

Sunderland Cardiac Support Group



You Are Not Alone!

Reg Charity No 1126524
Events and Activities Newsletter

October 2018

Website : www.sunderlandcardiac.org.uk

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*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

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

Monthly Social Meetings

Thursday September 13th 2018

'John Anderson'

'Musical Entertainment'

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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November 2018

We will be having our Christmas Market at Bede Tower
Saturday November 24th 2018.

Our stall last year was, again a huge success thanks to our members generosity. Can we again ask you for your support donating any new items. Toiletries, toys, knitted items, craft items etc. Ideally before the day so they can be priced.

December 2018

Saturday December 1st Leeds Christmas Market
£12.00 pp Leaving Age UK Stockton Road Sunderland 9.00am
prompt

Wednesday December 5th Christmas Buffet at Bede Tower
Time and price to be announced

*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

Please Note *Seating priority will be given to members and a
guest .*