NEWSLETTER JULY 2018
FAREHAM CARDIAC SUPPORT GROUP
FOUNDED IN 1988 BY DR HUGH CARLING MBE

President: Dr Vin Patel
Chairman. Roger Reynolds......01329 289002
Vice Chairman: Bob Curtis ......
Secretary: John Willis ..........01329 310187
Speakers: Joy/Ian Macdonald .. 01329 236506
Almoner: Wendy Hawkins .....01489 581969
Website: Peter Stoddard ........01329 312484

RULES FOR GYM USERS
# Ensure gate is secured properly after entry
# 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

CHAIRMAN welcomed 48 members plus 1 new - Ian Drover - to the meeting.

APOLOGIES
Dawn & Ivan Saunders, Caroline & Gordon, Sheila Liggins, Emily & Doug Prest

INCOME
RAFFLE ........ £55 DOOR ........ £48 BOX........£20.19

HEALTH/DEATH
Sadly, I have to announce the death of Peter Raggett, Peter along with wife Hazel used the Gym and he liked nothing more than being out on a sailing boat in the solent.
Dr Vin had a short stay in hospital with a chest infection, he is home now and resting, our best wishes go to Mary and himself.

JULY WALK
Meet 10.00 am sharp on Saturday 28th JULY at the Bat and Ball PH, Broadhalfpenny Down, Hambledon.
A three mile walk over undulating quiet roads, country footpaths and fields. This is a lovely walk, with sturdy footwear a must; bring a drink for halfway stop. Lunch will be available at the end of the walk.

From the A3 exit to Clanfield/Chalton, turn left onto Chalton Lane. Follow two miles and after the classic car garage turn right onto Hambledon Road. The Bat & Ball is at the top of the hill on the right hand side.
Sat. Nav. PO8 0UB
Organiser Eileen & Colin Peake 02392 521271 or 07969 241135

Eighty’s a landmark and people treat you differently than they do when you’re 79. At 79, if you drop something it just lies there. At 80, people pick it up for you. Helen Van Slyk
JUNE WALK
12 members enjoyed a 3 mile walk from Southbourne, West Sussex down to and along the shoreline, returning to ‘The Travellers Joy PH’ via the very pretty village of Prinsted. It was very warm but we all made it back for a hearty lunch.

WE ARE STILL LOOKING FOR WALK ORGANISERS FOR MONTHS OF 2018
Please step forward, even if it is only one month. I now hold a description for all the different walks over the last 5 years, making the job so much easier. John 01329 310187

TINSEL & TURKEY IN BOURNEMOUTH, CHRISTMAS SHOPPING IN POOLE & BOURNEMOUTH + Christmas Market in the square.
Self – drive, 3 night holiday in probably the best shopping centres on the South Coast.
Christmas Eve (Fri) and Christmas Day (Sat) with full Christmas dinner and entertainment both nights.
FRIDAY 30th NOVEMBER to MONDAY 2nd DECEMBER
Staying at ‘The Ullswater Hotel’ (This will be our 4th visit)
£105 per person.
If enough of you book we could have Hotel to ourselves, friends and family most welcome.
Ring Jan or John on 01329 310187

HELPERS
THANKS to Jean on the door, Maureen & Jean in the kitchen, Julie & Martyn Paine for the paperbacks, and all the chair & table shifters.

BHF BIG BAG APPEAL
Full Bags can now be returned to Dawn at any meeting.

LAST CALL FOR 2019 HOLIDAY
Wendy is taking names for a visit to Bodelwelly Castle Hotel in North Wales on 24th June 2019. A 5-day holiday by coach with Dinner, Bed & Breakfast. If you are interested please contact Wendy as soon as possible, this is a very, very popular destination so booking early is very important.
Cost. £379 per person             Tel. 01489 581969

SPEAKER – Dr V.Nagveker – ‘Life as a GP and more’
Born in Stockton on Tees, went to India when very young where her Grandfather was a surgeon for the British Army. This gave her the bug to become a nurse. She returned to Britain and after working very hard throughout her school days she was rewarded with sufficient ‘A Levels’ to enter university.
On graduation she moved to Portsmouth, working in Cardiology for 1st year, 2nd year was understudying surgeons in theatre, next were the elderly/neurology and a period in Accident/Emergency. Often remember special steps taken to bring down the adrenalin after a shift, exciting and interesting. I then got married.
Family life was seriously disrupted with shifts in the hospital, so decision was made to train as a GP.

You don’t realize what fine fighting material there is in age. You show me anyone who’s lived to over 70 and you show me a fighter – someone who’s got the will to live                Agatha Christie
Fareham Health Centre – Here I am! – Start 7.30am

AM see 19 patients (Average)
Phone consultants (Referrels), Social Services etc.
Check all Blood Test results
PM Visit patients at home (2 – 4)
Surgery see another 19 patients

Hardest part of job is time management, 10 minutes is not always enough time for a diagnosis.
An open mind is essential and knowing when to be hard or soft.

Patients sometimes come just to see you, they have no prognosis, often just very lonely.

One side of the job really enjoyable is Anti-Natal clinic, seeing the beautiful babies and their happy mum’s.

THREE THOUGHTS TO GO AWAY WITH
1/ Do think about end of life.
2/ Wear less layers when visiting your GP.
3/ Ask questions.

QUICK QUIPS

Once asked for credentials - had to show prescription pad.
Young lady once asked for a boyfriend.

Patient with constipation and swollen ankles thought her poop was going into her legs.

Has had 3 occasions when pilot on holiday flight has requested ‘Is there a doctor onboard’.

TRICIA CHAWNER IS THE WIFE OF ROBIN CHAWNER WHO HAS BEEN A MEMBER OF THE GROUP FOR SOME YEARS. TO BE INVASED BY PARKINSONS DISEASE AFTER FIGHTING HEART FAILURE MUST BE DEVASTATING. IT IS NOT NORMAL PRACTICE FOR US TO GET BEHIND SOMETHING OTHER THAN BHF, I AM SURE YOU AGREE THIS IS A SPECIAL CASE. AS TRICIA SAYS, ‘NO MATTER HOW SMALL’ ANY DONATION WILL HELP. ALL DETAILS ARE ON PAGE 4 OF NEWSLETTER. THANK YOU.

NEXT MEETING THURSDAY AUGUST 2nd 2018

SPEAKER
‘AN EVENING OF ENTERTAINMENT’ with Tim Austin OBE

My mother used to say the seven ages were: childhood, adolescence, adulthood, middle age, elderly, old and wonderful.                   Mary Wilson
From: Pat Chawner  
Sent: 07 June 2018 18:49  
To:  
Subject:  

From: Tricia Chawner, 26 Winnham Drive  
To: Friends and Neighbours  

ABSEIL IN SUPPORT OF THE ROWANS HOSPICE  

On 15th July at 10:30 I will be abseiling from the Spinnaker Tower in support of the Rowans Hospice.  

You will know that my husband, Robin, has Parkinsons Disease and in 2017 The Living Well Centre at the Rowans put him forward for some time at their Day Centre. This gave Robin excellent care and therapy for one day a week for 12 weeks, which was wonderful for him and gave me some much needed respite. Most of you will know of the Hospice and what a wonderful place it is and how it helps people so much, not only those at the end of their lives but people with life limiting illnesses. It also supports families and carers of those who are ill.  

As a thank you to this wonderful place and the selfless people who work and volunteer there I decided to do some fundraising, hence the abseil.  

If anyone feels they could make a contribution, no matter how small, I know it would be greatly appreciated. I have set up a page on Just Giving, Patricia’s abseil challenge, or if you prefer you could ring me or contact me on details below.  

Thank you for taking the time to read this.  

Kind regards  

Tricia  

Mobile: 07732953405  
Home: 01329 314030  
Email: Patricia.chawner1@gmail.com