

Group News

January 2021

Charity Company No. 11814993
Registered Charity No. 1182124


BRISTOL
after stroke
supporting and rebuilding lives in your area

Here's to Hope for the New Year!

Although we cannot deny that **times** are **hard** right now, we need to remember that there is **HOPE...** We have not **1 but 3 vaccines** that have been rolled out and are becoming available to the oldest and most vulnerable in society. There will be an end to this and if you are finding things particularly difficult; **take each day at a time** and know that we are here to support you at **Bristol After Stroke**. We are also here to keep you entertained with the emoji quiz included: How much do our **Group News** readers really know about Bristol?...

January Gardening from the Gardening Group

Now is a good time to start **sprouting seeds** on the windowsill, for adding a fresh taste to your salads. **Pea seeds** can be planted thickly into a 7-8" pot undercover for pea tips. **Harvest** when they are just 8cm or so high, another welcome salad ingredient.

Outdoors, beds can be prepared for **spring planting**. They can be covered with plastic to warm up for early sowing, it keeps the **soil warm** and keeps the **weeds down**. It's good to plan your crops for the next season.

Outdoor pruning can be continued.

We should all now be **planting trees** in troughs, in tubs, any size suitable for your garden. Find out what size your little shrub might grow to! Please do remember **to feed the** birds and don't forget to give them **warm water** during a freeze.



Group Member News

Stewart Young who's been attending our **South Glos Café** designed his own **Christmas Card** this year, along with mugs as well.



Stewart's designs are made on his **iPad** using the App Procreate. **Thank you** so much for sharing your **beautiful designs**

Volunteer News

Our **Volunteer Andy** received a special home-made **Christmas present** this year; his daughter Kate made him a **Guitar Garden**. Such a lovely present which encompasses Andy's love of **plants and music**.



Sue who **volunteers** at our Portway group has recently had her **life story book published on Amazon**. It was a project she had been trying to do for years and finally managed to pull it together during the first Lockdown.

Service User Advisory Group Chairperson

The **Chair of our Service User Advisory Group (SUAG)** is stepping down after 5 years in the role and so now we are looking for a **new Chair**. If you are interested in helping **Bristol After Stroke** guide the charity and keep us focussed on what is **important for service users** following a stroke, then please get in touch with the office and we can tell you more.

What is on next with BAS



South Glos and Bristol Stroke Cafe

Thursday 19th February 1.30—2.30 pm

ACT 16th February 2021

Next Steps 2nd February 2021

If you want to receive **Zoom Training** as these **courses** are on-line please contact the office.

Bristol After Stroke can be contacted:-

Telephone 0117 964 7657

Email: office@bristolafterstroke.org.uk

Office Address: **Bristol After Stroke**

The Gatehouse Centre, Hareclive Road,
Bristol, BS13 9JN

From the Happy Broadcast Post!

A **neuroscience study** revealed that a **smile** gives the brain more **feel-good hormones** than **2000 bars of chocolate!**

Quiz for this month

How well do you know Bristol...

Answers to follow next month

1. ❤️ 🏡
2. 🍳 🏰
3. 🗼 ☁️
4. 🔥 🐳
5. 🛁 🧼
6. 🌳 🏰
7. 📎 🎭
8. 🖋️ 🚗
9. 🔑 🍀
10. ♾️ 🐳 🟢
11. 🐔 🍓
12. 🏠 🏰
13. 🐔 🧑
14. 🧤 🌳 🌳 🌳
15. 🧹 🏔️

Stroke Coordinator Val's Thoughts..

Hello Mr Heron

Lessons learned this Covid Year..

Living and working alone has had its **challenges** for me, I don't mind admitting that there have been some lonely moments; but also some **really sweet and tender moments** which have sustained me and made me realise that **sometimes life happens** just under your nose. I walk past a builder, I have **no idea** how we **started talking** but we did and now most days his head pops up as I walk past. Just commenting on the **weather** and then chatting about **houses**. His **advice** and **knowledge** and **down to earth** approach to all things property has been invaluable (as I navigate a tricky house sale) and a **great comfort**. He also makes **me laugh**.

At the lake I nearly always meet Nigel, he **makes me laugh** too; he always tells me my twin sister is out today. I **somehow suspect he's quite lonely** too. Our little chats about the **minutiae of life** often make my day. Indeed, I am **lifted** by all the people I meet, someone with a dog or a baby or a camera, there is **always something going on** and in this **most difficult** of years people have seemed **more ready** to chat.

But most of all I look for the **Heron**, there are 4 who live at the lake but one is much **bigger and grander** than the others. I **stare** at him! We don't always see **eye to eye** because he's a terrible killer and this **isn't my style** at all. But his **beauty** and his **stillness** and I suppose his surety of purpose **still my heart** every day. Reminding me that **no matter what** life goes on **and it is good**.

