Neath Port Talbot Stroke Group

Quarterly Newsletter – Winter 2016/17

A warm welcome to all the members of NPTSG, especially to the many new members who have joined in the last three months. Our group keeps getting bigger and bigger. Huge thanks to Mary & Cerys for coming along and volunteering too.

Sadly, a great supporter and valued member of our group the lovely Christine Lauder recently passed away. She will be greatly missed she was a beautiful and special lady. Our thoughts and deepest sympathy go to Brian, family and friends

NPTSG has continued to host some incredibly successful and thoroughly enjoyable social evenings for us the past 3 months. **We had 'An Evening with Comedian Nicky Smiles'** held at the Aberavon Beach Hotel. We enjoyed a 2-course dinner and a hilarious comedian Nicky Smiles with over 110 guests! WOW!

Artistic photo supplied by John Murphy

We also held a **'Halloween Fancy Dress Quiz Night'** at the Four Winds. A huge effort was made by all the Fancy Dressers they were hell-raising and brilliant. Check out our Facebook page to see over 50 scary photos of us all. As you can see on the left our 'Angela Murphy' won the best dressed. Well done Angela! Josh Ashford's table won the quiz. Well done Josh and team! Not forgetting a special mention to Stephen Allen Mann Hopkins for creating and presenting the quiz during the Halloween Party.

Da iawn scary Steve and thank you from us all.

World Stroke Day in Swansea

Neath Port Talbot Stroke Group and Three Crosses Stroke Club sponsored an incredibly inspirational and informative World Stroke Day organised by our esteemed Chairman Jason Haynes. The event run through the course of the day featuring many speakers including our very own John, Emma, Paul and Lee. There were healthcare professionals to take vital blood pressure readings and relative health information stalls supporting the day. What a successful day.

We're for life after stroke

Inspiration from Winston Churchill who had a stroke when he was Prime Minister, 'When going through hell keep going, we are stronger together.'

Weekly Group Meetings

We've enjoyed:

Halloween Pumpkin Carving

Cake Decorating

Book Folding

Spotty Dotty Pottery

Stephen Hopkins' Brain teaser;
What is put on the table cut but never eaten???????

Answer to Lee's Brain Teaser What type of Transport has 8 wheels but only carries one passenger? A pair of Roller Skates

Poem by Trish McCann

Thinking of Others

Just stop awhile – to survey the scene
Of standards at present and those that have been
This behaviour of ours – both good and bad
Of things to come and those that we've had

Think of the trauma that selfishness brings
Also the joys which cause the birds to sing
Compare the hurt that to others we throw
To the warmth of good deeds, that to some we show

Thinking of others, is the message conveyed
When a measure of kindness is sincerely displayed
Forgetting old habits of greed and revenge
By establishing trust in a realm of new friends

Brian McCann with one of his paintings

Upcoming Events

We are preparing for the busiest 3 months that we've ever tried to host. We have so many social activities for you to come along to, peppered with our regular weekly Wednesday group meetings.

How do you fancy?

Caerphilly Christmas Market

Saturday 10th December
Coach leaves Milland Road Car Park @ 9.30am

Experience the sights, sounds and smells of a town and castle preparing for Christmas with traditional funfair rides, smells of mulled wine, captivating street theatre and over 100 food, craft & gift stalls. There's also a separate Farmers Market and Craft Fayre complimenting the town's mixture of independent & high street stores.

Why not enter the castle for a medieval twist to this event, with lots of fun entertainment and attractions?

Monday 19th December @ 2pm.

Forge Fach Community Centre, Clydach
Our own private viewing of the beautiful and
Touching Christmas classic,
'It's a Wonderful Life'

10th January 2017 @ 12pm

The Egypt Centre Swansea
University Visit & Demonstrations
Followed by Afternoon Tea
@ Darcy Cafe

Monday 30th January 2017 @ 7pm

Curry Night
Mint Masala Caewern

14th February 2017 @11am

Gower Heritage Centre, Parkmill
Experience Pottery & The Woolen Mill
Followed by Lunch

7th Dec - Xmas Sing Song with Lorraine
9th Dec - Christmas Lunch @ Aberavon Beach Hotel. – See Dwynwen
10th Dec – Caerphilly Christmas Market – See Emma
13th December – Mindfulness Art Taster – See Lee
14th Dec - Christmas Celebration Group
15th Dec – Mindfulness Photography Taster Session – See Lee
20th Dec - Performance Art Monologue
4th Jan - Big Fat 2015 Quiz - Walking Football
10th Jan - Visit to Egypt Centre – Swansea University 12pm Followed by Lunch In Darcy Cafe– See Dwynwen
11th Jan - African Drumming
18th Jan - Swansea Grand Theatre Talk & Presentation
25th Jan - Enfys Recycling Charity
30th Jan - Curry Night 7pm @ Mint Masala Caerwern – See Lee
1st Feb - Celtic Roots Bonsai
8th Feb - Celtic Roots Bonsai
14th – Feb – Gower Heritage Centre 11am & Lunch – See Dwynwen
15th Feb- Walking Football & Games
22nd Feb - Singing with Loarraine
1st March – Robins & Sons Chocolatiers

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