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

NEWSLETTER JANUARY 2020

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.

CHAIRMAN welcomed 50 members and guests to the meeting.

APOLOGIES
Hilda Kellar, Doreen Seldon, Sheila Peasey and Maureen Stevens

HEALTH/DEATHS
Doctor Vin’s funeral took place on Monday 30th December at St. Barnabus Church in Swanmore. 25 members attended, thank you to all those who did. It was a very nice service with the group being mentioned and apart from looking very frail and in a wheelchair, Mary spoke to everyone and raised a smile. There were to be no flowers but donations were welcomed for BHF, therefore the committee agreed that Thursday night’s donation box proceeds plus some from group funds will also be donated to BHF in Doctor Vin’s memory.

Sadly in the last hour I have been informed that Pauline White was found dead in her flat this morning. Pauline was a chirpy member of the gym gang, not a heart patient but a great ‘carer’ for her good friend Helen Street. A huge fan of the FCSG Christmas Lunch, I’ve spent many a year sharing her company, at our table.

The bad news continues with the sad news that Maureen Stevens is in Queen Alexandra Hospital and the outlook is not good, not her heart, but that awful thing beginning with ‘C’.

SOMEONE ASKED SOMEONE WHO WAS ABOUT MY AGE: ‘HOW ARE YOU?’
THE ANSWER WAS, ‘FINE, IF YOU DON’T ASK FOR DETAILS.’
INCOME
Door …. £51 Raffle …. £107

£83 was collected in donation box, this was rounded up to £100 and donated to BHF in Dr Vin’s memory. Thank You.

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

JANUARY WALK SATURDAY 25th 2020 - 10.15 for 10.30 start

A walk along the Gosport side of Portsmouth Harbour offering excellent views of the 2 new aircraft carriers, other naval ships and leisure craft. Starting at historic Hardway, following the Millennium Way through Explosions, towards Gosport Ferry and back, sadly not a complete circular tour.

Duration: Walk circa 2 hours excluding a coffee break.
Terrain: Level, all pavements and roads. Footwear to suit.
Coffee: Venue to be confirmed as all cafes closed at time of writing or carry your own.
Lunch: The Jolly Roger at Hardway approx. 12.30/1.00pm. Menu choices to be decided at meeting point. The Jolly Roger will also provide loos at start of walk.

DIRECTIONS FOR PARKING. From Fareham take A32 to Gosport, continue to major crossroads with left turn signposted PRIDDY’S HARD, HARDWAY and brown sign for EXPLOSION.
Take this turn, Heritage Way, and continue through 4 sets of traffic lights and then a left turn into St Helier Road. Entrance to FREE car park is immediately on your left (Green Lane Hardway car park).
If anyone is unfamiliar with the A32 then set sat-nav for McDonalds, on the corner of the major crossroads, PO13 0AF.
Alongside McDonald’s is Lidls, Home Bargains and this area is known as Brockhurst Gate.

Queries: Duncan and Dorothy Phelps Email: dotanndunc@yahoo.co.uk Mobile: 07780 885467

WE ARE STILL LOOKING FOR WALK ORGANISERS FOR MONTHS OF 2020
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

HELPERS
Thanks to all who help in any way during the evening, girls in the kitchen, Jean on door, Ann on raffle, Julie & Martyn with the paperbacks and all those that kindly stacked tables and chairs

CHRISTMAS LUNCH & TINSEL & TURKEY
Pictures are available for both these events, they appear on our GROUP WEBSITE and are available to purchase from Peter Stoddard on 01329 312484.

‘UKES OF WALLINGTON’
An enjoyable evening spent with a bunch of amateur Ukulele players that certainly enjoyed entertaining us, the wee dram and shortbread went down well too.

NEXT MEETING AGM – THURSDAY 6th FEBRUARY 2020
ANY VOLUNTEERS FOR COMMITTEE MUST CONTACT THE SECRETARY BEFORE JANUARY 17th (NEW FACES COULD BE REFRESHING).

THEY SAY THAT AGE IS ALL IN YOUR MIND. THE TRICK IS KEEPING IT FROM CREEPING DOWN INTO YOUR BODY.