

Please note: these two photographs were taken before COVID-19

## Nailsea Stroke Club

**Meet the crowd**  
(pre COVID days  
when trips were normal!)



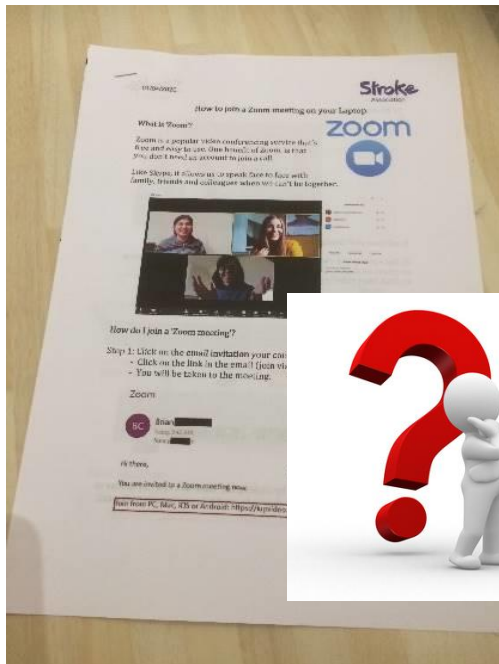
**And some of the  
wonderful volunteers**  
(who have never been normal!)



## 2021 – a year like no other!

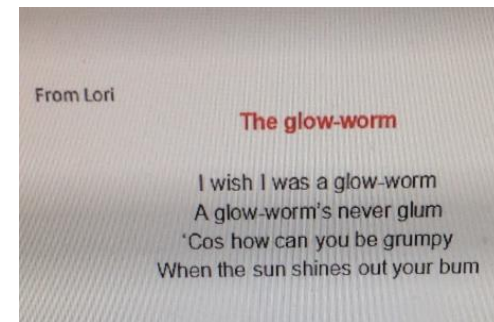
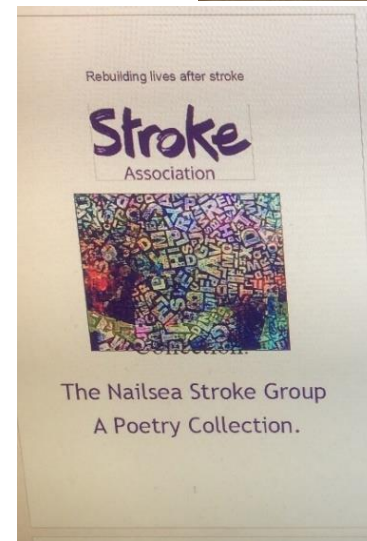
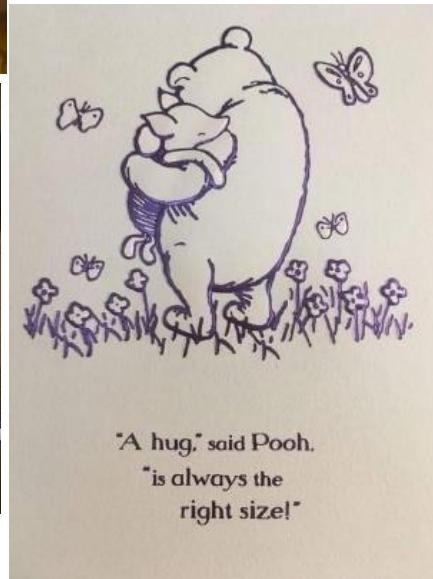
Jan to July with no face to face club and Zoom an unlikely option given very few had internet access.

It was back to good old paper, postcards stamps (lots and lots of stamps!) and good old fashioned phone calls ....



# Nailsea Stroke Club

## We shared stories, photos, pictures and poems



## We kept our bodies and brains active!



Over the next few weeks try to do 20 minutes of activity each day. Remember anything goes so perhaps some gardening, some armchair exercise, walking up and down the stairs or round the local park. Anything that gets you moving!

### February Exercise Challenge

**Let's do this!**  
20 mins of activity over 21 days within 30 days, anything goes

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	

**TOTAL MINUTES**

#### Daily Exercise

Complete the daily exercise sheet sent at the beginning of lockdown but when you lift your arms shout out a big "Lori needs another holiday now!" Remember to do:

- Head & Neck (give me an oooo, aaaa and eeeee!),
- Arms (a bit of swimming for Jan),
- Middle bit (give yourself a big hug from me)
- Legs (a few figures of eight for me and in memory of Wendy)

### A little bit of Brain Exercise!

**1** The UK is home to an extraordinary variety of animals, each with their own unique (and often bizarre) adaptations. But how well do you really know them?

**1** Wildlife noises in your garden could be the calls of a talented impressionist. Which one of these birds can mimic the sound of barking dogs, croaking frogs, car engines and even human speech?  
A Song thrush  
B Starling  
C Goldfinch

**2** Moles can tunnel through an impressive 20 metres of soil a day. Their digging technique resembles a swimming stroke – but which one?  
A Front crawl  
B Backstroke  
C Breaststroke

**3** A red fox will flatten its ears and 'grin' when it is feeling...  
A Playful  
B Intimidated  
C Angry

**4** Fossilised remains of which insect date back more than 300 million years, and show its ancestors once had an impressive wingspan of up to 75cm?  
A Dragonfly  
B Stag beetle  
C Housefly

**5** Red squirrels are able to tell whether nuts are ready for eating before opening them. How do they sort the good from the bad?  
A By their smell  
B By their shape  
C By the sound they make when shaken

**6** A common frog's eyes have a peculiar extra use – what is it?  
A They hydrate the frog's skin by shedding tears  
B They secrete a mild poison to deter predators  
C They help frogs to swallow by pushing food down their throats

### A little bit of Brain Exercise! (answers at the bottom)

#### Mini Crossword

1	2	3	4
5			
6			
7			

**ACROSS**

- 1 Plays a role (4)
- 5 Defeat completely (4)
- 6 Neck hair (4)
- 7 Open-handed blow (4)

**DOWN**

- 1 Family insignia (4)
- 2 Natural solid fuel (4)
- 3 Large sea fish (4)
- 4 Phase (4)

And finally.... find 12 words from the words **HARVEST MOON** (that doesn't count!)


### Easter Quiz

1. True or false: Easter has a fixed date?
2. What type of food is traditionally eaten on Good Friday?
3. What type of heavy hat begins with the letter B and is worn at Easter?
4. Can you guess the name of a famous Easter character? (Answer: BUNNY)
5. Which of the following were in the parable of the speck of straw in the eye?  
a) A Garden of Gethsemane, b) Town of Bethsaida, c) Discip?
6. True or false: The hymn before Easter is known by Christians as Maundy Thursday?
7. What type of freshly hatched bird is a symbol of Easter?
8. The period of Lent reflects the 40 days that Jesus spent in the Garden of Gethsemane, b) Town of Bethsaida, c) Discip?
9. Which famous Easter song includes the lyrics, "Ome a penny two a penny"?
10. True or false: Easter occurs on the Sunday before Good Friday?
11. Good Friday honours the day that Jesus was: a) Crucified, b) Baptized, c) Resurrected?
12. Can you unscramble the following word to reveal the name of a gift that we share at Easter time: TSABRE GSEGT?

### Daily Exercise (yes daily, Sandra!)

**HEAD & NECK**

Stand with feet shoulder-width apart, arms at your sides. Tilt your head back and forth, then side to side. Repeat 10 times each way.

**ARMS**

Stand with feet shoulder-width apart, arms at your sides. Lift your arms straight up, then straight down. Repeat 10 times each way.

**MIDDLE BIT**

Stand with feet shoulder-width apart, arms at your sides. Hug yourself, then stretch your arms out to the sides. Repeat 10 times each way.

**LEGS**

Stand with feet shoulder-width apart, arms at your sides. Lift your right leg up to your knee, then your left leg. Repeat 10 times each way.

Repeats compiled by Colin Coppard MCB  
Fitness philosophy  
Quiz



## Nailsea Stroke Survivors Club

returned to face to face meetings on Wednesday August 11<sup>th</sup> 2021 after 17 months of not being together. Is it good to be together again? Well here's what the members say:

Our case study is to share with you the feedback that we received from our members that hopefully demonstrates the huge difference, what was funded by the grant, made to them:

*"It has been lovely to receive regular newsletters and postcards, I have really felt connected to the group even though we aren't able to meet. I have loved reading what you have been getting up to and any updates on when the group might be able to start meeting again. Your quizzes etc have also given me something to past the time which has been a welcome distraction."*

*"I really miss the club so here's hoping everything will be better soon. Thank you once again for bringing round that lovely gift!"*

*"Thank you very much for the gift. It was very kind of you and the Stroke Club which we miss very much. Looking forward to 2021, hopefully to see old friends again"*

*"Thank you for sending the cards & newsletters, very much appreciated ..... Looking forward to seeing everyone again in the future."*

*"Thank you so much for the lovely letters and cards ..... I hope you will be able to carry on writing to us, it's lovely to get a letter to know how others are doing. We all pray that we will be able to meet again on a Wednesday morning before too long."*

*"Can I thank you for all the sterling work you have done over the past almost 18 months. I can't thank you enough. I have spent a lot of time in hospital since the start of lock down and your regular updates have been great comfort. Thanks again and see you on the 11<sup>th</sup>"*

## What next?

We will move to fortnightly clubs in the New Year but in the meantime it's going to be a Christmas to remember.



**For information on  
Nailsea Stroke Survivors  
Club please contact:**

**We'd love to hear from you!**

**Lori's contact details**  
Address: 33 Heron Gardens,  
Portishead, BS20 7DH  
Tel: 01275 818492 / 07503 083531  
[lorrainerowsell@btinternet.com](mailto:lorrainerowsell@btinternet.com)

News & updates welcome!  
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**Verity's contact details**  
Tel: 07799 436024  
[verity.aldous@stroke.org.uk](mailto:verity.aldous@stroke.org.uk)  
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Could you spot the signs of stroke?

**FAST** ➔

Facial weakness	Arm weakness	Speech problems	Time to call 999
			

Learn the FAST test and forward to your  
friends and family.

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**Stroke Helpline: 0303 3033 100**