



STROKE GROUP NEWS

June 2017, Issue 15

Welcome to **Stroke Group News**. 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 8 June 2017	Talk by Ron Ryall - Stroke Group meeting, DRC (from 1-4pm)
Thursday 15th June 2017	No meeting – DRC not available
Thursday 22 June 2017	Lush Cambridge joining Stroke Group meeting for 'Pampering & massage session' (2.30pm)
Thursday 29 June 2017	Fiona Bishop discussion & demonstration on physical rehab equipment (from 2.30pm) ipad Committee working group meeting (3-4pm)
Thursday 6 July 2017	Stroke Group trip to Cambridge Botanic Gardens (TBC) – no meeting at the DRC that day
Thursday 13 July 2017	Geoff Morgan wood carving session at the DRC (from 1-4pm)
Thursday 20 July 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 27 July 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 3 August 2017	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 10 August 2017	Stroke Group meeting at the 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.

This has included Tamsin Wimhurst telling us more about the 'David Parr House', Sharne Collicott who ran a very enjoyable pre-Easter bingo session for the Group and Peter Jackson returning from Scotsdales to help us understand more about our gardens in the summer time.



The group enjoying Easter bingo at the DRC



PURPLE PICNIC - The Cambridge Stroke Group hosted a very successful inaugural 'Purple Picnic' as part of the Stroke Association's 'Make May Purple' initiative. The afternoon was much fun and we were lucky to have good weather for the duration (before the heavy rainstorms kicked in later that day).

Thank you to everyone who joined us on Thursday 18 May 2017, to the Cambridge U3A Choir who sang live, to all those who brought food to share and to those who helped us make over £250 on the raffle on the day – great job everyone.

DAY TRIPS

Ladybird Boat Trip

Last month we enjoyed a lovely day out on the Ladybird boat from Huntingdon to Godmanchester – and definitely ate more fish & chips than the daily recommended allowance! Thank you to Anita for organising the trip and to all the team of volunteers on the Ladybird Boat who made it such an enjoyable day trip.



Cambridge University Botanic Garden, 6 July 2017

We are planning a return to the Cambridge University Botanic Garden this summer on Thursday 6 July 2017 for a fun day out. More information to follow later this month

(NB. There will be no meeting at the DRC on that date).

FUNDRAISING / DONATIONS TO THE GROUP

TESCO BUCKET COLLECTION

We had the opportunity to take part in an organised Bucket Collection day to raise funds for the Cambridge Stroke Group, at the Tesco Store in Royston in late April. Following the successful weekend at Tesco Bar Hill earlier in April, the Royston team managed to raise a fabulous £665.90. Our thanks to everyone who volunteered, our own members as well as Rosie, Lizzie and Katie from Irwin Mitchell Solicitors in Cambridge, who gave up some of their own weekend to hold buckets.

All funds we raise will be used directly to help you, the Stroke Group and stroke survivors across Cambridgeshire. Thank you everyone - your help and time was really appreciated.

SHADWELL STUD CHARITY DAY

We were delighted to be chosen as one of two local charities to be supported by Shadwell Stud and the Open Day they held at the stud on Thursday 18 May 2017, which raised £379.10 for our Group. A big thanks to Alison Brown and her team at Shadwell, fantastic news.

MERCEDES AMG HIGH PERFORMANCE POWERTRAINS

A special thank you to Ellie Hickman, the daughter of Jo and Gary Hickman (who suffered a stroke himself) and her employer, Mercedes AMG High Performance Powertrains in Northamptonshire, who nominated the Cambridge Stroke Group as their charity for this year. As a result, Ellie will be visiting the group later this summer to present us with a cheque for £500 from Mercedes – an enormous thank you from us all.

CHESTERTON INDOOR BOWLS CLUB

Our thanks to the Chesterton Indoor Bowls Club (where Mick & Mary are members) who kindly donated £1,100 to our Group after a series of friendly games, a charity collection and a dinner. Many thanks to everyone for their generosity.

Maria receiving the cheque from the Chesterton Indoor Bowls Club President Mrs Cath Locking (left)



AND FINALLY

We were very sad to say farewell to Alison Murray in April 2017 but we had a wonderful send-off for her at the DRC.

Thank you to everyone who bought delicious food, cakes, decorations and to all those who said such lovely words about Ali at her last official meeting with the group. She will be much missed. Ali was extremely touched and delighted with her card and presents.

Ali had this message for us all:

"To all my friends at the Cambridge Stroke Group. Well, what a send off you gave me!

I was, and am still, overwhelmed by the kind and heartfelt things which you said and by your huge generosity shown in the beautiful and thoughtful gifts you gave me. It is hard to leave you as you have all enhanced my life so much and you mean so much to me, but I will be back to see you all and hopefully to join in some of the great things going on at the group.

It is my greatest pride that, together, we have created this special place for people who have experienced Stroke to find support, advice and ultimately friendship and, like the beautiful crab apple tree you all bought me, I look forward to seeing it grow stronger and thrive. Thank you. So much love to you all".





FOR MORE INFORMATION

Don't forget to head to our website for information on the group – www.cambridgestrokegroup.co.uk

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. Please let us know if you know anyone who might be interested & available

STROKE GROUP CONTACT DETAILS

Hannah Porteous-Butler (Group Coordinator)

E: hporteousbutler@gmail.com

Stephanie Branston (Group Volunteer)

E: stephbranston@hotmail.com

Anita Marsden (Group Volunteer)

E: anitamarsden@ntlworld.com