

# STROKE GROUP NEWS

March 2016, Issue 7

Welcome to the seventh issue of **Stroke Group News**. Here are 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 10 March 2016	Stroke Group meeting (1-4pm, Steve Hooley, Neurological Physiotherapist – guest speaker)
Thursday 17 March 2016	Stroke Group meeting (1-4pm, Sarah Bishop, Research MRC Cognition & Brain Science Unit)
Thursday 24 March 2016	Stroke Group meeting (1-4pm, Mr Safdar, East England Eye Care, Domiciliary Opticians)
Thursday 31 March 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 7 April 2016	Stroke Group meeting at DRC (from 1-4pm, Hannah Porteous-Butler, One Handed Recipes)
Thursday 14 April 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 21 April 2016	Stroke Group meeting at DRC (from 1-4pm, Ricky Mullis, Research on Stroke Pathway)
Thursday 28 April 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 5 May 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 12 May 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 19 May 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 26 May 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 2 June 2016	Stroke Group meeting at DRC (from 1-4pm)
Thursday 9 June 2016	<b>DRC not available – no meeting</b>

Thank you to everyone who brought along festive food to our ‘Touch of Christmas’ meeting on 17 December 2015 – as well as to those who brought treats to share with the group for Ali’s surprise birthday celebration at our Stroke Group meeting on 18 February 2016. All the food was delicious and very much appreciated.

A very happy birthday to Ali from all at the Stroke Group. Thank you for everything that you do, so tirelessly, for everyone.



## VISITORS TO THE CENTRE

We are grateful to all the guest speakers who have visited and shared their knowledge with us. In January, this included the speech and language therapists, Brie Stark and Sonia Brownsett, who talked about speech recovery using ipad therapy.

In February, we hosted Dr. Nicholas Evans (Clinical Research Fellow at the Department of Clinical Neurosciences, University of Cambridge) who discussed current treatments for stroke and therapies for life after stroke; and Maria Martin-Saez (an occupational therapist from Addenbrooke's Stroke Unit) who talked about exercise programs & cognitive rehab.



Members of the group listening to Maria Martin-Saez at the David Rayner Centre last month

## FUTURE GUEST SPEAKERS & VISITORS TO THE CENTRE 2016

Thursday 10 March 2016 (2pm start)	Steve Hooley (Neurological Physiotherapist)
Thursday 17 March 2016 (2pm start)	Sarah Bishop (Research MRC Cognition & Brain Science Unit)
Thursday 24 March 2016 (2pm start)	Mr Safdar (Optometrist and Managing Director of East England Eye Care, Domiciliary Opticians – to talk about their home visiting optician service. They offer free home eye examinations to stroke patients)
Thursday 7 April 2016 (2pm start)	Hannah Porteous-Butler (One Handed Recipes)
Thursday 21 April 2016 (2pm start)	Ricky Mullis (Research, Stroke Pathway & Self-Management programme)

## GROUP ACTIVITIES IN 2016

### T'ai Chi

After a successful taster session last year, in January we started a **T'ai Chi seated class** for the group taken by Mike Tabrett. This has been really well attended and enjoyed by everyone who has taken part. There is plenty of space for anyone who still wants to join us .

### Speech therapy

We have arranged for the highly regarded Speech and Language Therapist, Sue Pethers, from the Community Neuro Rehabilitation Team to join us at the David Rayner Centre on Thursdays during 2016. Sue is at the DRC from 2pm to deliver a combination of individual and group therapy appointments as well as a drop-in service for stroke patients in Cambridgeshire. This is a fantastic addition to all that is going on at the Stroke Group. Those who are interested should speak directly to Sue.

## EVENT NEWS 2016

We are in the process of confirming a visit to The National Stud in Newmarket in the spring. Most tours to The National Stud include visits to the Foaling Unit and nursery paddocks; the Stallion Unit (busiest during the breeding season which runs from February to June), as well as various yards and paddocks to watch the mares and foals enjoying the sunshine.

In addition, we plan to book a boat on The River Cam for a summer outing in Cambridge; and we very much hope to repeat the Group's successful Aerobility Challenge later in 2016, an extremely fun adventure for members last July. If you have suggestions of places you would like the group to visit, please let Ali, Hannah & Steph know. All ideas welcome.

## GROUP UPDATE

### Cambridge Stroke Group Committee

Would you like to get more involved with the Cambridge Stroke Group? We are **setting up a Committee to organise the running and organisation of the group**. This would involve meeting once a quarter to plan talks, events and trips, to arrange fundraising and stroke awareness events at the group, to work out where best to spend the money raised for the benefit of our members. This is a great opportunity to help build a first class group for every one affected by Stroke in Cambridge. If you are interested **please let us know**.

### Games Afternoons

We have invested in some popular board games for The Stroke Group. These are available for all group members to play at the David Rayner Centre and include **playing cards, Uno, Draughts, Rummikub, Dobble, and Dominoes**.

We would like a volunteer(s) from the group, either a member or carer, **to help out by organising a relaxed and informal games afternoon during one of the meetings this Spring**. If you are happy to do this, please speak to Ali, Hannah or Steph. Also if you have any old games that you would like to donate to the Stroke Group, please bring them along to the centre.

## AND FINALLY

*"A personal thank you from me! Thank you all so much for my surprise 50<sup>th</sup> birthday celebration. I was incredibly moved by your kind wishes and your generosity; my gifts are all perfect! Mostly, it was so wonderful to have so many of you there making this old girl feel very special! Thank you!" (Ali)*



## 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:

- **Royston & District Community Transport: 01763 245228** E-mail: [info@roytrans.co.uk](mailto: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](http://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.

**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 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

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