

STROKE GROUP NEWS

February 2018, Issue 19

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 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 & Yoga with Carolyn Musk
Thursday 22 nd March 2018	Tai Chi 1:15pm & talk by Mike Levy, “A Tale of Two Hostels.” Wartime Spanish and Jewish refugee children.
Thursday 29 th March 2018	Tai Chi 1:15pm & Bingo with Sharne Collicot (TBC)

NEW FACES

Hi, my name is Mike. I am originally from Exeter in Devon and I’m currently a Chemistry undergraduate at the University of Cambridge. Next year, I plan to apply for graduate entry medicine and so volunteering at the Stroke Association is a fantastic opportunity and hopefully my first step on the road to studying medicine. I have had a lovely time volunteering so far, meeting lots of members from the Cambridge area. I hope to bring a cheery face to group sessions and I look forward to meeting even more people, listening to their stories and helping wherever I can.



VISITORS TO THE CENTRE

We are very grateful to all of the guest speakers and visitors who shared their knowledge and skills with us in January. This included Helen and Graeme from Sensory Services, Carolyn Musk, the Pampisford Handbell Ringers and Steve Price.

We were also joined by esteemed researchers Professor Hugh Markus from the Neurology Unit at the University of Cambridge and Dr. Ricky Mullis from the Department of Public Health and Primary Care at the University of Cambridge. Thank you to all group members who took the time to share their experiences and perspectives with the visiting researchers.

SENSORY SERVICES

On the 11th of January, we were joined by Helen and Graeme from the Sensory Services team. Helen and Graeme shared information about services, training and equipment that is available for adults who are deafblind, deaf, hard of hearing, registered severely sight impaired, sight impaired or experiencing vision loss. The aim of Sensory Services is to support people with sensory impairment in living independent, full and active lives.

For referral, or if you would like further information, you can contact Sensory Services directly on:

Telephone: 0345045520 (customer service) or 0148373239 (Team)

Email: sensory.general@cambridgeshire.gov.uk



Anita pictured with Helen and Graeme from Sensory Services

YOGA WITH CAROLYN MUSK

We are very grateful to Carolyn Musk for leading a gentle and relaxing yoga session with the group on the 18th of January. The session was very well attended and enjoyed by all. Carolyn masterfully adapted the exercises so that everyone could participate. We look forward to Carolyn's next yoga session which is planned for March 15th.



PAMPISFORD HANDBELL RINGERS



Mike Rowland and the Pampisford Handbell Ringers delighted with a performance on the 25th of January. Members of the Stroke Group enjoyed listening to unique renditions of Christmas carols and other well-loved musical pieces, including 'Walking in the Air' (The Snowman). Everyone also learnt some new facts about the skill involved in handbell ringing.

STEVE PRICE TALK ON 'THE BOBBY SCHEME'

We were joined by Steve Price from the Cambridgeshire Bobby Scheme on the 1st of February. Steve provided information about security equipment that the 'Bobbies' can install at your home and also provided safety advice for keeping your home and belongings safe.

Services are offered to the elderly and victims of crime free of charge. The same service is offered to non-victims for a small donation.

If you'd like to make a booking or enquiry, please contact the Cambridgeshire Bobby Scheme on:

Telephone: 01480413311 or 07866602100

Email: info@thebobbyscheme.org



FUNDRAISING/DONATIONS TO OUR GROUP

Stephanie and Nigel (pictured) receiving a cheque for £350 from General Manager, Robin Hutton, Sarah Poulter and the team at The Holiday Inn Cambridge who raised funds for the Stroke Group during the Christmas holiday season. Our huge thanks go to everyone at The Holiday Inn for their efforts and generous donation, it is very much appreciated.



BIRTHDAY CELEBRATIONS

December and January were busy months for birthday celebrations! A very Happy Birthday to Anita for the 12th of December, Shaun for the 29th of December and Derek for the 25th of January. We really enjoyed celebrating with you over a cup of tea and piece of cake. We hope that the coming year brings you all great health and happiness.





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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