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

NEWSLETTER DECEMBER 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 AFC PORTCHESTER ON THURSDAY DECEMBER 4th 2014
Chairman welcomed 59 members to the meeting.

APOLOGIES
Dr Vin & Mary Patel, Hilda Kellar, Beryl Whitehurst, Hester Lappage, Audrey Ashford-Smith, Ted Lightly, Janet & Colin Wilde & Janet Willis

INCOME
DOOR … £59  RAFFLE … £105  DONATION BOX … £30.61  MALT WHISKY … £38
Thanks to Georgie Diaper 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 23 which is disappointing. September 2015 is the date so please speak to Wendy if you are interested or change your mind. 01489 581969

NOVEMBER WALK
To suit the rather unexpected nature of weather and temperature the walk was in an area closer to home. 11 walkers explored the wild ground and country around the river Alver and Browndown

NO WALK IN DECEMBER.
Details for JANUARY will be forthcoming in next newsletter.

THURSFORD
11 members travelled to Thursford for the Christmas Show, which is said to be the best in the country, it certainly is. All the participants are freelance professionals, just the singers alone had 300 applicants for 22 positions. The furthest travelled by any applicant was 7,500 miles. It is really fantastic and the setting absolutely brilliant. For those of you who did not come, and have never been, you missed an absolute treat.

You know you’re getting old when you get winded playing chess.
THE STOKES BAY STRUMMERS

Once again this group comes up trumps. Their enthusiasm got everybody singing, with carols, novelty Christmas songs and some 60’s pop, I’m sure most people enjoyed it. If the music didn’t do it then I bet the mince pies and wine did.

HELPER THANKS

To Wendy, Joan (Davies) and Jean for drinks & mince pies, Jean on the door, Ernie, Sheila & Jim on the raffle, Sue for Treasuring and John for organising the alternative venue.

KIT FOR GYM OR HOLIDAY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-Shirts</td>
<td>£7.50</td>
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<tr>
<td>Polo Shirts</td>
<td>£8.50</td>
</tr>
<tr>
<td>Hooded Top</td>
<td>£14.75</td>
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</tbody>
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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.

Age is strictly a case of mind over matter.
If you don’t mind, it doesn’t matter.

NEXT MEETING THURSDAY FEBRUARY 5th 2015
At WALLINGTON VILLAGE HALL

AGM

Roger hands over Cheque for ‘Strummers’ current charity – ‘THE RAINBOW CENTRE’