Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – Autumn 2018

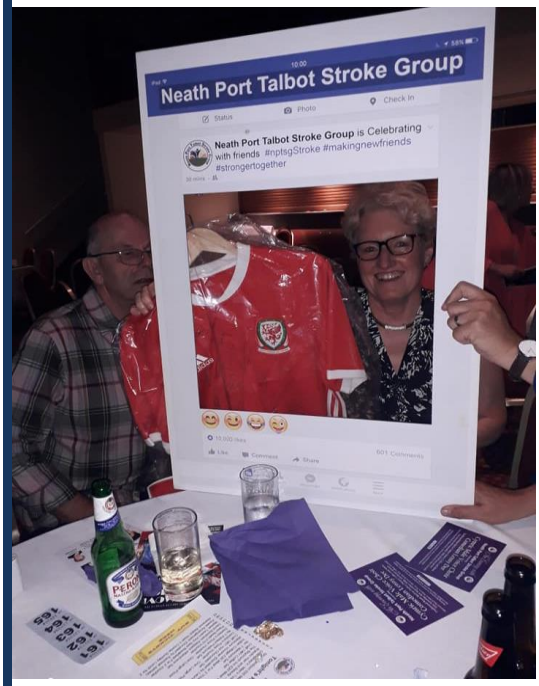
What the stroke group means to me…

When my husband Tony first had his stroke, we were devastated. There was so much he could not do, he could not shut his eyes, so he slept with patches on. He could not drink and struggled with eating. He wouldn't go out at first, life was becoming very difficult for myself to deal with. He wouldn't mix with people, he was becoming a recluse. We were then told by a friend of ours about a group that met every Wednesday at a Community Centre 10.00 to 12.00 so I decided to go see what it was like. There were people there in the same position as us. When we went Tony was very quiet and didn't mix with them. So we went a second time, he was still the same, as time went on he started mixing with others which was a big step for him. He began looking forward to every Wednesday. We now go every week, we go on outings. we do so many activities planting flowers, drumming, fishing and lots more, too many to mention. Without the amazing committee we would not be doing what we do. They work so hard between them, if we have any problems they are there to help and listen. The group is a big part of our lives now without the group we would be lost. So, a big thank you to all the committee and everyone who comes to group. Love Tony and Sue

This is what our NPTSG bunch has been up to during Summer!

Heatherton & Tenby

In August we had a trip to Heatherton and Tenby for the day. This trip was so in demand we had to use two buses. We had a great day. My first vision when I got into Heatherton was Brian McCann on a bumper boat having the time of his life. I know that Clay pigeon shooting was well in demand and some people still haven't got over losing to a blind man. Half of the people on the trip visited Tenby for the afternoon and we heard many good stories about peoples lunchtime activities.

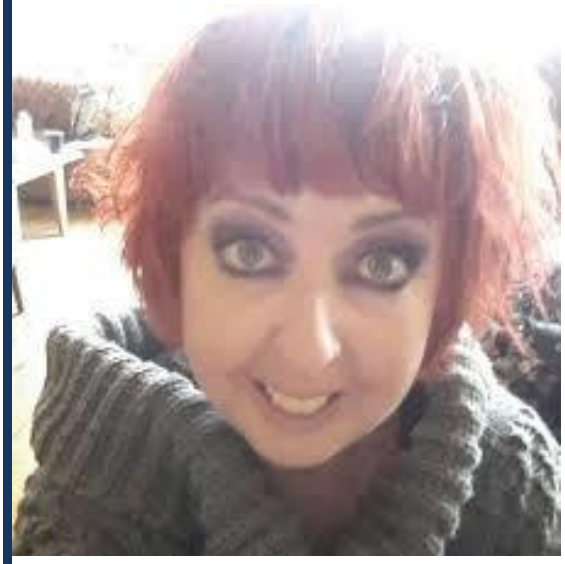


Comedy Night with Lenny Dee

It was the night of 8th of September, where we had 142 members, friends and family attend our Comedy Night where we were entertained by Port Talbot Cymric Choir and the Comedian Lenny Dee. It was a very successful evening with some fabulous Raffle Prizes and a signed Welsh football shirt which was auctioned and won by Maureen and Richard Casagrande, who's grandchildren were landed Maureen told us. The star of the night was Phil Gammond who won a few raffle prizes and generously gifted them to friends and family, before leading a Conga line around the ballroom to 'Is this the way to Amarillo', thank you all for supporting a wonderful evening.

AGM (Annual General Meeting)

A great big thank you to everyone who came along to our AGM and filled out a survey telling us what you like and don't like. It is so important to us that we are arranging activities, days out and social events that we can all enjoy. We collated all the information and have now planned 2019 with as many things as you suggested. We have a trip to Blackpool, Longleat, Shows, Walks and more meals out to name but a few. All upcoming events will be shared with you at group or check out our Facebook page anytime in the 'Events' section.



What have we got coming up for you to enjoy?

Nataly Churchill – Spiritualist Medium Monday 22nd October @ Aberavon Beach Hotel 7pm

The amazing Nataly Churchill will be doing another jaw dropping evening for us. We understand that this event isn't everyone's cup of tea, so we need to tell you why we are doing it. At the last event we made over £600. This is an incredible amount of money to raise in just 3 hours. These events also encourage the public to attend nights that we host. This then carries the word of 'Neath Port Talbot Stroke Group' around our community, so we can help others that have been affected by stroke.

Halloween Quiz Night & Fancy Dress
Saturday 27th October - Four Winds 7pm

Come and join us at the Four Winds on Saturday 27th October @ 7pm for our Halloween Quiz night and meal. Prize for best fancy dress. Bring your friends and family for some fiendish fun and ghoulish games, as well as the quiz and scary table top games. Tickets £7 per person. See Steve to book tickets and meal choices 07450-897813

Birmingham Christmas Market 2 Night Trip
Sunday 2nd December

This year there are 34 of us off to Coventry for 2 nights 3 days which will include a trip to Birmingham Christmas market for what has become an annual event. When we know the name of the hotel and the departure times, we will let everyone know. Those that have been before Know what a great time they had, those that are coming for the first time will have a nice time and hopefully will want to repeat it again next year.

Bristol Christmas Market Shopping Trip - Saturday 8th December

We are having a Christmas shopping trip to Bristol. The bus will be leaving Milland Road carpark at 8:30 AM and will leave Bristol at 5 PM. Emma has very kindly sourced some maps of Bristol which shows the walking routes and where all the Christmas markets are. Don't forget to bring plenty of spending money on let's see who buys the strangest item, I know that Paul ended up with a 4 foot reindeer last year let's see if we can better this year. If you would like to go, please see Paul.

Christmas Cinema – Forge Fach Community Centre, Clydach Wednesday 12th December 1pm

After group we are going to Forge Fach community centre where we will watch a festive film which will be decided upon nearer the date. This has also become an annual event, there will be mince pies, cakes,teas and coffees provided. Everyone enjoyed last Christmas, so we did it again in the summer, maybe we will do it again next summer and make it an annual event as well.

Christmas Lunch – Friday 14th December @ Aberavon Beach Hotel 1pm

Our annual Christmas lunch at the Aberavon beach hotel for will be served at 1pm. We can meet in the lounge area from 12.15pm. I hope you can all attend this event as it is a lovely festive get-together. We will have a table quiz or 2 and there will be plenty of festive music playing in the background. Come and enjoy a Christmas meal with friends. if you want to book for this please see Paul

Dates for Your Diary:

Oct 3rd - Bulb Planting for Spring with Mel Gammond
Oct 10th - Making Fugly Mugs Part 1 with Dotty Spotty Pottery
Oct 17th - Cake Making with Sara Ruth and Give a Hand and Bake
Oct 22nd - Psychic Medium Fundraising Night with Nataly Churchill
Oct 24th - Making Fugly Mugs Part 2 with Dotty Spotty Pottery
Oct 27th - Halloween Quiz and Games Night at The Four Winds
Oct 31st - Halloween Event including Pumpkin Carving
Nov 7th - Talk on Exquisite Chocolate with Robins and Son
Nov 14th - A Morning of Magic with David Christian
Nov 21st - A talk on Charity Work and Fundraising with Captain Beany
Nov 28th - Samba Drumming with Sarah from Drumabeat
Dec 2nd - 2 Day Trip to Birmingham Christmas Market
Dec 5th - Christmas Card and Decoration Making with Helena
Dec 8th - Celebrate Festivities on a Day Trip to Bristol
Dec 12th - Christmas Reindeer Craft Making with Small Woods
Dec 14th - NPTSG Christmas Lunch at The Aberavon Beach Hotel
Dec 19th - Sing A Longa Christmas Cabaret and Buffet

Each Friday we also run a games or exercise class.

10.30 to 11.30am Melincryddan Community Centre

Contact details:

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