

Blandford Heart Forum (BHF)

March 2016 Newsletter

([www.blandfordheartforum.org.uk](http://www.blandfordheartforum.org.uk))

7 March 2016

Dear Members,

We are actually on the edge of Spring and I do believe the clocks go forward later this month !!

Our next meeting will be on 17 March (St. Patrick's Day) at 2 PM in the Studio , Common Lane Blandford , DT11 7HE. Green Tea can be provided if necessary ? On this occasion we have 2 Speakers, Roger and Sandra Downton and their subject is "In the Wake of the Cockleshell Heroes". Please make every effort to come along even if the sun is shining and the garden beckons ! Our continuity depends utterly on your loyal support.

In the February Newsletter I mentioned a Shillingstone Gardening Club trip to Exbury Gardens near Southampton. We have subsequently realised that the date mentioned, 19 May happens to fall on our May meeting unfortunately – silly me !!

At our recent Committee meeting on the 3<sup>rd</sup> March, Betty produced the new Ramblers' programme which is to be found on our website. For those able bodied among us it offers some really good walks and good company.

We are now regularly advertising our presence and activities in all the local free press including the Blackmore Vale Magazine, Forum Focus and Community .Com as well as keeping our NHS local Cardiac Nurses fully informed of our need for their ' input' !

Can I repeat something I mentioned a few Newsletters back ; please please let me know if you no longer wish to receive these Newsletters, and by the same token, please let me know if you know of anyone who needs our support and would like to receive a copy ?

Hoping all is well with you and yours; All Best Wishes

Ray Suter

