NEWSLETTER

JULY 2016

WELCOME TO EMMA AND BASILDON COPES GUESTS

It’s great to see some of the ladies from Basildon Hospital coming along to our COPES coffee morning. We hope to see you again and maybe help with getting your own COPES get-togethers set up.

Come along to a photoshoot!

Target Ovarian are up-dating their info booklets. 1.00 pm on either 21/07 or 28/07. See below for details

SPECIAL TREATS FOR ALL COPES MEMBERS

Watch out! Free afternoon tea and Theatre Visit. See below:-

For Sale in our COPES shop:-

*Fabulous items to make your life easier and help spread awareness of COPES*

Scrunchie Shopping Bags for your handbag £2

Pen with stylus top £1, COPES pin badge £1, Keyring & shopping trolley coin token £1

*Available at all Coffee Mornings and events.*

Posters for GP’s surgeries.

These are available from Wendy Barker. They can be picked up from the Coffee Mornings or by post from Wendy Barker.

**AFTERNOON TEA AT THE CLIFFS PAVILION WEDS JULY 13th at 3.30 pm**

**BOOK BY JUNE 30th**

Free for COPES members, £10 for friends and family. A fabulous afternoon tea in a private room at the Cliffs.

To Book your place please contact Chris Roostan:-   [c.roostan@tiscali.co.uk](mailto:c.roostan@tiscali.co.uk)

Please title  email **Afternoon Tea**.

**TARGET PHOTOSHOOT JULY 21st or 28th 13.00 at Priory Park**

We've been asked by Target Ovarian to help with a photoshoot for their latest brochures. They don't need specifically women who have had Ovarian Cancer...all gynae cancers are appropriate as far as they are concerned. They want groups of women, chatting, helping and supporting each other, maybe with friends and family, in a nice setting. Their photographer is excellent at catching some lovely natural shots and it's going to be a lovely chance to help out a very committed charity.

To say which date you can manage, if you can help us out, please contact Wendy Barker:-   [wendybarkere@aol.com](mailto:wendybarkere@aol.com)

Please title email **TOC photoshoot**

**AUTUMN DINNER DANCE 23/09/16 at the Boatyard, Leigh on Sea. 7.30 to late**

This is being organised by David, one of our Fundraising Committee members, after a successful event last year.

It will cost £35 per ticket for a choice of three course meal, star raffle and live music and dancing. Tickets will be on sale soon but it would be helpful if we can have an idea of numbers who may wish to go. Any friends and family are welcome. If you would like a group of friends to sit with you, it would be best for you to buy the number of tickets you require so you and your group can sit together.

A rough idea of how many of you would like to come along would be helpful in our planning. This is not binding at present!

Please email Wendy Davies:-  [wdavies18@gmail.com](mailto:wdavies18@gmail.com)

Please title email Dinner Dance

**SISTER ACT MUSICAL AT CLIFFS PAVILION 23/11/16 Matinee**

**BOOK BY 22nd OCTOBER 2016**  Free for COPES Members, additional guests possible.

Book your place please contact Chris Roostan:-   [c.roostan@tiscali.co.uk](mailto:c.roostan@tiscali.co.uk) Please title email **Sister Act**