

NEWSLETTER

August 2016

ELCOT PARK OUTING

This year to replace the post-Christmas lunch at the Calcot hotel, which some of our members could not afford, we had a lovely afternoon out at Elcot Park, former home of Percy Bysshe Shelley. (I never realised writing poetry could be so financially rewarding).

The outing was free to all our clients and our volunteers and the regular Carers for our clients. It was a nice way for us all to say a big thank you to all our volunteers for giving up their time with such commitment and enthusiasm.

We were very lucky with the weather and everyone I spoke to had a thoroughly good time.

I was also involved in trying to find a suitable venue, but was astounded at how much most venues were charging. The Donnington Valley wanted £1,000 just to hire the room and the Manor Hotel wanted £31.50 a head to provide sandwiches and cakes. It's only £40 at the Savoy! So on behalf of the Trustees I would like to thank Wendy for organising a splendid trip out and all the transport that went with it. Thank you Wendy.

Best wishes to all our Stroke family
Adrian
Chairman

Fiona, the Family Support Officer, would like to report that Stroke Care is offering much needed support and advice to approximately 30 stroke survivors per month, as opposed to the 15/16 survivors pre March 2016.

These referrals are mainly made up from people who have recently survived a stroke, regardless of the degree of the stroke, while in hospital.

Referrals also come from the community, the local council and other organisations that have heard about the work we do, as well as Stroke Survivors themselves that may have never been admitted into hospital in the first place. While in hospital, it is also the aim to introduce and get to know the families.

We have the benefit in this area, to have one of the top ten ASU (Acute Stroke Units) in the country, housed within the Royal Berkshire Hospital. These people are saving lives on a daily basis and it is a privilege to work alongside them.

The assistance that people need help with, range from something as simple as understanding what it means to have had a stroke, to helping families and the individual through the difficult process of living with a Stroke and all the implications that go with that.

Every patient is different and every case we deal with finds us helping in a different way.

A lot of the people who leave hospital after being there for a long time, come out feeling, frightened, institutionalised and a stranger in their own home. Families also have to adapt to their loved ones returning home and having to deal with that, that's where Stroke Care is a huge help.

Unfortunately, over the past few months, we have seen some very young people suffer a Stroke however they've all survived, one was as young as 19 years of age.

One lady, in her 40's, will be walking down the aisle at her own Wedding in a few weeks after being told that walking may not be an option at the moment. I think you'll agree, these moments are very uplifting.

Everyone working for Stroke Care should pride themselves on making a difference with the lives of the people we support. Kindness, understanding and a smile cost nothing and our clients appreciate any help that we can give. Let's continue to make a difference.

News from Woolhampton

In May we celebrated along with the rest of the country the Queen's Birthday in style with a roast dinner and raised a glass of wine to her, followed by a Royal quiz. Alex Rawlings arranged for her friend to give us a private fly pass in his little plane over Woolhampton which was appreciated by all. In June we met up with Riverside and Nuffield for afternoon tea and the AGM. Wimbledon season was upon us so we had indoor tennis and Pimms, Jon 'Mark' McEnroe won this year. So we look forward to next year's contest.

Once again we went to the Gainsborough Stud to look at the horses and have afternoon tea.

We welcome Pam, Jess and Kim who have joined us over the last couple of months. Sadly, Ken & Sylvia has left us for pastures new nearer to home we wish them both well

I once again want to thank the volunteers for their continuing support they give to me and the Woolhampton Members.

Wendy

Aug 2 nd	Carrie/Sarah P	Quiz	Sep 20 th	Carrie/Sarah P	Games
Aug 9 th	Carrie/Sarah P	Games	Sep 27 th	Carrie/Sarah P	Sing-Song
Aug 16 th	Sarah P	Bingo	Oct 4 th	Carrie/Sarah P	Art
Aug 23 rd	Carrie/Sarah P	Quiz	Oct 11 th	Carrie/Sarah P	Quiz
Aug 30 th	Sarah P	Flying down to Rio	Oct 18 th	Carrie/Sarah P	Games
Sep 6 th	Carrie/Sarah P	Bingo	Oct 25 th	Carrie/Sarah P	Bingo
Sep 13 th	Carrie/Sarah P	Quiz	Nov 1 st	Carrie/Sarah P	Sing-Song

News from Riverside

Unfortunately, one of our much loved members June Tarbox passed away suddenly on the 11th June. June was a chatty, friendly lady with a fantastic sense of humour and she will be missed by us all. Our thoughts are with her family at this sad time.

On a happier note the group continues to run smoothly some members are very motivated with their physical rehabilitation and enjoy the circuit exercises in the sports hall. Thank you volunteers for setting it up and supervising the sessions

Both Riverside and Nuffield group had visits from a Guide Dog in training, a three-month old golden retriever puppy who made all our hearts melt. It has always been well known that Pet Therapy can lift your emotional spirits and that could be clearly seen. Like our wonderful volunteers Guide Dog trainers do not get paid even though the puppies live with them for a year prior to the next stage of their training.

Aug 2 nd	Chris		Sep 20 th	Carrie/Sarah P
Aug 9 th	Sarah		Sep 27 th	Chris
Aug 16 th	Sarah		Oct 4 th	Sarah
Aug 23 rd	Sarah		Oct 11 th	Zumba at 1:30pm
Aug 30 th	Chris Treacher		Oct 18 th	Sarah
Sep 6 th	Sarah		Oct 25 th	Chris
Sep 13 th	Chris	Tea at Three	Nov 1 st	Sarah

News from Nuffield

At the end of May Mike Bernard left us to spend time looking after his grandchildren. We really miss Mike as he is a really genuinely lovely person and we shared a lot of laughter with him but in a really positive way Mike said that he felt that he had reached his full potential with his rehab and wanted to return back to 'normal' life so it's fantastic that he achieved his goals.

Congratulations to Richard and Sheila Benton Jones on another very successful Afternoon Tea Party in aid of Stroke Care. I hear that there were enough delicious cakes to feed the whole of Berkshire. I'm not sure of the final figure but I know they raised well in excess of £200.

Thankyou on behalf of Stroke care, all these donations add up and make a big difference.

All groups really enjoyed another successful trip out to Gainsborough Stud to see the new foals. The weather was wonderful and the whole event was appreciated by everyone. Thank you to Wendy for organising the day and the Woolhampton volunteers who made the yummy sandwiches, I think it's our turn next year if we're lucky enough to be invited back. It is very generous of the team at Gainsborough to go to so much effort for us each year and I know it's an event we all look forward too.

Aug 3 rd	Sarah P		Sep 21 st	Zumba 1:30	Physio
Aug 10 th	Sarah P		Sep 28 th	Physio/Sarah P	
Aug 17 th	Sarah P		Oct 5 th	Physio/Sarah P	
Aug 24 th	Sarah P		Oct 12 th	Physio/Sarah P)	
Aug 31 st	Sarah P		Oct 19 th	Zumba 1:30	Physio
Sep 7 th	Physio		Oct 26 th	Physio/Sarah P	
Sep 14 th	Physio/Sarah P	Tea at Three	Nov 2 nd	Physio/Sarah P	

If you use our transport and cannot come along one week, please let Wendy know on Monday morning by 9.30 am by ringing 01256 881007, if there is no answer please leave a message.