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

NEWSLETTER FEBRUARY 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.

AGM HELD AT WALLINGTON HALL ON THURSDAY FEBRUARY 5th 2015
Chairman welcomed 59 members to the AGM.

APOLOGIES
Janice Podmore, Barbara Pitman, Terry Ware, Maureen & John Stevens, Malcolm & Gwyneth Gale,
Beryl Whitehurst, Joan & Don Gale, Maxine Titheridge, Emily & Mike Prest, Derek Rudland, Pamela Rondeau,
Christine Fielding and Julie & Martyn Paine

INCOME
DOOR … £59 RAFFLE … £57 DONATION BOX … £16.15
Thanks to Doreen Mitchell for circulating with box.

LAST CALL FOR 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

JANUARY WALK
About 20 members and friends enjoyed both the fine weather and a pleasant stroll along the seafront at Lee on the Solent, lunch was enjoyed at ‘The Crofton’.

FEBRUARY WALK
Meet 10.00 AM on Saturday 21st March 2015 in the car park of the Travellers Joy, Southbourne, on the A259 road, 2 miles east of Emsworth. A 3 mile walk through the attractive and pretty village of Prinsted, onto the coastal path and return through the secret footpaths of West Sussex. The terrain is flat, but some parts of the walk are uneven and muddy: sturdy footwear is a must and a drink for halfway stop. Lunch will be available at the end of walk.

DIRECTION
Take A27 east from Fareham towards Chichester, take the Emsworth exit immediately after passing Havant. Follow A259 road straight on through Emsworth, after 2 miles at church spire and roundabout you are in Southbourne, after 250 yards pub is on the left at ‘New Road’ junction. Please use car park immediately after passing pub.
Any queries ring Colin or Eileen on 02392 521271.

The old don’t have to worry about avoiding temptation. When you’re old temptation avoids you.
WOW!

Joy and Ian Macdonald held a coffee morning with friends and neighbours on Friday 6th, the first raffle I’ve entered where everybody won a prize, fantastic! It was extra special for Jan and I as we met MARY, Mary walked round to the venue, SO!, you ask. Mary is 96 years old and was wonderful to chat to.

THE EVENT RAISED £130 FOR BHF – Very Well Done.

SPRING SKITTLES IS HERE

After the success of the lunchtime session and to avoid the cold, damp APRIL evenings it will again be at :-

11 AM on THURSDAY 16th APRIL at ‘The Crofton’, Hillhead  Cost £9.50

Come on all you people who enjoyed it so much last year.

Booking form at Gym or by phone to John or Jan Willis 01329 310187

IT IS A COMPETITION NOW FOR THE DR CARLING MEMORIAL TROPHY – ARMCHAIR ACERS (Holders) vs GYM ALLSTARS

IMPERIAL WAR MUSEUM

A luxury 53 seater Luckets coach (with toilet) will depart from Portchester at 8.30am, returning at 5pm, on TUESDAY 9th JUNE 2015, Cost £14.50 (Museum entry is FREE)

Initial pick-ups are Fareham BHF shop and Locksheath centre.

Sites close to museum include EDF London Eye, London’s Southbank and The Shard. Short bus ride to HMS Belfast and the Churchill War Rooms.

Interested…. phone Jan or John on 01329 310187.

HELPER THANKS

Special thanks to Wendy & Ed for preparing the nibbles, and to Jean and Roger for the wine + glasses.

Thanks go to Ernie, Sheila and Jim on the raffle, Jean on the door, Nikki and David (books) and everybody that helped with chairs.

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 MARCH 5th 2015

At WALLINGTON VILLAGE HALL

A MUSICAL EVENING – ‘DESERT ISLAND DISCS’ WITH RUTH WARREN

More people would live to a ripe old age if they weren’t so busy providing for it.
Roger Reynolds thanks Dawn Saunders and Sue Martin for their Committee Roles as outgoing Social Secretary and Treasurer

1. Members Present. 59
2. Apologies. See Above.

Unfortunately our Phase 4 trainer has departed on the completion of his contract with us. We are endeavouring to recruit someone from the 24/7 staff, to the benefit to us both.
At present over 50 members use the gym, average attendance over 2014 was 20 per day.
Winner of highest attendance was again David Beasley
24/7 have come up with an attractive incentive for OAP’s, £12.95 per month or £80 for 8 months (£10 month). Many members are taking advantage.
Dr Vin gave us an introduction to the 4 medical speakers for 2015.


This would be Sue’s final report before handing over to Madeline Miller.
It is a pleasure to announce that after the annual audit we had a surplus of £300, remember we are non profit making.
Sue and the committee wish to thank Don Gale for not only auditing the books but also the speed he carried it out,
Vote of thanks to Don Gale proposed by Ted Lightly, seconded by Don Meek, carried unanimously (applause).
On Sue’s retirement the Chairman and Committee wish to thank her for all her hard work during her tenure. (applause).

5. Chairman’s Report.

It gives me great pleasure to welcome you all this evening and it is good to see so many here, also to wish you all a Happy New Year.
I would first invite you all to stand for a one minute to remember those who are no longer with us.
Well this is the end of my third year as Chairman which I have enjoyed and hope that we, as your committee, have run the group on your behalf to your satisfaction. We are always ready to listen to any ideas and constructive comments which will benefit the group.
Whilst some members have suffered various illnesses, been receiving treatment and had operations we seem to be a fairly healthy bunch. Some of this could be down to attending the gym which is very capably overseen by Dr. Vin who works unstintingly on behalf of the group and is always available for advice, members wishing to attend the gym please speak to Dr Vin.
Your dedicated and hardworking committee have endeavoured to provide a varied programme of speakers, entertainment, holidays, trips, walks etc. – my thanks, and I am sure yours, for their support throughout the year (applause).

Dawn is responsible for putting together our annual programme and organising visits, including the World War One Museum at Fort Widley, afternoon tea at Gracie-Ann’s Tea Room at Port Solent and our successful Christmas Lunch at the Masonic Hall,
Once again our grateful thanks go to Colin and Don for organising our walks with often the best part of 30 in attendance, also the annual picnic walk (applause).

My special thanks to all those who help in any way – teas, coffees, tables, chairs, raffle, books etc. and also to you all for supporting the group and making it what it is – very successful. My thanks also go to our hard working secretary, John Willis, who does a lot a lot more than most people appreciate. Besides his usual secretarial work he produces the monthly newsletter and no end of other mundane items that would otherwise not be done (applause). I would also like to mention our hardworking Treasurer, Sue Martin, who has done a marvellous job and has spent many hours providing spreadsheets explaining all about the income and expenditure so that even a non-financial person can understand. It is with great regret that Sue has decided to stand down.

It has been agreed that Bob Curtis will take on the role of collecting and collating monetary matters with regard to the gym. Dawn Saunders is also standing down as Speakers Secretary, I am sure we all appreciate her very hard work (applause).


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7. Proposal of change to constitution

Ted Lightly raised the point that at present the Constitution is not precise in the dispersal of monies should the GROUP cease to exist (not likely in the foreseeable future). In recognition of the superb support we get from BHF Ted suggested that is where the money should go. This proposal was put to the meeting with Ted Lightly as proposer, seconder John Willis, the vote was Unanimous. The Constitution will be amended.

Roger presented Valerie Jack with a prize for winning competition

January Walk at Hill Head