

STROKE GROUP NEWS

January 2016, Issue 6

Welcome to the sixth issue of **Stroke Group News**. In this newsletter, you can read more about our new Thursday meet-ups and plans for 2016 as well as the latest baby in the Stroke Group family to arrive.

Following the change of meeting day to a Thursday, we thought it would be useful to confirm the dates of our meetings for your 2016 diaries.

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 – MEETING DATES

Thursday 7 January 2016	Stroke Group meeting at DRC (from 1-4pm, T'ai Chi seated class starting 1.15pm)
Thursday 14 January 2016	Stroke Group meeting (1-4pm, Simon Port – musician, playing the acoustic guitar)
Thursday 21 January 2016	Stroke Group meeting (1-4pm, Ricky Mullis – study on improving long term care)
Thursday 28 January 2016	Stroke Group meeting (1-4pm Brie Stark & Sonia Brownsett, guest speakers, 2pm)
Thursday 4 February 2016	Stroke Group meeting, DRC (from 1-4pm Dr Nicholas Evans - guest speaker, 2pm)
Thursday 11 February 2016	DRC not available – no meeting (PLEASE NOTE, THIS HAS CHANGED)
Thursday 18 February 2016	Stroke Group meeting at DRC (1-4pm, Intro to the Ronnie Gardiner Method)
Thursday 25 February 2016	Stroke Group meeting at DRC (1-4pm, Maria Martin-Saez - guest speaker)
Thursday 3 March 2016	DRC not available – no meeting
Thursday 10 March 2016	Stroke Group meeting at DRC (1-4pm, Steve Hooley, Neurological Physiotherapist)
Thursday 17 March 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 24 March 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 31 March 2016	Stroke Group meeting at DRC (from 1-4pm)

We are still hoping to repeat our (very belated) Christmas lunch group outing in the new year, details to follow.

STROKE GROUP 'LAUNCH' PARTY

The Stroke Group enjoyed an informal celebratory launch of the new Thursday meetings with a party at the David Rayner Centre on Thursday 8 October 2015.

Thank you to everybody who attended. And a big thank you to all those who helped on the day, to those who provided delicious food (including the iconic Fitzbillies bakery) and to Cathy Hall who ran a tai chi session on the afternoon. A good time was had by all. And we even made the *Cambridge Evening News* (see below).



Members of the Stroke Group in the *Cambridge Evening News* last month

RECENT DAYS OUT AND VISITORS TO THE CENTRE

We are very grateful to all the guest speakers who have visited us and shared their knowledge with us at the centre which in November included reflexologist, Kathy Lynch. She spoke to the group about reflexology and the benefits for stroke survivors as well as doing practical taster sessions on several members of the group. For those interested in reflexology and

any independent one-to-one sessions, please feel free to contact Kathy Lynch privately to arrange these. Kathy can be reached on kathy@kathylynch.me.uk or tel. 07799 791 031.



Members of the group at the David Rayner Centre enjoying a reflexology taster session with Kathy Lynch in November

GUEST SPEAKERS AND VISITORS TO THE CENTRE 2016

Addenbrooke's Hospital, The University of Cambridge and the Stroke Association joined forces to host a Stroke Conference at the William Harvey Lecture Theatre at Addenbrooke's Hospital on Wednesday 18 November 2015. The evening consisted of a series of talks and Q&A sessions for the public by clinicians, therapists and researchers, and centred around **'Treating Strokes – What's new and where do we go next?'** It was a very interesting evening. In addition, the brilliant artwork by Stroke Group member Michael Walton was displayed outside the lecture theatre for all to admire.

We have arranged for a selection of the main speakers at that event, specialists in the stroke world, to join us at the David Rayner Centre in 2016 to talk to our group, as well as other people with an interest in Stroke. These will include:

Thursday 21 January 2016 (2pm start)

Ricky Mullis (who works with Professor Jonathan Mant at the Primary Care Unit based at the University of Cambridge. Ricky is running a number of research projects looking at improving the longer term care and care services for stroke patients who are living in the community. Mr Mullis will be looking for participants from the group for his study).

Thursday 28 January 2016 (2pm start)

Brie Stark (a language therapist who will talk about speech recovery using iPad therapy) and **Sonia Brownsett** (a registered Speech & Language Therapist who will talk about speech therapy. Sonia is also setting up a research study in 2016 using apps to improve comprehension in aphasia)

Thursday 4 February 2016 (2pm start)

Dr. Nicholas Evans (Clinical Research Fellow at the Department of Clinical Neurosciences, University of Cambridge, who will discuss current and future treatments for stroke and therapies for life after stroke)

Thursday 25 February 2016 (1.15pm start)

Maria Martin-Saez (an occupational therapist from Addenbrooke's Stroke Unit who will talk about exercise programs and cognitive rehab)

NEW GROUP ACTIVITIES PLANNED FOR 2016

T'ai Chi

After a successful taster session this summer, we started a **new T'ai Chi seated class** for the group in 2016. The first class **took place on Thursday 7 January 2015. The classes will continue for a ten week stretch and classes will start at 1.15pm.** The class is being taken by Mike Tabrett.

Mike began learning T'ai Chi in 1983, covering all aspects of the T'ai Chi system – healing, meditation and martial. Mike has extensive experience in running courses using a variety of the styles. In addition, he runs stress management courses using T'ai Chi principles and also works closely with people with a wide variety of special health needs often using specially adapted exercises ('integrated T'ai Chi and Chi Kung'). This led to Mike's involvement with the steering group of the 'T'ai Chi and Chi Kung Forum for Health', an organisation that Mike both founded and chaired and he has regularly taught on its training courses.

Ronnie Gardiner Method

The Ronnie Gardiner Method (RGM) is a new exercise programme for stroke survivors. This method has been designed to stimulate neuroplasticity and reopen previously used neural pathways in the brain by using rhythm and music. The method has been used in Sweden since the 90's in hospitals, rehabilitation centres, care homes and schools and is being used in several other countries.

Ali has been running a 12 week trial for volunteers in Great Shelford which has been attended by a number of our members. The programme has been a great success and Ali has very kindly offered to deliver an **'Introduction to the Ronnie Gardiner' session to our group on Thursday 18 February 2016.**

(To get the most out of the Ronnie Gardiner Method, participants should be interested in movement and music and having fun. They do not have to be able to play an instrument or read music (but some knowledge would be helpful). The programme requires a level of concentration but is also fun and revitalising. The movements are simple and repetitive; performed in standing or sitting throughout the course which means there is no age limit for practitioners. It is recommended that comfortable shoes and loose clothing is worn.)

Speech therapy

We have arranged for the renowned **Speech and Language Therapist, Sue Pethers, to join us at the David Rayner Centre on Thursdays** during 2016. Sue will deliver a combination of individual and group therapy appointments as well as a drop-in service for stroke patients in Cambridgeshire.

This will be a fantastic addition to all that is going on at the Stroke Group. Sue is extremely talented and in great demand as she is such a highly regarded speech and language therapist. **Sue's speech therapy sessions will start at the DRC from Thursday 21 January 2016.**

Functional Electrical Stimulation

We have arranged for **Steve Hooley to join us at the David Rayner Centre on Thursday 10 March 2016** to run a session on Functional Electrical Stimulation (FES), a solution to help reduce foot drop for people with a neurological condition.

EVENT NEWS 2016

Organised days out for the Group will be arranged, where possible, on those Thursdays when the David Rayner Centre is not available to us.

If you have any suggestions of places you would like to visit, please let Ali, Hannah & Steph know. All ideas are welcome.

GROUP UPDATE

The Shelford Feast

The Group had their own stall at The Shelford Feast this summer. The day was a success and raised £250 for the Stroke Group. Thank you again to Hannah, Ali, everyone involved on the day and to everyone who donated items for our stall, as well as to the Feast organisers.

Bring & Buy Sale

A special thanks to Mick and Mary Langley for organising for our Stroke Group to be one of two charities to benefit from their recent Haig Court Bring and Buy sale. We were delighted to receive a donation of £94.27. Our thanks to everyone involved but especially to Haig Court and to Mick and Mary.

Gift to the group

Juliette and Michael Small have very kindly donated a four-wheeler walker to the group. This will be stored with the Stroke Group's mobility scooters at the David Rayner Centre. It is available for members to use on Thursdays at the group or on group day trips out. Many thanks to Juliette and Michael, it is much appreciated.

AND FINALLY

Stroke Group coordinator **Hannah Porteous-Butler** (finally) gave birth to a little girl in November. Several days after her due date, baby Lila arrived at The Rosie Birthing Centre in Cambridge on 1 November 2015. Born a bonny 9lbs 6, Lila is doing very well and Hannah will be back at the centre very soon to see everyone.



GETTING TO THE CENTRE

Volunteer Car Schemes

For members who are unable to get to the DRC every week, here are details of Volunteer Car Schemes to get in touch with:

- **The Red Cross: 07738 944 559** - contact Sarah saevans@redcross.org.uk They require a week's notice, costs 45p/mile
- **Royston & District Community Transport: 01763 245228** E-mail: info@roytrans.co.uk - for medical and social purposes to villages in South Cambridgeshire around Royston. Also offers wheelchair accessible transport
- **Cottenham Care Car Scheme: 01954 251929** Provides short-distance journeys for residents of Cottenham for social and medical purposes. Will also cover Oakington, Rampton and Histon if necessary
- **Foxton Social Car Scheme: 01223 572147 / 574327** Mainly offers short-distance journeys to those in the Foxton area for social & medical purposes, can offer transport into Cambridge if unable to make journey by any other means
- **Harston Car Scheme: 01223 870647** Short-distance journeys for residents of Harston for social and medical purposes
- **Histon & Impington Car Scheme: 07982 108927** Short-distance journeys for residents of Histon & Impington and surrounding area, for social and medical purposes
- **OWLS Community Car Scheme: 07505 254363** For residents of Over, Willingham, Longstanton and Swavesey. Offers transport for social and medical purposes
- **Shelford Support Group: 01223 843856** For residents of Great & Little Shelford and Stapleford for social and medical purposes, including trips to Addenbrooke's Hospital
- **Trumpington FISH Scheme: 01223 515394** For Trumpington residents for short-distance journeys for social and medical purposes
- **Beaches Community Car Scheme: 07807 875878** For residents of Waterbeach, Landbeach, Horningsea, Milton and Chittering. or social and medical purposes or any essential journey that could not be made by any other means
- For more transport schemes visit www.cambridgeshire.gov.uk/info/20123/community_transport

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 (**)

**** There will be no Stroke Group meetings at the DRC on Thursday 11 February or Thursday 3 March 2016.**

We are actively looking for volunteers to support the group on a weekly basis as well as a minibus driver to take over the driving responsibilities for Group day trips and provide a regular pickup & drop-off bus service to and from the David Rayner Centre for group members. Please let us know if you know of anyone who might be interested and available.

STROKE GROUP CONTACT DETAILS

Hannah Porteous-Butler (Group Coordinator)

E: hporteousbutler@gmail.com

Alison Murray (Coordinator, The Stroke Association)

Tel. 07540 513 225

E: alison.murray@stroke.org.uk

Stephanie Branston (Group Volunteer)

E: stephbranston@hotmail.com