

Volunteering with BASF



Here we profile a new volunteer **Ryan McGrath** who tells us a bit about himself and why he has volunteered.

I am 33, a bachelor who currently lives with his family in Bedminster. I have a younger sister who is married to her partner whom she knew as a young adult. They both have a son and a daughter. My niece, the eldest, will be starting secondary school soon, and my nephew gets good grades at primary school. I'm very close to them all.

While I am friendly and easy-going, I'm out of my element when I have to deal with large groups of people, especially when I don't know them well at all. I fare better at socialising with individuals or with smaller groups of people.

I've recently lost a significant amount of weight thanks to my low calorie diet and exercise. Exercising and keeping fit is something I enjoy doing in my spare time. I have other hobbies which include films, cinema, walks, reading, going to pubs and restaurants, playing video games and listening to music.

In my last paid job, I did casual work as an assistant surveyor for a small surveying company.

I chose this role as a **volunteer** because I enjoy helping others and making their lives feel more comfortable. Care work, as a paid profession, is something I am definitely willing to try in the future, as I have not done it before.

However, I'm looking to build my reliability and experience by working at these jobs.

If you are interested in volunteering with BASF please do get in touch. We are looking for support with our work in South Gloucestershire area in particular.



Registered Charity No.287554

'NEWS UPDATE' SPRING 2016

What's going on in 2016?

ACTION after Stroke

4 week programme with an optional fifth to support people who feel distressed or anxious after a stroke, this includes carers as well as the person who has had a stroke.

Weekly: Tuesday 28th June until
Tuesday 26th July: 11am – 1pm

Conversation Group

This course aims to help people with aphasia gain confidence and improve their communication

Weekly: Wednesday 6th July until
Wednesday 12th August: 2pm – 3.30pm

Next Steps – South Gloucestershire

8 week physiotherapy led exercise programme with added information talks.

Weekly: Wednesday 7th September
until 26th October: 2pm – 4pm

Stroke of Genius – South Gloucestershire

10 week therapeutic group for younger people affected by stroke.

Weekly: Tuesday 7th June until
Tuesday 9th August: 1pm – 3pm

If you would like more information on all of these events please contact Amy Gill at the office.

Next Steps - South Gloucestershire

It has been really exciting to see an idea become reality. Next Steps funded by South Gloucestershire Council is the result of collaboration between BASF and Dr Praveen Kumar (Senior Lecturer in Physiotherapy at the UWE). This Physio based programme seeks to meet the needs of people keen to reach their full potential after suffering a stroke.

Each of the 8 sessions begins with a warm up and then a full hour of supported physical exercises tailored to individual needs.



We have been lucky to have the support of student Physio's most weeks and they have seemed to enjoy the course as much as the participants.

The second half of each session is a talk given on a relevant issue given by an 'expert' in their fields. We have covered subjects like 'what is a healthy diet?', 'fatigue' and 'how to deal with stress'.

Partners/carers are welcome too and I think there have been many new connections made.

Val Brittain, Stroke Co-ordinator

Fundraising news

There has been some great progress with fundraising in 2016 already we are incredibly grateful to:-

St Monica's who have given us a grant of £5000.00 for our groups in Bristol.

Saffery Champness through the Quartet Community Foundation who have donated £2000 towards our ACTION after Stroke programme.

Gloucestershire Community Foundation Freemasons fund who have given us a grant for £1965 towards counselling.

Henbury Golf Club Ladies Captain has chosen BASF as their Charity of the Year in 2016 and already raised £1500.

Chipping Sodbury Golf Club raised £3400.

Becky Jones who works at Matthew Clark Ltd raised £756.69. **Matthew Clark** added £500 to this making it £1,256.69.

Waitrose Community Matters

Donation
£540



Wellbeing Day 2016 save the date!

BASF will be holding their **Wellbeing Day** on September 30th at Oately Hall, St Monica Trust, Cote Lane. Please put the date in your diary. We are currently planning the **Agenda** so details to follow!

If you'd like to donate or raise money for BASF please phone us at the BASF office and ask for **Emma Collier, BASF Fundraiser.**

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supporting people affected by stroke