



Issue No. 002

Your Committee

Morning Group

Terry Grover Chairman
John Palmer Secretary 01348872240
Iris Grover
Lena Dawson
Shirley Inman

Afternoon Group

Margot Jenkins Treasurer
Mike Flude 01348840808
Angie Flude
Sarah Jones 01348872593

NOVEMBER NEWSLETTER (Part 1)

Preliminary Notice

**The Annual General Meeting will be held on Tuesday 2nd December 2008
at the Fishguard Bay Hotel at 2pm.**

More information will be published in the November Newsletter (Part 2)

CHRISTMAS FUNCTIONS

UTD. PEMBS. CARDIAC GRP. PARTY

Date: Wednesday 10th December 2008
Venue: Pater Hall, Pembroke Dock
Time: Lunch Time
No charge: **BRING FOOD TO SHARE**
Live entertainment, raffles and much more.
Those wishing to attend please contact Irene.

UTD. PEMBS. CARDIAC GRP. LUNCH

Date: Tuesday, 16th December 2008
Venue: Beggars Reach Country Hotel, Burton
Time: Lunch Time
Cost: £12.25 per person (menu available)

Lists for these functions are displayed at Rehab.

Please indicate (YES or NO) whether you are attending or not.

Activity Respite Holiday

Monday 11th May 09 to Saturday 16th May 09
Venue: Shanklin 3* Hotel, Isle of Wight
Cost of package (without any grant aid) £250

So far 28 members are going on this trip. If you and your partner wish to be included it's still not too late. The final cost has still to be determined but £50 deposits are now being accepted by John Palmer the Secretary (number above).

NEW EVENT ~ Coffee Morning

Date: Thursday, 20th November 2008
Venue: Ship and Anchor, Fishguard
(next door to Somerfields)
Time: 10am to 12 noon.
Tickets for the event: £1.00 per person.
Bric-a-Brac, Cake Stall and Refreshments.

Autumn Bazaar

Date: Saturday 8th November 2008
Venue: Yr-Hen-Ysgol, Dinas
(The Old School)
Time: 10am to 1pm

Bric-a-Brac, Tombola, "Name the Teddy",
Raffle & Refreshments.

Everyone Welcome.

CHANGE OF VENUE United Pembs. Cardiac Meeting

Date: Tuesday 25th November 2008
Venue: Ship and Anchor, Fishguard
Time: 1pm for 1.30pm
Cost: As per their menu (available at Rehab.)

Please indicate (YES or NO) on the list at Rehab. whether you are attending or not.

**Don't forget the organised walks on the first & third Thursdays of every Month
(see over)**

Step2Health & Heart Community Cardiac Rehabilitation Walks 2008

All walks depart at 10am—Please be there in good time

Date

Thursday 20th November

Thursday 4th December

Thursday 18th December

Walk

Haverfordwest Racecourse

Fishguard Marine Walk

Milford Silver Stream

Meeting Place

Outside Cricket Club

West Street Car Park

Refreshments available in a local Café afterwards

Remember to bring a drink & wear sensible shoes

Weekly Raffles

Raffle prizes are now being given on BOTH the morning and afternoon Rehab. sessions.

Cawl Tasting Day Report

Date: Saturday, 1st November 2008

Sponsored by the Fishguard & District Round Table

Some of our members attended this event which involved many of the local community with much laughter and enjoyment.

The winner of the event was “The Glendower” establishment of Goodwick.

Christmas Greeting Cards

Xmas Cards with our Group Logo designed by Ruth Coulson one of our own members are now on sale at £3.00 per pack of 12.

Please contact Sarah or Irene if you wish to purchase them. Hurry, only a few remain!!

~~ This Month ~~

Birthday Greetings go to

Kevin Clynes, Adrian Cox, Donald MacGregor, James Thomas, Gerry Williams, Wendy Sharpe and Ernest Wales

We Send Get Well Wishes to

Iris Grover, Norman Shale and Gerry Williams

HOW TO GET INVOLVED?

Volunteers required to serve as Committee Members. Nominations for the coming year will be required at the AGM.

Can you spare just 2 hours a month to HELP.

Meetings usually 2nd Tuesday every month at the Fishguard Bay Hotel at 2 pm.

Springtime Day Trip 2009

The committee are suggesting having an outing next year to St Fagan’s Museum of Rural Life in Cardiff. Entry is FREE - and facilities include a restaurant, tearoom and picnic areas.

Anyone interested on going on this trip please contact a Committee member.

HELP US TO HELP YOU

KEEP UP TO DATE VIA OUR WEBSITE

www.FishguardCRG.co.uk