## **COPES IN OCTOBER**

COPES is there for any woman in our area who has been diagnosed with a gynaecological cancer, wherever we are on that journey. It offers informal support, fun, friendship, a dedicated (closed) Facebook page for info, chat and a private messaging facility, a website <u>www.copescharity.co.uk</u> and a twitter feed (COPES19952978). To quote a few of our members: "Where would I be without COPES?"; "A huge supportive cushion of love"; "Thank goodness for Facebook, we can keep in touch"; "I couldn't cope without COPES"; "It's great to find someone who totally understands".

Well done to all the artists, including some younger COPERs, Amelia, Ayva, Darcy, Ella, Emily, Lewis, Rose and William, who enjoyed painting their pottery at the afternoon tea and pottery painting session a couple of weeks ago. Maybe some more Christmas pressies sorted? All the participants, including family and friends had a really enjoyable afternoon.

Many thanks to Nicola at Clay Cottage and to Sue Soper for arranging this event.



## November News:-

IN OUR NOVEMBER COFFEE MORNING, WE'LL BE HAVING A VISIT FROM IMPRESSIONS ACCESSORIES. THEY WILL BE BRINGING A LARGE SELECTION OF HANDBAGS, SCARVES, PURSES AND OTHER ACCESSORIES. GET YOUR CHRISTMAS LISTS OUT! GUESTS ARE WELCOME! BRING YOUR FRIENDS AND FAMILY ....



AND DON'T FORGET 'SISTER ACT', DETAILS WILL BE ANNOUNCED SOON. IT'S NOT TOO LATE TO RESERVE YOUR TICKET OR TO PUT A FRIEND/FAMILY MEMBER ON THE WAITING LIST.

## COPES.....EVENTS FOR YOU

What would you like to see going on for COPES members? We didn't have many members at the Curry Night and the Theatre Visit is going slowly. We will put a suggestions box in the room at the next Coffee Morning and please put forward ideas for what you would like your committee to organise for you......Say what day/ time you prefer too. We want to do what you want to do!