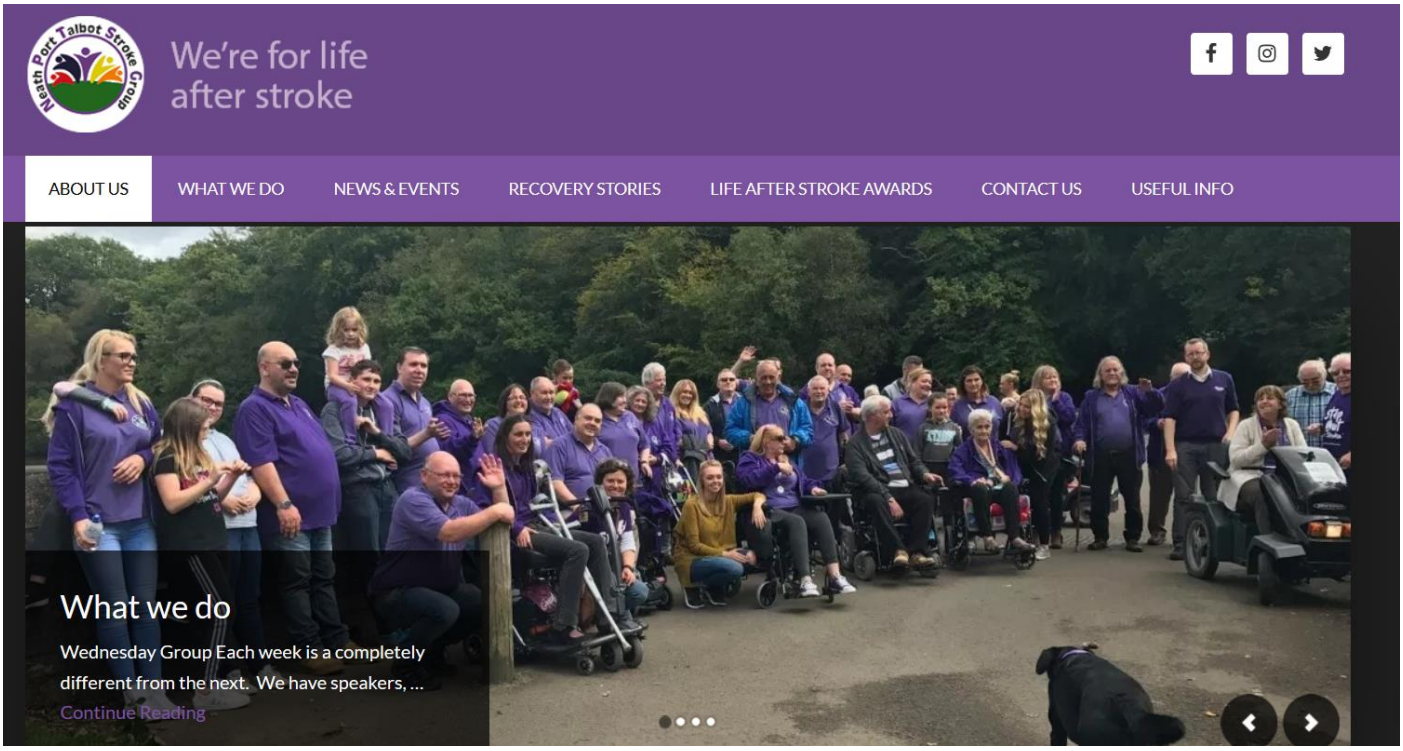
Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – April 2019

A warm welcome to our quarterly newsletter

What's New



Exciting news…We now have a website!!! Please visit **www.nptsg.org.uk** and see what you think. The whole idea of our website is to promote what we do and showcase our brilliant photos from events, groups and activities that we participate in. Have a look at the 'What We Do' page for great photos. We have a 'News and Events' page where we have added all our newsletters and a calendar with all our upcoming events.

BUT here's the exciting bit…'Recovery Stories'. This is your website and we want your stories to be added. We have 2 sections, Stroke Survivors Stories and Carers Stories. In here we would love to add your stroke journey from when you left hospital. We want to inspire other stroke survivors and carers and give them hope that there is 'Life After Stroke'. Maybe you have found a great way of getting over something that was an obstacle. What is the best advice you could offer someone to help their recovery? Can you share something that someone else could relate to and use in their daily life? You are the amazing survivors and our loved ones are hero's, we have all learned valuable coping techniques and we'd love to share them with others.

We also have new members joining our social media team. Fabulous Maureen is doing a superb job with our Facebook page. She is keeping it relevant and up to date with lots of great posts. Lovely Helena Goatley oversees our new Instagram account (luckily, she's young enough to understand it #instagram). If you have any suggestions for our website or social media, please get in touch. We need your feedback in order to progress. Feel free to email emma@nptsg.org.uk or have a chat in group. (P.S. Website isn't fully finished yet we have a few geeky tweeks to make so not all pages are working 100%).

Changes Ahoy!!

More great news! We are in the process of becoming a Charity and registering with the Charities Commission. This process will take a little while, but the paperwork has been submitted. As discussed in our 'General Meeting' a few weeks ago, the change to us becoming a charity will not affect our members and how the group is run. However, at our AGM in September we will be implementing new membership forms that will offer further protection to our members. There will also be several positions available on NPTSG's committee. Details of the open positions and the skill sets needed to fulfil these will be announced closer to the time.

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

Shanghai Chef Chinese Buffet

On a cold Sunday in January a 30 plus group of us braved the wild landscape of Swansea and headed to The Shanghai Chef in Penlan in search of their Sunday buffet. The food was excellent and plentiful, with a lovely variety of starters and main dishes offered. This was an 'all you can eat' buffet which many of us took advantage of! Starters were shared between us and extras were ordered for those a little hungrier or eager to try something different. The welcome and service was superb and nothing was too much trouble for the staff. Everyone ate and drank until they were full and a great time was had by all. Can't wait for the next visit!

Nataly Churchill Psychic Medium Evening

Last month we had a fundraising psychic medium evening. 100 people attended. Lots of people had people come through for them and it was a very emotional night. Everybody seemed to have a very good time. As a result of the evening we raised over £650 which helps us pay for meals out trips etc. Don't worry you have not missed out, we have another evening with Nataly booked for October. Hope to see you all then

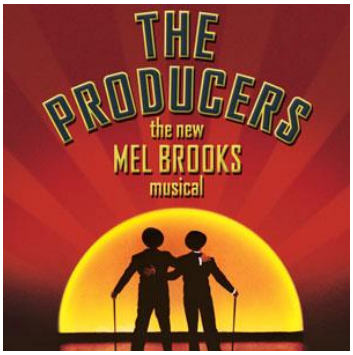
Margam Deer – Lunch

January the 30th it was our first lunch of the year after group. Returning to The Margam Deer It gave us a chance to forget about post-Christmas diets and indulge from a variety of foods available and swap stories of past events, including, that mornings open group led by Paul Thompson and enthuse about events yet to come. A very pleasant afternoon was had by all. All departing with full bellies and great memories.

Ten Pin Bowling

It was not quite High Noon but never the less it was a shootout of epic proportions in Parc Tawe bowling alley. It was the best ever turn out for a ten pin bowling event. There were high scores, Racheal James with 136 was the highest and others not quite so high. During the rumble there was a spot of burger and chips, no beans as people were bending over. It was a great afternoon although tiring. As the dust settles there was one cowboy left standing and was the most consistent at shooting from the hip. That star shooter and quick on the draw McGraw was Richard Casagrande. Till the next shootout.

What have we got coming up for you to enjoy?



The Producers – The new Mel Brooks musical 9th April 7pm
We are visiting the Princess Royal Theatre in Port Talbot to see the Mel Brooks musical the producers which is also a bit of a comedy. It is supposed to be a fantastic show and we are really looking forward to seeing it. if you would like to come please give your name to Paul the cost of the tickets is £12. However, if you have a Hynt card then you will also get one free carer.

Cinema, Odeon – 17th April
We have an upcoming visit to the Swansea Odeon cinema in Parc Tawe on April 17th after group. Unfortunately, we are not going to be able to confirm what films are being shown or performance times until the week before. There is no cost, the Stroke Group is paying for the tickets.
There is ample free parking for up to 4 hours and the cinema and screens are wheelchair accessible.
If anyone is interested in going, please see Steve.

ODEON
FANATICAL ABOUT FILM

Step Out for Stroke Saturday 4th May 11am
May the 4th (Star Wars Day) is the date for this year's Step Out For Stroke Walk along the Promenade of Aberavon Beach, starting at Remos and walking up to Swn Y Mor Care Home and returning back to Remos. This year there will be a Samba Drumming band to play us off as well as other activities planned to make this year our best supported and best fundraiser since we started. Get together with fellow Stroke Survivors and their families to help show there is a great Life After Stroke. You can sign up now on the stroke association website to which there is a link below. After the walk there will be food and entertainment available in The Aberavon Beach Hotel. There will be help in group to sign up if you want help in any way at all. Let's Make Aberavon Purple.
https://www.stroke.org.uk/events/sporting-fundraising/step-out-stroke-aberavon-2019

Dolphin Spotting Boat Trip - Newquay
We are arranging a fully accessible Dolphin Spotting Boat Trip in beautiful Newquay. A coach will take us from Millands Road Car Park. On the way we will be stopping at a Wool Museum and having lunch. As yet, we don't have a date as it will be tide dependent. We will have more information in a few weeks. See Emma

SIZZLING PUB&GRILL

Lunch @ Bryncoch Inn 22nd May 1pm

On the 22nd of May after our group meeting there will be a meal in The Bryncoch Inn in Neath. The food choices will be off the 2 for £8.50 menu of which there is a choice of several different meals including Gammon, Lasagne and Sweet Potato, Lentil and Spinach Dhansak. Names and food choices essential and will be taken by Suzanne either in group or you can contact her on 07546 927795

Walk @ Gnoll Park & Lunch - 26th June 12.30pm
Join us at the beautiful Gnoll Park for a gentle stroll around the lake. You can also bring your scooter as it's perfect for a ride. Followed by Lunch in the café @ 2pm. Please bring car parking fee of £2.50 for 4 hours or £3.50 for all day. See Emma to book.

Car Treasure Hunt
In June although there is no definite date at the moment there will be a Car Treasure Hunt organised by Katherine and Elaine who attended and won our last treasure Hunt. The only cost will be for the price of your lunch at the final destination. It is a great afternoon following clues and collecting Treasures. More information to follow closer to the date.

We're for life after stroke

Dates for Your Diary:

3rd April – Easter Group
10th April – Dotty Spotty Pottery
9th April – Producers the Musical – See Paul
17th April – Dogs Trust Rhiannon
17th April – Odeon – See Steve
24th April – Miners Museum
1st May – Air Ambulance
Saturday 4th May 11am – Step Out for Stroke – 1.30pm lunch Aberavon Beach Hotel - See Lee
8th May - Activity
15th May – Blood Bikes Wales
22nd May – Jason's Open Group
22nd May – Bryncoch Inn – See Suzanne
Dolphin Trip & Mill New Quay – TBC See Emma
29th May- The Enemy We killed, My Friend - Talk
5th June – Felting NPTSG logo
12th June – Care & Repair
Treasure Hunt - TBC See Suzanne
19th June – Lee's Open Group
26th June – Caer Las Benefits advice
26th June - Walk up Gnoll Park & Lunch – See Emma

New website: nptsg.org.uk

facebook.com/neathporttalbotstrokegroup

Twitter: @nptsgstroke

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