Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – Spring 2018

A warm welcome to our quarterly newsletter

What the stroke group means to me.

The best decision I ever made was joining NPTSG. I was made to feel welcome immediately, the group is incredibly friendly, and you are met with acceptance and understanding not judgement. This group is more like family to me than just friends. I can't imagine what I'd be doing every week without this group! Steven Hopkins

This is what this busy NPTSG bunch has been up to during Winter.

Last December about 30 of our group went to Forge Fach Community Centre in Clydach where we saw the film Miracle on 34th Street. Refreshments were provided adding to the Christmas atmosphere with mince pies, stollen and a few surprises such as biscuits and cakes etc with the lights going off and on.

Christmas Lunch

We held our annual Christmas lunch at the Aberavon Beach Hotel on the 14th December. It was fantastic to see so many OLD friends and a fair few New ones. The food and company was once again fabulous and Electric in that order. A Vast array of prizes were brought along, your generosity knows no bounds. There were so many raffle prizes it almost took us to BOXING Day. We hope you all had a very merry Christmas and an exhilarating New Year.

Christmas markets

In December we had a free press trip to Cardiff Christmas market and German Christmas market this was a very successful day and everybody I think had a great time a lot of people bought items for Christmas and I bought a new handbag not for myself but for Claire I nearly had you there we hope to repeat this again this year as it was such a great success.

The Grand Sultan

In January whilst we were all experiencing the winter blues because Christmas was over we had a fundraising charity Curry night in the grand Sultan in Margam this was a buffet style all-you-can-eat Indian meal which seems to go down a treat. It was a little congested at the food counter to begin with but if we do it again this can be easily rectified it was a great success and on the night we raised £547.50 that sort of money helps us to pay for our free trips so thank you all for attending.

What have we got coming up for you to enjoy?

Exercise Class

The committee of NPTSG often likes to ask members what activities they would like to do at group. Something often requested is an 'exercise class'. We have just completed a 7 week session of chair exercises on a Friday with Sandra Hagarty who has trained with “Move it or Loose it” Sandra's sessions are a hit with those who have attended and it's not just about the adaptable brain and body exercise that Sandra teaches - we also have a lot of laughs. There are no tea or biscuits at these Friday sessions, just water and plenty of post exercise satisfaction. We will continue these sessions on Friday morning from 10.30-11.30 at Melin Cryddan community centre. We have plenty of space & chairs-come and join in!

Royal Mint – 9th March

On the 9th of March we have organised a trip to the Royal Mint in Llantrisant. There will be two tours one at 11.00 the second one about 11.30.there is a cafe on the premises where you can get refreshments while waiting for the tours to end. We will then be going on to McArthur Glen where we will have some free time. It is a free trip with the coach leaving Milland Road car park at 09.30 prompt. Hope you all have a great time. See Dwynwen to book

The Royal Mint® Experience

Race Night – Saturday 7th April 7pm @ Aberavon Beach Hotel

And their off! Come with your friends for a fantastic FUNdraiser Evening at the Aberavon Beach Hotel on the 7th of April. Doors open at 6.30 with the first race at 7.15. Horses are for sale for a chance to win £25. Food available on the night. Cost £10 per person to include food and a £1 bet. See Lee Ashford (07542-728056) for booking food choices and horses. May the best horse or pig win!!

Llanelli Wetlands Centre - Friday April 20th

Transport and the entrance fee is free and is a fantastic chance to enjoy hopefully some fresh air whilst getting to see the magnificent 450 acres of countryside, along with getting nose to beak with some of nature’s most exciting animals. We will be meeting at the centre at 10.30 and the trip will include a guided talk. To book see Suzanne Ashford. (07542-728056)

Chips @ Group followed by Cinema – Forge Fach Community Centre 2nd May

It was a great success in December so we have decided to do it again after group on the 2nd May. Because of the success of the 14th February we have decided to order food from Shillingfords before going to Clydach. If anyone requires a lift let one of the committee members know, we will try and arrange it for you. There will be teas and coffee provided. Please see Dwynwen to book.

Spiritualist psychic medium evening with Natalie Churchill.
Unfortunately Natalie has been experiencing gallstones and pancreatitis and had to postpone our psychic nights until the 26th of March this has proved to be a very popular event with the tickets selling out within one week of going on sale and I have a waiting list of people wanting tickets I'm sure we will have a great time on the night and look forward to seeing you all there.

We're for life after stroke

Dates for Your Diary:

7th March – History Talk Steve David
9th March – Royal Mint Visit
14th March – Celtic Roots Bonsai
21st March – Mercy Ships Talk
28th March – Easter Celebration Open Group
26th March – A Night of Mediumship with Nataly Churchill @ Aberavon Beach Hotel 7pm
4th April – Easter Themed Art Workshop
7th April - Race Night – See Lee
11th April – Step Out for Stroke Registration with Alan Drury
18th April – Tom Phelps Welsh Humour
20th April – Wetlands & Wildlife Centre Llanelli - See Suzanne
25th April – Spring Planting & Potting
2nd May – May Day Open Group
2nd May – Shillingfords Meal & Cinema Trip
9th May - Singing
16th May – Talk – Cadoxton to Carnage. The Coombe Tennant Boys in 2 World Wars
23rd May – Talk Guide Dogs –
31st May – Step Out for Stroke

Contact details:

Facebook.com/neathporttalbotstrokegroup
Email – nptsg@outlook.com
Twitter: @nptsgstroke
Phone Lee: 07542-728056