

Sunderland Cardiac Support Group



You Are Not Alone!



Reg Charity No 1126524

Events and Activities Newsletter

November 2018

Website ; www.sunderlandcardiac.org.uk

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

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 re-
fundable deposit of £5 at the time of booking. We can in-
clude 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 November 8th 2018

*'Free & Easy Evening'
including
'Bingo'*

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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Events for 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. 2 on Mon, & Thurs.
10am till 11am and 11.15am till 12.15pm
As of November 7th*

There is only 1 class on Wed. 10.30am till 11.30am

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 1st December 2018 £12.00 pp

'Leeds Christmas Market'

please see additional information above

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 .**