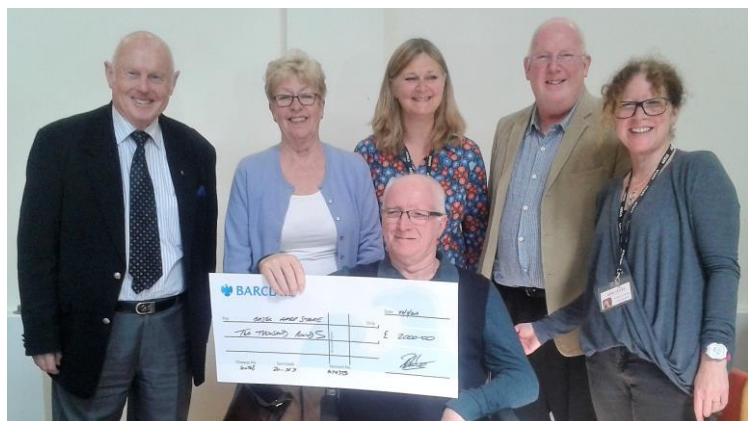## Fundraising News

We have received a very generous donation of £2000 from the Gloucestershire Masonic Charity, and Roger Blake, of the Chipping Sodbury Lodge and friend of regulars at the South Gloucestershire Café, Alan & Pauline Williams.

Fundraising Committee

The newly convened Fundraising Committee got underway in March and is focusing! 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!

Dates for your diary

Aphasia Drop-In

Café-style support for people with Aphasia after stroke! Come and meet others in a similar situation to you. The group is led by Volunteers with experience in Aphasia.

Monthly on a Monday Afternoon 2pm – 4pm

Up-coming dates: 5th August 2019
2nd September 2019

Yate Stroke Support Group

Do you live in or around Yate and would like to join a weekly stroke Group? We'd love to hear from you? If so get in touch, we run a support group on Monday afternoons at the Shireway Community Centre 2 -4pm.

Bristol 10K – Len's Ten

Team Len's Ten remembered our good friend and volunteer, Len Osgood, who sadly died last August. We had a fantastic team of nine who ran the GreatRun Bristol 10K on a fabulously sunny Sunday 5th May. Everyone completed the course in good times with volunteer Jerry running in his very first race! In total over £4000 has been raised!

Bristol After Stroke Wellbeing Day 2019

Save the date Our traditional and popular annual get together for all our friends and partners, our Wellbeing Day will be on Friday 27th September this year, at St. Monica Trust, Oatley Hall, Cote Lane again.

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

Bristol After Stroke can be contacted at the office by Telephone 0117 964 7657 or Email us:
office@ bristolafterstroke.org.uk

New services for Bristol!

Next Steps

We are delighted to confirm that our ever-popular Next Steps physiotherapy-led short course will shortly be available to people affected by stroke in Bristol for the first time. We have secured funding to deliver a dedicated 7-week course at UWE Glenside starting 30th October 2019.

If you think you meet the criteria; see our website for more details. Speak to your Stroke Support Coordinator to arrange booking.

In Reach at BRI

We are now providing monthly bedside support to people affected by stroke at Bristol Royal Infirmary in addition to South Bristol Hospital. Huge thanks to the James Tudor Foundation for funding these services this year.

Bristol After Stroke Volunteer Day 2019

We celebrated and thanked our fabulous team of volunteers on **Tuesday 18th June**. At the Vassal Centre, Fishponds. Local charity, Alive, gave the Volunteers a workshop on developing activities for groups. This was followed by our traditional thanks & appreciation!!

Staff & Volunteer news

New Chairman for Bristol After Stroke!

New Chairman, Mike Hill, is relatively new to Bristol After Stroke but brings with him personal experience and very useful professional skills.

Goodbye to Peter Scott

We are hugely grateful for Peter's service. Over the last eight years he has overseen the growth and development of the charity including our service commission with South Gloucestershire Council and three highly successful charity golf days at Bristol & Clifton Golf Club. Thank you!

We can drop the Trainee part of **Volunteer Counsellor Steve Ramsden** as he is now a qualified Counsellor! He has decided to stay on and Volunteer for Bristol After Stroke (more to follow in the Annual Newsletter).

Mindfulness

Mindfulness builds 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. The next class is on Tuesday 22nd October 10.30– 12.30 at Studio 9, The Gatehouse Centre, Hareclive Road, Hartcliffe, BS13 9JN

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