



4th April 2022

Musical Moments

A fun and engaging session this week with Vicky from Musical Moments. It was very enjoyable and we all had a good sing-along as well as lots of actions. Thank you Vicky.



COVID-19

Unfortunately we have had a reported case of COVID-19 so please could we be mindful of other members and if feeling unwell to either stay at home or do a LFT test before coming to Group to keep everyone safe. Also please do not panic either, the individual is OK.

Afternoon Tea in memory of Patti

In memory of our much missed member, Patti, we have booked an Afternoon Tea at Haslington Golf Club on Tuesday 26th July at 1pm. We have invited her daughter, Sharon also and it will be a lovely occasion to remember her by. To book, please fill in Booking Form with your refundable deposit of £5.

We're happy to announce that we made the front page of the Alsager Chronicle!!!

Stroke survivors' group 'will be game changer'

Stroke survivors can rebuild their confidence and improve their communication skills thanks to a new group launching in Alsager.

Fun games and days out will also be on the timetable of the Stroke Survivors Speech and Language Support Group, which will hold its first meeting at The Thirteen Club on Thursday, 5th May.

The aim is to help people with speech and language difficulties after they have suffered a stroke to gain more social contact with others and develop new ways of communicating.

Careworker Liz Bedson founded the main group in Crewe four years ago after her father Colin, now 85, had suffered a stroke two years previously. It meets each Tuesday at Union Street Baptist Church and now supports around 60 survivors aged between 45 and 96.

The expansion into Alsager comes after town councillor Sue Helliwell suffered a minor stroke just over a year ago.

Describing what happened she said: "While walking I fell and thought nothing of it. I managed to get myself home and my family and friends made comments about my speech being slurred, not making sense and they noticed I had a weakness in one of my legs.

"After being nagged constantly, I phoned the doctor a week later to be told that I needed to get to A&E as soon as possible as they had predicted I had a stroke.

"As you can imagine I was scared and confused and was telling myself there was nothing wrong.

"I received wonderful care from the NHS, which included counselling."

Coun Helliwell said she has learnt to live with her minor stroke although she does sometimes get her words muddled up and has learned that she needs to write things down.

"I reached out to Liz Bedson through Cheshire East Council, as I realised there were no groups in Alsager to help residents like myself," she explained.

"When you have a stroke, you feel confused alone and struggle as you don't want to burden others. Your emotions change and it is difficult trying to explain this to people, sometimes you just want to scream or play loud music to cope."

Mrs Bedson explained that after stroke survivors have been discharged from hospital "they come out of the system and there is nothing there for them".

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Stroke survivors' group 'will be game changer'

• — From front page

Having helped her father recover she said: "He lost his speech, language and communication skills but he got through it, and here we are six years later."

She said the survivors group was not only for those recovering from a stroke but for their carers as well.

"We have plenty of fun, our meetings are not just about a good old chinwag," said Mrs Bedson.

"Our activities are quite basic but they're fun things. For example, we play the ABC game. Someone says a letter then a list of words that begin with it. It's something everyone can take part in. We have such fun with it.

"We treat everyone as individuals who can go at their own pace and who are helped by volunteers.

"For instance, if there is someone who has difficulty speaking, we will encourage them to join in, but only when they feel comfortable."

The group also organises day trips.

"Last year, we took a group of 30 to see the Anderton Boat Lift, which was fascinating," said Mrs Bedson.

"We've also been on a visit to the Titanic Brewery in Stoke-on-Trent and have arranged two trips this summer on the Audlem Lass, a narrowboat suitable for people with limited mobility.

"It's just amazing what people get out of it. They form friendships and get their confidence back."

Instructors with Everybody Sport and Recreation, which runs the local leisure centres, attended one of the meetings last week.

"Some of our stroke survivors were using their weaker sides during exercises to improve their coordination. They want to get better and live life to the fullest," Mrs Bedson said.

"I look at what people can and can't do. It's about assisting people and helping them to be positive.

"One lady, who comes to the meetings in a buggy, lives in Spain by herself for half the year."

In July, Mrs Bedson's husband Gary, son David and their friends will climb Snowdon in aid of the stroke survivors group, which relies mainly on donations.

The meetings at the Thirteen Club will be held every Thursday.

Coun Helliwell said: "Everyone's stroke recovery is different. Having this group in Alsager will be a life-changer for people who are recovering from a stroke.

"They will know they are not alone and they don't need to be scared. It will be a friendly and welcoming place.

"Since it was announced a group would be opening up in the town, I have been contacted by residents who have had a similar experience as me and they are looking forward to the new group starting."

For further information, email strokesurvivorsalsager@gmail.com.

Grand Opening Alsager Group

Our New Group based in Alsager will be holding a Grand opening on Thursday 5th May at The Thirteen Club and is being opened by the Chairman of Alsager Town Council and the Deputy Cheshire East Mayor. We will be having press coverage and celebratory events. The weekly activities will follow the same format and weekly activities that we provide already at Crewe. Anyone can attend either or both Groups, especially when we have trips out/Community Events etc.

Contact Lead Volunteer for Alsager is Susan Wenlock-Smith 07738 626891 or strokesurvivorsalsager@gmail.com for more information

Charity Snowdon Walk Saturday 2nd July 2022

Our walkers are in full training mode for this event and are doing us proud. Please can you support our Group with even a £1 as we receive no funding in any way apart from kind donations. Our Group provides a lifeline for many Stroke Survivors so any donation helps us to continue supporting them.

Link is <https://gofund.me/313961c4> Thank you

£2 per week includes a hot beverage and biscuit! Or £10 for 6 weeks

Activities and Dates for your Diary 2022 (A) Alsager, (C) Crewe

Tuesday. 12th April. 11am. (C) Root It Out

Future Dates

Tuesday. 3rd May. 11am. (C) Back to Group, Julie Barton Hand Massages

Wednesday 4th May. 6.00pm. Volunteers Meal Out, The Plough, Alsager

Thursday 5th May. 10.30am. ++++Alsager Group Opens+++

Tuesday. 10th May. 11am. (C) Stand Strong, Kate, One You Cheshire East

Thursday. 12th May. 10.30am. (A) Stand Strong, Kate, One You Cheshire East

Tuesday. 31st May. 11am. (C) Musical Moments, Vicky Thornton

Thursday 2nd June. 10.30am. (A) Queens Jubilee Party, Alsager Group

Tuesday 14th June. 10am. Audlem Lass Trip with Afternoon Tea, Overwater Marina

Saturday 2nd July. 8am Sponsored Walk Snowden Llanberis Way

Tuesday 26th July. 1pm Afternoon Tea,
Haslington Golf Club in memory of Patti

Tuesday 9th August. 10am. Audlem Lass Trip with Afternoon Tea, Overwater Marina

We welcome new members at any time. If you would like any information about our Group then please call

Liz Bedson
Founder

Lead Volunteer Crewe 07852826582 strokesurvivorgroup@gmail.com

Susan Wenlock-Smith

Lead Volunteer Alsager 07738626891 strokesurvivorsalsager@gmail.com

Snowdon Link for Donations

If this is something you would like support, we have a GoFundMe page

<https://gofund.me/313961c4>.

Booking Form. Name.....

GRAND OPENING ALSAGER GROUP,
5th May 10.30

Yes / No

Queens Jubilee Party at Alsager.
3rd June 10.30am

Yes / No

Audlem Lass Trip/Afternoon Tea
14th June 10am

Yes / No. Refundable £5 deposit

Afternoon Tea at Haslington Golf Club
26th July 1pm

Yes / No. Refundable £5 deposit

Audlem Lass Trip/Afternoon Tea
9th August 10am

Yes / No. Refundable £5 deposit

All deposits will be refunded if you attend the Trip.
The deposit will NOT be refunded if not attended Trip.

Please return to your Lead Volunteer with deposits

Reed Wellbeing

Would you like to improve your strength and balance?

Come and join our free **Stand Strong** exercise classes



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0808 1643 202



Audlem Lass and Wheely Boat Trip
Tuesday 14th June or Tuesday 9th August
10am prompt at Overwater Marina, Audlem.
Afternoon Tea provided by **Bru Coffee and Café, Crewe**



Audlem Lass.



Afternoon Tea by Bru, Crewe.

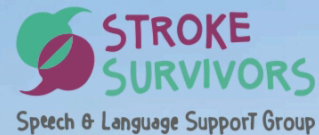


Wheely Boat, easier boarding

Please let us know if you would like to attend this lovely day trip out. We have 2 dates so please let your Lead Volunteer know which one you would like to attend. Places are limited.

Price £5 refundable deposit if attend.

SNOWDON CHARITY WALK



Up Snowdon
Saturday 2nd July 2022

Up to 8 Walkers & 2 Dogs
Donations and Sponsorship at Go Fund Me
gofund.me/28527d5b
Stroke Survivors Speech & Language Group