

STROKE GROUP NEWS

July 2015, Issue 4

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

In this newsletter, you can read about what is happening this summer as well as some changes that we are planning from the autumn onwards.

EVENT NEWS

- | | |
|-------------------------------|---|
| Wednesday 1 July 2015 | Punting & Picnic, Cambridge (please note that The DRC will be closed on this date) |
| Sunday 12 July 2015 | The Shelford Feast, Great Shelford |
| Sunday 19 July 2015 | Stroke Group Sponsored Walk (Addenbrooke's Hospital to David Rayner Centre) |
| Wednesday 22 July 2015 | Stroke Group Aerobility Day Out (Blackbushe Airport in Camberley, Surrey) |

[More details on these events can be found in the newsletter](#)

GUEST SPEAKERS AT THE CENTRE

- | | |
|------------------------------------|---|
| Wednesday 8 July 2015 (1pm) | Paige Toon, Author to offer insight into life as an award-winning fiction writer |
|------------------------------------|---|

We are very grateful to all the guest speakers who have visited us at the David Rayner Centre and shared their knowledge with us including **Carmel Austin, with volunteer Maggie, both from The Stroke Association** last month.



Members of the group listening to Dr Cat Ford last month



Members of the group enjoying the talk by Carmel Austin and volunteer Maggie from The Stroke Association

MEMBER NEWS

More fantastic artwork produced by our members at Brenda's Art Class can be seen below; an abstract piece by Stroke Group member Betty Arnold.

Betty Arnold lives in Teversham with her husband John. Betty had a stroke in 2009, following a heart operation. Prior to stroke, Betty worked at the Criminology Institute at the University of Cambridge. She loved work and misses the company of students, their lovely minds and the diversity of being surrounded by people from around the world



CENTRE AND GROUP NEWS

As our Stroke Group grows in size following this year's successful merger with the Cambridge Stroke Association, and as requested by the team at the David Rayner Centre, we have agreed to change our existing arrangements of when the Stroke Group meet, in light of the developing needs of the Cambridge Cancer Help Centre organisation.

It has been agreed that from September 2015 onwards, the Stroke Group will meet at the David Rayner Centre on Thursday afternoons between 2 - 5pm.

This will allow us full use of the centre and for us to expand our programme of activities and talks which is very exciting for the Group. As a result, we are hoping to introduce a new seated exercise class for the Stroke Group. In addition, we are investigating the feasibility of running a series of Tai Chi classes at the David Rayner Centre. These new classes are all in the process of being confirmed but to find out more and to express interest in either activity, please speak to Ali.

Please note that the change to the Stroke Group's meeting day will not happen before September 2015 and we will ensure that we keep members fully updated. Until then, we will continue to meet at the David Rayner Centre on a Wednesday. If you have any questions or concerns, please do not hesitate to have a chat with Hannah or Ali at any time.

FUNDRAISING UPDATE

Waitrose Community Matters

We were delighted that Different Strokes Cambridge was selected for the **Waitrose's Community Matters** green token scheme in May 2015, Different Strokes was one of three Community Matters boxes displayed in their Cambridge branch. As a result, Waitrose donated **£328** to our Stroke Group, a great boost for the Group and we thank everyone at the Waitrose store in Trumpington.

Stroke Group Car Boot Sales

On Saturday 20 and Sunday 21 June 2015, Stroke Group coordinator Hannah Porteous-Butler attended two local car boot sales to raise funds for the Stroke Group; in Oakington and in Trumpington. Hannah raised an impressive **£216.71** for the Stroke Group.

A big thank you to everyone who donated items to be sold at the boot sales and to Hannah for coordinating it all. And an extra special than you to Fred who helped out on the day and drove some hard bargains to get the most for the group!

Stroke Group Sponsored Walk

On Sunday 19 July 2015, we are planning a **Stroke Group Sponsored Walk** to raise funds for the Group. The walk will start at 10am from Addenbrooke's Hospital and will finish at the David Rayner Centre in Great Shelford.

We would encourage everyone in the Stroke Group (and your friends and families) to join us on the day.

To find out more about the walk and to get a sponsorship form, please speak with Hannah or Ali.

WHAT'S COMING UP?

The Shelford Feast

The Stroke Group will have a stall at The Shelford Feast on Sunday 12 July 2015. **If you are able to donate any items for our craft stall and/or any enticing prizes to be used as tombola prizes, please speak to Hannah.**

We desperately need volunteers to help man the stall for a short while at different times throughout the day. If you would be willing to help please speak to Hannah

More details about the Festival can be found on www.shelfordfeast.co.uk

Aerobility Day Out

We are planning to organise for members of the Stroke Group to fly for the day **on Wednesday 22 July 2015.**

Working in partnership with Aerobility, a registered charity set up in 1993 who offer disabled people, without exception, the opportunity to fly an aeroplane, there is opportunity for any member of our Stroke Group to take part. We will be visiting the Blackbushe Airport in Camberley, Surrey.

If you are interested in joining us for the Stroke Group Aerobility experience, please speak to Hannah as soon as possible

MEMBER ARTICLE

The importance of setting achievable goals after a stroke

By Rick Cutting

After what I have been assured was a serious stroke back in January 2014, I told the doctor just after my MRI scan that my immediate aim was to get back on the bowls green. He gave me a sly smile and basically said, “don’t hold your breath”.
TALK ABOUT A RED RAG TO A BULL!

I have tried every exercise my therapy team have given me - some rather painful exercises when the left hand side has other ideas. All to good use as I walk down from steps from the house out to the car, and I went on holiday in April so knew I might have needed to be able to use steps. After official procrastination for nine months, I have got my walk-in shower! Talk about a jump for joy...well, not quite jumping yet, but that could be my next goal!

I am happy to report that I have cracked my first goal which was to get back to bowling, this was achieved in August and I am back on the bowls green using a wheelchair and playing in club level competitive games, most importantly with the help of my fantastic wife who has been with me all the way.

After a stroke you have two choices, if humanly possible:

- 1) Make up your mind to do something
- 2) Set some goals

Or just give up – this is not a good choice by any standards. In a previous life I have been a glider pilot, a broadcaster and a rally competitor and organiser, so you may have worked it out: I don’t like just sitting around doing nothing. For me it was not an option. Two people I know had a stroke at roughly the same time as myself - one just gave up and is no longer with us and the other is being still being hoisted in and out of bed. This could be for the lack of setting goals!



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 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 Wednesday between 11.00 -14.00**.

*** We will not be at The David Rayner Centre on Wednesday 1 July or Wednesday 22 July 2015*

We are actively looking for a minibus driver to take over the driving responsibilities for Group day trips as well as providing a regular pickup and drop-off bus service to and from the David Rayner Centre for group members every Wednesday. If you know of anyone who might be interested and available, please speak to Hannah or Ali

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

GROUP DAY OUT

Wednesday 1st July – Punting & Picnic

Meet at Scudamores* at 11.15am for an 11.30am start.

Mill Lane Punting Station, Mill Lane, Cambridge, CB2 1RS

A picnic lunch will be provided afterwards at c. 12.30pm.

*If you cannot make it to Mill Lane, Hannah will happily provide a lift. Please just ask. Drop-offs are also possible afterwards.

Please note the DRC will be closed on this day.