

A word from **OUR CHAIRMAN**



Silent Auction Nicki, who as we all know has volunteered to run the London Marathon on our behalf, organised an auction to raise funds for us. She went to a lot of trouble and on the evening there were nearly 40 items to bid for.

It was a silent auction so you put your name and amount next to the item and then hoped that no one came to outbid you.

Jeremy (Riverside) was very keen to secure the chef to come home to cook a fabulous meal. Sadly he was beaten by £1 by someone who wrote their bid just as the auction was about to end.

I secured the afternoon tea at the London hotel by prostrating myself across the table for the final five minutes covering the bid sheet.

Nicki also sold tickets at £10 each to all attendees, a good deal for us as it only secured a drink and a few crisps and olives.

The auction itself raised close on £2,700, with a further £1,000 from ticket sales, £1,200 from her just giving page and £700 from Vodafone in matched funding. So all told this event, and Nicki has yet to run the marathon, raised over £5,000.

Could I say a special thank you to Nicki and her family for organising a very professional evening. Nicki will be coming to our AGM in June to tell us how she got on.

John Lewis

We are also exceptionally privileged to be given the chance to be the John Lewis charity of choice, through their Green token scheme for the next three months. So, if you use John Lewis, or Waitrose for that matter, don't forget to collect your Green token and pop it into our box.

Adrian

News from **WOOLHAMPTON**

Woolhampton has once again had an active quarter. Following the Winter Olympic Games we have brought our own indoor curling set (no ice required) which has brought out the Olympian spirit in all of us. We had a great time meeting up with Riverside at Riverside for lunch, curling and a quiz.

Sadly we have had to say goodbye to one of our Volunteers Jane Tooley - for a good reason she has become a Grandmother for the first time. We look forward to a visit from Jane and Baby in the future.

Suzanne has moved on from Woolhampton to travel around Europe with her husband and we hope she will come in and visit us when she comes back to England.

Sadly, Richard Benson-Jones has died after being poorly for sometime, Richard and Shelia were get supporters of Stroke Care and we will miss them.

We have welcomed Bunny who joined us in April who has really settled in very well.

Norman and Mavis have been unwell in the last few months and we wish them a speedy recovery and look forward to seeing them very soon.

Looking forward we are going to be glued to the London Marathon to see if we can spot Nickie running for the Stroke Clubs - good look cant wait to see you at the AGM.

Thanks to all the Volunteers for the support they have given to Woolhampton.

Wendy

Programme for WOOLHAMPTON

3 Apr	Sarah Papworth	22 May	Sarah Papworth
10 Apr	Sarah Papworth	29 May	Sarah Papworth
17 Apr	Sarah Papworth	5 Jun	AGM
24 Apr	Sarah Papworth	12 Jun	Sarah Papworth
1 May	Sarah Papworth	19 Jun	Sarah Papworth
8 May	Sarah Papworth	26 Jun	Sarah Papworth
15 May	Sarah Papworth	3 Jul	Sarah Papworth

News from RIVERSIDE

Joint Lunch at Riverside



It was really lovely to be able to host another joint club get together in March. The camaraderie between members and volunteers just goes to show how many important friendships have been made over the years. The impact of a stroke can be devastating but having the support of others who know and understand is great therapy in itself. Thankyou to everyone who helped make the day a success.

The event also got a mention in The Newbury Weekly News. Alan Collins very kindly wrote a letter which got published. It read as follows- ' Thanks for such a great day for Stroke Survivors. I wish to give my vote of thanks to all those who organised a day for Stoke Survivors recently. This was held at Riverside Community Centre and the day was really well done, with an excellent ploughman's lunch and dessert. We even had a game of curling. A good day all round - many thanks.'
What a lovely surprise.

I know both Wendy and myself would be lost without our amazing teams of volunteers across all three groups and it's always a loss when any of them need to leave us. So we send our very big get well wishes to Pauline Budworth and Jane Summer who will be absent for some time. We are missing them both already as they are an integral part of the team.

Sarah

Programme for RIVERSIDE

3 Apr	Zumba – Emma Newman	22 May	Exercises - Chris Treacher
10 Apr	None	29 May	Zumba – Emma Newman
17 Apr	Zumba – Emma Newman	5 Jun	AGM
24 Apr	Falls Prevention - Chris Treacher	12 Jun	Zumba – Emma Newman
1 May	Zumba – Emma Newman	19 Jun	Exercises - Chris Treacher
8 May	Exercises - Chris Treacher	26 Jun	Zumba – Emma Newman
15 May	Zumba – Emma Newman	3 Jul	Exercises - Chris Treacher

News from NUFFIELD

We had a fantastic speaker in March - Jane Sampson who recalled her experience on a Space Adventure. Through her company she won a trip to Russia to go up in an aircraft and take part in antigravity training. The aircraft was completely emptied out apart from mats on the floor and rails to hold onto. We watched a film of the trainees experiencing weightlessness as the airplane took a dramatic ascend high up into the atmosphere and then an even more terrifying descend down causing the simulated space experience. Thankyou to Sylvia Walker who arranged this really terrific talk.

We say goodbye to our wonderful Physio Hannah who has completed her six month placement with us and is off to a Reading for her next venture. We have been very lucky with all of the fantastic Physios who have been putting us through are exercise circuit and are looking forward to Edwin joining us.

Sarah

Programme for NUFFIELD

4 Apr	Zumba – Emma Newman	23 May	Exercises - Chris Treacher
11 Apr	None	30 May	Zumba – Emma Newman
18 Apr	Zumba – Emma Newman	6 Jun	AGM
25 Apr	Falls Prevention - Chris Treacher	13 Jun	Zumba – Emma Newman
2 May	Zumba – Emma Newman	20 Jun	Exercises - Chris Treacher
9 May	Exercises - Chris Treacher	27 Jun	Zumba – Emma Newman
16 May	Zumba – Emma Newman	4 Jul	Exercises - Chris Treacher

Out & About

From our Family Support Officer

As a charity, Stroke Care can be proud of the fact, that we have over the past few months, offered and delivered support to many Stroke survivors and their families.

I have to say, that these past months, I have been involved with some of the most difficult cases as well as some of the most uplifting and rewarding cases.

Gone is the time that Stroke survivors were of a typical age and lifestyle, we now see individuals from all ages and walks of life.

Stroke care has been a vital source of support, advice and resources to families experiencing one of the most difficult times.

Stroke Care has now become part of the Community Team within West Berkshire, helping in a multidisciplinary effort to assist the Stroke survivor to achieve the best results in their recovery.

We have been thrilled to introduce some of our survivors to the weekly Stroke Club in Woolhampton.

These people have beforehand, struggled with the isolation of becoming unwell, their lack of confidence and having access to other stroke survivors further down the line.

If anyone has any questions about anything that we do or needs help with anything relating to their stroke, please ask. If anyone is interested in the latest resources that we have in the area, please don't hesitate to ask about that to.

Thank You
Fee

The next edition of our Newsletter will be in **July**

If you use our transport and cannot come along one week, please let Wendy know on Monday morning by 9.30 am by ringing 01256 881007, if there is no answer please leave a message.





