buildings as possible to save legs, function room is just inside ground entrance (2nd door on right). It is a lovely room and should be a brilliant night. Any worries/questions phone me 01329 310187.  
IT MIGHT BE A GOOD IDEA TO DO A DUMMY RUN IN DAYLIGHT – COATLINE IS GOOD WALK, ESPECIALLY FOR DOGS.  

Age is something that doesn’t matter unless you are a cheese.

Roger thanks David Williamson for his talk on CPR