



...Improving lives after a stroke



Newsletter

1st August 2020

Dear ICARE clients, staff and volunteers,

I hope you are continuing to stay safe and well.

NEWS FROM ICARE

I am pleased to announce we have just received a grant from Community Links Bromley for £4,500.

Diana and I have also put through two more bids for grants. We will hear in due course if we have been successful. Fingers crossed!.

Diana's next paper quiz Food and Drink One will be on sale early August. If you would like a copy please email dianalomax@aol.com and she will be happy to send you over a copy. £3 per quiz.

Council Tax discounts and exemptions

Frank one of our Wednesday clients wanted me to let you know about Council Tax discounts and exemptions. The details can be found on Bromley.gov website. Go to council tax. Under this you will find council tax discount/exemption application for a person with severe mental impairment. There is an online form to fill in. Good luck and I hope you are successful.

Treasurer vacancy

ICARE is still looking for a Treasurer to take over from Diana Lomax. If you know of anyone who may be interested, please let Sue know.

PRINTER CARTRIDGE RECYCLING

Please start collecting your used CANON and HP printer cartridges. When we re-open we will collect these from you and raise funds for ICARE. Diana has already raised £25.75.

JLinks: 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).

With best wishes,
Sue and all the team

The poem below was sent to me by Mo. It was in her Mums book and she thought it might cheer us all up in these muddled times.

The poem is by Lily Dean and it featured in Woman's Realm on 2 January 1960.

Pretend that you are happy,
Though your spirits may be low
Wear a cheerful face, and sing
A little as you go.

Pretence like this is courage,
Spreading sunshine on your way,
And you will often find the effort
Clears your troubles right away.

Thank you Mo and Winn.

If you would like to put anything into the newsletter please let me know.
Deadline for August edition is Thursday 27th.