COPES IN SEPTEMBER

We are looking forward to lots of things in September:

* **Our free COPES Coffee Morning on 3rd September.**
* **Walk for Wards on 18th. September**
* **Fundraising Curry Night on 23rd September.**
* **Pottery Painting and Afternoon Tea on Oct 1st after coffee morning.**
* Back to school for some…………. 

All other activities are on our website [www.copescharity.co.uk](http://www.copescharity.co.uk).

WALK FOR WARDS

Want a chance to get fit, take the dog, children, grandchildren out for a lovely seaside walk and at the same time raise some funds for COPES?

Have a think about ‘Walk for Wards’ on Sunday Sept 18th.

***All you need to do is sign up and nominate ‘COPES’ as your choice. Maybe you can persuade friends or* relatives to walk for you** if you are not into it. Whatever you do, try to support this event if you can. Download a form from the website or from Sue.

*Info at the September Coffee morning, on the website and from Sue Soper.*

FUNDRAISING

We try to put fun into all our fundraising, as the above events show.

***We are currently fundraising for the Tranquillity Room, where women can go with their friends or families or to sit in a calm, comfortable place to hear what the hospital staff say when telling them about details of their diagnosis & outcomes of treatment. Download more information from the News & Events/Hospital website page.***

We want to say a huge thanks to **Mo Webster** for all her help in arranging loads of the practical things for COPES coffee mornings, events and fundraising. **She is a COPES STAR!**