

Sunderland Cardiac Support Group



You Are Not Alone!

Reg Charity No 1126524

Events and Activities Newsletter

September 2018

Website ; www.sunderlandcardiac.org

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 for the National Lottery Award

*We hold classes at Bede Tower, Burdon Road.
Sunderland. SR2 7EA. Mon, Wed & Thurs. 10am till
11am and 11.15am till 12.15pm*

**Can the Committee give their thanks to
Everyone who kindly donate raffle prizes for our
monthly meetings.**

It is your continuing support that keep us going.

*If donating food or drink for the raffle can you ensure it
is still in date.*

Thank you

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Full Day Trip

Saturday 6th October 2018 £12.00 pp

'Ripon & Skipton'

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**

Monthly Social Meetings

Thursday September 13th 2018

'Phil Curtis'

*An Illustrated talk 'The Jewish Community in
Sunderland'*

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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Proposed Christmas Market Day Trip

We are considering the above, and would like some feedback from our members who regularly attend our trips and those who think they would like to come.

It would be sometime at the beginning of December 2018

It may be Leeds but any other suggestions will be welcome

If you think you would like the idea and would like to come please give your full name and any suggestions to

Barry, Jim or Paul

This is not a confirmed booking.

If we get enough interest we will go ahead and organize the trip

The cost would be the same as our regular trips £12pp

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