

Sunderland Cardiac Support Group



You Are Not Alone!

Reg Charity No 1126524

Events and Activities Newsletter

August 2018

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E-mail ; s.c.s.g1983@gmail.com

*A Sunderland Cardiac Support Group
Newsletter*

**Winners of 'Pride of Wearside'
For Community Group 2009.**

**Runner up 'Cornerstone of The Community' award
2012**

Finalists National Lottery Awards 2017

Monthly Social Meetings

Thursday August 9th 2018

'Geoff Hughs'

*An Illustrated talk 'Songs and Stories for everyone'
Plus our usual raffle*

The Refectory

Education Centre The Sunderland Royal Hospital
6.45pm till 9.00pm.

Any raffle prizes will be greatly appreciated

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A quick note

A non member, Mrs Joyce Pescod who's husband Peter sadly passed away due to cardiac problems found our group searching on the internet. She and Peters friends from the Dun Cow Inn Seaton Village decided to have a fund raising event in his memory including a golf tournament. This raised £300.00 which Joyce passed on to us as a donation to help us.

A letter of thanks and flowers were sent and I had a long chat with Joyce.

It is the kindness of people like Joyce who help our group carry on giving help and support to others.

This is not the first time Joyce and her friends have done this so I thought I would share with you the news.

Gym Classes

We hold classes at Bede Tower, Burdon Road.
Sunderland. SR2 7EA.

Mondays, Wednesday, & Thursday
10am till 11am. And 11.15am till 12.15pm

A Thanks from the Committee

Can the committee give their thanks to Everyone who kindly donated raffle prizes for our monthly meetings.

It is your continuing support that keeps us going
If donating food or drink for the raffle could members ensure it is still in date

Full Day Trip

Saturday 11th August 2018 £12.00 pp

‘Helmsley & Whitby (please see additional information overleaf)

Leaves Age UK Stockton Road 9.00am prompt

Please make a note of organisers mobiles in case of problems on the day

Barry 07747430887

Margaret 07791687429

Pleas Note Seating priority will be given to members and their guest.

A reserved list is available if any cancellations arise.

DAY TRIPS

Members please note:

Day Trips for 2018 .

Will be advertised at the Monthly meetings

And at our Exercise classes. Seating priority will be given to members. Due to members unable to go for some reason at the last minute, we will require a non refundable deposit of £5 at the time of booking. We can include your

name on the reserve list but can not guarantee a seat until the deposit is paid. Thank you for your cooperation and support. (Barry Cook Secretary/Trustee)

The day trips fill up quickly, so please watch your newsletters and notice boards at exercise classes for dates & times of the next one. Please ask any committee member for information.

We appreciate your continuing support.

Thank You

Invitation

If you would like to attend one of our board meetings as an observer you will be welcome.

Held on the first Tuesday of the month.

See how your group is run.

For details see Jim Baker or Barry Cook or any Trustee

Chairman Mr James Baker 0191 5226750

Secretary Mr Barry Cook 0191 5656892