



...Improving lives after a stroke

Newsletter

APRIL 2021

Dear ICARE clients, staff, and volunteers.

I hope you had an enjoyable second Easter in lockdown and continue to stay safe and well. Hopefully, you have received your first vaccine and are well on the way to receiving your second.

I trust you have received your letter regarding the re-opening of ICARE. I should be grateful if you could complete and return ASAP, which will help us enormously with the re-opening preparations.

NEWS FROM ICARE

We are continuing to prepare the Day Centre to re-open as soon as it is safe to do so; we remain hopeful that this can be mid-May, subject to government guidelines at the time. Watch this space for more details.

Kathy and Peter (Wednesday client) have very kindly passed on some really useful information about a national charity, based in Sevenoaks but have groups up and down the UK, called REMAP (www.remap.org.uk and tel. 01732 760209) that custom make equipment (especially where there is no commercially available equipment to meet individual needs) to help people with disabilities live more independent lives.

Floor



To comply with national Covid guidelines, the floor covering in the main day centre has been changed.

We hope you like it as much as we do.

Staff Vacancy

ICARE has a vacancy for a Deputy Manager (four days); if this may be of interest to anyone you know, please ask them to get in touch with Sue on admin@icarecentre.co.uk or 01689 862883.

JLinks: Just to remind you Jayne is continuing to hold regular video exercise groups on Wednesday mornings at 10.00 am. The sessions are very enjoyable, and you certainly get a good workout.

If you would like to take part, contact Jayne directly on telephone 07903 866590 or email Jayne@jlinks.co.uk and she will discuss what you have and talk you through how to get online.

Amanda Needing Space Counselling Service: To all our Stroke Clients and Carers – would it help to talk to someone. If so, Amanda is professionally trained in listening. For free and confidential telephone sessions, please call 07974 814104 (7 days a week between 9am – 9pm).

Just to remind you that Sue is available at the Day Centre between Monday and Thursday if you want to have a chat.

Best wishes
Sue and the team.

Some silly Easter jokes to make you smile

Is it true that bunnies have good eyesight?
Well you never see a bunny wearing glasses, do you?

What is the difference between a crazy bunny and a counterfeit banknote?
One is bad money and the other is a mad bunny!

Why did the Easter egg hide?
He was a little chicken!

Why did a fellow rabbit say that the Easter Bunny was self-centred?
Because he was eggo-centric!

Why is a bunny the luckiest animal in the world?
It has four rabbits' feet

What do you get when you cross a bunny with an onion?
A bunion

What did the bunny want to do when he grew up?
Join the Hare Force.

What do you call a bunny with a large brain?
Egghead!

What does a bunny use when it goes swimming?
A hare-net.

How do you make a rabbit stew?
Make it wait for three hours!

What did the grey rabbit say to the blue rabbit?
Cheer up!

What do you get when you pour hot water down a rabbit hole?
A hot cross bunny.

How do you post a bunny?
Hare mail

How does the Easter Bunny say Happy Easter?
Hoppy Easter!