

Nailsea Stroke Club

2021 – 2022

- **A return to (nearly) normal**
 - Moved from monthly meetings to twice a month though its taken almost the whole year to get members into the routine!
- **Welcomed seven new members**
- **Reintroduced planner**
 - Ensuring a good mix of activities
- **Enjoyed a barge trip and picnic**

Birthdays	Date	Lead:	Activity:
9/1 Raimondo	Jan 5	-	CLUB CLOSED DUE TO COVID
27/1 Ray	19	-	CLUB CLOSED DUE TO COVID
5/2 Rosaleen	Feb 2	Lori	What did you do? + Carers
17/2 Lori, 22/2 Mary, 1/3 Pippa	16	Lori	Valentine's Quiz, Crossword & Wordsearch
4/3 Jasmine	Mar 2	Lori	Pancake Day + Carers
2/4 Fred (80)	16	Lori	Spring Begins! (20/3)
18/4 Trish	Apr 6	Lori	Front room cinema + Carers
8/5 Jan, 9/5 Mike, 11/5 Jean	20	Lori / Jan	Bingo, bonnets, Easter Eggs (Easter Sunday 17/4)
	May 4	Jan	Bingo + Carers
	18	Lori	Front Room Cinema film showing & popcorn
2/6 Steve, 3/6 Betty, 4/6 Judith	June 1	Lori	Queens Platinum Jubilee & Thank You Day (Sunday 5th) + Carers
18/6 Roger (70), 30/6 Brenda, 3/7 David P	15	Lori	Barge trip & picnic Summer Begins (Tues 21st)
	Jul 6	Lori	Wildflower planting + Carers
	20	Lori	Visit from the Grateful Society
7/8 Paul	Aug 3	Lori	Commonwealth Games Quiz + Carers
17/8 Jack, 2/9 Andrew, 6/9 Richard H.	17	Lori	Stone painting
8/9 Sarah, 19/9 Pat F	Sep 7	Jan	Games + Carers
22/9 Chris (70), 28/9 Sandra (80), 3/10 Ray G, 4/10 Verity	21	Jan	Quiz
30/10 Helen	19		+ Carers



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Highlights of our year

2021 - a Christmas to remember - welcome drinks, a great lunch, volunteer thank you's, raffle with loads of prizes & a Xmas gift to take home!



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Highlights of our year

We celebrate all key dates & major events in the year and the Queens platinum jubilee was celebrated in style!



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Highlights of our year

A barge trip & picnic! Great fun was had by all and is a highly recommended activity!



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Highlights of our year

Our own Common Wealth Games! One family member contacted me to try and find out why his mother had a medal that she was so proud of !



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Is it worth all the effort?

Just a look back at what the members said in 2021 tells me ...
..... yes definitely!

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 11th"



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**For information on
Nailsea Stroke Survivors
Club please contact:
Lorraine (Lori) Rowsell**

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

News & updates welcome!

Verity's contact details
Tel: 07799 436024
verity.aldous@stroke.org.uk

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.**

Stroke Helpline: 0303 3033 100