# Summer Newsletter
# August 2023

## Hello everyone!!

It's hard to believe we are in August already…where does the time go?

In July we celebrated our 9th Anniversary. During the past 9 years we have met so many new friends and participated in approx. 450 weekly group meetings!!!
We have had countless curry nights, comedy nights, lunches out, trips away to Birmingham, walks in local green spaces to name a few. If you have recently joined us and are not too sure if group is for you. Please stick around, we know what you've been through and we can offer you a supportive, friendly ear to listen.
Please keep coming back 😊

# Sandra's Stroke Recovery

My name is Sandra, I'm 58 years old and I've been living in Goytre for 5 years. Paul and I moved here from England in July 2018. We love it here and we've made many new friends.
Unfortunately in May 2021 I suffered a stroke that turned my life upside down. Before my stroke I was working as a carer and I was independent, but the last 2 years have been difficult trying to adapt to a new me and having to ask for help and rely on others.
Paul is now my carer as well as my husband and best friend and I couldn't do what I'm doing now without him by my side.
After many scans, brain biopsy and many visits and stays in hospital they concluded I'd had a stroke. My physio team put me in touch with the Stroke group and at first I was apprehensive but it's the best medicine to talk with other survivors and to realise I wasn't the only one!
The group is so encouraging and since I've been attending I've done activities that I would have never considered doing.
I've made new friends and everyone is friendly.
After a few tough years I am now feeling more positive and trying to enjoy life with Paul and my family.

# What we have been up to…

## Bowling

After group one Wednesday, 50 of us visited Tenpin Bowling in Swansea, where we played two games of bowling and enjoyed a very nice lunch. Over the two games the competition was tough was a lot of blood sweat and tears striving to get that win. It was a close run thing with Mark Lawley, Peter Fisher and Paul Adams in a close bottle to the finish, but we had to congratulate Paul Adams on his fantastic score beating his nearest rival by over 20 points, well done Paul and I hope your bowling pin is in pride of place at your home.

**Nataly Churchill Psychic Evening**

**Friday 9th June 7pm**
**Twelve Knights,**
**Margam, Port Talbot**
**Tickets £11**
**Book online**
To be able to book online you will need to enter the full names, telephone number and email address of ALL your guests

## Nataly Churchill 9th June

A lot of our attendees wonder why we hold regular Nataly Churchill Evenings and how it connects to our group.

A psychic medium certainly isn't for everyone but she has a massive following locally and sells out at every event.

Meaning that these 4 to 6 events we hold each year raise our group over £1000 each time.

Having such a large, vibrant and energetic group costs thousands to run each year so we rely heavily on fundraising events, such as these evenings.

Not to mention that for those group attendees that wish to participate and join her evenings they are always left with their jaws dropped, at how she passes messages on from peoples loved ones. This particular event in June she had lots of messages for our group attendees or friends of our group. Yet again an excellent night raising well needed funds.

## Car Treasure Hunt

12 cars with 50 people arrived at Shelone Road car park and waited patiently for the time to come to start the Treasure Hunt. Georgia Thompson and her friends had won the treasure hunt the year before so it was down to them to set the route etc. for today's event. First of all, we had a quiz question to answer before we were able to leave the car park. That done, we were on our way. Where would this lead us!

We went through the outskirts of Swansea and on to Cockett and were on our way to the Gower. We had a number of places we had to stop and work out clues enroute. Some of which we had to double back as we missed the clue in question – frustrating but fun.

It was a great route and lovely to get out in the countryside away from the hustle and bustle of town. Eventually we arrived at our destination the Gower Inn Pub. Here we had a great meal and the service was exceptional. After all the scores had been added the winners were declared. The winners were Lynne and her daughter and wife. Lynne also generously match funded the treasure hunt through HSBC. A fab day for us all.

## Sunflower Competition

On the 31st May we had a group activity which involved planting sunflower seeds, cress and beans. The sunflowers grew very quickly and this has resulted in a bit of a competition. Not sure how everyone's have come along but we have had a few photos to show how some are doing. Here's a photo of Phil with his Sunflowers so far.

## Brewers Fayre

After our group activity of Diamond Painting on the 12th July we all went for a fabulous lunch in Brewer's Fayre. There were 61 of us lunching together and there was some trepidation as to whether we would get served in a timely manner. We need not have worried. The service was wonderful and the food was great. We all had a really good lunch and it was so nice to be altogether in good surroundings. Lots of chatter between friends. We definitely will be along there again in the near future.

# What we have coming up…

## Comedy Night - 2nd September

Since our humble beginning in 2014, every September to Celebrate our Anniversary we have held a Comedy Night. Except for the 2 years that Covid made everyone change their plans.

We have had some amazing Comedy nights. We have had the pleasure of the hilarious local comedians, such as Nicky Smiles, Lenny Dee and Gary Le Vell. These great acts were supported by many incredible choirs such as Cymric Male Voice Choir and Aftante Ladies Choir.

This year for just £20 per person we have an amazing night lined up. Singing Armadillos men's voice choir, featuring our very own group founder member Jason Haynes. Britain's Got Talent comedian, Noel James, Shuffling Shoes Disco & a roast beef or chicken dinner. This event is a fundraiser for our group so please feel free to invite friends and family. The more the merrier. If you can sell a table of 10 guests you can have it for the reduced price of £190.

Please get in touch with Paul with any queries 01639-797979 or simply buy tickets online:

**https://www.nptsg.org.uk/event/comedy-night/**

## Nataly Churchill Evening - 28th September

# Nataly Churchill Psychic Evening

**Thursday 28th September 2023**
**7pm Twelve Knights, Margam, Port Talbot**

**Tickets £11**
**Book online**
**www.nptsg.org.uk/event/nataly**

Yet again another night with Nataly Churchill
28th September 7pm @ Twelve Knights, Margam, Port Talbot
All tickets sales are online:

**www.nptsg.org.uk/event/nataly**

# Charity Pig Racing Fundraiser

## Charity Pig Race Night Fundraiser

**Saturday October 14th 6.30pm**
**12 Knights Margam Rd, Port Talbot SA13 2DB**
**£12pp. 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.

**BEEF LASAGNE**
A rich minced beef and smoked bacon ragu layered with pasta and a Cheddar cheese sauce. Topped with Mozzarella and mature Cheddar cheese. Served with Garlic Bread & Salad.

**CHEDDAR, LEEK & POTATO PIE**
A rich mature Cheddar cheese sauce with leeks and diced potato encased in shortcrust pastry with a puff pastry lid. Served with chips, garden peas and gravy.

**WHOLETAILS OF BREADED SCAMPI**
Wholetails of Whitby scampi. Served with chips, Garden Peas and tartare sauce.

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**Here's your chance to be a race pig owner!!! All pigs available for purchase in advance @ £5 each. If your pig 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.**

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***For Booking please see Emma 07456-451073***

# NPT WASP – Wellbeing After Stroke Project

## What does NPT WASP mean?

The acronyms are for 'Neath Port Talbot Wellbeing After Stroke Project'…but does that really tell you what it is? We don't think so.

NPT WASP is 'THE' first mental health project of its kind in the UK and we are so proud and excited to tell you all about it. Our stroke group and NPT Mind have been working on this project since we trialled an 8 week online group therapy session to our local stroke survivors during the Covid lockdown. It was so successful we immediately started working with our partners NPT Mind to create a project and deliver it to The National Lottery for funding.

Over years of planning, we have created a 3 year project employing 6 members of staff to deliver this mental health first of its kind project. The Lottery have awarded us £338,000 to deliver this to you all.

**Project Lead** – This highly organised and motivated leader will do the day to day running and organising of the project, meeting lottery funding and analysis reports and liase with the team.

**Path Finder** – This incredible person will meet local stroke survivors and their loved ones. They will offer support and an empathetic ear, signposting to external services that can help them in the community. That could be help with adaptions to the home, welfare advice, housing support etc. They can also refer internally into NPT WASP.

**NPT WASP will have an internal service of:**

**Therapeutic Group Coordinators x 2** – These 2 amazing people will be creating and running groups based on our needs as stroke survivors and loved ones. This will range from craft workshops, nature activities, gardening sessions, fatigue management, plus much more.

**Talking Therapy Practitioners x 2** – These highly skilled people will offer group counselling and one to one talking therapy to whoever is suitable. They will be using a number of counselling methods to help everyone and their loved ones move on from their stroke or their family members stroke.

If you feel you need help from NPT WASP, we will be giving you lots of opportunities during the Autumn to meet the new team and get yourself signed up. We are officially launching during World Stroke Day Friday 27th October, so make sure you come along that day 😊

# World Stroke Day

On Friday 27th October we will hold our third World Stroke Day information event at Neath Port Talbot Stroke Group. As well as World Stroke Day it will be the official launch of NPT WASP which stands for well-being after Stroke project. This is a joint venture between Neath Port Talbot Mind and Neath Port Talbot Stroke Group, which has been funded by The National Lottery. This is a project to help with people's mental health and well-being after a stroke and will support not only the stroke survivor, but their family members and carers also.

On the day we expect to have over 30 exhibitors, which are stroke specific and will include many useful ideas and access to many services in Neath Port Talbot. From last year's World Stroke Day, we have many new members and have supported lots of people with the information that they found out on the day. This year is even more special as it is the official launch of NPT WASP. We invite you to come along and bring other stroke survivors with you and learn about this fantastic new project.

## Christmas Hamper Raffle

Yes, we know it's too early to talk about Christmas but we have to!! Our Christmas Hamper Raffle is the biggest fundraising activity we do. We rely on our attendees to donate items for the hampers and then we sell the tickets to the public. Previous years we have had 6 hampers each with over 80 items, plus many more raffle prizes. The reason we are telling you now is we start to collect items in September ready to display a MASSIVE hamper at our World Stroke Day event on 27th October. Ok that's the last we will mention Christmas until 27th September. By the way, we have all our Christmas groups planned already and have done since March, it's never too soon to talk about Christmas!!

# List of Events 2023

Upcoming Events

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| August 9 | Prize Bingo |
| August 16 | Scrabble Art |
| August 23 | NPT Mind Chair Yoga with Tracey |
| August 30 | Talk - Stroke & it's Treatment |
| September 2 | Comedy Night - See Paul |
| September 6 | Rapidough |
| September 13 | Art Workshop |
| September 20 | Who Am I? |
| September 27 | NPT WASP Launch & Buffet & WSD |
| September 28 | Nataly Churchill - See Emma |
| October 4 | Stroke Association Singing Group |
| October 11 | Performance Art - Debra John |
| October 14 | Charity Race Night Fundraiser |
| October 18 | Art Workshop |
| October 25 | Pumpkin Carving |
| October 27 | World Stroke Day Information Event |
| November 1 | Laughter Yoga |
| November 8 | Scrabble Tile Coasters |
| November 15 | Would I Lie To You |
| November 16 | Birmingham Christmas Market Trip |
| November 22 | Nataly Churchill -See Emma |
| November 29 | Christmas Baubles |

# Contact Us

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