COPES IN JANUARY

January 2016.

A New Year, a new start for many of us. Wishing Emma all the best in her new job!

Some of us are getting ready for treatment, some are keeping fingers crossed for good results from check-ups and tests. All of us wish for and appreciate good health more than ever.

Welcome to 2016.

Welcome to a new year of COPES Friendship.

Welcome to our visitors from Basildon hospital

![C:\Users\IBM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\BKVSX8HH\Healthy-Foods[1].jpg]()

Dates for your Diary:

February Coffee Morning Get-Together :- Feb 6th 2016 ……10:00 to 13:00

March Coffee Morning Get-Together March 5th 2016………10:00 to 13:00

What would you like to see at COPES in the future?

We love the therapies, the cakes, the support from the nurses and the chat, but is there anything else we would like to see. Have a chat, a word with your committee members to suggest some ideas….

In Memory of Mrs Flay.

Sincere Thanks go for the generous donation by Mr Flay, in memory of his wife, who passed away in October. He has worked with the organisations to which he belongs, to donate £250 and a further £250 of matched funding, to COPES. It is his wish that some of this goes to providing headscarves for women going through Chemo.

Thank you so much.

**COPES COMMITTEE 2016**

Hazel Abbott, Wendy Barker (IT, finance), Colleen Begg, Emma Chaplin (Hon Member), Marian Coleman (nurse), Wendy Davies (Chair), Ms Kolomainen (hospital), Linda Kingston, Rosemary Petronis (Hon Member), Sue Page (Hon Member), David Prior, Mr Razvi (hospital), Chris Roostan (Vice Chair), Sue Soper (Secretary), Mo Webster (clinic and hospital liaison)