Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – Summer 2017

A warm welcome to our fourth quarterly newsletter

If you're new to group there's a lot of us here each week. So, for your reference we have 2 amazing volunteers Mary & Cerys. NPTSG also has a committee that works in everyone's interest. Jason our chairman, Emma our secretary, Lee co-chair & social secretary, Suzanne our treasurer, Gareth collects the subs. Paul & Dwynwen are also valued committee members that help arrange events and take bookings. Finally, John & Steve are key members of our group, ensuring we all have a nice cuppa & biscuits😊 Please approach any of us if you want help, information or advice. Don't feel alone, we're all here to make new friends and support each other.

We are on Facebook. Please like our page. www.facebook.com/neathporttalbotstrokegroup Our page has all our upcoming group meetings & social activities in 'Events'. We regularly share what we have been getting up to with photos' & videos. Stroke information posts are added too. Please contact Emma if you have any pictures or things you'd like added to our page.

We are introducing a new feature to the newsletter this quarter 'What NPTSG means to me'. The first one is from Lee Ashford. If you would like to contribute to this see Gareth

Just over 3 years ago, I had proposed to Suzanne and we were busy preparing for our upcoming nuptials, however on May the 6th I had a stroke which changed my life immensely. Now I consider myself very lucky to have retained a chirpy and positive outlook, in front of other people, however when on my own I was less confident about what life would be like. Fortunately, less than 3 months later I would hear about a new stroke group forming. Neath Port Talbot Stroke Group, since becoming a member my life has blossomed via meeting some fabulous people and making some amazing friends. I have learnt a lot about myself, both good and bad. The group has enriched our lives with the things it does and the wealth of fantastic people that keep joining. I hope you all get as much from the group, the friends you will meet and the ones we have yet to meet as I have done. Every day is a new challenge and I am sure NPTSG and its members will support every one of us. Together Stronger.

Recently, we've all been investing in NPTSG T-shirts & hoodies. It's brilliant seeing all this purple wherever we go especially during the month of May. For Make May Purple for Stroke. You can order T-shirts & hoodies with Paul Thompson. Paul is the gentleman in the photo (left) not wearing his T-shirt or hoodie!!! Tut-tut Paul.

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

Chinese night at Shanghai Chef

In March, we had a thoroughly enjoyable 'All you Can Eat' Chinese evening raising an incredible £250. Who would have thought fundraising could be so easy, enjoyable and tasty? The monies raised goes directly back to our group and pays for group activities such as African Drumming, Celtic Bonsai or trips out to Plantasia etc.

Bringing Gower Home – Photography Day at Oxwich

In December, we had a taster photography session kindly provided by Communities First. As a direct result from this, 11 group members went along to a photography workshop called 'Bringing Gower Home' in beautiful Oxwich. It rained, it hailed and the sun shone. It was a lovely day with some poignant photos being created. A week later we all celebrated our day's photography with other group members, Neath Communities First & Melanie Ezra the workshops tutor at Neath Cricket Club.

Celtic Roots Bonsai

During February & March we created our very own Bonsai tree's. Chris from Celtic Roots Bonsai taught us a how to wire these beautiful miniature trees and manipulate them into desired shapes. We all returned to group a few weeks later with our trees which were now in bud to continue the process. This was our largest ever group. We can proudly boast that we had 40+ stroke survivors, loves ones, carers & volunteers. Proving there is 'Life After Stroke' in our locality.

Plantasia

We visited Plantasia and they provided us with an animal educational workshop. Many members (Tina Stanley in particular) were keen to hold all the animals, while others were a little more reluctant to do so (Clair Thompson). Proud moment of the day came from Mark Goatley, who managed to walk his way around the whole venue without the need of his scooter. Well done Mark – recovery from stroke never stops. That day's visit to Plantasia proved that 3 years after Mark's stroke, he is still improving ☺

Abbots Kitchen

We've had many Indian nights & a Chinese night so we tried the Abbotts Kitchen in Margam for a change. Over 20 of us enjoyed lasagne, sausage & mash and quiche followed by a slice of cake. Again, we ate and raised money for our group. Seems like NPTSG like eating!! Paul made table quizzes for us to enjoy and a hilarious Easter themed playdoh competition. Sorry no photos - too busy eating and enjoying.

Car Treasure Hunt
The previous winners of our 'Car Treasure Hunt' Jason, Beth & Mark had the arduous task of hosting this year's event. It was so difficult it took them 2 years to create it!! We started out from Darcy Café, Shaw Trust. With 9 cars participating in total. 100 questions and clues set the route, with the additional task of collecting 10 items. This resulted in 'The Dunvanites' winning. Well done that team!!. We all had a wonderful day followed by a meal at the stunning venue of Felindre Reservoirs. 'The Wizards' won the task of collecting the most items and get to host next year's Car Treasure Hunt…Well done 'The Wizards'

What have we got coming up for you to enjoy?

1st June 11am – Step Out for Stroke Knabb Rock Mumbles – See Jason
Whether you take your first step or complete the mile walk join us and 'Step Out for Stroke'. Get sponsored and raise funds to help local stroke survivors at Neath Port Talbot Stroke Group, Three Crosses Stroke Club and The Stroke Association. Step out for Stroke is a series of fun sponsored walks for the whole family. Everyone can Step out for Stroke, regardless of age or ability. Bring your friends, your kids or your neighbours – each event has a fabulous family-friendly atmosphere. Whether you walk one step, 10 steps or the full mile, you're helping us to support people who really need us.

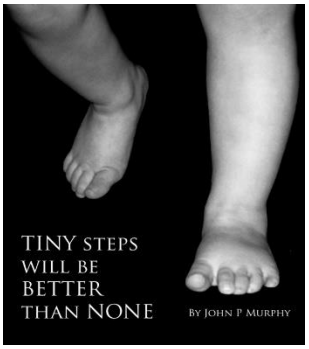
St Fagans 23rd June 10.30am – See Paul
Please come along and join us at St Fagans National Museum of History. Commonly referred to as St Fagans, after the village where it is located, is an open-air museum in Cardiff chronicling the historical lifestyle, culture, and architecture of the Welsh. This is a free event. There will also be a coach leaving 9.30am from Millands Road car park. Please book your space with Paul.

We're for life after stroke

curry night

Cinnamon Kitchen Aberavon Beach 26th June 7pm – See Lee
For the 3rd consecutive year we will be having a fundraising Curry Night with the wonderful staff at Cinnamon Kitchen. This has proved to be one of our most popular events. Yet again, socializing and raising money whilst eating! Enjoy poppadum's & pickles, starters and a main for £13.50 of which £5 goes back to our group to fund the activities we participate in. Unfortunately, we only have 54 spaces and this night sells out so quickly. We need payment and food choices in advance to secure your seat. First come first served. See Lee for menu's and booking. Please feel free to bring raffle prizes

National Waterfront Museum Swansea 18th July 11am – See Gareth
We will be visiting The National Waterfront Museum, Swanse is a museum in Swansea, forming part of Amgueddfa Cymru – National Museum Wales. It is an Anchor Point of The European Route of Industrial Heritage. If you'd like to come please let Gareth know. We will also be having lunch following the visit. This is a free event.



Book Recommendation:
Tiny Steps Will Be Better Than None by John Murphy
A very informative and helpful book about recovery from stroke. See the author John Murphy a group member for a copy.

Dates for Your Diary:

June 1st – Step Out for Stroke, Knabb Rock Mumbles 11am see Emma
June 7th – Welshness with Irene De Lloyd
June 14th -Welsh Valley Humour with Tom Phelps.
June 21st – First Aid Training with British Red Cross
June 23rd – St Fagans National History Museum 10.30am see Paul
June 26th - Curry Fundraiser – Cinnamon Kitchen, Aberavan Beach 7pm see Lee
June 28th – African Drumming and Percussion.
July 5th – Open group – American Independence Day
July 12th – A Merthyr Story – Talk
July 18th – Swansea Waterfront Museum 11am see Gareth
July 19th – Apply for Hynt Card
July 26th - Singing with Lorraine
Aug 2rd – Tai Chi
Aug 9th – Open Group
Aug 16th – Celtic Roots Bonsai – Bring your Bonsai's back this week
Aug 23rd – African Drumming and Percussion
Aug 30th- 'The Brain' by a neuroscientist Alan Palmer

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