

A word from **OUR CHAIRMAN**

Hi,

Invariably all my submissions to the newsletter end up being about funding. Sorry, this one is no different.

As I battle West Berkshire Council and the NHS to give us grants I am constantly reminded how lucky we are to have so many willing volunteers and hard working dedicated staff. Thank you to all.

As you're probably all aware we were successful in our bid to West Berkshire Council which hopefully will give us some funds once the present grant runs out. It was meant to end in July but an extension will now see us through to next March.

Our successful bid means that we are now on a list of places, where the Council will direct their clients, who have been means tested and where they think that we can give them the care they need, assuming that we are the lowest cost on their list, (which I think we are). (Thanks to our volunteers).

As I mentioned before in order to broaden our appeal, (currently only two of our clients are funded by the Council) we will be welcoming old and vulnerable people to our facility at Riverside. No one is on our radar yet, but I trust that when the time comes you will make them most welcome.

Finally, after the great success of Chris Tarrant's visit back in the summer, I was hoping that he could join us for Christmas lunch. Sadly he was booked up for every date we offered. Lucky chap !

With best wishes

Adrian

News from **WOOLHAMPTON**

After a very busy June with, the barge trip, the AGM, Quiz against Riverside which Woolhampton won on this occasion, we at Woolhampton have had a quiet Summer with our members taking holidays and days out. The rest of us have had quizzes, discussion groups with much laughter and banter.

Sarah Papworth kept our Members and Volunteers supplied with her weekly exercise class for which we thank her. Hydrotherapy has a new home see below for details, thanks to Alex for all her hard work with the classes and searching for this new venue.

Looking forward, we have indoor bowling which we all enjoy, and of course Halloween lunch to look forward to. We are hoping to organise another cross club quiz before Christmas, which could be very interesting as Riverside would likely win this time.

We will be having our Christmas dinner on the Tuesday 12th December which will be our last gathering of this year and we will be back on Tuesday 2nd January 2018.

All our volunteer's have been a great and valued asset to me and our members and I could not have done it without them.

Wendy

Programme for **WOOLHAMPTON**

3 Oct	Sarah - Physio	21 Nov	Sarah - Physio
10 Oct	Sarah - Physio	28 Nov	Sarah - Physio
17 Oct	Sarah - Physio	5 Dec	Sarah - Physio
24 Oct	Sarah - Physio	12 Dec	Xmas Lunch
31 Oct	Sarah - Physio	19 Dec	Closed
7 Nov	Sarah - Physio	26 Dec	Closed
14 Nov	Sarah - Physio	2 Jan	Return

News from **RIVERSIDE**

Everything at the groups continues to go well. We have been playing a lot of Games recently Scrabble, Pictionary, Charades, Family Fortunes, Play your cards Right, Describe It, Call my Bluff. As well as these being great fun they are also great for encouraging communication and keeping our brains active. If anyone has any suitable box games at home that they would like to donate or lend to us please bring them in on a club day.

On Tuesday 31st October Bob the Chocolate Man is visiting Riverside 10.30am-12pm. He will be giving a short presentation on Chocolate and members will get a chance to taste some samples. There will then be an opportunity to buy Chocolates including a Christmas selection. If anyone from Nuffield or Woolhampton would like to come over you are very welcome but you will need to arrange your own transport.

As you are all probably aware we are currently experiencing low member numbers, so if any of you or your family or friends know of anyone who might be interested in joining one of the clubs please talk to Wendy or myself.

We are looking forward to more exercise and entertainment in the run up towards Christmas. Of course none of this would happen without our amazing team of volunteers. They all bring something different to the clubs and have a genuine care and concern for our members welfare. So just a little reminder that myself and Wendy really do appreciate your dedication and commitment. Thank you for making it happen.



Jeremy's jigsaw almost complete !

Sarah

Programme for **RIVERSIDE**

3 Oct	Zumba	21 Nov	Zumba
10 Oct	Chris	28 Nov	Chris, Helen & Terry Singers
17 Oct	Zumba	5 Dec	Exercises
24 Oct	Sarah - Physio	12 Dec	Christmas lunch at Woolhampton
31 Oct	Sarah - Physio	19 Dec	Closed
7 Nov	Zumba	26 Dec	Closed
14 Nov	Chris	2 Jan	Return

News from NUFFIELD

Very sadly since the last newsletter Anne Skeats passed away. This was very unexpected and a real shock for all her family and friends. Anne was a wonderful lady who celebrated her 80th Birthday in June with a month of amazing events and experiences. She lived life to the full and never ever let the effects of her Stroke hold her back. The Church was a big part of Anne's life and her faith meant so much to her. We all miss Anne terribly at Nuffield, the stories she shared and her kind, caring nature. Anne's generosity continued after her death and thanks to the thoughtfulness of her two Daughters Stoke Care was nominated as the Charity of her choice for the collection at her funeral. The donations exceeded £700. So from everyone at Stroke Care Thankyou so much.

Sarah

Programme for NUFFIELD

4 Oct	Physio, Zumba	22 Nov	Physio, Zumba
11 Oct	Sarah - Physio	29 Nov	Sarah - Physio
18 Oct	Physio, Zumba	6 Dec	Helen & Terry Singers
25 Oct	Sarah - Physio	13 Dec	Christmas lunch
1 Nov	Sarah - Physio	20 Dec	Closed
8 Nov	Physio, Zumba	27 Dec	Closed
15 Nov	Sarah - Physio	3 Jan	Return

Out & About

This is a new section of our Newsletter dedicated to what is going on around us and we trust will be of interest to our readers.

- **Some tasty bits from Fee.** The National Citizen Service selected Stroke Care as their chosen charity. Fee was invited to give a presentation to 15 teenagers and they kindly donated £144. Money was raised at three events run over one weekend. Well Done to them. Posters advertising a recruitment drive for our clubs, are being put up in and around West Berks, Doctor's waiting rooms, dentists, hospitals, Rehab Centre, Diamond Centre etc. If anyone knows where is a good place to put more up, give Fee a call for extra posters.
- **Alex. Hydrotherapy** - As some of you are aware, the hydro therapy sessions we held at Brookfields physiotherapy centre came to a halt due to the retirement of the Physiotherapist, Victoria Davis. I am pleased to inform you that a Pilates instructor, Marie Garland has taken our members on and is running a mobilisation and stretching class, currently based in the pool at Nuffield Health and Leisure situated at Newbury Racecourse. If you are interested in joining the class, or would like to speak to Marie about this, please call her on, 07749 274156
- **Pushing the Boundaries** (Book by David Guthrie)
Mother of-three Mrs Rita Guthrie, an English stroke patient of 78, is back to full health, with only some loss to her short term memory. She was advised in 2008 by the NHS she had only a 30% chance of survival and "no capacity for recovery" following a hemorrhage that left her physically and mentally disabled.

Her husband David took her to South Africa where she had 18 months intensive rehabilitation including, exercises, walking and hydrotherapy. Her therapist in Cape Town started with the **positive assumption that she was able to recover.** Following Rita's return to the UK, she has continued to improve and is now able to walk 5 kilometers with her husband.

We know the NHS do an excellent job but post care is not always available to all when it is needed. Following release from hospital it is essential to make a prompt start on your road to recovery, to **keep positive** and **get the support you need.**

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

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.