

STROKE GROUP NEWS

January 2017, Issue 12

Welcome to the twelfth issue of **Stroke Group News** and a very Happy New Year to all.

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 12 January 2017	The Crofters Singing group performing at the meeting (from 2.15pm) at the DRC
Thursday 19 January 2017	Stroke Group meeting at DRC (from 1-4pm)
Thursday 26 January 2017	Talk on 'The Art of Lip Reading' by Joy Badcock (from 2.15pm) at the DRC
Thursday 2 February 2017	Lizzie Brown running a craft session on Wet Felting (from 2.15pm) at the DRC
Thursday 9 February 2017	Talk by Mike Levy on 'Oliver! And more – the chaotic life of Lionel Bart' (starts 2.15pm)
Thursday 16 February 2017	No meeting – DRC not available
Thursday 23 February 2017	Sarah Bishop/Katie Keating-Fedders (Cognition & Brain Sciences Unit, Cam Univ) attending
Thursday 2 March 2017	No meeting – DRC not available
Thursday 9 March 2017	Helen & Graham Bush singing (from 2.15pm) at the Stroke Group meeting at DRC
Thursday 16 March 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 23 March 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 30 March 2016	Stroke Group meeting at 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.

At the end of last year, this included Jonathan Baynes talking about 'The Art of Beekeeping and Making Honey' and Mike Levy who gave us a fascinating and musically charged insight into 'The life and music of Richard Rogers'.

FUTURE SPEAKERS

Thursday 26 January 2017	Talk by Joy Badcock on 'The Art of Lip Reading' (starts 2.15pm)
Thursday 9 February 2017	Talk by Mike Levy on 'Oliver! And more – the chaotic life of Lionel Bart' (starts 2.15pm)

An introduction to Beekeeping for the Cambridge Stroke Group



Jonathan Baynes
www.barrington-apiaries.co.uk



Members of the group listening to the talk by beekeeper Jonathan Baynes



The group enjoying cake decorating in October, helping celebrate the Stroke Association's 'Give A Hand and Bake' Week



The Cambridge Stroke Group listening to the music talk by Mike Levy (above)



Members of the group enjoying regular Tai Chi at the David Rayner Centre



Pictures from the festive meeting and Christmas themed quiz on Thursday 15 December 2016

FUNDRAISING

GREAT SHELFORD FEAST

The Stroke Group had their own stall at The Shelford Feast last summer. A big thank you to everyone from the Group who helped to run our stall and to those who donated items for the tombola. An especially big thank you to Mick, Mary and all the Langley family, Hannah, Ali and Ray & Sheila Oakes for all their hard work on the day and also to the Shelford Feast organisers. The day was a success and raised an impressive £500 for the Stroke Group which is a brilliant effort all round.

THE BARN ART SOCIETY

The Sawston Barn Art Society very kindly donated a proportion of the profits they made from their recent art exhibition which took place at the Johnson Hall in Stapleford on 12 & 13 November 2016. Our own Anita Marsden was also on display, exhibiting and selling her brilliant art work there. The weekend was a great success and we would very much like to thank the Barn Art Society for their cheque of £84.19 to our group, it is very much appreciated.

SAWSTON WINTER FAIR

On Friday 16 December 2016, the Cambridge Stroke Group took a table at the Sawston Winter Fair and raised £64 for the group. Huge thanks go to Anita, Ali, Ellie & Hannah for all their hard work beforehand and on the night, very much appreciated.

In addition, the lovely members of the Wool n' Tea Group donated £20 from the proceeds they made at the Fair to our Group. And a member of their group, Betty Raith, raised an additional £30 for our Group by running a successful 'Guess What's in the Parcel' game at the Fair. Thank you so much ladies.

TESCO BUCKET COLLECTION

On 30 December 2016, members of the group braved the cold and took part in an organised Bucket Collection for the Cambridge Stroke Group at Tesco in Milton. This proved to be a great opportunity to raise much needed funds. A big thank you to Tesco's, to everyone who generously donated on the day and in particular, to Hannah, Steph, Mick & Mary Langley, Margaret & Richard Gillies, Sue Horrod and their respective family members who gave up their time over the Christmas holidays, to do this for the Group. We made an impressive total of £751.92. A fantastic effort.



The Stroke Association 'Life After Stroke' Awards

Paul Massey


We are extremely proud and delighted to announce that our own Paul Massey was awarded 'Carer of the Year' award at the Stroke Association's *Life After Stroke* annual awards held at The Dorchester Hotel in London in November 2016.

As many of the group may know, Paul and Mary were married for over 30 years until they decided to separate and go their own ways. With his passion for boating, Paul set off to sail around the world. After no contact for a number of years, Paul heard that Mary was in hospital after having a serious stroke, and went straight to see her. From then on Paul decided he had to take care of Mary since she was unable to look after herself. Mary has made incredible progress and has since joined Paul on his canal boat for a journey through France together.

To watch the very moving video which tells the story behind this award win, see here –

<https://www.youtube.com/watch?v=CyBELrxoGE>




HOUSE OF COMMONS
LONDON SW1A 0AA

Mr Paul Massey
53 Grettton Court
Girton
Cambridge
CB3 0QN

13 December 2016

Dear Paul,

I am writing to congratulate you on winning the National Carer Award 2016 for your care of Mary, your ex-wife.

The award recognised your selfless dedication to Mary following a severe stroke which left her unable to walk, talk or look after herself. It is lovely to read that after some years of no contact, upon hearing the news you rushed to hospital to be by her side. You then stayed with her for six months in West Sussex, away from your own home, family and friends, and welcomed her back to Girton with you in July 2015 to take care of her. This was an exceptionally kind and generous act which must have made a huge difference to Mary's recovery.

I am so glad to hear that Mary is making good progress and with your help can now walk unaided. It is also good to hear that you and Mary have been using the services of the Stroke Survivors Association.

Congratulations once again on your National Carer Award. I wish you and Mary all the very best.


With best wishes,

Have a very Christmas Paul!

Heidi Allen MP

Cambridge News | cambridge-news.co.uk | November 21, 2016

Carer, 70, wins stroke award



RECOGNITION: Paul Massey from Girton, Cambs, receives the National Carer Award from Alison Murray, of the Stroke Association, and his ex-wife Laura.

A 70-YEAR-OLD man from Cambridgeshire has been presented with a National Carer Award for his selfless work looking after his ex-wife.

Paul Massey, from Girton, was nominated by the Stroke Association and received the award at the charity's Life After Stroke Awards, held at London's Dorchester Hotel last Wednesday.

Paul and his ex-wife Mary had been living apart for 20 years, and had been divorced with no contact for four years.

It was only during a conversation with a mutual friend in 2014 that Paul discovered Mary had suffered a severe stroke and had been admitted to hospital.

Mary's stroke left her with a devastating disability – she was unable to walk or look after herself, and could speak only a few words.

Paul said: "I immediately phoned the hospital and when the nurse told me she thought Mary did want to see me, I drove down from Cambridge immediately.

"On my arrival, I realised they did not think Mary would last the night.

"In the hope that she might rally if I stuck around, I decided to stay the night. Mary did indeed survive the night, and began her long recovery."

Paul said: "The next seven months in St Albans, West Sussex, until Mary was discharged.

When Mary left hospital, she needed someone who could help her with basic day-to-day tasks, such as shopping and making a cup of tea.

It was then that Paul decided to take her in until she could live alone.

Mary agreed, and has lived with Paul in Girton since July last year.

Of Mary's recovery, Paul said: "She is recovering nicely – her speech has improved dramatically and she can walk with a stick unaided."

"I believe she will continue to get better and, with effort, could even nearly get back close to feeling where she was before her stroke."

"Mary is delighted to have returned to Cambridge."

"The support here for stroke survivors is much appreciated by Mary and me," Alison Murray, of the Stroke Association, said last night.

"Mary did indeed survive the night, and began her long recovery."

Paul's story is incredible. He could have decided to leave Mary's care to others, but he did not.

"He took the difficult decision to help her."

"There are not many people who would put their life on hold to care for an ex-partner."

"Paul very much deserves this recognition, and with his dedication and support, Mary has proved that life after a stroke is possible."

The Stroke Association is the UK's leading stroke charity.

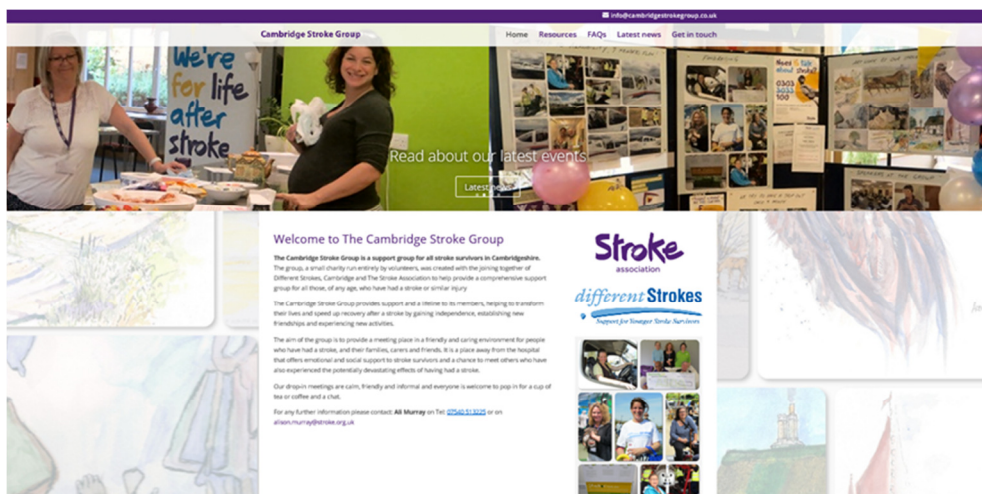
Every year there are about 150,000 strokes in the UK.

To find out more about the Stroke Association, visit stroke.org.uk.

AND FINALLY...

Cambridge Stroke Group website goes live

In exciting news for the Group, we are delighted to announce that we now have our very own website – www.cambridgestrokegroup.co.uk where all members (and those interested in joining us in the future) can find out more about the group, our latest news and what we offer. A special thank you to Hannah for leading on this project and making it a reality. We are so pleased to finally have our own website for sharing information, photos and news so please do all keep checking it for new updates. Great job!



OVER TO YOU – GET INVOLVED

If you have any ideas to help support the Cambridge Stroke 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.

To get in touch, please email us at info@cambridgestrokegroup.co.uk or use the enquiry form on our website (www.cambridgestrokegroup.co.uk) or pop in and speak to a member of the Group, 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

CAMBRIDGE STROKE GROUP - CONTACT DETAILS

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