



# Cardiac *Rehab*

Basingstoke & Alton *Cardiac Rehabilitation Charity Ltd*

Registered Charity No. 1013238

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Paul Taroni  
16 Victoria Road  
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17<sup>th</sup> October 2018

Dear Paul,

I am writing to you as President of the Alton Lions to thank you for the wonderful fundraising you have undertaken through your annual Golf day this past year which has raised a marvellous £1515.26 for Cardiac Rehab. What a superb amount! Please would you be kind enough to pass on our thanks to the Lions at your next meeting – we are so grateful.

Over the past year, there has been a fair amount of change at Cardiac Rehab as we have further developed our services to enable those at risk of, or suffering from cardiac disease to improve their health through exercise. We have introduced two new classes, Heart Beat (movement to music) and Tai Chi, as well as a second 'Steady and Strong' class for the frailer clients, building up core strength and mobility. We have also started a campaign to raise awareness of the improved outcomes for clients who complete our 'Staywell' exercise programme with the GP practises in Alton and surroundings to encourage more who would benefit to be referred to us and this has seen a substantive uplift in registrations.

Your funding will continue to support the development of these services and so once again our thanks to you, your committee and the Lions for all of your hard work. I know that fundraising can be enjoyable, particularly when playing golf and so I wish you well for the work you do in the year ahead!

Yours sincerely,

Sarah Quarterman  
Chief Executive



**Taking fitness *to heart***

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