



### **New project to boost our volunteering!**

We have been successful in a bid to the Bristol Older People's Alliance, working with Bristol Aging Better, to develop what we can offer our volunteers and what they can do for us.

With limited resources and increasing demand, we need our volunteers more than ever to help deliver our services. The extra money will allow us to employ a specialist Volunteer Coordinator for one year who will work with all of us to ensure that we are a great organisation to volunteer with and enable many more people to support us. The project has a particular focus on older people's volunteering, and we hope it will encourage many of our service users to go on and volunteer to help us.

We hope the new member of staff will be with us by the middle of August and getting around to all our groups and activities in the Autumn.



### **Bristol After Stroke Wellbeing Day 2018** **Save the date!**

Our ever-popular Wellbeing Day will be on Friday 5th October (a change from the previously advertised date), and we are delighted that the St Monica Trust is making Oatley Hall at their Cote Lane complex available to us again. We look forward to seeing you there!

This year's programme includes talks on diabetes & stroke, vision loss after stroke, managing relationships, and resources for self-help.

We will also have our now traditional opportunity to thank our volunteers and supporters, and a review of our year.

### **Coming up this autumn**

#### Conversation Group

Targeted support for people with aphasia after stroke.

Exercises, games and communication tips in a small, friendly, encouraging group. Facilitated by staff and volunteers with experience in aphasia

Starts 11th September 2018

#### ACTION after Stroke

A short course to help you get on with your life

ACTION after Stroke helps with the many negative feelings you may experience after stroke - and is available to carers/spouses as well. ACTION after Stroke helps you understand how your mind works, how you can overcome disturbing and distressing thoughts, and introduces useful tips on relaxation and goal setting.

Funded by the James Tudor Foundation, our recent evaluation bears out research that shows that taking ACTION after Stroke reduces depression and improves self-reported health, wellbeing and hopefulness in people affected by stroke

Starts 31st October 2018

#### Mindfulness

Our new Mindfulness classes build on the relaxation and stress reduction techniques introduced in ACTION after Stroke. The short session explores the ideas and techniques of mindfulness to enable you to get the most out of your practice.

You can join our Mindfulness class even if you haven't done ACTION after Stroke (yet)!

4th September 2018

For more information & to book contact the Bristol After Stroke office 0117 964 7657



## Fundraising News

### Golf Day 2018

Bristol & Clifton Golf Club once again held a Captain's Charity Golf Day in aid of Bristol After Stroke. The very popular and successful event raised thousands of pounds and we are delighted that this has been matched by local grant funder, John James Bristol Foundation, making a total of over £35,000. Huge thanks to 2018 Captain, Alan Thoy, and our very own Peter Scott for making it happen!



Donations of this scale make a significant contribution to what we can do for stroke affected people now and into the future.

### Flying start to the new (financial) year!

We have had a successful start to the financial year with nearly £30,000 raised already – not including the Golf Day!

Whilst trusts & foundations and events like the recent Golf Day at Bristol & Clifton Golf Club may bring in thousands, we love to receive small donations too. And we love to hear the stories that go with them about why you chose to support Bristol After Stroke.

No donation is too small to help us support people who need our services, and if you have a fundraising idea just get in touch!



We recently received donations from employees of Airbus following their weight loss challenge, and from staff at the Aviva Centre at Parkway following a bucket collection on the door, and five people completed the Bristol 10k road race in May raising a magnificent £2700.



All of these fundraising challenges were inspired by what we do for the people we help. Thank you!

## Staff & volunteer news

We were sad to lose Emma Mather, our Lead Group Organiser, in May but we now welcome Jayne SC Gaston. Stroke Support Coordinator for South Gloucestershire, Claire Lambourne, will be going on maternity leave in August, and her place will be filled by Penny Snow. Look out for them!

The Portway Stroke Support Group recently said goodbye to Martin Christie who is moving. Martin has been a dedicated volunteer and past Trustee and will be missed greatly. We'd like to thank him for all his support over the years and wish him all the best in his move!