



Swanage SemiColons Support Group Newsletter No. 3

The group has now been running for 5 months, so time for an update of forthcoming meetings...

9TH SEPTEMBER - DIETICIAN TALK

The Dietician from Swanage Health Centre will be coming to talk to the group about diet. It will hopefully cover healthy eating after bowel surgery. So come along with your questions which she will answer after the talk.

7TH OCTOBER-MINIBUS TRIP TO HASKINS & HOBBYCRAFT

We will leave from:

- Queensmead at 10 am.
- King George's Car Park at 10.10
- Wareham-the car park leading to the hospital at 10.30 (Stretche Rd)

Arriving at Haskins in Bournemouth at approx 11 am. We will leave between 1.30-2pm giving you time to look in both stores and have some refreshments. There is no charge for this outing it is being met from our funds. So if you do commit to it please turn up as we will have paid out on the hire of a mini bus!!!

IF YOU WOULD LIKE TO COME ON THIS TRIP PLEASE EITHER.....

1.COMplete the slip below and return to me

2.LEAVE A MESSAGE ON PHONE

3.E MAIL ME A REPLY

[PLEASE REPLY BY SEPT 14TH](#)

NOVEMBER 11TH – COFFEE MORNING AT QUEENSMEAD

Coffee morning at Queensmead 10.30am to noon

CHANGE OF DATE FOR DECEMBER MEETING

The December meeting will take place on **WEDS 2ND DEC**

2ND DEC - CHRISTMAS MEAL - ISLE OF PURBECK GOLF CLUB

Start the festive season off with a swing as we hold our December meeting at this lovely venue with views over Poole Harbour.

The 2 course Christmas lunch (menu attached) will cost £10 (actual cost £16 I will be subsidising the difference from our funds). Those able to drive can meet at the venue at 12:00 for a 12:30 meal. Those needing a lift please let us know and we will pick you up from Queensmead Hall at 11.40am.

To book a place, please return menu choice and £10 to me either by post or at Sep or Oct meetings. Closing date for bookings Mon 19th Oct.
Dress code for the Golf Club is smart casual, no denims please!!!!!!

Angela and Peter

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MEETING 7TH OCTOBER – MINIBUS TRIP TO HASKINS/HOBBYCRAFT

I would like to book a seat on the mini bus trip to Haskins on 7/10/09.

Pick up point (please tick)

Queensmead

King George's Car Park

Wareham Car Park Stretche Rd

Signed _____

PRINT NAME _____

MEETING 2ND DEC - CHRISTMAS MEAL ISLE OF PURBECK GOLF CLUB

Please tick menu choice and return slip with the £10 to us by 19th October.

Roast Purbeck Turkey with Bacon and Sausage Roll, Seasoning
and Cranberry Sauce.
Or

Medley of Chargrilled Vegetables in a Puppadam Basket with a
Creamy Fresh Herb Sauce

Chefs Homemade Christmas Pudding with Brandy Sauce

Fruit Meringue Nest with Raspberry Coulis

Bramley Apple and Panetonne Butter Pudding with Spices and
Brown Sugar

Chocolate and Rum Mousse

Signed _____ PRINT NAME _____

