

## Blandford Heart Forum (BHF)

### June 2014 Newsletter

Dear Members,

Our next meeting will be on 19 June to be held in the Williams Opportunity Hall, Whitecliffe Gardens, Blandford. The Speaker will be Mike Bolton whose talk is titled "How We Used to be". All are welcome to come along, so bring along friends and family members if you wish to. Please remember to bring a raffle prize for our end of evening draw.

The visit to the RNLI College in Poole turned out to be a most enjoyable and interesting excursion. The food in the restaurant was both good and reasonably priced. We were told by the ever helpful and cheerful staff that anyone can drop in at any time for a meal or a drink at the bar upstairs without notice. The view across Poole Harbour from the upper Bar is well worth seeing. The RNLI is totally dependant on charitable giving and does such a professional and vital job around our coasts and deserves our support. One occurrence during our conducted Tour worthy of mention was the alarming phone call Rosemary received from her Son back at home in Charlton Marshall. He informed her that a swarm of bees had entered their house via the Lounge chimney . Sadly , Rosemary and John had to rush back home to sort out the problem; finally with the help of the Local Police who put them in touch with local bee-keepers who advised the use of smoke. Worth remembering. No help was forthcoming from the NDDC !!

In para 4 of my May Newsletter, I mentioned the DT11 Forum and a "Networking Event" we have been invited to become involved in. The date for this is set for the 12 June and Richard and Lisa have kindly volunteered to represent the BHF at the Sealy Suite in the Crown Hotel that evening. This is a precursor to the Main Event in September which I mentioned in my April Newsletter. Please make a note in your diaries of our AGM on the 18 September, this year to be held in the Sealy Suite in the Crown Hotel, Blandford. Other Groups/Organisations from North Dorset will also be there on that day providing an opportunity to meet and share ideas and experiences. A full programme of this September DT11 Forum Health and Wellbeing event will be issued to Members hopefully 2 weeks prior to the 18 September.

At our Committee meeting on the 5 June, Liz New informed us that she wished to resign from the Committee as she taken up a job and would be unavailable. We are sad to lose

Liz's valuable input to the BHF and thank her for all she has done. We hope, however, to continue to see her at our monthly Thursday meetings.

Please do not forget to look at our website [www.blandfordheartforum.org.uk](http://www.blandfordheartforum.org.uk) to keep abreast of news and events; and please please let me know if you have acquired internet access recently or changed your e mail address

All Best Wishes

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10 June 2014