

### A word from **OUR CHAIRMAN**

I want to start this newsletter by saying a huge thank you to everyone at Stroke Care for their contribution to the transition from Riverside to Woolhampton and Nuffield. Sarah and Wendy did everything they could to make the transition as smooth as possible, but the success of the move was mainly down to our members.

Change is something that we all struggle with, and it's especially so as we get older, so I take my hat off to everyone who moved, for their positive and enthusiastic approach and to those members, who didn't move, for making the new members so welcome. In my experience, there's nothing worse than feeling that you're not part of an existing clique.

In my opinion, one of the reasons for that was that earlier in the year, Riverside hosted the Stroke Care West Berkshire, World Curling championships, allowing us to get together as one club.

I also wish to thank Scot for putting our newsletter together. Although Scot stood down back in May, he very kindly volunteered to do our newsletter up until Christmas. Did he say Christmas 2020? I'm not sure.

Kathy Wander, who has a medical background, is our new Trustee. She had a family bereavement last week, and what with her son Alfie's ten week school holidays and trying to finish her gites in France, are the reasons that we haven't seen much of her. I'm sure that come the Autumn she'll be a regular visitor.

I had a meeting with West Berkshire Council last week. We put our case for continued funding as strongly as we could, and we think that they are keen to continue giving us money. Ultimately these decisions are made at a high level to which we are not privy. We now just have to wait and see whether we get money after March next year.

I also met with NHS, who until this year have funded us generously. This year they changed the rules, only choosing to fund new projects. I think they've seen the error of their ways and hopefully we may get some more money out of them next year. Fingers crossed.

On a personal note, I was very saddened by the passing of Norman Viney. Over the last five years I'd got to know Norman very well. He always made a point of coming over to see me with his huge smile and warm personality. I will miss him very much.

Likewise, James, who has moved away to pastures new to Cobham in Surrey. I will always remember how he made a beeline for the Councillors, when they visited Woolhampton, to tell them what a fantastic facility we had. He said it with such enthusiasm and conviction, that I'm sure it made a difference.

*With my very best wishes to all of you. Adrian*

### News from **WOOLHAMPTON**

It has been all change at Woolhampton with the closure of Riverside. Luckily for us, we welcomed Paula, Jeremy, Peter, Stephen & Kevin and Enid a very welcome Volunteer. All have settled in very well, and hopefully feel part of Woolhampton. We have said goodbye to James Wyatt who has moved house to be near family.

We sadly have lost Norman Viney who was an active member of Riverside and Woolhampton and had a smile for everyone, however he was feeling, he will be missed.

The AGM was once again held at Woolhampton, it was great to see everyone together. With the heat this summer we have been trying to stay out of the sun by eating a lot of ice cream and lollies. I'm sure that might be a new habit for the rest of the year !

Looking forward, we will hopefully join with Nuffield to have an outing in September/October to Milestones in Basingstoke. It's a bit later than usual due to Riverside closure.

Once again, I cannot thank all the volunteers enough, who helped with the transition from Riverside. Sandra our Carer, who has become a valuable member of the team and of course Sarah for her exercise class. We have a new Physio, Filipa, who is sharing her time between Nuffield and Woolhampton, when she has finished meeting all of the members individually from Woolhampton and Nuffield we will have a system that works well for both Woolhampton and Nuffield.

*Wendy*

### Programme for **WOOLHAMPTON**

4 Sept	Quiz	30 Oct	Halloween
11 Sept	Curling	6 Nov	Plants for Christmas
18 Sept	Possible Outing	13 Nov	Play Your Cards Right
25 Sept	Bowling	20 Nov	Quiz
2 Oct	Bingo	27 Nov	St Andrews Day
9 Oct	Quiz	4 Dec	Curling
16 Oct	Curling	11 Dec	Christmas Quiz/Bingo
23 Oct	Stroke Cake Bake Off	18 Dec	Christmas Dinner

### News from **NUFFIELD**

We welcomed Betty, Gill, Bruce and Gerald into the fold and it's been lovely to have them with us. We continue to have Emma and Chris on alternate weeks to provide energetic and entertaining group exercise classes. In fact, Chris is a bit of a local celebrity coming third place in the Andover Triathlon recently. As he would say himself not bad for a more mature competitor.

After a Stroke it is important to start making exercise part of your routine. Physical inactivity is a risk factor for stroke so exercising can help prevent a recurrent stroke. In addition to physical benefits aerobic exercise has been found to promote cognitive recovery in stroke survivors.

We are looking forward to everyone following an individual programme once the new Physio has completed all of her assessments.

Our thoughts also go out to Norman's family at this sad time. We have very fond memories of Norman and his infectious sense of humour.

As Albert Einstein said 'Learn from yesterday, live for today, hope for tomorrow '

*Sarah*



Programme for NUFFIELD			
4 Sept	Games/Scrabble Challenge	30 Oct	Halloween
11 Sept	Quiz	6 Nov	Tasting Challenges
18 Sept	Outing	13 Nov	Cake Decorating
25 Sept	Memory Challenges	20 Nov	Games/Family fortunes
2 Oct	Bingo	27 Nov	Christmas Gifts
9 Oct	Quiz	4 Dec	Christmas Crafts
16 Oct	Games Rapidough	11 Dec	Christmas Quiz/Bingo
23 Oct	Paining Pottery	18 Dec	Christmas Dinner

### Other News

Hello, from your new trustee Kathy Wander !

Firstly, I would like to say thank you for electing me onto the board of trustees at Stroke Care. I am very much looking forward to spending some of my time working with you all.

So, who am I, and what can I bring ?

Well, I have just turned 50, I live in Ecchinswell with my Husband Adrian, our 7-year-old son Alfie, Alfie is about to go into year 3 after a very long school holiday from Cheam school. We also have a Border Collie dog called Drum, Albert the cat and 4 chickens!

My background, as Adrian (Chairman) stated is a medical background. I spent most of my years in nursing in Cheshire, before deciding that medical work was no longer for me. I took a break from nursing and went to work at British Airways for 10 years, but I had always missed the reward that working in a medical capacity can give. So, I retrained, but this time in Pharmacy.

Since having Alfie I have been a stay at home mum but have lots of hours to fill and lots of skills that I am sure I can bring to Stroke Care.

*Kathy x*

### Other News

#### London Marathon 2018

Nikki Thomson a young mother from Kintbury volunteered to run the London Marathon on behalf of Stroke Care West Berks and completed the race on Sun 22 April in 4hours 20min. Nikki attended our clubs to meet everyone before the race and share her plans and progress. Along with the money she raised at the Blind Auction, covered in our last Newsletter, Nikki raised a total of £6,000. When interviewed by the NWN she stated that she wanted to support a local charity and was keen to support us as two of her grandparents had suffered from strokes.



The next edition of our Newsletter will be late **October**

**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.**