

NEWSLETTER

February 2016

New Year Message

Without it wishing to appear like the Queen's annual address, I'd like to take this opportunity to thank our volunteers and our volunteer drivers for their unstinting support and help to Stroke Care in 2015. I am constantly amazed at the dedication of our volunteers who appear every week to do their bit. Such volunteering, which is not a global phenomenon is in my opinion what makes Britain a truly special place. Thank you all, you've worked very hard.

I don't want to single anyone out, but special thanks to Grace. She has been a committed volunteer since the first week in 1993, and we really appreciate her long term support of the charity. Plus, the help and friendship she offers to members - Grace you're always welcome!

I also want a quick mention of Alex who does such a great job organising Hydro for us. The only reason that we're able to give it to our members so cheaply is because of her organisational skills. Thank you Alex!

We saw a couple of stalwarts leave us, Margaret Wheeler and Mary Wallace Sims. Both have given absolutely outstanding service and dedication to our organisation and will be sorely missed.

Family Support

Judy King and Sue Harding have resigned from their roles in Family Support. You will know much better than me, the valuable job that they have done over many years for Stroke Care, Judy for 11 years, Sue for over 5.

Before Christmas I visited Royal Berkshire hospital with Judy and met Andre van Wyk, one of their leading Stroke Consultants. He made a point of taking me to one side and telling me what a good job Judy did. But I think we all knew that.

Judy will continue to run Speakability and we will doubtless be liaising closely with her in future, as we continue to offer a full range of services to help our clients.

Sue will be sorely missed, with her ready smile and 'can do' helpful attitude. None of the Carers will forget her initiative to set up the monthly Carers meeting, which I know fills a much needed space in their lives.

The Trustees have advertised their posts in the NWN and through other outlets and are currently considering the applications that they have received. We will hopefully be able to appoint their replacements in the near future.

Mel Bridges

Mel will continue to volunteer at Riverside, but has decided to step down from his duties as a Trustee, in order to spend more time with his family and in Ireland. Mel has been a Trustee for a couple of years and has been an absolutely invaluable sounding board and great help and support to me as Chairman, his business background being particularly invaluable. I wish him well.

Adrian Foster-Fletcher

Hello everyone,

The start of a New Year, this might be a good time to look at the exercises you do at home, as research shows us the best recovery and outcomes come from doing something every day to reprogram the brain and improve strength and function, so please do a little every day, maybe add a few extra exercises now or increase the repetitions of the ones you are doing already, it is the only way to really improve so give it a try, I found setting a definite start time every day helped me fit it into my day otherwise suddenly it's bed time and I hadn't done them, if you need some advice ask Carrie the physiotherapist to see which exercises from your exercise program you can safely do or adapt for home, let's get going and get better!! happy new year,

Alex

News from Woolhampton

We have had a very active last quarter of the year. We welcomed Mavis Austin, Mary Buxey and Brenda Bernard. We said goodbye to Wendy our physio who was promoted and welcomed Carrie Thorp.

We enjoyed a Halloween themed lunch and Bingo. Talks on The Newbury by-pass twenty years on, what it was like to be a Customs Officer and met the Bats even had the chance to feed them. In December we went to Millets Farm for our Christmas dinner despite the traffic everyone had a good time and catching up with other members for a chat. One of our members' daughters raised £580 for us by running a charity auction. I would like to thank the volunteers for all their support since I took over from Alison, without them Stroke Care wouldn't be so much fun. Mary Simms retired as a volunteer at Christmas, we wish her well in the future, and I'm sure we will see Mary from time to time. We also wish Richard Benton-Jones well as he has moved to Nuffield.

Looking forward to 2016 we are currently planning our programme with our member's input, below is the February to April.

Happy New Year Woolhampton

Feb 2 nd	Carrie/Sarah/Quiz	Mar 22 nd	Sarah/Easter Parade
Feb 9 th	Carrie/Sarah/Valentines Craft	Mar 29 th	Carrie/Sarah/Music
Feb 16 th	Carrie/Sarah/Music Quiz	Apr 5 th	Carrie/Skittles
Feb 23 rd	Sarah/Bingo	Apr 12 th	Carrie/Sarah/Art
Mar 1 st	Carrie/Sarah/St David's Day	Apr 19 th	Carrie/Sarah/St George's Day
Mar 8 th	Carrie/Sarah/Art	Apr 26 th	Sarah/Bingo
Mar 15 th	Carrie/Sarah/Flowers	May 3 rd	Carrie/Sarah/Quiz

News from Riverside

It is with great sadness that Jean Heffernan passed peacefully away on **November 22nd 2015**. Jean was the Vice President of West Berkshire Mencap and her and her husband Arthur worked tirelessly raising money for the charity. Jean was a sensitive, kind, caring lady and was a much loved member of Riverside. Jean's quiet determination to make the most of life despite her Stroke was admirable. Our thoughts are with her family.

Riverside welcomes two new members into its fold - June Tarbox and Margery Lewis, we hope that they enjoy being part of the group.

Feb 2 nd		Mar 22 nd	Carrie/Sarah P
Feb 9 th	Sarah	Mar 29 th	Chris
Feb 16 th	Chris Treacher	Apr 5 th	
Feb 23 rd	Carrie/Sarah/Bob the Chocolate Man	Apr 12 th	Sarah
Mar 1 st		Apr 19 th	Sarah
Mar 8 th	Sarah	Apr 26 th	Chris/Carrie
Mar 15 th	Chris	May 3 rd	Sarah P

News from Nuffield

We are very pleased to welcome Richard Benton - Jones back to the group.

Feb 3 rd	Physio	Mar 23 rd	Physio/Sarah P
Feb 10 th	Physio/Sarah	Mar 30 th	Physio/Sarah P
Feb 17 th	Physio/Emma	Apr 6 th	Tai Chi
Feb 24 th	Sarah/Physio	Apr 13 th	Physio/Sarah P
Mar 2 nd	Tai Chi/Carrie/Physio	Apr 20 th	Physio/Emma
Mar 9 th	Physio/Sarah P	Apr 27 th	Sarah P/Physio
Mar 16 th	Physio/Emma	May 4 th	Tai Chi/Carrie

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.