

STROKE GROUP NEWS

Nov/Dec 2017, Issue 17

Welcome to **Stroke Group News**. The dates of our stroke group meetings for your 2017 / 18 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 23 Nov. 2017	Bingo with Sharne Collicot – prizes to be won
Thursday 30 Nov. 2017	Christmas Craft with Anita
Thursday 7 Dec. 2017	NO MEETING (DRC being used)
Thursday 14 Dec. 2017	Stroke Group Christmas Lunch at Scotsdales from 12 noon – no meeting at DRC
Thursday 21 Dec. 2017	Stroke Group meeting at the DRC (from 1-4pm) – last meeting of 2017
Thursday 28 Dec. 2017	CHRISTMAS BREAK – no meeting
Thursday 4 January 2018	First meeting of 2018 at DRC – watercolour painting with Anita
Thursday 11 January 2018	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 18 January 2018	Yoga with Carolyn Musk (from 2.30pm)
Thursday 25 January 2018	Stroke Group meeting at the DRC (from 1-4pm)
Thursday 1 February 2018	Steve Price talk on 'The Bobby scheme' (from 2.30pm)

VISITORS TO THE CENTRE

We are very grateful to all the guest speakers and visitors who have visited and shared their knowledge with us.

In the last two months, this has included the group enjoying crafts with Catherine Tregaskes; a visit from the Stroke Association's Neil Chapman to talk about 'My Stroke Guide' app.; another very popular pilates session with Dan Cosette; and Sue Pethers returning to the group to speak on 'Communication practice & speech therapy using apps'. Thank you so much from all the Stroke Group.

We have also very much enjoyed celebrating some 'significant' birthdays for some of our members over the last 2 months.



CHRISTMAS LUNCH

SCOTSDALES – Thursday 14 December 2017

Members of the Cambridge Stroke Group are invited to join us for Christmas lunch at Scotsdales on Thursday 14 December 2017. The lunch will start at 12noon and all members should meet us at the restaurant in Scotsdales – the lunch will happen instead of our usual meeting at the DRC.

Menu choices for the two-course Christmas lunch need to be made in advance. Please can you ensure you have confirmed your attendance and your choices with Maria or Anita before 1 December 2017.



Christmas Menu

To start

Sweet Potato and Ginger Soup
Potted ham with pickles and cranberry chutney
Smoked salmon with cucumber salad and horseradish

The main

Roast Norfolk turkey Chestnut stuffing, sausages wrapped in bacon	Fillet of sea bass with a prawn and caper butter
Homemade Steak and Ale pie Mashed potato	Chestnut mushroom and Stilton tart with onion marmalade

For dessert

Christmas Pudding with brandy sauce
Triple chocolate cheesecake
Lemon meringue pie

To finish: Coffee or tea and mince pies

2 courses £15.45
3 courses £19.95

Parties over 10 or more: 25% deposit required at time of booking and please call 7 days prior to your reservation to confirm choices.

Menu available 12–2:30pm Monday to Friday from 20th November
Please call the Sunflower Cafe on 01223 551095 to reserve your table



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

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