



Notes

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SuccessAfterStroke

Registered Charity No. 1211565

**MEMBER'S
LEAFLET**



CONTACT DETAILS:

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SuccessAfterStroke

Registered Charity No. 1211565

An active and motivated self-help support charity where the members are helped in their efforts towards rehabilitation, independence and confidence building.

The charity was founded in 2000 and has 60 members at any one time. The charity is run by trustees, therapists and volunteers with two part-time staff.

The year is split into three terms. We have a member's committee which gives the members an opportunity to share ideas and have a say in what the charity provides.

A carer's support group meets regularly at the Stevenson Centre.

There are also outings organised each term to include sailing, and trips to pubs, theatres, gardens and other places of interest.

ACTIVITIES

SESSIONS ON TUESDAY MORNINGS 9.30-12.00

- **Socialising**
- **Physiotherapy**
Group exercise class - 9.30-10.30
1:1 Physio - 9.30-12.00
- **Coffee Break** - 10.30-11.00
- **Speech and language therapy**
Conversation groups (Aphasia) - 11.00-12.00
- **Individual appointments are available with our Well-being Therapist**
- **Activities/games/quizzes/manicures and guest speakers**

SESSIONS ON WEDNESDAY MORNINGS 10.00-12.00

- **Art class, drawing and painting**
beginners welcome

SESSIONS ON FRIDAY MORNINGS 9.30-12.00

- **Socialising**
- **Physiotherapy**
Group exercise class - 9.30-10.30
1:1 Physio - 9.30-12.00
- **Coffee Break** - 10.30-11.00
- **Speech and language therapy**
Conversation groups (Aphasia) - 9.30-10.30
Discussion group from 11.00-12.00.
- **Singing group**
- **Activities/games/quizzes/manicures and guest speakers**

