



# Phoenix Stroke Club Newsletter Summer 2014

[www.phoenixstrokeclub.org.uk](http://www.phoenixstrokeclub.org.uk)



## Another Successful Phoenix Club Holiday!

This year's holiday saw 11 members and their carers with 6 volunteer helpers enjoy a 4 night stay in Bournemouth. The journey by accessible coach went smoothly and the group quickly settled at the Elstead Hotel.

The outing to Stonehenge was a great success with the newly opened visitor centre and the shuttle service to the stone circle, which meant that everyone was able to take in the views and marvel at the structure.

The weather was less kind the next day but everyone managed a "stroll" along the seafront and the pier which was accessed using the funicular lift on the east cliff. A few guests still had the energy for some retail therapy in the afternoon!

Thursday dawned bright and sunny and after taking a scenic route through the New Forest, the group visited Exbury Gardens. By using the steam railway and buggy, everyone was able to enjoy the world famous displays of rhododendrons and azaleas.

All in all, it was a very busy but enjoyable few days. Lesley Niven (Phoenix Club Trustee) who organised the holiday, was very grateful for the help of the hotel staff, coach driver Alan and our brilliant volunteers Bob, Ian, both Johns, Roisin and Caitlin.

Lesley is now looking forward to planning next year's trip!



# Communication Support Group



The Communication Support Group meets at the club on a Thursday morning. The group's aim is to support those whose language and/or communication skills have been affected by stroke. We have a good team of volunteers, who plan and lead the sessions and can often provide activities on a 1-to-1 basis.

Referrals to the group are made via Jackie, our Manager.

Many of our members gain enough confidence, within the group, to move on to a full club day and some will often attend both.



'After my stroke I couldn't read or speak.

The club has helped me to gradually improve my speech.

A fellow member helped me to understand what had happened to me and that enabled me to cope much better.

I have also improved both my reading and speaking by reading out loud'

'Talking with volunteers and members at the club is very important to me as I seldom get this opportunity at home.

I wish I had known about the club immediately after I had had my stroke'.

'I enjoy everything about the club, I enjoy coming, I always look forward to it.'



'The club has made me talk a lot better. I am also reading well.

It also helps me to talk with other members.

Singing is good because I remember the words and can join in.'

## Owls About Town visit to the Communication Support Group.



## **From the Chairman of the Trustees**

**Nigel Haverson**

It hardly seems a year ago that we had our last AGM and I took over as Chairman. What a year we have had and whilst there hasn't been a moments rest it's been a privilege to have been involved.

In February we met with other stroke clubs in West Sussex to exchange information about our various services and to learn from each other. To see the variety of services provided and the ways in which they are provided was very encouraging. It was also comforting in a way to learn that we all face very similar challenges but also to see that we all share the same joys as we see people develop after their stroke. We will keep in touch with each other to continue our shared learning.

Last time I shared with you the on-going issue of our funding. The Trustees decided to bid for funding to both continue our work in Horsham but also to develop a Club in Crawley where the incidence of stroke survivors is higher but for who the availability of services is considerably less. I hope to be able to update you at our AGM.

That leads me to the AGM which this year is being held on **Monday 7<sup>th</sup> Jul** in the afternoon. We hope to see as many of you who are able – Members, Carers and Volunteers – at the meeting. Please remember this is your Club and the decisions concerning the Club are taken by you - I look forward to seeing you all there.

## **Information Leaflets**

The club have several information leaflets situated by the entrance notice board and on the white cupboard in the lounge. Please feel free to pick them up. If you come across any leaflets with information you think would be useful for other members or their carers, please let us know so we can order some. However we do not advertise care agencies or care homes.

Please can you help us distribute Phoenix Stroke Club leaflets and posters throughout the District by asking local shops, surgeries (GP or Dental), community halls and churches if we can display an A4 poster or a few of our leaflets and, if possible, help us distribute them.

## **Dates for your Diary**

**Carers' coffee morning:** Mon 28 Jul, Wed 16 Jul, 11 am at Station Inn, Horsham.

**Phoenix Forum Meeting:** Wed 30 Jul, 4 pm at Phoenix Stroke Club.

**Members' Afternoon Tea:** Forest School - 14, 15, 16 Jul.

**AGM:** Mon 7 Jul, 2.30 pm at Phoenix Stroke Club. All welcome.

**Club Closure:** Bank Holiday Monday 25 Aug.

## In our Garden

In remembrance of WW1 we have been busy planting poppies, which will hopefully flower in August.

This included a contribution by the Tuesday club of poppies in old shoes!

Thank you to Horsham Museum for the seeds.



Our raised vegetable beds seem to grow by the day and a new herb garden is being created in the flower bed behind the kitchen. Thank you to Iain & David for all their hard work.

## Photos from visit to Wakehurst Place

Club outings which took place 16, 17 & 18 June



## Finally.....

A gentle reminder that our club day is 10.30am—3.30pm Mon, Tue, Wed and our Communication Support Group is 10am—12pm Thu. We understand that those using community transport often arrive early or get picked up late. If you do arrive early please understand that our volunteers are busy preparing for the day and tea/coffee will be served after 10.30am, once all our members are in the club.

We would like to thank all our volunteers for all their hard work, especially over the summer, when, due to holidays, we are often short staffed and to everyone who helped push wheelchairs on our recent outings.

Please may we have some more raffle prizes? (Bottles, edibles and toiletries).

Thank you.