

STROKE GROUP NEWS

May 2015, Issue 2

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

In this newsletter, you can read more about what is happening during the spring and about the different ways to support us in 2015. Hopefully you have had an opportunity to make the most of some of the organised group day trips and the local speakers who have visited us at the centre.

Everyone plays a vital role in helping us to build a future beyond strokes – from those at the David Rayner Centre who so kindly allow us to use the centre as our home to those who volunteer their time or donate money to keep the group going. We can only provide care & support with your help. For that, we thank you all.

EVENT NEWS

Wednesday 13th May 2015

Group Day Out to the Cambridge University Botanic Garden

Sunday 17th May 2015

Cycle Ride in aid of The Lymphoma Association (starting & finishing at the DRC)

Sunday 24th May 2015

'Stepping Out for Stroke' Walk (Abbeycroft Leisure Centre in Bury St Edmunds)

More details can be found on these events in the newsletter. To sign up to the Day Out, please talk to Hannah, Steph or Ali

The group enjoyed an organised day trip to **Shepreth Wildlife Park** last month, as seen below.



GUEST SPEAKERS AT THE CENTRE

Wednesday 29th April 2015 (1-2pm)

Peter Jackson, Scotsdales Garden Centre – 'An Open Gardeners Question Time'

Wednesday 20th May 2015 (1pm)

Dr Cat Ford, Clinical Psychologist, Cambridgeshire Community Services NHS Trust

MEMBER NEWS

Fantastic artwork continues to go on every Wednesday at Brenda's table at the Centre. Some of the art produced by our members is truly excellent as seen below by a few recent pieces by Stroke Group member Albert Young. Albert had a stroke early last year, after which he spent 12 weeks in Addenbrooke's Hospital. His regular attendance and involvement with the Stroke Group art group continues to help his recovery and empower him to participate fully in all aspects of life.

And as seen by his pieces, 'Just a Hawk' and 'Sailing', Albert is a seriously talented artist.



GARDENING CLUB

The David Rayner Centre has its own Gardening Club run by Toni Anthony, open for all members of the Stroke Group.

The garden started last year with two raised beds. It now has four beds, growing a range of healthy vegetables in a totally organic way. These include tomatoes, courgettes, spinach and rainbow chard, as well as a young herb garden. Toni is busy levelling off the ground around the garden to make it more accessible for our members. The garden has two benches, a cherry tree as well as its own compost/waste area. It is a place where members are able to relax, get their hands dirty and enjoy some social gardening.

Gardening is proven to be a beneficial way for stroke sufferers to partake in physical activity and use their hands again. The stimulus of plants, trees and gardens are also known to act as important stimulus in the healing of the brain, playing a key role in recovery.

If you are interested in getting involved or would like more information, Toni can be found at the David Rayner Centre or give her a call on 07966 191 490.

FREE COURSE AT THE CENTRE

More information can be found in the Centre on the free NHS course which will take place from Tuesday 2 June – Tuesday 7 July 2015 from 13.00 - 15.30 at the David Rayner Centre. The course is designed to help develop new skills and confidence to manage your long-term health condition.

Call Janet or Judy to find out more and book on Tel. 07866 331 782 or Email: janet.hickman14@icloud.com or visit the website www.expertpatients.co.uk

FUNDRAISING UPDATE

Hannah's run for Different Strokes - Our Group Coordinator, Hannah, took part in the Cambridge Cambourne 10k on 12th April 2015. Raising over £1,800, Hannah did us proud on the day and ran brilliantly, cheered on by a large crowd. It is not too late to sponsor Hannah and support the Stroke Group - visit www.justgiving.com/Hannah-Porteous-Butler



We welcomed members of the **Asda Community Life programme** to the centre on Wednesday 8th April 2015 to present the group with a cheque for £50 from Asda customers. Every Asda store and depot has a Community Life champion dedicated to supporting local community organisations within a one-mile radius of their local store and we thank the Cambridge branch of Asda for their very welcome donation.



Members of the group being presented with a donation cheque from the Cambridge Asda Community Life team

WHAT'S COMING UP?

Stroke Awareness Month – May 2015

- On Sunday 17th May 2015, we will have a Stroke Awareness information stand and collection boxes for the group at the David Rayner Centre which is the start and finish point for the **Cycle Ride in aid of The Lymphoma Association**. We have 'donated' our minibus to be used as a safety vehicle on the day of the ride. Please come and support us if you are free. The Cycle Ride start times are 9.30, 10.00 or 10.30 depending on preferred distance (30, 20 or 10 miles). Refreshments will be available to buy on the day. For more information on the Cycle Ride, please contact Sue Arnold at suearnold47@yahoo.co.uk or on 01223 894 022 / 07790 319 393.
- **Different Strokes is running a 'Stop Salt, Stop Stroke!' campaign for Stroke Awareness 2015.** The campaign is aimed at encouraging everyone to lower their blood pressure by reducing their salt intake. Different Strokes UK will be creating a bank of 'cook from scratch' low salt recipes and encouraging members to reduce their salt intake for the month with tips including swapping breakfast cereal for yoghurt and using garlic powder to season roast potatoes instead of salt.
- This May, **The Stroke Association are encouraging members to join them to *Make May Purple for Stroke*** and bring together communities to have fun, go purple and raise vital funds to conquer stroke. If you want to find out more or to get involved, get your action pack at stroke.org.uk/strokemonth
- **Step Out** is the **Stroke Association's national fun walk for all** designed to encourage stroke survivors to take part and help raise awareness and vital funds for the Stroke Association. Participants can challenge themselves to walk whatever distance is suitable for them whether it be 10 steps, 100 metres, 1 mile or 3 laps. All events are open to the general public and events can be entered via www.stroke.org.uk/stepout
 - We will be **Stepping Out for Stroke** on Sunday 24th May 2015 at the Abbeycroft Leisure Centre in Bury St Edmunds. The walk will take place between 11am and 1pm on the athletics track. Entry is £5. Visit www.stroke.org.uk/event/step-out-stroke-bury-st-edmunds to enter or to request a booking form
 - For further information, please speak to Ali at the David Rayner Centre. **If there is enough interest from the Group in the Walk on 24 May, we can look to use the Stroke Group minibus to travel there together and make a day of it**
 - As well as the walk in Bury St Edmunds, there will be:- children's activities and face painting; a children's lap where kids can scoot, skate, toddle or run around the track; one of our Stroke Association coordinators will be on hand to answer any questions about stroke; and 'Do you Know Your Blood Pressure?' – have it checked at this event

The Shelford Feast

The Shelford Feast - The Shelford Feast is a festival of live music, comedy, community events and good food. The Feast, which takes place from 6-12th July 2015, maintains the tradition of bringing the community together to celebrate and enjoy local produce, all with the aim of having a good time and raising money for local good causes. Different Strokes has been very fortunate to be one of the beneficiaries in recent years. The Feast is organised entirely by volunteers so if you are interested in getting involved this year, please speak to Hannah. More details about the Festival can be found on www.shelfordfeast.co.uk

We are fortunate to be able to run a stall here on Sunday 12th July. This will be a crafts stall with a tombola so any enticing prizes you can donate, or better still, any craft items that you have made that you can donate are very gratefully received.

RESEARCH NEWS — each newsletter we'll aim to include a piece of stroke research for info.

Helping families reduce the risk of second strokes

The Stroke Association are funding Dr Maggie Lawrence at Glasgow Caledonian University to work with stroke survivors and their families on a healthy living programme to help people to learn how to manage their own lifestyle risk factors. Understandably, many stroke survivors live in fear of having another stroke but they and their families may not realise how habits like smoking, poor diet, lack of exercise and too much alcohol increase the likelihood of having another stroke.

"Prior to doing my PhD and becoming a researcher, I was a stroke rehabilitation nurse," says Dr Lawrence. "Many stroke survivors I met had a real fear of second stroke. My research is focusing on developing an intervention that will help survivors address the issues around the fear and risk of having another stroke. I'm incredibly motivated by the fact that my work could potentially extend and improve quality of life for people who have experienced stroke."

"Changing your lifestyle is hard, especially if you feel tired or depressed, or can't move around as well as you could before your stroke. My research aims to design and test a healthy living programme with information, education and support that stroke survivors and their families can use. I believe that in the long-term, this family-centred research could help stroke survivors reduce their risk of a second stroke and help them to live healthier, happier lives – for longer," explains Dr Lawrence.

*(Dr Maggie Lawrence, Senior Research Training Fellowship 2012-2015,
Institute for Applied Health Research, Glasgow Caledonian University, TSA SRTF 2011/02)*

*** Please note that we will be having our own Healthy Living talk at the David Rayner Centre in June – details to follow

AND IN OTHER NEWS

Our (bus-driving) group volunteer **Stephanie Branston** is due to give birth next month. Hopefully when we see her at the David Rayner Centre from late June onwards, she will bring along the new addition. We wish her and the family all the best for the coming weeks (months, years...)!



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

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 feel free to 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. We are there every Wednesday between 11.00 -14.00**

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

** The Group Organisers will be away from the David Rayner Centre on Wednesday 13 May 2015 due to an organised Group Day Out

GROUP DAY OUT

CAMBRIDGE UNIVERSITY BOTANIC GARDEN

WEDNESDAY 13th MAY 2015

Meet at the David Rayner Centre at 10.30am Bus to depart by 11am

Depart Garden by 3pm, arrive back at the Centre by 3.45pm

Excursion price: £5

Lunch available at the Botanic Garden café

If you require a mobility scooter please let Steph know ASAP

RSVP to Hannah

HANNAH hporteousbutler@gmail.com

If you require collection or drop off please let Hannah know ASAP