



SUCCESS AFTER STROKE SUMMER NEWSLETTER 2017

A note from the Chairman ...

We held our AGM on the 16th May when we were able to report on a good year, with a record number of members and a strong financial position for our financial year 2016. We have expanded our physiotherapy service, with two new therapists joining the team, and we have acquired new equipment through a generous grant from the Colchester Catalyst Charity, which when combined with our Speech and Language therapy and Well-being therapy provides, what I believe to be, a very professional level of service which covers most of the needs of our members.

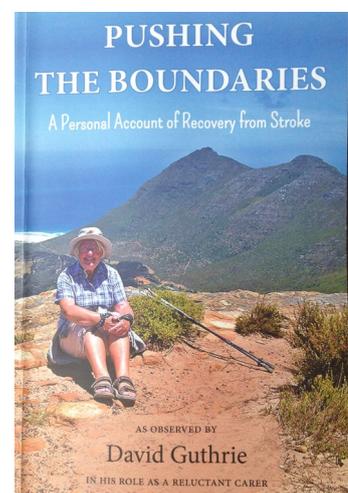
Our members show great enthusiasm for new initiatives which keep our sessions interesting and relevant and they deserve congratulations as it can be all too easy accept things as they are and not try hard to make things better. I would like to make a special mention of the newly published book by David Guthrie, husband and carer to Rita, one of our members. It is titled "Pushing the Boundaries" and is a wonderfully complete record and guide to caring for a stroke survivor. I know the difficulties David and Rita went through during Rita's rehabilitation, which makes this book a very brave piece of writing. Copies can be bought through SAS.

I hope you all have an enjoyable summer and thank you for the contributions you make to SAS in whatever form.

Richard Furlonger
Chairman



Members and volunteers enjoyed a wonderful buffet lunch after the AGM.



'Two Owls at Eton' 7th March 2017



On Friday 7th March we had a lovely visit from Jonathan Franklin who has written a book called 'Two Owls at Eton'. He was accompanied by three owls from Broadwings in Woodbridge run by Nikki and Stewart: Boo Boo, who was a very impressive male European Owl with carrot-orange eyes; Elsa, a female Barn Owl who was very pretty with beautiful markings and Aurora, a female Tawny Owl.



Elsa



Boo Boo



Aurora

Jonathan read various excerpts from his book, but realised that everyone was probably more interested in the birds!



We all enjoyed getting up close with the owls and interacting with them ... not sure if you'd be allowed to take three baby owls into school today!

Sj

Angie Phipps steps down from leading the carers' group



We would all like to extend our grateful thanks to Angie Phipps who has led the SAS Carers' Group for many years as well as motivating the band of SAS bakers to produce cakes for numerous events, including the BrushStroke café - a mammoth effort in itself. All at SAS are truly appreciative of the funds raised due to Angie's endeavours. Her cakes are legendary and we are all delighted that Angie has promised to continue to bake for us.

The picture shows Angie being presented

with a gift of two beautiful roses for her garden, we hope you enjoy them Angie!

The National Stud, Newmarket 5th May 2017

We departed from Sudbury in good spirits heading towards Newmarket to the National Stud.

Upon arrival, we were greeted by our tour guide, Wendy Millbank, which turned out to be a real bonus. Wendy boarded the coach and proceeded to talk us through the many stages of the stud.



The grounds were beautifully manicured, with several stunning bronze statues, being maintained by an army of staff and students who live on site learning the ropes of the breeding world. As we admired the various mares with their foals galloping around the paddocks from our seats with Wendy chatting away we then found ourselves at the stars of the stud. We disembarked from the coach and wandered over to admire the three stallions; Gregorian, Marcel and Toronado, who are truly magnificent beasts, in every word. Each one was worth several million pounds! They were safely stabled and we were not allowed to get too close as they are so highly strung, but, we were very fortunate to see them being paraded individually for members of the jockey club from the coach. Each stallion had security cameras in the stable and outside which the grooms can watch from their homes!

We also saw the enclosed area where the covering takes place, which Wendy explained to us in great detail!



The tour concluded with seeing four fresh mares with their foals who proceeded to give us a wonderful display of playing in the paddock, a little over excited and immature behaviour according to Wendy!



We then enjoyed a light lunch at the café before returning to Sudbury.

Sj

The Members' Committee Representatives

Following the AGM on the 16th May we have a refreshed committee to represent the SAS members. Some are continuing to serve from the last committee, but we also have some new representatives. We are very grateful to the members who take on this responsibility and they provide a very useful insight into the way we operate at SAS. Their names and photos are on our noticeboard, so if you have any questions or comments you would like them to put forward on your behalf, then please speak to one of the committee.

SAS Carers' Group Meeting 2nd May 2017



Following Angie Phipps stepping down from running the carers' group, it had been agreed that in her stead volunteer, Pam Lawrence and carer, Fran Williams would take on the responsibility for the group admin and meetings.

There were several carers in attendance and a few more made their apologies, including Pam Lawrence who herself had family commitments. The meeting started with the usual coffee and biscuits and Fran thanked Angie Phipps for all her hard work at previous carers group meetings and the lovely cakes she had brought.

As there were a couple of new carers at the meeting, we all introduced ourselves and described the circumstances leading to our involvement in SAS. Fran suggested the idea of having a more structured format for the sessions and raised the frequency of the meetings to determine preferred options. Most carers felt that every 6-8 weeks was often enough so that there was a good support network, but that there was still time for the much needed 'me-time' gained from the time family members were at SAS! The option of having speakers on occasion was also discussed although most members preferred to maintain a less formal approach most of

the time, although the idea of a 'pamper' session, or similar, was popular. General discussion then followed regarding the pleasure gained from participating in the SAS days out and past trips.

Carers were asked if they had suggestions for a group name or other ideas for future sessions and it was agreed to feedback at the next meeting, which has now been arranged for the 4th July 2017.

Fran Williams

Well-being Therapies Available at SAS to Members and Their Carers



My name is Pam Lawrence and I am a professionally qualified Stress Management Therapist and have been an SAS volunteer for the last five years.

My aim is to help anyone who comes to see me achieve, or at least get closer to, a state of mental well-being, calmness and acceptance, regardless of their physical condition.

As a volunteer I am able to provide all SAS Members and their Carers free one-to-one sessions, giving the person a chance to talk about any aspect of their life that is worrying them and causing them anxiety and stress.

All sessions are held in confidence and I

may use one or several of the following techniques:

Empathetic Listening – the session is the opportunity for the member or carer to express their concerns and fears in a totally safe, supportive and confidential environment

Calming breathing techniques – aiming at giving the member or carer an easily remembered and effective way of rapidly calming the mind and body

Emotional Freedom Techniques (also known as EFT or Tapping) – used for both physical pain and emotional pain relief

NLP – Neuro Linguistic Programming – used to help re-programme the mind by releasing old & unhelpful patterns of thinking and encourage new & more positive ways of thinking

Hypnotherapy – used to re-programme the mind to healthier ways of thinking

ENLP (Energetic Neuro-linguistic Programming) – a calming energy healing modality (similar to Reiki) which involves a gentle hands-on healing session and which also incorporates elements of NLP (see above)

Mindfulness – encourages paying attention to the present moment rather than being anxious about what has happened or what may happen in the future. Also encourages an attitude of gratitude.

I also lead a group guided meditation session on most Tuesday mornings at SAS for between 10 and 15 minutes starting at 10.15am (immediately following the group physio session) which gives all participants a chance to wind down and relax.

I am in at the Stevenson Centre on Tuesdays and I will also book appointments for Fridays as, although I am not generally in on Fridays, I can be by prior arrangement.

Pam Lawrence

T'ai Chi with Diego Robirosa

For several weeks some of us at SAS have been experiencing T'ai Chi /Qi Gong under the watchful eye of Diego. T'ai Chi and Qi Gong are the ancient Chinese practices that combine slow and deliberate movements, meditation and breathing exercises.

While T'ai Chi and Qi Gong are both martial arts, for those of you expecting to perform any crouching tiger type moves, you will be disappointed. Most of the movements are done from a seated position, at least currently, but watch this space.



Seriously though, these routines are NOT designed to burn calories (darn it) or to raise heart rate (probably a good thing); instead these practices can help you with your balance, circulation and alignment... something I'm sure we all can do with.

Diego starts the session with breathing exercises and improving our circulation by lightly tapping at our limbs... note I said lightly... this is called meridian tapping for our body and brain, and it is based around the acupuncture points on our body. Diego then gives us some slow movements to do informing us of their use within martial arts (watch out world) but also flying like an eagle, and painting the rainbow. Diego then leads us through a complex but meditative session without talking us through the movements, which is incredibly relaxing,

but also links body to brain.



Diego also is very keen on language and improving skills lost through stroke; Diego is Argentinian and he notes the differences between the English and Spanish way of speaking. We have had great fun noticing the differences, but it has also given me some ideas. I think we would all like to thank Halcyon for bringing Diego to our group, and to thank Diego for bringing us an invaluable insight in to Chinese martial arts, T'ai Chi and Qi Gong, and throwing us some Spanish into the mix.

Fiona Yerofeyev

Art Group

Arts and crafts for me was always something that I aspired to be good at, but as a teenager was discouraged from pursuing because being only 'average', was never going to make for a successful living.

During my working life I never had the time or even the mindset to indulge in painting or any type of craft. It was only after I had a break from work, and then the untimely death of my younger sister, that I found Arts and Crafts again. I actually found that it really helped me cope with the grief and depression that followed this sad event in my life.

I was very interested when I found that SAS has organised art for their members. I have been to a few of Marnie's Classes now, and have been made to feel most welcome by

everybody.

I am absolutely blown away by the beautiful paintings that the members have produced, and understand how proud they must feel to see their paintings displayed at the BrushStroke exhibition, also knowing that they are raising precious pounds for their charity.

No doubt, art can assist both mentally and physically in rehabilitation after any illness, including Stroke. The emphasis is not on how good you are; there is no judgement and you don't even need to be able to draw. What is important is your own personal journey, and if you enjoy it and then raise money for SAS in the process, everyone benefits.



My friend Sue, who suffered a stroke last year, has now attended two of Marnie's classes. Sue will be the first to say that she can't draw, but now she has to eat her words! As you can see from the photograph, at her very first attempt she has a very successful painting of an Owl to be extremely proud of !!

Lesley Smith

SAS Physiotherapy Service

We have recently been undergoing a period of great change in the way the SAS physiotherapy service is run. The team, which now comprises of Halcyon Mandelstam, Carolyn Olvera and Jeanette de Vries Wobbes together with the assistance of volunteers Georgina Ford, James MacMillan and Ray Sears, have put in place a new

system to ensure the service benefits as many members as possible during the limited time available.

This, together with new equipment purchased with a generous donation of £5,000 from Colchester Catalyst Charity, has enabled SAS to provide a significantly improved service to its members. We are extremely grateful to Colchester Catalyst Charity for this help.

The pictures below show some of the equipment in use by the members.



The above pictures show members using the Saebo Mini MAS (mobile arm support). This supports the weight of a weak shoulder and elbow to enable functional practise of hand and upper body tasks. The following picture shows the Saebo Mini MAS used in conjunction with the Aviva stim electrical stimulation device which stimulates the muscles whilst undertaking a practical task.



The Sara Steady enables safer transfers between chairs and allows safer practice of standing balance tasks. The picture shows SAS member, Kevin, using the Sara Steady whilst undertaking balance exercises.

Below: using a mirror box to retrain the brain to find new pathways to control the movement of limbs affected by stroke.



First Aid Training

On Tuesday 21st March Terry Johnson paid his annual visit to update volunteers and carers on their first aid skills.



Terry takes a light-hearted approach to the session but the message gets through none -the-less and it is comforting to know that we have the skills should they be needed. Terry visits SAS on a voluntary basis and we are all very grateful to him for giving up his time.



Visit to Aldeburgh 20th June 2017

We met at 9.30am at Waitrose car park, giving plenty of time for our driver of the day, Clinton with the help of Ray, to load the wheelchairs and help the less abled on-to the coach. We arrived at Aldeburgh at 11.30am.



Sj arrived shortly after with the food which was hot and fresh. It was delicious, with all of the condiments you could wish for.



Like last year, it was the town music festival and by request the band played and we all sang Happy Birthday to Diane Aldridge. Diane turned down the "bumps" as there were too many!!

Ray lost his fish dinner to a hungry seagull, which made us chuckle .



Back at the coach Clinton's drama this year was a broken lift hoist, which with the help of Ray pushing and banging was fixed and we made our way home through Hadleigh, dropping off Bob and Fran.

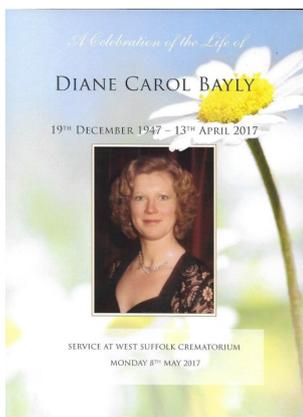


Thanking you all that helped arrange this wonderful trip, including Sj's mother-in-law for the lovely chocolate brownies and strawberries following the delicious ice creams.



On behalf of everyone, we would like to thank you for such an enjoyable day out.

David Bullock (Member)



Viv Bourne's words read out at Diane's funeral.

DIANE ... you were so loved by us all and so admired.

You were an inspiration to us all, you battled for many years but never was there a complaint.

It would be very easy to talk about all that Diane had to cope with as there was a lot but let's think about all the positives and there were many, many more of them.

As I have already said, she was inspirational. We were incredibly lucky to have had her at SAS and she has been a pivotal part of it for years. If ever there was something to be done Diane volunteered. She took on the organising of the ten-pin bowling which took place during the summer break. She took part in practically every activity that SAS provided. The art and pottery I think being two of her favourites, and she donated her plaques and paintings to BrushStroke which were all sold in aid of SAS.

She used to play a mean game of croquet but all with her lovely and naughty smile. When we started the Nordic walking she took to it immediately and then proceeded to train, and lost a lot of weight, before

taking part in the 5km walk at Auberries. She strode out, talking all the way and surpassed all expectations.

Diane put herself forward and was duly voted on to the Members Committee. She cared about SAS and wasn't afraid to tell us if she felt we had got something wrong. She was an enormous asset to the Committee.

Diane went on practically every outing there was, whether we were sailing, singing, shopping, fish and chipping, gardening, bowling, boating or just partying. If we did it she was there.

I was looking through our past Newsletters and reckoned there were more photos of Diane's cakes than anything else. They were legendary. If ever we needed to make someone feel special, to say thank you, to say goodbye, Diane would produce a cake. But not only would she produce the cake, she would design and create the appropriate decoration for the top. On one occasion, on the departure of one of our Chairman (and Diane has seen most of them over the years), she decorated the cake skilfully depicting nearly all of our SAS activities. It was quite outstanding. At BrushStroke she had her own stand showcasing her skills. It was difficult to believe that some of the flowers were not real.

At Christmas she took orders for cakes, she brought cakes to the art class, she made cakes for us to raffle...she was incredibly generous and Diane was simply our star baker.

Diane surpassed all odds, often she was told that there were only months left but being so incredibly positive she proved the doctors wrong time and time again. I think

because of this we will all find it even more difficult to believe that she isn't still with us.

The most wonderful thing about Diane was how caring she was, no matter how unwell SHE was she always asked how you were – even in those last weeks when she was in Bury. If someone was unwell Diane would be the first on the phone and would continue to ring and support that member until they returned. Sometimes, sadly, a member left to go into a home but Diane would still continue to keep in touch. She built up very many friendships over the years and there will be many here today that will miss her dreadfully.

We will all miss you Diane. You will leave a huge hole at SAS but we will remember you always and will be grateful that you were a part of our lives and hope that we have all learnt from your positivity.

Viv Bourne

And words from Paula, Diane's daughter

...

“Less than one hour after Mum was told that her time was soon up, she started to plan her funeral. She gave me a chronology of her life for the celebrant, starting at her birth in Poplar, London onto working in London, then Luton airport and the L & D hospital. She then had two brilliant children, Alan and me (her words!), she then became the playleader at the village play-school and then took a position at Zurich Insurance, where she progressed to Branch Manager before taking early retirement in 1998. This was perfect timing as Mum and Mick had just started a relation-

ship, so Mum was easily able to move to Sudbury to be with Mick.

Being a lady of leisure, Mum filled her time visiting Alexandra's beauty salon, where she met her 'toning table ladies', she also continued with a hobby she had been doing for many years—making and decorating cakes and Mum met her 'icing ladies'. After she stopped attending the toning tables and the icing classes, Mum continued to meet with both friendship groups, which I know she loved doing and enjoyed their friendships greatly. Mum asked that her thanks was expressed today to both groups for being lovely friends.

In 2000 Mum and Mick married, their marriage was a very happy supportive one, which was obvious to anyone who met them. When Mum was diagnosed with leukaemia in 2005, Mick was amazing, and was at Addenbrookes with Mum everyday for months. Very sadly Mick became ill himself in 2010 with Motor Neurone disease. After he passed away in 2011, I know Mum missed him greatly. I like to think the two of them are together again.

Mum's battle with leukaemia was a long one. In 2005 we were told that Mum only had one week to live, but thanks to Mum's consultant, De Jenny Craig and her team, Mum had 12 more years of life in which time Mum was blessed with five more grandchildren. This was also down to an amazing man, Andrew who donated his bone marrow to Mum. Again, Mum asked that her thanks was expressed today and also to Colin and Den for being helpful and supportive, particularly after Mick passed away.

During the early course of treatment Mum had two strokes, which led to her contacting a group called Success After Stroke. In my opinion this group was Mum's lifeline. Not only did Mum have a creative outlet with the weekly art and pottery classes, Mum met a whole group of amazing people, from the leaders, the volunteers and the other members. The group and the friendships she made in the group helped keep Mum strong in her own battles with health but also through Mick's illness and Mick passing. Mum asked that thanks was given to you all today for being wonderful people. Mum's huge appreciation is reflected in her wish for anyone wanting to make a donation in memory of her, to go to Success After Stroke.

Mum also asked to give thanks to all staff that looked after her at West Suffolk hospital where she spent the last few months of her life. During her time in hospital Mum was never short of visitors and at times there would be too many to fit in the room!

I had the pleasure of meeting a lot of you and spending a lot of time with you during these months, I drew a lot of comfort from you during this difficult time, so I'll take the opportunity to say thank you.

As many of you said, it never felt fair that someone as lovely as Mum should suffer as she did. Many of you also said that Alan and I were so lucky to have such a wonderful Mum—and yes we absolutely were.

Mum's bravery and positivity was very evidently admired by so many. It is also evident that others took inspiration from her fantastic attitude. I spoke with many of you about this and also took comfort in

reading this in the many beautiful cards you wrote.

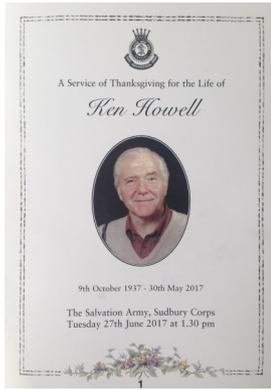
So let this be Mum's legacy. We all miss Mum greatly and I know she didn't like me crying (sorry Mum) but let's all draw inspiration from the wonderful, kind, beautiful, courageous woman that Alan and I are proud and honoured to call our Mum.

Paula



Diane at work in the pottery studio, with her cake decorations at the 2016 BrushStroke exhibition and at Aldeburgh with her friends in June 2016.

Ken Howell



Ken sadly died on 30th May 2017 in West Suffolk Hospital where he had been for a week and a Service of Thanksgiving for his life was held at The Salvation Army, Sudbury Corps on 27th June, followed by a cremation at Three Counties Crematorium, High Garrett.

Ken leaves his wife Sylvia and two daughters, Karen and Debbie and four granddaughters and other family members and friends.

Ken had been a member of SAS since 2007 and attended both the Tuesday and Friday morning sessions at the Stevenson Centre, he was elected to the Members Committee in 2016. However, in recent months his health had deteriorated and he was unable to attend so regularly.

Ken was proud of his Welsh heritage having been born in Gelli, a small village in the Rhondda Valley. He was one of eight siblings and, as he passed his 11+ exam, he attended Tonnypany Grammar School where he studied hard.

He joined The Salvation Army in 1955 where he learned to play the cornet, which he loved to do.

Before too long, Ken was called up for his National Service and found himself studying hard again, this time to try and achieve the highest marks of his group as the reward was the chance to be posted abroad.

However, Ken was disappointed to find out that he only had the second highest mark - until he was told that the lad who had come top had chosen to stay in the UK and so Ken was being given the opportunity to go to Hong Kong, which he was thrilled about. He later recalled the ship journey there as "being like a cruise" and he thoroughly enjoyed his time both on the ship and in Hong Kong, describing it as being more like a holiday than work, let alone army service!

Ken returned to Wales when his National Service was finished, but before long he went to work in London and it was at Fulham Salvation Army Corps that he met Sylvia, his future wife. They married in July 1959, at which time Ken was working for the Aluminium Wire & Cable Co. His daughters Karen and Debbie were born in 1963 and 1965.

Being aware of the need to provide for his family, Ken applied to work for the Abbey National Building Society where he eventually became manager at the Hounslow Branch. Then, having successfully earned further promotion, Ken became manager of the High Holborn Branch in London. At this time he, Sylvia and the girls were living at Wood Green, London.

The years passed and Ken left the Abbey National and became a successful Financial Adviser, his years of experience at the Abbey National having stood him in good stead.

Then in 1994, Ken took up a new job in finance - this time back in Hong Kong, where he eventually became a tutor, teaching English at a language school. While there he re-joined The Salvation Army and, once again, was able to play the cornet.

He also became a member of the Hong Kong Welsh Male Voice Choir and was

delighted to be part of the contingent that returned to perform at the Royal Albert Hall in London.

But in 2006, Ken was taken ill with a stroke and was no longer able to work. So he returned the UK and was reunited with Sylvia in Sudbury.

Apart from being passionate about Wales, cornet playing and male voice singing, Ken was also passionate about Rugby Union and loved to watch it on TV, especially when Wales were playing! At the SAS session following any international matches, you could be sure that Ken would always enjoy an in-depth discussion with the other SAS members and volunteers who also followed rugby.

Ken attended The Salvation Army Corps in Sudbury every week and the Service of Thanksgiving for his life was led by Major Sidney Pinches. From the service, it was clear that Ken had been a loved member and will be missed, as he will be of course by his friends and family as well as his friends at SAS.

Pam Lawrence

SAS Well-being Therapist

(With grateful thanks to Major Sidney Pinches whose eulogy contributed significantly to this article.)



Ken enjoying his boat trip at Woolverstone Marina

THANK YOU!

I would like to express our thanks to all the volunteers who give up their time so generously to help with all aspects of life at Success After Stroke. Without you, SAS could not function in the wonderful and caring way that it does. Your support is invaluable and does not go unnoticed by the members and staff.

I would also like to thank the members and all involved at SAS for the various donations of biscuits, cakes and books that you bring in so regularly. We all enjoy these donations greatly!

Sj

Ideas please ...

If you have any suggestions for talks, events, outings or just general thoughts about things you would like to do during our meetings, then please do not hesitate to let us know. Ideas are always welcome so don't be shy!

Sj

Lavenham - Garden Open

Geoff and Sue Heald are opening their garden for the National Garden Scheme on Sunday 6th August. Refreshments will be on sale and most of the money raised will be donated to SAS with 10% going to the NGS. We would be grateful to receive donations of cakes for the event and, nearer the time, we will be asking the bakers amongst you if you are able to help.

Please come along and support the event.

Sue and Geoff's garden is at River Cottage, Lower Road, Lavenham, Sudbury, Suffolk, CO10 9QJ and the garden will be open from 11am until 4pm.

Reminders

Forthcoming events!

Tuesday 18th July - Woolverstone Sailing Day. **NO SESSION AT THE STEVENSON CENTRE**

Friday 28th July - Barbecue at Malting Farm - from 11.30am. BBQ at 12.30pm
NO SESSION AT THE STEVENSON CENTRE

Sunday 6th August - Sue and Geoff Heald's garden will be open as part of the National Garden Scheme - see page 13.

Term Dates

Friday 28th July - SAS closes for the summer break after the session which will be a BBQ at Malting Farm, starting at 11.30am, BBQ at 12.30pm. **NO SESSION** at The Stevenson Centre.

Tuesday 5th September - SAS re-opens

Tuesday 19th December - SAS closes for the Christmas break after the session

SAS and social media

You can view recent highlights and photographs on our Facebook page; Success After Stroke, Reg Charity: 1115016.

We are in the process of updating our website, which should go live soon. We hope you like our new look!

Carers' Meeting - Tuesday 4th July, 9.30am at The Stevenson Centre

Members' Committee Meeting - Tuesday 26th September, 9.45am at The Stevenson Centre (please note this meeting was scheduled to take place on the 19th September but has been changed).

Please remember to inform Sj or Jan if you change your medication or contact details. In the event of an emergency, it is vital that we have accurate information.

PLEASE COULD YOU ALL, INCLUDING VOLUNTEERS AND THERAPISTS, CHECK THE DIARY THROUGHOUT THE TERM FOR ANY CHANGES WE HAVE TO MAKE.

FOR THOSE OF YOU WHO WOULD LIKE A PAPER COPY OF THE DIARY, NEWSLETTERS ETC, THERE SHOULD ALWAYS BE SOME IN THE CLEAR TRAYS BY THE MEMBERS' PIGEON HOLES. IF NOT, OR IF YOU TAKE THE LAST ONE, PLEASE LET US KNOW AND WE CAN MAKE SOME MORE COPIES.

SAS meets at

The Stevenson Centre

Great Cornard

Sarahjane Lewis:

07434 931 962

By Post:

Success After Stroke

The Stevenson Centre

Stevenson Approach

Great Cornard

Sudbury

Suffolk

CO10 0WD

E-mail:

info@successafterstroke.org.uk

Web:

www.successafterstroke.org.uk

Facebook: Success After Stroke,
Reg Charity: 1115016.

Success After Stroke - Activities

Success-after-Stroke is an active and motivated self-help support group where the members are helped by dedicated volunteers and therapists in their efforts for rehabilitation, independence and confidence.

Monday mornings: sailing at the Woolverstone Project.

Tuesday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech & language therapy
- Reading and discussion groups
- Well-being therapy
- Brain Training
- Basic nail care & massage therapy

Wednesday mornings: Art, drawing and painting at The Stevenson Centre – beginners welcome

Thursday mornings:

- Swimming Group
- Riding at The Shelley Centre for Therapeutic Riding (RDA)
- Pottery

Friday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech and language therapy
- Reading and discussion groups
- Well-being therapy
- Brain Training
- Nordic Walking
- Basic nail care & massage therapy - alternate Fridays by appointment.

ACTIVITIES SUBJECT TO AVAILABILITY