

STROKE GROUP NEWS

April/May 2017, Issue 14

Welcome to **Stroke Group News**. The dates of our stroke group meetings for your 2017 diaries can be found below. We will be at the David Rayner Centre every Thursday afternoon from 1 – 4pm except for those Thursdays when the DRC has already been pre-booked (these dates are highlighted in red below).

STROKE GROUP – 2017 MEETING DATES

Thursday 20 April 2017	Stroke Group meeting at the DRC (from 1-4pm) - Ali's last meeting
Thursday 27 April 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 4 May 2017	Tamsin Wimhurst talk on 'David Parr House' (starts 2.30pm at DRC)
Thursday 11 May 2017	No meeting at the DRC – group day trip on the Ladybird Boat (Huntingdon to Ely)
Thursday 18 May 2017	'Make May Purple' Stroke Group picnic at the DRC (1-4pm)
Thursday 25 May 2017	Peter Jackson from Scotsdales talk on 'Gardening in the springtime' (starts 2.15pm at DRC)
Thursday 1 June 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 8 June 2017	Stroke Group meeting, DRC (from 1-4pm)
Thursday 15th June 2017	No meeting – DRC not available
Thursday 22 June 2017	Stroke Group meeting, DRC (from 1-4pm)
Thursday 29 June 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 6 July 2017	Stroke Group trip to Cambridge Botanic Gardens (TBC) – no meeting at the DRC that day
Thursday 13 July 2017	Geoff Morgan wood carving session at the DRC (from 1-4pm)

VISITORS TO THE CENTRE

We are grateful to all the guest speakers and visitors who have visited and shared their knowledge with us. This has included Andy Jackson's '*From leeches to lasers – history of Addenbrooke's*' (see photos below) and Alan Chamley's talk, '*Travelling the World despite having lost much of his eyesight due to RP*'.



The Group enjoying Andy Jackson's talk on Addenbrooke's



Recent activities involving our group members – well done Judith, a fantastic scarf you have made there!





Can you guess who from the masks they have painted...?

'MAKE MAY PURPLE'




**CAMBRIDGE STROKE GROUP'S
'PURPLE PICNIC'**

IN AID OF THE STROKE ASSOCIATION'S
"MAKE MAY PURPLE FOR STROKE".

FRIENDS, FAMILIES AND COMMUNITIES ARE
INVITED TO SHOW THEIR SUPPORT FOR
PEOPLE WHO HAVE BEEN AFFECTED BY
STROKE.

EVERYONE IS WELCOME TO JOIN US FOR
SCRUMMY FOOD, (LOTS OF CAKES!),
CLASSIC FETE GAMES, ENTERTAINMENT
FROM THE CAMBRIDGE U3A CHOIR AND AN
AMAZING RAFFLE.

**PLEASE BRING A PLATE OF FOOD TO
SHARE.**

**THURSDAY 18TH MAY 2017
1.30-4.00PM**

DAVID RAYNER CENTRE,
SCOTSDALES, 120 CAMBRIDGE ROAD
GREAT SHELFORD, CB22 5JT

www.cambridgestrokegroup.co.uk

DAY TRIPS

Ladybird Boat Trip, 11th May 2017

We have booked a day out for members on the Ladybird boat trip for **Thursday 11 May 2017**. **Please note, there will be no meeting at the David Rayner Centre on that day.** The boat can only accommodate 20 passengers so we have had to operate a first-come, first-served sign-up policy for this trip with places costing a (subsidised) £6pp. Places have been extremely popular. If you are interested, there is a reserve list operating for the trip so please check with Anita.

Cambridge University Botanic Garden, 6th July 2017

We are planning a return to the Cambridge University Botanic Garden this summer on **Thursday 6 July 2017** for a fun day out. More information to follow closer to the time.

A VERY SAD FAREWELL

A very special thank you to **Alison Murray**, our amazing leader who will be missed enormously by everyone. Thank you so much for all that you have done for our group, The Stroke Association and for all stroke survivors across Cambridgeshire. The very best of luck, from everyone, in your new role at Alzheimer's Society – they are so very lucky to have you.



FUNDRAISING

WAITROSE COMMUNITY MATTERS

We are delighted that the Cambridge Stroke Group has been selected for the Waitrose's Community Matters green token scheme for April 2017. As a result, **during April, we will be one of three Community Matters boxes to be displayed in the Cambridge branch of Waitrose in Trumpington.** Waitrose will donate a proportion of £1,000 to the Cambridge Stroke Group, based on the number of votes (green tokens) the Waitrose customers cast for us and two other good causes.

Please do shop in Waitrose during April and please encourage all your friends and family to do the same, and to donate their green tokens into our box. It will provide a great boost to the Stroke Group. Thank you.

TESCO BUCKET COLLECTION

We had the opportunity to take part in some organised Bucket Collection days to raise funds for the Cambridge Stroke Group, at the Tesco Stores in Bar Hill earlier this month. The team managed to raise a fabulous £1,096.16 over two days. Our thanks to everyone who volunteered to help us and gave up some of their weekend to hold buckets.

We have **one more bucket collection day at Tesco's in Royston on Saturday 22 April 2017 from 9am – 5pm.** All funds we raise will be used directly to help you, the Stroke Group and stroke survivors across Cambridgeshire.

FOR MORE INFORMATION

Please don't forget to head to our new website for information on the group – www.cambridgestrokegroup.co.uk

OVER TO YOU – GET INVOLVED

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 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) every Thursday afternoon from 1pm.

We are actively looking for volunteers to support the group on a weekly basis. Please let us know if you know anyone who might be interested & available

STROKE GROUP CONTACT DETAILS

Hannah Porteous-Butler (Group Coordinator)

E: hporteousbutler@gmail.com

Stephanie Branston (Group Volunteer)

E: stephbranston@hotmail.com

Anita Marsden (Group Volunteer)

E: anitamarsden@ntlworld.com