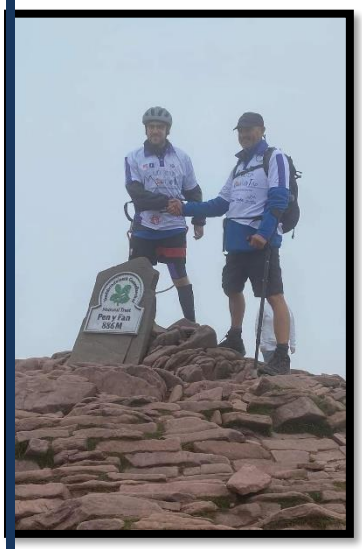
Autumn Newsletter
October 2022

Hello everyone!!

Weekly group meetings are as busy as ever. Some weeks we have had as many as 50 attendees enjoying all of the varied things we do. We have a steady flow of new people coming along and joining us, which is great to know stroke survivors and their loved ones have a place to come and meet like minded people. **Lateral Flow Tests**
As of Wednesday 2nd November, we will no longer require you to bring lateral flow tests to group. Please be mindful that if you are ill of any sorts, please stay home until you are well again.



Rock bottom to mountain top…Michael Pursey

I had a brain haemorrhage in Jan 2019 and not long after being discharged I attended a world stroke information event at Neath Port Talbot stroke group. I was in a wheelchair, very poor speech, very emotional and still struggling to come to terms with life post stroke. At the world stroke day information event, I first met Paul Thompson, Jason Haynes and Amanda Spendiff. Since that day I've attended the Neath Port Talbot stroke group most Wednesdays. The group has been amazing and an absolute necessity for a stroke survivor, providing us with different activities and talks every week, a chance to meet with other stroke survivors that understand the situation and what you're going through, helping each other, sharing information and suggestions and making friends, talking and having fun! All of this has helped me massively with accepting my stroke and giving me the confidence to try new things and meet new people. After the group helped me gain more confidence, I joined a local men's health walking group, again meeting new people and talking. On September 1st about 3 and a half years after my stroke, I climbed Pen Y Fan and raised over £3000 for stroke survivors. Hopefully inspiring stroke survivors not to give up on the long journey in recovery. I was unable to walk or talk after my stroke and less than 4 years later I'm walking into group unaided, climbed Pen Y Fan and have done interviews on TV, so don't give up on yourself after stroke, things CAN improve, you get out what you put in.

The Mayor & Mayoress of Neath Port Talbot County Borough

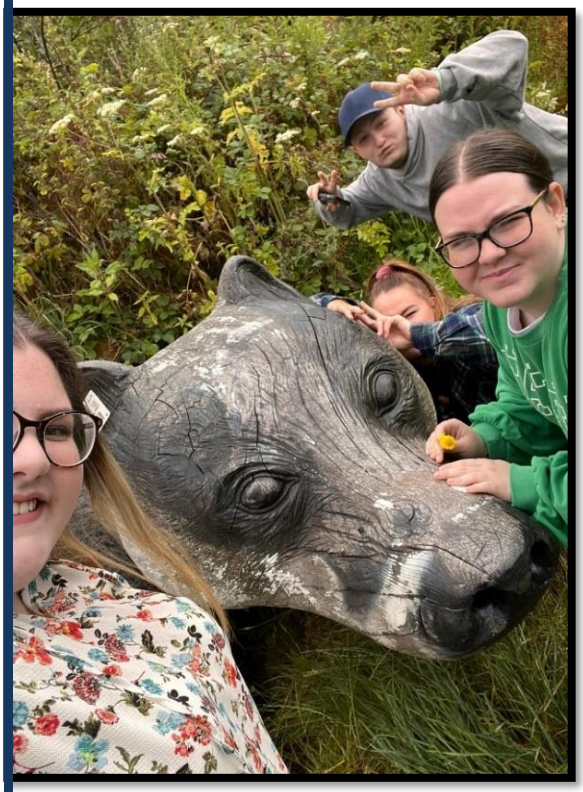
We are delighted and honoured that the Mayor and Mayoress of Neath Port Talbot came along an met us back in August. It was lovely to meet them both and we had a super informative question and answer session with them. It is Roberts first time as Mayor and he is the Mayor of NPT County Borough. Sylvia is Briton Ferry Town Councils Mayoress and it is her 3rd year as the Mayoress. If you look at some of the pictures around our community hall you will see her in them. You will often see her in the community hall too, please reach out and say Hi to her.

We learned of both the Mayor and the Mayoress' personal and touching experience with stroke and how it had affected their family members. The Mayor told us how his Nan suffered a stroke and when she came home she lived in a bed in the front room, that is the very sad reality of many stroke survivors. The Mayor said he was incredibly impressed with our group, he had seen our UK Stroke Group Award video and loved how active we were. We heard of their ambitions during their Mayoral year and what they hope to achieve. We were shocked to find out how many events they attend during their year, they are very busy people. As well as carrying out many civic duties during the year, chairing meetings of the full Council and attending annual events, the Mayor is involved with a programme of activities designed to raise awareness of all the good work being carried out across the county borough and to raise funds for the Mayor's Charities. We forgot to ask them about how they raise funds for the Mayors charities but that is a question we can ask them again. They will be joining us for our World Stroke Day Information Event on 28th October (more information on that event below).

With Christmas not too far off in the distance we wanted to let you know that you can support us as your chosen charity through your Amazon account.

Support us with amazonsmile
You shop. Amazon gives.

Amazon has a charity arm which will donate 0.5% to the charity of your choice. This is called Smile.Amazon. When first visiting smile.amazon.co.uk, customers are prompted to select a charitable organisation. Amazon will give 0.5% of the net purchase price (excluding VAT and other shipping fees) of eligible AmazonSmile purchases to the charitable organisations selected by our customers. To enable this to happen you just follow the link below where you will be able to select our group. You need to type our name in as Neath Port Talbot Stroke Group. Once selected, Amazon should remember that you have done this each time you purchase something from Amazon. It will not cost you anything. Prices are kept the same on all Amazon items. The only difference is we will receive a donation once a quarter from Amazon.



What we have been up to…

Car Treasure Hunt

On the 30th of July 45 people took part in our annual treasure hunt. This year we were very fortunate that HSBC have much funded the event and will be donating £500 to us. I would like to give a special thank you to Lynne Green (Angela's sister) from HSBC for choosing us as a charity to support and not only that, but Lynne and her husband actually came 2nd in the treasure hunt so well done and once again thank you. The winners of the treasure hunt were Georgia Helena, Holly and Kieron and they have won the pleasure of doing next year's treasure hunt. I hope you all enjoyed and that not too many of you have had nightmares about badgers, I know there are some that have a recurring nightmare about badgers since the event LOL. We ended the treasure hunt at the Green Acre Motel in South Cornelly and all enjoyed a meal and a few drinks. Well done to everyone that took part.

Brecon Day Trip 15th September 2022

Today was the day when we went on our first day trip since the start of the pandemic. We were all so looking forward to it. Alarms were set and everyone arrived on time at the Milland Road car park where our driver Kieron of the South Wales Transport coach was picking us up. For the first time we had a wheelchair accessible coach and it worked so very well.

Our first stop was to the South Wales Borderers Museum. Here we saw a huge area dedicated to the Anglo-Zulu War. It was so full of artefacts which included the Rorkes Drift flag and a headdress worn by the Zulu king, Cetswayo, along with all the medals that had been awarded.

We were then collected from the museum and taken into Brecon for our lunch at The George Hotel. Time to relax and catch up with our friends while enjoying our meals. We also had time to take a look around Brecon town before being collected for our next stop.

Off we went to the Brecon canal. Here we had a wonderful canal barge to ourselves. Our hosts, Dragonfly Cruises, were extremely helpful and made boarding the barge very easy. We had a fabulous gentle trip down the canal with tea, coffee and snacks available if required. On the way we stopped and some got off the barge to stretch legs and collect pockets full of hazelnuts which were found in abundance. The rest of us stayed on while the barge turned around ready for our return journey.

We were then collected back on to our coach and returned to Milland Road. It was a very long and very full day. It was lovely to all be together and the chatter and laughter was great to hear. Our first trip out and hopefully, not our last. Here's to the next trip!

What we have coming up for you to enjoy...

NPTSG Presents...

Charity Race Night Fundraiser

Saturday October 22nd 6.30pm
12 Knights Margam Rd, Port Talbot SA13 2DB
£10pp. Booking, food choices & payment in advance

HUNTER'S CHICKEN
A roasted chicken breast topped with bacon, BBQ sauce and melted mature Cheddar cheese. served with chips, beer-battered onion rings and a salad garnish.

SAUSAGE & MASH
Three Cumberland pork sausages garnished with sautéed red onions. Served on a bed of mashed potatoes with garden peas and gravy.

VEGETABLE & LENTIL CHILLI
A warming mix of vegetables, beans, red lentils and soya mince in a tomato and chilli sauce. Served with pilau rice and nachos.

PASTA ALFREDO
Tubes of pasta in a light cheese & spinach sauce with seared red peppers. Pasta Alfredo served with garlic bread and a salad garnish.
Pasta Alfredo served with Chicken Breast additional £2

Here's your chance to be a race horse owner!!! All horses available for purchase in advance @ £5 each. If your horse wins it's race you get £20!

All bets are £1, however you can place as many £1 bets per race as you like. Also prize raffle on the night.

For Booking please see Emma 07456-451073

World Stroke Day Information Event 28th October 10am to 3.30pm

On the 28th of October 10am to 3.30pm we will be holding our second World Stroke Day Information Event to promote stroke specific services in our local area. We will have over 30 stroke specific exhibitors, and speakers and the event is open to stroke survivors their families, carers and anybody who has an interest in Stroke. We are trying to reach as many people as possible and want to get our leaflets out in the locality. If you can help with this by taking some leaflets to your local chemist, doctor surgery or hospital ward then that would be brilliant. It would also help if you know any other stroke survivors if you could pass leaflets on to them. The last event was a great success and we hope that this event will also be well attended. There will be a lot of information all under one roof. If you require any leaflets please see Paul.

This year we are once again doing a Christmas raffle and have had tickets printed to sell to friends, family and the general public as well as selling via our website and Facebook. We have a list of items that we want to put into Christmas hampers and we are hoping to make five in total. We are asking people to look through the list and put their name next to the item or items that they are willing to bring. We have had a lot of success in the past when we did this previously. We will be giving out raffle tickets that you can sell to your friends, family or public. If you sell 20 tickets, that's brilliant if you only sell one ticket that is also brilliant as it all counts. Maureen will be giving out the tickets and Paul will be taking the hamper items that you will be bringing in. Once you have bought your items please bring them to Group ASAP, as we are hoping to make up a Christmas hamper for publicity purposes.

Once again, we thank you for your support it's by doing things like this, that it allows us to do such wonderful things and Group.

Christmas lunch

Let's Begin

Cream of Winter Vegetable Soup
Country Style Duck & Orange Pate

The Main Event

Roast Turkey or Beef
Cashew Nut Wellington
with Traditional Accompaniments

To Conclude

Christmas Pudding with Brandy Sauce
Profiteroles
Tea or Coffee

Friday 16th December 12.30pm

Manor Park Clydach SA6 5NR

£10 for qualifying group attendees & £25 for all others. Booking, food choices & payment in advance essential. See Emma 07456-451073

Luminate @ Margam Park 21st December 5pm

On Wednesday, the 21st of December at 5pm. We will be attending Luminate in Margam Park. This is a walk through the lights and light shows along a trail that will take us past the Orangery up to the Castle and back down again. This is an accessible trail and scooters and wheelchairs can be used. There will be stewards at certain points where they're raised cable covers to help you get over them If you're in a scooter or wheelchair. There are lights lighting the way all the way around. However please feel free to bring a torch to light up your way. Along the way you will have the opportunity to purchase hot chocolate, mulled wine, pizza, pigs in blankets, burgers, hotdogs, brownies, cakes and drinks. There will also be the opportunity to toast marshmallows on open fire pits. Please remember to wear sensible shoes and to wrap up warm. To book your tickets for this event, please see Paul.

The price for qualifying group attendees is £5 and for all other guests its £9. Please note that there will be no refunds available if you can't make it. It is a wonderful evening out that you can take at your own pace and you can spend as long as you want completing the trail. Please note that tickets are selling fast.

List of Events 2022

Upcoming Events

October 5	Gowers Gorgeous Seals Talk
October 12	Planting with Mel
October 19	African Drumming
October 22	Race Night Fundraiser Bring your friends & family to this event and enjoy a fun evening full of racing, food & fundraising. 6.30pm @ The Twelve Knights Margam £10 per person - See Paul & Emma
October 26	Pumpkin Carving
October 28	World Stroke Day An information event with over 30 stroke specific exhibitors and stroke specific speakers. 10am to 3.30pm Briton Ferry Community Hall - See Paul
November 2	Name That Tune - Kazoo's
November 9	Taskmaster
November 16	Book Folding
November 23	Swansea Bad Girls Talk
November 30	Christmas Crafts
December 7	Pointsettia Decorating
December 14	Christmas Celebration
December 16	Christmas Lunch Bring your friends & family to our Christmas Lunch, Manor Park Clydach 12.30pm. £10 for qualifying group attendees & £25 for all others - See Emma
December 21	Luminate Margam Park Bring your friends & family to Luminate 5pm. £5 for qualifying group attendees & £9 all others - See Paul

Contact Us

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Emma 07456-451073

info@nptsg.org.uk

nptsg.org.uk

DITCH THE UNNECESSARY CHRISTMAS CARDS THIS YEAR

Why not choose an environmentally friendly alternative and donate to Neath Port Talbot Stroke Group. Your donation will help support local stroke survivors and their loved ones.