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

NEWSLETTER AUGUST 2019

President: Dr Vin Patel
Chairman: Roger Reynolds ......01329 289002
Vice Chairman: Ian Macdonald.01329 236506
Secretary: John Willis ............01329 310187
Speakers: Joy Macdonald ........01329 236506
Almoner: Wendy Hawkins .......01489 581969
Treasurer: Ann Rudland ...........01329 282809
Website: Peter Stoddard ...........01329 312484
Committee: Jean Reynolds

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 to 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 with approval of ability to exercise. Induction at the gym will be carried out by Donna, by appointment - 01329 232321.

VICE-CHAIRMAN welcomed 48 attendees to the meeting, including 2 guests.

APOLOGIES
Jean & Roger Reynolds, Duncan Phelps & Langford Vincent

HEALTH / DEATH

INCOME
Door ….£48
Raffle …. £70
Donation Box …. £18.95

WINDSOR & SAVILL GARDENS
TUESDAY 10th SEPTEMBER - £14.00 COACH ONLY
I have 5 places on the coach, NO ENTRY FEE paid for Castle or Gardens + 2 at £34 including Entry Fees.
Ring Jan/John 01329 310187.

BHF BIG BAG APPEAL
Full Bags can now be returned to Dawn at any meeting. BHF receive £15 every filled bag.

WE ARE STILL LOOKING FOR WALK ORGANISERS FOR MONTHS OF 2019
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

Life is like a hot bath. it feels good while you’re in it, but the longer you stay in, the more wrinkled you get.
JULY QUIZ

Another successful quiz, thanks to Joy and Ian. It was amazingly close, the winning team having a score of 52, closely followed by two teams with 51. Also a very big thank you to Ann Rudland, who raised an astounding £123 with her raffle.

PHOTOGRAPHS

Peter Stoddard’s pictures from events, walks etc. will now be in postcard size. Always available at Group meetings for a reasonable 50p each.

HELPERS

Thanks to all who help in any way during the evening, the door, the raffle, the books, the kitchen ladies, the chair shifters. Thank You.

AUGUST MEETING

Another enjoyable evening singing along with Tim Austin, monologues too. Has anyone found that performing Flea yet?

DATES FOR THE DIARY

Tuesday 22 October 2019  Skittles at The Crofton 11.30 am - £11.00 pp
Tuesday 10 December 2019  Christmas 4 course Lunch at the Fareham Masonic 12.45 for 1.00 pm - £19.00 pp

2020 HOLIDAY

Wendy is to make enquiries about Warners NEW site – Studley Castle, Warwickshire.

THURSDAY 5 SEPTEMBER 2019
Speaker - Cardiologist from Q.A. Hospital.

If a man is bald in front, he’s a thinker. if he’s bald at the back, he’s a lover. if he’s bald front and back, he thinks he’s a lover.