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

NEWSLETTER JANUARY 2015

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.

NO MEETING IN JANUARY 2015___

CHRISTMAS LUNCH INCOME
RAFFLE ... £211 BRANDY ... £56.56
Thanks to Jean & Roger for their hard work.

62 members and friends enjoyed a hearty Christmas lunch

We’re one of those retired couples that never argues ... because neither of us can hear what the other is saying.
JANUARY WALK
Meet **10.00AM for 10.15AM SATURDAY 24th JANUARY** at the ‘Shack’ in the public car park at the bottom of Monkey Hill, Lee on Solent. A 3.5 mile walk along the beach, promenade, urban footpaths and parkland. The terrain will be flat, bring a drink for halfway stop. We will find a place to take lunch at the end of the walk. Needless to say sturdy footwear is essential.
Any questions ring COLIN/EILEEN on 02392 521271 or 07969 241135.

DIRECTIONS
‘The Shack Car Park’ is on the beach at the WESTERN end of Lee on Solent promenade. Take road from Stubbington centre south to Lee on Solent. As road reaches old airfield (on left) take small right hand road, Follow road down hill to car park on left by beach.

A.G.M.
The AGM is in February and it is time to think about volunteering for the committee. Both Sue Martin, our Treasurer, and Dawn Saunders, our Speaker/Social Secretary, are standing down. These are two very important posts and we appeal 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, or any committee member regards joining.

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

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 ordering. Items can be seen at the gym, many members choosing to wear them.
- Hooded Top .......... £14.75

NEXT MEETING THURSDAY FEBRUARY 5th 2015
At WALLINGTON VILLAGE HALL

AGM

*Old age is always fifteen years older than I am.*