NEWSLETTER AUGUST 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 51 Attendees to the meeting, these included 2 new members, Miriam Chandler & Glyn Wadey, also several guests, Emmie & Roger Hollis, Bill Pulsreyman & Ann Hulter. Also welcome back to Muriel Hine.

APOLOGIES
Julie & Martyn Paine, Doreen Seldon, Jean & Doug Peskett.

INCOME
RAFFLE £62  DOOR £51  BOX £37.99

HEALTH/DEATH
Dr Vin, no change in his condition, still resting and getting all med’s at home, our best wishes go to Mary and himself. Sorry to hear Bill Blanchard is not too well, we hope you are feeling better soon.

JULY WALK
Our thanks to Eileen & Colin, who took 15 members on a pleasant walk round Broadhalfpenny Down, Hambledon. Followed by an excellent lunch at the Bat & Ball.

AUGUST WALK with Joy & Ian Macdonald
Part of Meon Valley Trail. Approx 3miles. Flat walking, small muddy area.
Lunch planned at The Kings Head, Wickham Square.
Directions -Take the A32 towards Wickham turn left opposite the church into Bridge Street, then right into Mill Lane, then right into Station Close and the car park is visible to the right of the Fire Station.
Nearest post code PO17 5JY. Ian’s mobile 07535 006558. Meet at 10.00 am Saturday 25th August

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

SUMMER QUIZ
31 members enjoyed a super lunchtime quiz. Good company & good food, what more could you want.
Thanks to Joy & Ian for organising, and a big well done to Ann with raffle making £82.

Enjoy keeping active – remember if you rest you rust.
F.C.S.G. SKITTLES CHALLENGE
TUESDAY OCTOBER 9th 2018 at ‘THE CROFTON’, HILLHEAD.
11.30 for 12 Noon Start        There will be a RAFFLE

Booking now at AUGUST & SEPTEMBER MEETINGS or PHONE 01329 310187
COST… £10.50        Full Menu Choice on Booking Form.

F.C.S.G. CHRISTMAS LUNCH
TUESDAY 11th DECEMBER at FAREHAM MASONIC HALL

Bookings now being taken for 2018. Price £19.00

3 Courses + Coffee/Tea & Mince Pie
+ SUPER RAFFLE
Guests are welcome

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 3rd 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 Bodelwellyn 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. Excursions & Entertainment are included.
Cost: £379 per person       Tel. 01489 581969

TRICIA CHAWNER & HER ABSEIL DOWN SPINNAKER TOWER
Successfully completed, really exciting was her comment. Thanks to all members that donated, Tricia has raised over £1,300 pounds already for ‘The Living Well’. (You may not be aware, they do respite for heart disease patients and all other chronic illnesses). Pictures and short video are on her Facebook page.

ENTERTAINER
Thursday night’s entertainer TIM AUSTIN OBE was brilliant, he had us in stitches and singing along with some nostalgic songs from ‘Pack Up Your Troubles’ to ‘Buddy Holly’. We all enjoyed cheese & biscuits washed down with wine or fruit juice. A truly enjoyable evening.

NEXT MEETING THURSDAY SEPTEMBER 6th 2018
SPEAKER
‘CARDIAC TREATMENT IN 2018’ by DrGuha
(Head of Cardiology at QA)

As you grow older you’ll find the only things you regret are the things you didn’t do.