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

NEWSLETTER AUGUST 2015

President: Dr Vin Patel
Medical Advisor Dr Vin Patel..
Chairman: Roger Reynolds …..01329 289002
Treasurer: Madalaine Miller
Secretory: 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 JULY 2nd

WELCOME
Chairman welcomed 41 members to the meeting.

APOLOGIES
Jackie & Tony Newnham, Mary & Dr. Vin, Doreen Mitchell & Bob Ward.

INCOME
DOOR …….. £41 RAFFLE …….. £65 DONATION BOX …….. £15.31
Thank you for circulating with the box.

JULY PICNIC WALK
Twenty One members met at Bramdean Common for a gentle walk, a lovely picnic and a good chat. It was thoroughly enjoyed by all. More pictures on website

NO walk in August.

I’m now in the metallic years: gold in my teeth, silver in my hair, and lead in my backside.
WHEELHOUSE AFTERNOON
Thanks to 27 that turned out, it was a pleasant afternoon which included birthday cake and Tea/Coffee. I have to report nobody ventured into the sea. Thanks to Dawn and her helpers.

THANK YOU’S
THANKS go to Wendy and Jan for the drinks, Jean on the door and the raffle, and all the furniture shifters (which was just about everyone)

AMERICAN SUPPER & BEETLE DRIVE
What an enjoyable evening we all had, all the ingredient’s, fun, food, wine and a good natter. Winner of Beetle Drive was Janet Wilde, well done!

HANDMADE CHRISTMAS & BIRTHDAY CARDS

Above are 2 examples of A4 novelty Birthday/Christmas cards that I make, by use of acetate you see a front and back view of featured character on appropriate background. I will be selling the cards and other Christmas/birthday cards at the next meeting

NEXT MEETING THURSDAY 3rd SEPTEMBER
The advancements in Pacemakers and what they do.
Presented by Bernice Holden

PLEASE DO NOT FORGET THIS IS ‘BIG BAG MONTH’
Dawn has plenty of bags to fill. Tel.01329 283876

The old believe everything, the middle-aged mistrust everything: the young know everything