Neath Port Talbot Stroke Group (NPTSG)

Quarterly Newsletter – July 2019

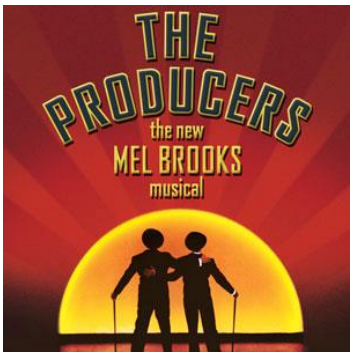
A warm welcome to our quarterly newsletter

What the stroke group means to me:-
When Richard came home from hospital after suffering his stroke I thought our life, as we knew it, had ended. I found it so hard to cope. Richard was great. He was happy to be home and he didn't feel that life had changed much for him. I was the one that was struggling. I can remember Jason Haynes coming to see us and I know I spent most of the time crying. Jason told us about many organisations, charities etc. that we could utilise but he also told us about the Neath and Port Talbot Stroke Group. We made a decision that day that we would give it a try. I thank my lucky stars that we took that leap of faith. The group has been my salvation. I could now talk to others about my concerns and fears. I found such wonderful empathy in everyone that my fears were soon a thing of the past. We now have a great social life thanks to the group. Richard has gained back the confidence that he had lost and life is great. I am amazed when I think back over the 18 months that we have been members of the group at the amount of activities that we have taken part in and the number of trips and events that we have attended. What can I say other than that group is amazing and everyone, committee and members, should be extremely proud of the difference they have all made to so many people. Maureen Casagrande.

Coming up…

Our AGM this year is Wednesday 18th September and we have 3 trustee positions available. The roles involve running weekly group meetings, organising events/fundraisers, obtaining and securing funding, charity administration, liaising with local organisations to raise stroke awareness and social media promotion to name a few. As you know we are an extremely large and active group which entails a lot of hard dedicated volunteer work by the trustees in the background. If you feel you could help run this group, please let us know and we will give you a copy of the trustee skills needed for you to consider.

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



The Producers
In April 20 odd of us visited the Princess Royal Theatre in Port Talbot to see Port Talbot amateur operatic Societies Performance of the Mel Brooks classic musical The Producers. The show was hilarious from the off and the lead actors were fantastic I think everyone that attended had a thoroughly enjoyable night. We all had a small bag of sweets to munch on and some people were that impressed that they visited the show again later on in the week this will hopefully be the first of a lot of visits to the theatre he is looking forward to the next one.

Cinema Trip

We visited the Odeon and the film we went to see was 'Shazam!', based on a DC comic character, about a teenage boy who magically transforms into a costumed adult superhero version of himself. The film was excellent, very funny! 19 of us went, adults and a few children, seats were comfy and everyone enjoyed!

Step Out for Stroke

This year saw us return to the promenade on Aberavon Beach Front for the second year in a row. It was May the 4th when 130 plus members, friends and family stepped out for stroke on a lovely sunny bank holiday weekend to raise awareness about stroke and raise much needed funds for Three Crosses Stroke Group, Neath Port Talbot Stroke Group and The Stroke Association. We also had Neil Kinnock and Captain Beany take part whilst all the time the walk was taking place, we had the amazing Bloco Vale Samba Band playing, helping make the atmosphere Incredible. A very big hand to everyone involved who made this a fantastic success

Dolphin Spotting Boat Trip – Newquay

The weather was stunning, the sea was like a millpond, Newquay was beautiful, dolphins were playing, there was jellyfish everywhere, and a cheeky seagull joined us for the boat ride. The Mariners Restaurant was amazing. It couldn't have been a more perfect day. We did this trip in honour of past members and the extremely kind donations we have received from their families. They were all smiling down on us this day. Many members said it was the best day out they'd had in ages and we totally agree.

SIZZLING PUB&GRILL

Lunch @ Bryncoch Inn

After having Laughter Yoga in group on Wednesday the 22nd of May 36 members went up to The Bryncoch Inn to carry on the joviality. We filled the whole of the conservatory and spilled out further into the bar with the laughter of good friends spending quality time together. The food was delicious and the staff were very friendly and extremely accommodating.

Walk @ Gnoll Park & Lunch
On 26 June 44 group members went to the Gnoll Park where we placed a plaque in remembrance of past members on a bench where you can sit feed the ducks and look out over the lake to the beautiful wooded area. It was very moving especially during the minutes silence after this most of us went for a walk around the top lake. Which was a gentle stroll for some and a short scooter ride for others. After this we congregated inside for a meal in the visitor centre. We must give our thanks to Maxine, Carol and the girls for their excellent food and service we had a lovely afternoon and plan to repeat this again.

What's coming up for you to enjoy

LONGLEAT

Longleat -Saturday July 6th – Milland Road Car Park 8am
We are inviting members, friends and friends to join us for a fantastic day visiting Longleat Safari Park. Thanks to National Lottery funding we have 2 coaches leaving Millands Road Car Park at 8am. One coach has a toilet so let Emma know which bus you'd prefer. Subs paying members are free, family and friends get a free coach ride and a huge discount off the ticket price due to our large group booking. Let Emma know if you're interested.

Curry Night Fundraiser – Thursday 18th July @ 7pm Cinnamon Kitchen
It's our annual curry night at the incredible Cinnamon Kitchen. We are always served the most delicious food with the best service you can experience. A truly delightful venue. Its £13.50 per person for a poppadum and pickles, starter and main. Of which an incredible £5 per person comes back to our group. Please book with Steve ASAP as there are only 54 seats available.

Aberavon Beach Walk & Lunch 31st July 12.30pm
Join us for a leisurely stroll down the beach front. Walk or ride as far as you like or just take a seat and enjoy our beautiful locality. We are then going to the Four Winds for a Carvery. If you'd like to book please see Paul.

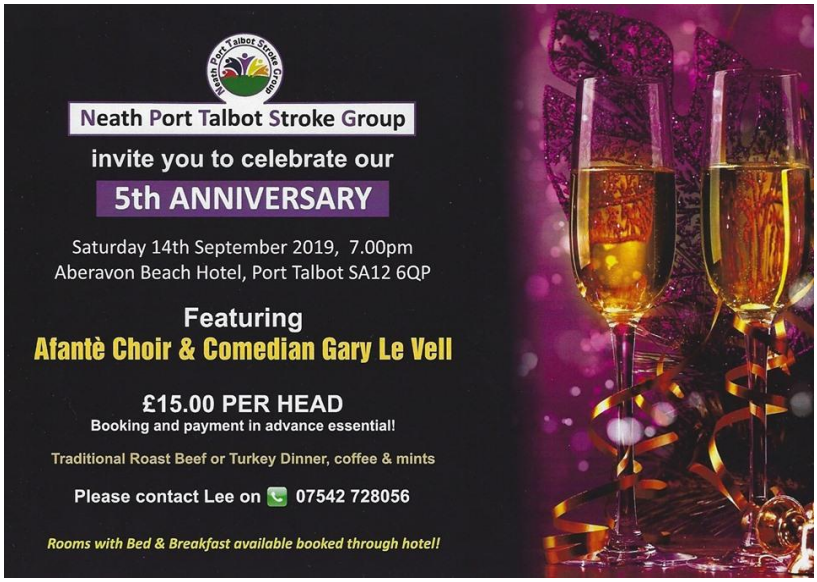
Car Treasure Hunt 27th July 11am Aberavon Rugby Club

Do you think you can follow directions, collect treasure and have a jolly good time? If so, come along on Saturday 27th of July for our Car Treasure Hunt with the first intrepid explorers leaving at 11.30. Entrance is free with Bar Meals at X Marks the spot costing £6.50. Names and Food Choices to be given to Suzanne

Bikeability Ride Out - 4th September 1pm

Join us after group at Bikeability in Dunvant Rugby Club and enjoy riding a bike again. They have so many to help you with your mobility restrictions. There are hand pedal bikes, 2 seaters, 3 wheelers, 4 wheelers and bikes for wheelchair users. This is a truly liberating experience for us that are now less mobile post stroke. I'm sure we will be popping into the Hungry Horse on the way home if you're feeling peckish.

Comedy Night - 14th September Aberavon Beach Hotel @ 7pm



NPTSG will be celebrating 5 years of being an amazing Stroke Group. Winning awards and plaudits along the way, yet I believe our biggest accomplishment is the friends, support and encouragement we all give to each and every member. So why not come along, spread the word to friends and family and make this our 5th Year Celebration astounding. The cost is £15 a person which will include a meal, coffee and mints, Entertainment with Comedian and Singer Gary Le Vell and Afante Ladies Choir. For tickets and to give food choices see Lee. You know it makes sense.

We're for life after stroke

Dates for Your Diary:

3rd July – 5 Year anniversary celebration with Strike a Chord & Buffet

Saturday 6th July – Longleat – See Emma

10th July – Alison Adult Community Learning

17th July – Open Group Suzanne

Thursday 18th July – Cinnamon Kitchen 7pm - £13.50 per person – See Steve

24th July – Swansea Bus Museum

31st July – Zoolab

31st July - Aberavon Beach Walk & Chips & lunch – See Paul

7th Aug – NPT Mind Rhian

14th Aug – Miners Talk

21st Aug – Philip Palmer Talk

28th Aug – Argentine Tango

4th Sept – National Trust Talk

4th Sept – Bikeability Ride Out – See Steve

11th Sept – Open Group - Paul

Saturday 14th Sept – Comedy night – Gary De Vell – See Lee

18th Sept - AGM

25th Sept – NERS

New website: nptsg.org.uk

facebook.com/neathporttalbotstrokegroup

Twitter: @nptsgstroke

Email – info@nptsg.org.uk

Phone: 07456-451073

Instagram: nptstrokegroup