

## ***STROKE GROUP NEWS***

September 2015, Issue 5

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

In this newsletter, you can read about how members of the group got on when they took to the skies this summer and when we will be starting our new Thursday meet-ups.



### **CENTRE NEWS**

**Wednesday 2 September 2015**

**No official Stroke Group meeting (the DRC will be open)**

The Stroke Group will continue to meet at the Centre on a Wednesday during September 2015 (excluding 2 September).

**The group's move to a Thursday meet will commence on Thursday 8 October 2015 with a launch party from 2-4pm. Please do keep this afternoon free in your diaries. Everyone is invited and welcome. More information to follow.**

### **EVENT NEWS**

**Monday 21 September 2015 (11am)**

**Ronnie Gardiner Exercise session, Little Shelford Hall, CB22 5HG**



**The group enjoyed an organised trip punting in Cambridge - on what turned out to be the hottest July day on record**

## GUEST SPEAKERS 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 July, included best-selling author **Paige Toon**.

After a successful taster session this summer, we are planning to start a **new Tai Chi class** for the group from January 2016.



Members of the group at the David Rayner Centre enjoying the Tai Chi session with Cathy Hall last month

## MEMBER NEWS

More fantastic artwork produced by our members at Brenda's Arts Class can be seen below; this is work by Stroke Group member Nobby Clarke. Nobby was originally born in Cambridge and lives with his wife Jacqueline in Fulbourn. They celebrated their Golden Wedding anniversary last November and have three children and five grandchildren to keep them busy. Nobby, who used to work in public transport, was not an artist before he had his stroke in February 2007.



## FUNDRAISING UPDATE

### Bruce Wake Charitable Trust

Having approached the Bruce Wake Charitable Trust this year on behalf of the group, we are delighted to report that the Trust agreed to donate a grant of £1,000 as a contribution towards the Stroke Group and our aerobility day out. We would like to thank Penny Wake and everyone involved with the Bruce Wake Charitable Trust for their very kind generosity.

(It may be of interest to know that this particular Charitable Trust operate two boats on the Inland Waterways, fully accessible to a wheelchair user and accompanying family. Details and more information can be found on their website – [www.brucewaketrust.co.uk](http://www.brucewaketrust.co.uk))

### The Shelford Feast

The Stroke Group had their own stall at The Shelford Feast on Sunday 12 July 2015, ably manned by Group Coordinator Hannah Porteous-Butler with the help of members of the group. The day was a great success. We thank everyone who donated items for our stall, those who attended and helped on the day (in particular Ali, John, Judith and Sue) and to all the Feast organisers.

In Hannah's words: *"The day started out brilliantly – it was a lovely sunny morning and when the doors opened at 12pm there was a rush of people to look around and spend their money at the myriad of stalls. There was a wonderful food tent with a bar and live music, making it a perfect setting.*

*Our own stall went really well – we sold out of the Tombola within a few hours. We also sold our craft items - until about 3pm when it bucketed it down and the whole event was a wash out. Members of the Group including Sue and Judith turned up to help and we are very grateful for their support. Alas, by the end, we all got soaked. However, it was certainly a success. Each stall pools all their funds to make a final Feast day total. In the autumn, the Stroke Group, along with the other charities the event supports, will benefit from Feast profit. I am sure these will be significant after such a successful week."*

## RESEARCH NEWS

### 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.

The ideal participant is someone who is 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 course 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.

**Ali is running a 12 week trial for volunteers. These FREE sessions will take place from 11.00 starting on Monday 21 September 2015 at the Little Shelford Memorial Hall – see back page for more info.**



## THE STROKE GROUP TAKES TO THE SKIES

### Aerobility Day Out

On Wednesday 22 July 2015, members of the Stroke Group took to the skies on an organised day's flying. Working in partnership with Aerobility, a registered charity set up in 1993 who offer disabled people the opportunity to fly an aeroplane, the Group travelled to the Blackbushe Airport in Camberley, Surrey.

Our flying members included Nigel Poulter, Richard Cutting, Michael Small, Roy Carrier, Richard & Sue Gipp and they were joined on the day by Sue Horrod, Val Cutting, Marie, Judith Hoblyn, Ali and Hannah. Our thanks go to all the team at Aerobility and Blackbushe Airport. Having been a passenger on one of the flights, Hannah's take on the day was as follows:



*"After some erroneous sat nav directions, we eventually arrived at Blackbushe Airport hungry to fly. We had a crash course (excuse the turn of phrase) in the basics of flying and then we were off, all let loose on real aircraft. Antoine and Stuart from Aerobility helped members to fly either a two-seater Tecnam or a four-seater Piper Cherokee P28 aircraft.*

*They even let Nigel take me onboard his flight as a passenger. I think I was the perfect back seat driver as I (unbelievably) kept silent the whole way (mainly due to being paralysed with fear). Sue, among others, enjoyed taking the controls across the seas to far-flung destinations...in the specially designed simulator.*

*The pilots were incredible – professional, extremely competent at building up our confidence and very friendly. In fact, the whole team at Aerobility was unbelievably welcoming and really made it an especially fun day. It was a great opportunity and thoroughly enjoyed by all".*



## THE STROKE GROUP TAKES TO THE SKIES (cont.)







Members of the stroke group enjoying flying in Surrey on the Aerobility day out earlier this summer

## 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](mailto: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](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)

## AND FINALLY

Stroke Group volunteer **Stephanie Branston** (finally) gave birth to a little girl this summer.



14 days after her due date, baby Annika chose to arrive on the hottest July day on record at The Rosie Birthing Centre in Cambridge. Born a healthy 8lbs 3, Annika is doing very well and Steph will be back at the centre very soon to see everyone.

## 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 Wednesday.

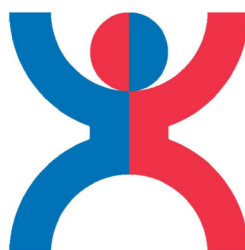
**We are actively looking for volunteers to support the group on a weekly basis as well as a minibuss driver to take over the driving responsibilities for Group day trips and provide a regular pickup & drop-off bus service to and from the David Rayner Centre for group members. Please let us know if you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

## STROKE GROUP CONTACT DETAILS

Hannah Porteous-Butler (Group Coordinator)	E: <a href="mailto:hporteousbutler@gmail.com">hporteousbutler@gmail.com</a>	
Alison Murray (Coordinator, The Stroke Association)	Tel. 07540 513 225	E: <a href="mailto:alison.murray@stroke.org.uk">alison.murray@stroke.org.uk</a>
Stephanie Branston (Group Volunteer)	E: <a href="mailto:stephbranston@hotmail.com">stephbranston@hotmail.com</a>	

## RONNIE GARDINER METHOD

### 12 WEEK EXERCISE TRIAL



**The Ronnie Gardiner method** is a multi-sensory exercise programme designed to help people with diseases or injuries of the brain and central nervous system using music, rhythm and movement to stimulate neuroplasticity.

Some reported positive effects of the Ronnie Gardiner Method include:

- Improved concentration
- Improved coordination
- Improved motor skills
- Improved memory
- Better sense of balance
- Improved speech, reading and learning abilities
- Improved confidence

**We are piloting a FREE 12 week exercise trial at Little Shelford Memorial Hall, Church Street, Little Shelford, Cambridge, CB22 5HG from Monday 21 September 2015 and are seeking up to 12 stroke survivor volunteers to take part. Attendance is one hour each Monday morning from 11am.** This programme is suitable for seated or standing participants of all abilities; carers are welcome to join in or support you if required.

**If you are interested in taking part, please contact Ali on [alison.murray@stroke.org.uk](mailto:alison.murray@stroke.org.uk) or Tel. 07540 513 225**