Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – Winter 2017/2018

A warm welcome to our quarterly newsletter

We only went and won the Best UK Stroke Group Award at this years 'Life After Stroke Awards'. We were nominated by Lucy Thomas along with over 450 other stroke groups in the UK. What an achievement! We have only been running for 3 short years and have grown over 4 times in size since our humble beginnings. To say we are proud in an understatement. The most important thing about receiving this award is that it is for everyone. Without everyone attending our group meetings and social events we wouldn't have done such weird and wonderful things. Let's keep testing our limits, enjoying our locality and our new lives. Let's continue to prove that there is Life After Stroke in Neath Port Talbot.

On September 13 we had our third AGM, for those who have been with us a while the reports from the committee proved what you may have thought, that the group has grown remarkably. We now average 25 - 45 people at our meetings where we have varied speakers, activities and discussions and continue to organise trips, courses and evening events which keeps your committee busy. There is so much more to us than Wednesdays! Grants from the 'National lottery' have funded activities, smaller local grants have facilitated the purchase of equipment while our own fundraising keeps us financially sound and able to plan ahead with confidence.

The work of our group has not gone unnoticed with us winning "Best stroke support group 2017" at the "Life after stroke" awards - a fantastic achievement of which we should all be proud. Of course, there are some challenges ahead, as the group grows so will our need to be resourceful and adaptable while retaining our personal touch – ensuring it's not too overwhelming when new people join us, and we will always need your help to achieve this. We encourage and value your thoughts, suggestions and enthusiasm to keep us amazing!

The current committee would like to take this opportunity to thank Gareth Palmer who stood down as a committee member during the AGM and would like to thank Helena Gammond for filling the vacancy. We look forward to our next year at NPTSG and being the best, we can be. Thank you!

What the stroke group means to me. The first time we (my son Phil and I) attended we had no idea what to expect. We were greeted and made to feel welcome immediately. The group is great just go and get off the whirlwind of post stroke survival i.e. hospital appointments or therapy (if you are lucky) and just relax and enjoy time doing fun stuff. The weeks are fun, and it is great to try new things with like-minded people. We find the NPT stroke group is a safe environment to meet and socialise with people who have similar experiences of surviving stroke or if you care for someone who is a stroke survivor.
The group offers a great place to meet and enjoy events, chats and outings and above all have fun with people who understand your condition and its effects or maybe experience similar caring responsibilities.
Come and have fun with us....by Helena Gammond

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

Paranormal Night in Margam Park
In September 20 of our group members visited Margam Castle for a night to remember we arrived at 9 PM and left at 3 AM after a night of ghouls and ghosts we were joined at the beginning of the night by the camera team from the stroke Association but they soon left after a ball went flying across the room and a bat nearly flew into her. I've never seen anyone move so fast we all had a great time and look forward to the next one.

Comedy Evening & Dinner with Spence Martin & Cymric Male Voice Choir

Amazing, incredible, fantastic, moving, hilarious, brilliant are just a few words to describe our hugely successful Comedy night with comedian Spence Martin.
A breath taking, performance by the Cymric Male Voice Choir. Thank you to all and the staff at the Aberavon Beach Hotel. Over 170 guests raising over £1200 by having the best night out in years.

Halloween Fancy Dress Fright Night

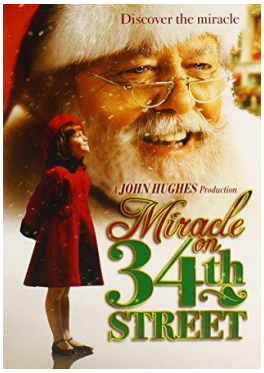
We had Freddy Kruger, we had Pennywise, if they weren't ghoulish or ghastly they weren't there. Yes, it was our Halloween Fright night with ghost stories from Debra John and table top quizzes and games. The Halloween Jigsaw solvers were Holly Thompson and her monstrous mates. Pass the Parcel tricks where you could hear howls at the moon or witches constipated cackle. It was like a Demonic Oscars Ball. Our best dressed prize went to Pennywise, normally known as Katie Hunter. Well done to all for your fantastic participation.

On Sunday 26th November 24 went to Birmingham Christmas market it was a 3 day trip. We stayed in the Britannia hotel in Coventry. the rooms were clean and very comfortable and the food was excellent. After picking up everybody our first stop was Bourton on Water where we had some free time and lunch. We then went on to Coventry to our hotel, where we had a really nice dinner and then relaxed with a couple of drinks. On Monday after a lovely breakfast we went to the Christmas market in Birmingham it was dry but very cold, we all had a lovely time in the market and the Bull Ring, I think we all shopped till we dropped. Then back to the hotel for a short rest then down for another excellent dinner. Afterwards we went in the lounge where we had karaoke where we were serenaded by Jason Sara Lee Steve and Bob. Some were really good, and some were really brave. On our journey home we stopped in Cheltenham for more shopping and lunch. Everybody really enjoyed themselves and asked me to book the same trip next year. I will be taking names in the new year when the new Majestic brochure comes out .

What have we got coming up for you to enjoy?

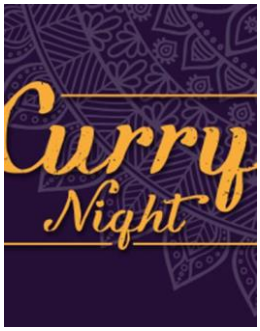
Cardiff Christmas Market Saturday 9th December
On Saturday, 9 December we will be going to Cardiff on a bus trip to visit the Christmas market's Christmas Wonderland and to do some Christmas shopping have you got the theme yet the bus will leave Milland Road carpark at 9 A.m. and will return from Cardiff at 5 PM, whilst in Cardiff your time is your own and you are free to go your own way you can go shopping go ice skating go for a coffee or even afternoon tea it's up to you, this is a free trip if you are interested in going then please see Paul who will put your name down

Miracle on 34th Street – 13th December Cinema Forge Fach Community Centre, Clydach
After the group meeting, we will be going to Forge Fach community centre in Clydach to watch the film Miracle on 34th street at about 1pm.Refreshments include tea, coffee mince pies and stolen. Last year we watched Its a wonderful life, it was enjoyed by one and all. I hope you enjoy this year.



Christmas Lunch - 15th December 1pm Aberavon Beach Hotel
So here it is Merry Christmas NPTSG are having Fun, look to the future now we have only just begun. On Friday the 15th of December we are having our 4th Christmas lunch festivities. It is being held at The Aberavon Beach Hotel at 1pm, you are welcome to turn up earlier if you wish to compare festive jumpers. It is a 3 Course Lunch with choices available for each course, please see Lee to book and food choices.

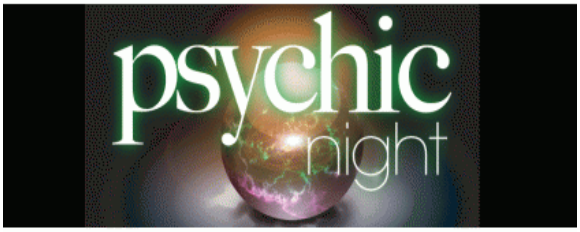
Curry Night Fundraiser - 9th January 7pm Grand Sultan Margam



we are holding a curry evening at the grand Sultan Indian restaurant in Margam this is a charity fundraising event and is £13.50 per person for a buffet style meal to include Poppadum starters mains sides and deserts this is a great way of the group raising funds and we hope that you will support the evening well if you would like to join us please can you give your name to Paul and payments please before Christmas if possible

Paranormal Night 1940's Museum - 13th January 9pm
Due to the huge success of last year's Paranormal Night at the 1940's Museum we are running another spooky visit. The cost is £20 per person. Please see Dwynwen to book.

An Evening with a Spiritualist Medium Nataly Churchill February 5th 7pm @ Aberavon Beach Hotel
We are hosting a Nataly Churchill Spiritualist medium evening the ticket price is 8 pounds per person and this A fundraising event we would like to sell 100 tickets and ask for our members help to do this if we all sold two tickets then we would easily achieve the tickets will be available before Christmas if you are interested and require tickets please see Paul



Chinese Night Fundraiser – 12th February 7pm
Enjoy an all you can eat Chinese buffet and raise £4 each for our group whilst doing so. All monies raised goes towards paying for our weekly activities, speakers etc and funds our days out. £15.95 each. Booking and payment in advance with Helena

We're for life after stroke

Dates for Your Diary:

6th December – Catwg Bell Ringers

9th December – Cardiff Xmas Market – See Paul £5 Refundable deposit needed

13th December – Greyhound Rescue Wales

13th December – Cinema Forge Fach Community Centre 1pm See Dwynwen £5 refundable deposit needed

15th December – Christmas Lunch – Aberavon Beach Hotel 1pm – £15 each See Lee

20th December – Awards Presentation & Buffet Jason & Suzanne

3rd January – Steve Wilyeo Art Workshop – New Years Celebrations

9th January – Curry Night – Grand Sultan – See Paul

10th January – Lucy Stroke Association – Talk

13th January – 1940s paranormal night – See Dwynwen £20 per person

17th January – Talk Neath Miners – Harriet Eaton

24th January – Dotty Spotty Pottery

31st January – Celtic Roots Bonsai

5th February – An Evening with a Spiritualist Medium Nataly Churchill 7pm Aberavon Beach Hotel see Paul

7th February – Story Telling Workshop

12th February – Shanghai Chef Chinese Night – £15.95 each See Dwynwen

14th February – Valentines Open Group

21st February – Steve Wilyeo Art Workshop - St David's Day

28th February – Into the Wild Animal Encounters

Contact details:

Facebook.com/neathporttalbotstrokegroup

Twitter: @nptsgstroke

Email – nptsg@outlook.com

Phone Lee: 07542-728056