

ALTON CARDIAC



SOCIAL CLUB

Welcome to Alton Cardiac Social Club

- It is our aim to provide a forum where members can talk informally in a friendly, social atmosphere whilst enjoying a varied programme of events and activities.
- Activities include moderately paced walks which take place in beautiful Hampshire/Surrey countryside allowing both chatter and exercise and finish with a good lunch, usually in a country pub.
- Other events take place throughout the year and cover skittles, theatre/concert trips, talks on topics ranging from medical issues to flower arranging.
- Our regular Friday night social gatherings (second Friday each month) include supper for which we make small charge and are held in The Rehab Centre in Alton.
- Through continued membership of the Club we aim to support patients and their family long after treatment has finished. Many of our members have formed long lasting friendships, some in excess of 25 years since their treatment ended.
- Although not a fundraising organisation we have been and aim to continue providing funding for items/projects for the Cardiac Rehab Charity. In addition our members can assist with any Rehab events requiring volunteer help such as street collections.

WE DO NOT spend our time re-visiting our medical experiences and problems

WE ARE always looking for new members AND new ideas.

Come and join in the FUN!!