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

NEWSLETTER APRIL 2015

President: Dr Vin Patel
Medical Advisor Dr Vin Patel
Chairman: Roger Reynolds ……01329 289002
Treasurer: Madalaine Miller
Secretary: John Willis ………. 01329 310187
Speakers: Ian/Joy Macdonald . 01329 236506
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 ON THURSDAY APRIL 2nd

WELCOME
Chairman welcomed 51 members to the meeting.

CONDOLENCES
As most of you now know Pamela Evans passed away suddenly on March 14th. Pamela and Brian have been members of the group for about fourteen years, I’m sure the many friends they have made in those years will miss Pamela dearly.

Sadly we have lost another of our “characters”, Don Meek died of a heart attack on 29th March, always at Maureen’s side, ready for a chat and a laugh. He will be sadly missed both at the meetings and the social occasions.

APOLOGIES
Eileen & Colin Peake, Maureen & John Stevens, Val & John Jack, Vic Pink, Lilian Redman, Margaret & Langford Vincent, Doreen Seldon, Daphne Holmes, Cyril Butcher, Jan & Jim Connett and Jim Thompson

INCOME
DOOR ……. £51 RAFFLE ………. £59 DONATION BOX ………£20.51

APRIL WALK 2015
Meet 10am(six) on Saturday 25th April 2015. Upperford Copse, Bere Forest. The route will be over undulating terrain so sturdy footwear is necessary. Bring a drink for halfway stop. The distance is approx. 3 miles. Lunch will be available at end of walk. Any questions ring Colin on 02392 521271.

Directions from Fareham :- Take A32 North to Wickham, stay on A32 past church on right. After 3 miles pass Roebuck Inn on left. Take next junction on right, in 400 yards turn left into Upperford Copse Car Park.

Old age is all about losing your marvels.
MEETING SPEAKER on APRIL 2nd
‘CHRONIC HEART FAILURE’ Dr Dominic Kelly – Consultant Cardiologist - Hampshire Hospital NHS Foundation Trust
Dr Kelly trained at Liverpool medical school and spent two years with the British Heart Foundation doing research into the causes of heart attacks and heart failure. He described in detail how correct medication after a heart attack can avoid the more serious heart failure condition. Some types of medication are designed to make sufferers feel better. Other medication goes further and treats the condition itself.

He urged sufferers to persevere with medication that they were prescribed even if occasionally there are side effects. The good news is that death to Heart Failure has been decreasing in recent years. Further good news is that major research will bring on the market, more sophisticated pacemakers, in the near future.

He briefly covered world history knowledge of Heart Failure referring to the Egyptians and the Romans knowledge at their times. Even they knew that if the heart muscle wasn't efficient it would cause breathlessness and swelling in the lower limbs.

He warned that it is important to seek help if you start to suffer from breathlessness or chest pains. Patients who delay seeking help make it more difficult to treat the condition and could result in Heart Failure later.

SPRING SKITTLES IS HERE
After the success of the lunchtime session and to avoid the cold, damp APRIL evenings it will be
11 AM on THURSDAY 16th APRIL at ‘The Crofton’, Hillhead  Cost £9.50
Come on all you people who enjoyed it so much last time.
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

THE GYM
It is a policy of the group that if your partner is unable or not inclined to visit the gym with you, then a relative or friend is acceptable as a ‘buddy’ enjoying the same terms as group members. Please always contact Dr.Vin first.

HELPERS
THANKS go to Wendy, Joan and Jean for the Tea/Coffee, Jean on the door, Nikki and David with books, Ernie, Sheila on the raffle and all the furniture shifters (which was just about everyone).

CANINE PARTNERS HOLYWELL WALK
The bluebell walk will take place on 18th April 2015 at Holywell Estate, Swanmore SO32 2QE
10am for 10.30am start.

IMPERIAL WAR MUSEUM (Free Entry)
TUESDAY 9th JUNE Cost £14.50
This is the second announcement about this trip and I have just 13 seats left.
Departures… Portchester Red Lion 8.30 …BHF Shop 8.40 …A27/Peak Lane junction 8.45
Locks Heath Centre 9.0am
To book phone Jan/John 01329 310187

SKITTLES MENU THURSDAY 16th April £9.50
Fish & Chips …. Homemade Steak, Ale & Mushroom Pie …. Chicken & Chips …. Pork & Leek Sausage & Chips …. Ham Salad Cheddar Cheese Salad …. Homemade Mushroom Carbonara topped with cheese & served with crusty bread

NEXT SPEAKER - MAY 7th 2015
‘Life on the Royal Yacht’ by Rod Preston

You know you’re getting on when the only whistles you get come from the kettle.