



Issue No. 001

## 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

## OCTOBER NEWSLETTER

### 30 YEARS A NURSE

**Special congratulations to Irene our Cardiac Nurse** who celebrates 30 years in the nursing profession. Where would we all be without her!!!

### CHRISTMAS FUNCTIONS

#### UTD. PEMBS. CARDIAC GRP. PARTY

Date: Wednesday 10<sup>th</sup> 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)  
Please contact John Palmer if attending.

### Cawl Tasting Day

Date: Saturday, 1st November 2008  
Venue: TBA  
Cost: £3.00 pp  
Time: 1pm to 5pm

The Fishguard Round Table have invited members of our Group to a fund-raising "Cawl Tasting Day". A free sample of cawl, bread & cheese will be supplied at each venue and members are then required to award a number points for each sample.  
For more information contact John Palmer, Secretary.

### Activity Respite Holiday

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

So far 24 members are going on this trip. If you and your partner wish to be included it's still not too late.  
Contact the John Palmer the Secretary (number above).

### 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 Jones or Irene if you wish to purchase them.

Ruth is a member of the St. David's Art Group whose Committee very generously donated £200 to our charity. The Committee wish to extend their thanks to Ruth.

### United Pembs. Cardiac Meeting

Date: Tuesday 25th November 2008  
Venue: Llys-y-Fran  
Time: 1pm for 1.30pm  
Cost: As per their menu

All "rehabbers" are welcome to attend.

**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 6th November  
Thursday 20th November  
Thursday 4th December  
Thursday 18th December

### Walk

Bosherston - Lily ponds  
Haverfordwest Racecourse  
Fishguard Marine Walk  
Milford Silver Stream

### Meeting Place

Bosherston Car Park  
Outside Cricket Club  
West Street Car Park

**Refreshments available in a local Café afterwards  
Remember to bring a drink & wear sensible shoes**

### Weekly Raffles

Comments are invited from all “rehabbers” with regard to how the raffle money collected each Friday should be spent.

Should there be a weekly prize for both morning & afternoon groups ?

What should the prizes be: tokens, wine etc.?

Should some of the money be spent on social outlets?

Should the money be spent only on equipment?

Contact or send your suggestions to John Palmer, Secretary.

### ~~ This Month ~~

#### Birthday Greetings go to

Lena Dawson, Ieuan Hughes, David Harries, Peter Richards & Catherine Richards

#### Wedding Anniversary Congratulations go to

Norman & Judith Shale on their 54th anniversary.

#### We Send Get Well Wishes to

Norman Shale, Gerry Williams & Angie Flude

### HOW TO GET INVOLVED?

Volunteers required to serve as Committee Members.

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

**Can you spare just 2 hours a month to HELP.**

### Financial Matters

#### Planned and Approved expenditures

Equipment: Defibrillators	TBA
Exercise Ladders	£40.00
Furnishing: Marquee table & chairs	£124.00
Donation: British Heart Foundation	£50.00

### Day Trip in the New Year

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

### HELP US TO HELP YOU

**KEEP UP TO DATE VIA OUR WEBSITE**

**[www.FishguardCRG.co.uk](http://www.FishguardCRG.co.uk)**