

Blandford Heart Forum.

## October 2013 Newsletter

Dear Members,

Our next meeting will be on 17 October in the Williams Opportunity Hall, Blandford. Our scheduled Speaker, Mrs Hillary Warner will unfortunately be unable to attend due to illness, so I have arranged an alternative Speaker, Kathy Underwood, who will be talking about the RNLI and it's noble tradition of rescuing Seafarers in distress around our coastline.

The AGM on the 19 September was well attended and Hugh has prepared a comprehensive account of this event which will be available both at our next meeting, but on our Website; [www.blandfordheartforum.org.uk](http://www.blandfordheartforum.org.uk) Dr.Simon Winterton, as in previous years, came up from Dorchester and gave us a very interesting Address appraising us of current Cardiac developments in his Department in the County Hospital and offering some good advice on the way forward for the BHF. Cardiac Patients, he said are spending less time in Hospital following a heart attack or a Cardiac Procedure through significant advances in technology and speedier diagnosis. Susanna Merewether, the Co-Ordinator of the Cardiac Rehab rolling programme of courses spoke of an excellent year and the huge success of the move to the Studio where more space and equipment were available. She paid particular tribute to Livvy for her hard work and dedication.

PLEASE NOTE that starting on the 21 November, our meetings will be held in the Dining Room of Blandford Community Hospital commencing at 2.30 PM. This has been arranged not only to save money, but also to remove the need for Members to travel on dark Winter evenings. We will return to the Williams Opportunity Hall in April 2014.

In a move to hopefully boost our membership, we are continuing to advertise the BHF and it's aims and programme of events in the local press and magazines and also through all the Cardiac nurses attending the medical centres in North Dorset. From now on , we will be extending a welcome to all who wish to join us , not just cardiac patients and their spouses/partners.

Please note in your diaries that our Christmas party will be on the 28 November at 6.30 PM in the Dining Room of Blandford Hospital. More of this in our November Newsletter.

Finally, if anyone has recently acquired an e mail address, please let me know. Transmission of this Newsletter by e mail instead of by Post is a saving of 50p /letter.

Looking forward to seeing you all at our next meeting. Any ' feedback' or points to raise, please do not hesitate to let me have them before our next Committee meeting which is scheduled for 7 November.

All Good Wishes

Ray Suter. Tel; 01258 860 787. Email; [ray.suter@gmail.com](mailto:ray.suter@gmail.com)