

## **STROKE GROUP NEWS**

April 2015, Issue 1

Welcome to the new issue of **Stroke Group News**.

In this newsletter, we celebrate our new and informal union – the joining together of **Different Strokes Cambridge** and **The Stroke Association** to help provide a bigger and more comprehensive support group for all stroke survivors in Cambridgeshire.

You can read more about what is happening during the spring and about the different ways to support us in 2015. This year we are working hard to launch a new series of organised group day trips as well as a series of interesting local speakers to visit us at the centre. We hope you will come along to enjoy these new additions to our calendar. And of course, they are open to all of our friends at the David Rayner Centre.

Everyone plays a vital role in helping us to build a future beyond strokes – from those who make a regular donation every month to Group Co-ordinator, Hannah, who later this month will be running the Cambridge Cambourne 10k to raise funds for the charity. This year we are asking for donations to help ensure that there are enough funds to keep the group going. In addition, we are dedicating a special fundraising push in 2015 to help us to finance a minibus driver to enable us to be able to offer a pick-up / drop off service to our members.

Different Strokes and The Stroke Association can only provide care and support with your help. For that, we thank you all.

### **EVENT NEWS**

**Wednesday 8<sup>th</sup> April 2015**                      **Screening of 'The Imitation Game' - 1.30pm at 6, The Peacocks, Great Shelford**

**Wednesday 15<sup>th</sup> April 2015**                      **Group Day Out to Shepreth Wildlife Park**

**Wednesday 13<sup>th</sup> May 2015**                      **Group Day Out to the Cambridge University Botanic Garden**

More details can be found at the back of the newsletter. To sign up to the Days Out, please talk to Hannah, Steph or Ali

The group recently enjoyed organised day trips to **Bletchley Park** (the central site of the UK's Government Code and Cypher School which during World War Two regularly penetrated the secret communications of the Axis Powers – most importantly the German Enigma and Lorenz ciphers) and **The Natural History Museum** in Tring (the private museum of Lionel Walter, 2nd Baron Rothschild, and home this month to the 50<sup>th</sup> Wildlife Photographer of The Year Exhibition).



**Members of the group enjoying the wildlife at the Natural History Museum in Tring last month**

## GUEST SPEAKERS AT THE CENTRE

Wednesday 20<sup>th</sup> May 2015

Dr Cat Ford, Cambridgeshire Community Services NHS Trust

We are very grateful to the guest speakers who have visited the group in the last month and shared their knowledge and passions with us. These have included Arthur Brookes from *The American Cemetery* and Alison Wright, owner of the iconic *Fitzbillies* bakery in Cambridge.



Members of the group enjoying the talk by Alison Wright, owner of Fitzbillies bakery – as well as the delicious sticky Chelsea buns

If you have any suggestions for interesting future speakers, please let Hannah Steph or Ali know. All ideas are welcome.

## WHAT'S COMING UP?

**Hannah's run for Different Strokes** - Our Group Coordinator, Hannah Porteous-Butler, is taking up the challenge of running the Cambridge Cambourne 10k on 12<sup>th</sup> April 2015 to raise funds for Different Strokes. The run – now in its seventh year – starts and finishes with a festival atmosphere at Cambourne Business Park and will pass through wooded areas, alongside lakes making it almost entirely off road and traffic-free.

To date, she has already raised well over £900 for the group which is a fantastic achievement. To sponsor Hannah and support the Group, please fill in one of her sponsorship forms or visit [www.justgiving.com/Hannah-Porteous-Butler](http://www.justgiving.com/Hannah-Porteous-Butler)

To support Hannah on Sunday 12<sup>th</sup> April, head to Cambourne Business Park for the race start at 11am. More information can be found on [www.cambridgefestivalofrunning.com](http://www.cambridgefestivalofrunning.com)

**The Shelford Feast** - The Shelford Feast is a festival of live music, comedy, community events and good food. The Feast, which takes place from 6-12<sup>th</sup> July 2015, maintains the tradition of bringing the community together to celebrate and enjoy local produce, all with the aim of having a good time and raising money for local good causes. Different Strokes has been very fortunate to be one of the beneficiaries in recent years. The Feast is organised entirely by volunteers so if you are interested in getting involved this year, please speak to Hannah. More details about the Festival can be found on [www.shelfordfeast.co.uk](http://www.shelfordfeast.co.uk)

We are fortunate to be able to run a stall here on Sunday 12<sup>th</sup> July. This will be a crafts stall with a tombola so any enticing prizes you can donate, or better still, any craft items that you have made that you can donate are very gratefully received.

## RESEARCH NEWS – each newsletter we'll aim to include a piece of stroke research for info.

### After a Mini-stroke, Immediate Treatment Can Cut Stroke Risk by 80%

A mini-stroke, called a 'transient ischemic attack' or 'TIA' by doctors, is a stroke-like event where the symptoms are only temporary. Just like during a full stroke, symptoms such as numbness, weakness, visual disturbances, speech problems and confusion can appear suddenly but, unlike with a stroke, the symptoms disappear again within 24 hours and sometimes after just a few minutes.

Through a series of grants beginning in 1996, The Stroke Association funded Professor Peter Rothwell and colleagues at the University of Oxford to investigate TIA patients. The researchers knew that a TIA or mini-stroke could suggest a major stroke was on its way, but didn't know how likely it was or which patients were most at risk.

They found the risk was strikingly high, with 10-15% of TIA patients going on to have a full stroke within a month. The findings had an immediate impact with the guidelines for doctors changing to recommend that all TIA patients be referred for a proper medical examination within seven days.

The researchers organised a special clinic in Oxfordshire for TIA patients to be immediately assessed and prescribed appropriate medications to reduce blood clotting. Previously, patients were waiting an average of 3 days to be assessed and 20 days to begin taking medication. Through the new clinic, patients were typically treated within one day of their TIA.

The urgent treatment of TIA patients had dramatic effects: the number of patients having a major stroke within three months was cut by 80%. This means, if all patients experiencing a TIA or minor stroke in the UK could receive the same immediate treatment, almost 10,000 strokes could be prevented each year.

Joe Korner, Director of Communications at The Stroke Association commented on the research:

*"This research is of the utmost importance. It clearly shows that thousands of people could be saved from life shattering strokes every year, simply by making sure that everyone who has a transient ischaemic attack (TIA) or minor stroke gets currently available treatment quickly. It is not about a brand new technology, or a costly intervention. It is about organising our services so that a TIA or minor stroke is always treated, and treated urgently."*

*"Too often people ignore stroke symptoms if they don't last very long. Yet, a TIA is one of the only warning signs that a major stroke may be on its way and it is vital that anyone with a TIA is referred urgently to specialist services and for those at highest risk to be seen within 24 hours."*

## OVER TO YOU – GET INVOLVED

**How you can help your charity?** If you have any ideas to help support the Group, are inspired to organise an event and/or your friends and family would like to be involved as a volunteer, we would love to hear from you. It is a great way to make new friends and be part of a rewarding and fun group of people with a common aim.

Please feel free to pop in and speak to the team, we are always happy to see you.

We can be found at The David Rayner Centre, Scotsdales Garden Centre, 120 Cambridge Road, Great Shelford, CB22 5JT. We are there every Wednesday between 11.00 -14.00 \*\*

### STROKE GROUP CONTACT DETAILS

Hannah Porteous-Butler (Group Coordinator)

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\*\* The Group Organisers will be away from the David Rayner Centre on Wednesday 15 April and Wednesday 13 May 2015 due to organised Days Out with the Group

**GROUP DAY OUT**

**SHEPRETH WILDLIFE PARK**

**WEDNESDAY 15<sup>th</sup> APRIL 2015**

**Meet at the David Rayner Centre at 10am** Bus to depart by 10.30am

Depart the Park by 3.30pm, arrive back at the Centre by 4pm

**Excursion price: £9**

(includes discounted entry price to the Park and a private talk to our group at 11.30am in the Discovery Centre

involving a visit from some of the Park's animals & wildlife)

**GROUP DAY OUT**

**CAMBRIDGE UNIVERSITY BOTANIC GARDEN**

**WEDNESDAY 13<sup>th</sup> MAY 2015**

**Meet at the David Rayner Centre at 10.30am** Bus to depart by 11am

Depart Garden by 3pm, arrive back at the Centre by 3.45pm

**Excursion price: £5**

Lunch available at the Botanic Garden café

If you require a mobility scooter please let Steph know ASAP

**RSVP to Steph or Hannah**

**STEPH** [stephbranston@hotmail.com](mailto:stephbranston@hotmail.com)

**HANNAH** [hporteousbutler@gmail.com](mailto:hporteousbutler@gmail.com)

If you require collection or drop off please let Hannah know ASAP