

Blandford Heart Forum

January 2014 Newsletter

Dear Members,

Firstly, a belated Happy and healthy NEW YEAR to you all, and let us hope this rain stops soon before we need to start building an ARK !!

Our next meeting is scheduled for Thursday 16th January, 2.30 PM in the Restaurant of Blandford Hospital. Our Speaker will be Martin Shephard who is the Senior Pharmacist at Dorset County Hospital. He will be talking about drugs and their usage as applicable to those of who suffer from heart disease , or who have endured heart surgery. He is not an easy person to obtain given his heavy workload. From past experience of his visits, his talks are always illuminating and of immense interest to cardiac Patients past and present.

Our Christmas Party held on the 28 November was a great success due in no small measure to all those who prepared the venue, provided some delicious food, ran the raffle (Lisa) and provided the interesting if taxing quiz (John and Rosemary) . We are also indebted to the Restaurant Staff at Blandford Hospital for their wonderful Service in providing the glasses, crockery, cutlery and even did the washing up for us on the following day !! A letter of grateful thanks has been sent to Kim Senior, the Lady-in-Charge of the Hospital Restaurant.

Please keep an eye on the BHF website

www.blandfordheartforum.org.uk for details of future events. At our BHF Committee Meeting on the 2nd January, we discussed again, the possibility of an Outing to a place on interest in April (mentioned in the November Newsletter).. Possibilities were; Yeovilton Fleet AirArm Museum, Hestercombe Gardens, The Donkey Sanctuary in

Devon, the Hawk Sanctuary in Wiltshire, the East Somerset Railway which runs from Bishops Lidyard to Minehead or the Historic Ships site in Portsmouth. The nearby shopping centre in Gunwharf Keyes may have some attraction for the Ladies ? We felt it wise to keep the coach travel time to no more than 2 hours each way. Your input on this would be invaluable at our January meeting...

You may have heard of the generous award we have received from Sturminster Cheese Festival Committee in the form of £500. Hugh applied for this some months ago. We attended the Award Ceremony at The Exchange, Sturminster Newton on the 26 th November. Those of you who see the freebe "Community.Com" published by Sturquest may have spotted the excellent photo on page 3 of the January 2014 issue 142, and will see a beaming Hugh in the rear centre of the photo.

The Ramblers enjoyed a very Festive Meal at Athelhampton House near Dorchester on the 11 December with 41 brave ramblers attending. A good time was had by all !! Sincere thanks to Betty who looks after the BHF website throughout the year.

Lisa has asked me to mention the "Easy Exercise Group" which is held at the Studio each Friday from 12 noon to 1 PM. For information about this activity ,call Lisa on 01258 860880. The first session attended is free of charge, thereafter , I believe the charge is £4pp.

A reminder about the venue for our future meetings.. from now until March, we will meet at the Blandford Hospital 2.30 PM to 4.30PM. From April until October we return to the Williams Opportunity Hall in Whitecliffe Gardens, Blandford 7PM to 9PM.

Lastly, but certainly not least, Isabel was admitted to Dorchester Hospital on the 27th December suffering from acute stomach pain.

She is currently in Ilchester Ward and undergoing a number of tests. A get well card has been sent to her by the Committee on behalf of the Membership. I will keep you informed of her progress. In the meantime our prayers and thoughts go out to Isabel and Mike for her early recovery.

Please contact me should you have any 'feedback' on the above Newsletter.

All best Wishes

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