

NEWSLETTER

January 2017

A word from the Chairman

We have four significant income streams at Stroke Care, the money we get from West Berkshire Council, the subs you pay, the donations we receive and for the last 3-4 years' money from the NHS. For the last 3-4 weeks, Mary Neale our Treasurer and I have been wrestling with the bid to secure some money from the NHS again next year. As it is in excess of £20,000 it's well worth having! In itself the document, once you've filled it out in the first year, is not too onerous, the interesting part comes when none of the formats that the information is sent in are actually compatible with one's own laptop.

We thought that we were doing ok until the last page when we were asked for our policies on everything from Racial Equality to breeding chickens. I exaggerate, but until then I never realised we needed a policy on data protection! Stupidly up until then we'd just been using common sense. All these policies are kept at Riverside, so if anyone wishes to examine any of them just ask Sarah and she'll show you where they are kept.

As some of you know I'm in Argentina (I've been told not mention the Falklands, as they're still pretty funny about them), with my wife, (who's from there) from late November until early January so sadly I will not be able to celebrate Christmas with you. So, could I take this early opportunity to wish you all compliments for the coming festivities.

"We are delighted to welcome Scot to join our Board of Trustees". Scot is already well versed in our Woolhampton operation and we look forward to him meeting the rest of the organisation".

Adrian Foster-Fletcher

Scot Whetton

Having recently been accepted as a Trustee for Stroke Care I am keen to play an active role in supporting the club and its members. I retired as Commercial Director in 2013 from Foster Wheeler International (Engineering Contractor for Oil Refineries, Power Stations, Chemical Complexes). Prior to this I worked at Booker - Plenty Ltd where I held various roles in Engineering and Business Management. My wife Patricia and I moved from West London to Newbury in 1966, we are blessed with two children and three grandchildren. I have had the pleasure of meeting some of our members and team at Woolhampton through my volunteer driving with Handybus. I look forward to meeting and assisting more of our team and members at Riverside & Nuffield

News from Woolhampton

We have increased our Members by two welcome Pamela Grayburn and Susan Thompson. We had a colourful Halloween lunch and a Fireworks theme activity as well as our own Christmas dinner to round off the year. As well as our usual activities. One of our male members showing all of us how to make a hand tied fresh flower bouquet followed with a discussion on our favourite flowers well done Mark. We are looking forward to your next demonstration before Christmas.

I would like to wish All our members and volunteers to a happy and healthy Christmas and new year. Looking forward to welcoming you all back in January.

3 rd Jan	Sarah P	21 st Feb	Sarah P - Carrie
10 th Jan	Taste Day - Physio – Sarah P	28 th Feb	Sarah P – NO PHYSIO
17 th Jan	Sarah P – NO PHYSIO	7 th Mar	Sarah P – Carrie
24 th Jan	Sarah P – Physio	14 th Mar	Taste Day – Physio – Sarah P
31 st Jan	Sarah P – Physio	21 st Mar	Sarah P - Carrie
7 th Feb	Sarah – Physio	28 th Mar	Sarah P - Carrie
14 th Feb	Taste Day – Physio-Sarah P	4 th Apr	Sarah P

News from Riverside

This quarter we have had lots of lovely celebrations at Riverside. Stephen Fisher won an award for Most Improved Sailor at Burghfield Sailability Group. Stephen has been attending the sailing group for 3 years but has only been sailing independently for the past year. Stephen is an inspiration to us all by his sheer determination to not let anything hold him back.

We have celebrating some very special birthdays - we had a surprise Birthday Party for Betty Stevens who was 90 years' young. Betty has been coming to Stroke Care for many years and is a wonderfully kind and positive woman, the kind of person that everybody loves and enjoys her company. Also, Jeremy Coltart celebrated his 80th birthday. Jeremy is one of the most genuine people there is, a true gentleman who is continually working towards his rehabilitation goals and he never gives up. His wife brought in an amazing huge birthday cake for us.

One of our wonderful volunteers John Mann was 80years young in December. None of us could believe this as John is young at heart and actively participates in a number of voluntary activities especially with the church.

An extra special Thank you goes to Patrick Quinn and Paul Brian from the Catenian Association who very generously donated over £600 pounds to Stroke Care. Their generosity is really appreciated by all of us and hopefully will go towards a summer trip out in 2017.

3 rd Jan	Sarah P	21 st Feb	Zumba
10 th Jan	Chris	28 th Feb	Chris - Physio
17 th Jan	Chris – PHYSIO	7 th Mar	Zumba
24 th Jan	Zumba	14 th Mar	Chris
31 st Jan	Sarah P	21 st Mar	Zumba
7 th Feb	Zumba	28 th Mar	Sarah P
14 th Feb	Chris	4 th Apr	Carrie - Zumba

News from Nuffield

We bid a sad farewell to Ian Kirkwood and Stuart Telford who will both be very sadly missed by all of us but both gentlemen are leaving for really positive reasons as they have both worked incredibly hard with their rehabilitation and have reached their goals so moving on from us to more community based activities is an amazing step forward. Proof that sheer determination, a positive attitude and a willingness to change, adapt and be the best that you can be gets results. We wish them both every success with their journey an all the best for their future.

4 th Jan	Sarah P	22 nd Feb	Zumba
11 th Jan	Zumba	1 st Mar	Sarah P
18 th Jan	Sarah P	8 th Mar	Zumba
25 th Jan	Zumba	15 th Mar	Sarah P
1 st Feb	Sarah P	22 nd Mar	Zumba
8 th Feb	Zumba	29 th Mar	Sarah P
15 th Feb	Sarah P	5 th Apr	Zumba

A Happy New Year to all

The next edition of the Newsletter will be due out at the beginning of April

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.