

# STROKE GROUP NEWS

March 2018, Issue 20

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 5 <sup>th</sup> April 2018	Tai Chi 1:15pm & talk by Dr Ricky Mullis – Physical Activity After Stroke
Thursday 12 <sup>th</sup> April 2018	Tai Chi 1:15pm & talk by Janet Binkes – Danka's daughter to read out Danka's memories of WWII
Thursday 19 <sup>th</sup> April 2018	Tai Chi 1:15pm & talk on Hobson's Conduit by Howard Slatter
Thursday 26 <sup>th</sup> April 2018	Tai Chi 1:15pm & Pilates with Dan Cossette
Thursday 3 <sup>rd</sup> May 2018	Tai Chi 1:15pm & Music by The Crofters
Thursday 10 <sup>th</sup> May 2018	Trip to Felixstowe – The Hut
Thursday 17 <sup>th</sup> May 2018	Tai Chi 1:15pm & talk by Tamsin Wimhurst on Queen Victoria's visit to Cambridge
Thursday 24 <sup>th</sup> May 2018	Purple Picnic
Thursday 31 <sup>st</sup> May 2018	Tai Chi 1:15pm & meeting at DRC
Thursday 7 <sup>th</sup> June 2018	Tai Chi 1:15pm & meeting at DRC
Thursday 14 <sup>th</sup> June 2018	Ladybird Boat Trip
Thursday 21 <sup>st</sup> June 2018	Tai Chi 1:15pm & meeting at DRC
Thursday 28 <sup>th</sup> June 2018	Tai Chi 1:15pm & flower arranging demonstration by Kate Brown

## ARTS AND CRAFTS

Group members were able to show off their creative talents during a fun painting session. Michael created a beautiful self portrait of striking resemblance! Others worked on bubble art prints and created wacky hair styles for cartoon faces by blowing paint through straws. Luckily Brenda was wearing an apron when she had a slight mishap with the ink!

As always, thank you to Anita for bringing her creativity and energy to all of the art-based activities completed at the group. A special thank you also to Val Goldman who helped run the painting session and making it enjoyable for everyone.







Group members creating artwork by blowing through straws

## 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 March. This included a presentation from the Digital Eagles and a talk by Mike Levy.



### A VISIT FROM THE DIGITAL EAGLES

The Digital Eagles from Barclays Bank visited the group on the 8<sup>th</sup> of March. The Digital Eagles provide practical and helpful advice to support people in getting the most out of using the internet.

Group members benefited from one to one IT sessions with the Digital Eagles.

For further information on what the Digital Eagles offer, to watch their training videos or book a session in one of their stores go to: <https://www.barclays.co.uk/digital-confidence/eagles/>

### A TALE OF TWO HOSTELS – PRESENTED BY MIKE LEVY

On the 22<sup>nd</sup> of March, the group was joined by Mike Levy. Mike presented information about a project titled 'Refuge in Cambridge – A Tale of Two Hostels', which was initiated in September last year. Mike was one of the key driving forces behind the project. Carried out in conjunction with students from Parkside and the Red Balloon Learner Centre, the project uncovered information about the hidden heritage of two buildings in Cambridge which were used as refugee hostels during World War II. One, at 25 Parkside, was used for young Jewish refugee teenagers fleeing Nazi persecution and the other, at 23 Station Road, for Basque country refugee children fleeing the Spanish Civil War.

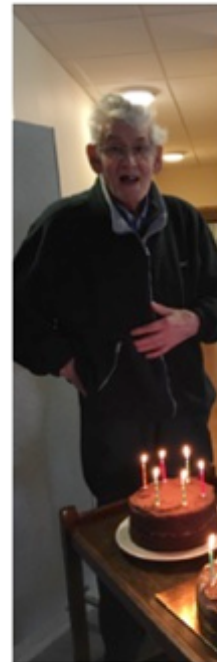
Group members were very interested to learn about this hidden aspect of Cambridge's history.





## BIRTHDAY CELEBRATIONS

In March, the group celebrated Danka's and Roderick's birthdays with delicious cake and tea. We hope you both enjoyed a wonderful birthday and that the year ahead is filled with great health and happiness for you and your families. We love the time we get to spend with you both every week at Stroke Group. Thank you for being such wonderful members of our group!





## SPECIAL MENTION

A very special mention to our very own Maria Hamilton who was featured in this season's edition of 'Club Together' the Stroke Association's newsletter for Stroke Clubs and Voluntary Groups. Maria attended the Life After Stroke Awards celebration event, where nominees from East Anglia gathered to collect their certificates. Well done again Maria!

**FOR MORE INFORMATION** Don't forget to head to our website for information on the group – [www.cambridgestrokegroup.co.uk](http://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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