

STROKE GROUP NEWS

January 2018, Issue 18

Welcome to **Stroke Group News**. The dates of our stroke group meetings for your 2018 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 – 2018 MEETING DATES

Thursday 11 th January 2018	Tai Chi 1:15pm & Talk by Sensory Team
Thursday 18 th January 2018	Tai Chi 1:15pm & Yoga at 2:30pm with Carolyn Musk
Thursday 25 th January 2018	Tai Chi 1:15pm & Pampisford Handbell Ringers 2:30pm
Thursday 1 st February 2018	Tai Chi 1:15pm & Steve Price talk on “The Bobby Scheme”
Thursday 8 th February 2018	Tai Chi 1:15pm & Pilates at 2:30pm with Dan Cossette
Thursday 15th February 2018	NO MEETING
Thursday 22 nd February 2018	Tai Chi 1:15pm & painting sun catchers with Anita
Thursday 1st March 2018	NO MEETING
Thursday 8 th March 2018	Tai Chi 1:15pm & presentation from Digital Eagles
Thursday 15 th March 2018	Tai Chi 1:15pm & Stroke Group meeting at the DRC
Thursday 22 nd March 2018	Tai Chi 1:15pm & talk by Mike Levy, “A Tale of Two Hostels.” Wartime Spanish and Jewish refugee children.

NEW FACES

In November 2017, we welcomed Amanda to the group. Amanda is a Speech and Language Therapist from Australia. As a volunteer with the group, Amanda is available to support you with your communication and to help you use the therapy apps on the iPads. Amanda is looking forward to getting to know group members in 2018. Please don't hesitate to say hello, she'd love to have a chat with you!



IN REMEMBRANCE OF MICHAEL SMALL

We are very sad to announce the sad passing of one of the Stroke Group's members, Michael Small, who died on 22 December 2017 at Addenbrooke's Hospital, the day before his 83rd birthday.

Michael lived in the village of Barrington with his wife Juliette and was a regular visitor to the Stroke Group with his carer Marie. He was part of the group for many, many years and was a very talented artist, as shown by some examples of his work below.

Michael was a keen member of the art group. In addition, he would often join the stroke group on their organised days out, in recent years enjoying trips to the Cambridge University Botanic Gardens and even flying a plane on the Group's Aerobility Day out in July 2015.

Michael's funeral will take place at 12.30pm on Tuesday 16 January 2018 at Barrington Church. Members of the group are welcome to attend.

Our deepest sympathies and thoughts go to his widow Juliette.



Pictures of Michael enjoying events and outings with the Stroke Group



ARTS AND CRAFTS

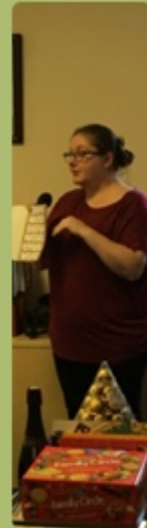
During November 2017, the group enjoyed a number of arts based activities, thanks to the creative talents of Anita. Val and Catherine also helped to make the silk scarf dyeing a great success and the scarves created were absolutely beautiful. Here are some pictures of everyone looking smart with their scarves on in the lead up to Christmas.



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 Sharne Collicott who ran a very enjoyable bingo session for the group in November.

Here are some pictures of group members getting competitive playing bingo.



CHRISTMAS LUNCH

Scotsdales Garden Centre

On the 14th of December 2017, the group had a very successful and delicious Christmas lunch at the Scotsdales Garden Centre. Everyone had a great time enjoying conversation with new and old friends. There was certainly plenty of food to go around! A huge thank you to Maria for all of her efforts in organising the lunch. We are also very grateful to the Chesterton Bowls Club, where Mick and Mary are members, whose generous donation covered the cost of the lunch. Definitely one for the memory books!



BIRTHDAY CELEBRATIONS

A very Happy Birthday to Derek for the 4th of January! Thank you also to Derek's daughter, Lindsay, for bringing in a delicious cake to the group for everyone to enjoy for afternoon tea.



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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