



...Improving lives after a stroke



# Newsletter

## DECEMBER 2020

Dear ICARE clients, staff, and volunteers,

I hope you are well and continuing to stay safe. I cannot believe it will soon be Christmas. It will be lovely to see some extended family and friends over the festive period; I am sure, like myself, you have missed seeing your friends and relatives.

**Christmas Letter from Mike Talbot, Chair of Trustees:**

Please find attached a letter from Mike Talbot.

**NEWS FROM ICARE**

We are currently having the flooring in our entrance area re-laid as the existing floor tiles were beginning to lift and wrinkle. This project will be completed by the time we reopen.

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

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

Christine's first paper quiz Money Matters is on sale now. If you would like a copy, please email [admin@icarecentre.org.uk](mailto:admin@icarecentre.org.uk) or phone me (01689 862883) and I will be happy to send you over a copy. The cost is £3 per quiz and the deadline is Monday 11<sup>th</sup> January 2021.

### **CHRISTMAS POEM – HELP WANTED!**

Santa needs new reindeer – the first bunch have grown old  
Dasher has arthritis, Comet hates the cold  
Prancer's sick of staring at Dancer's big behind  
Cupid married Blitzen and Donner has lost his mind!

Dancer's mad at Vixen for stepping on his toes  
Vixen's being thrown out – she laughed at Rudolph's nose.  
If you are a reindeer, we hope you will apply  
There is just one tricky part – you must know how to fly!



We wish you a very happy and peaceful Christmas and look forward to seeing you all in the new year.

With very best wishes,

Sue and the team

To all ICARE Clients, carers, staff, volunteers and supporters

Christmas has rather crept up on me. Just as it's been difficult to keep track of days of the week over the last nine months, the weeks go by and suddenly December is here, and Christmas is round the corner. And that makes us realise how long it is since we saw you at the Centre and what we have all missed this year. We know that the closure of the Centre, and the various restrictions we have been living under, have not been easy for many of you. The recent news about vaccines does, however, give us hope of better times to come as we look to 2021.

ICARE was fortunate to go into the lockdown in March in a good financial state. With the Government's Job Retention (furlough) Scheme, support from Bromley through grants and rent relief, and other grants and donations, we will be in a position to open again once we are able to do so safely. We will have to make several changes when we do open and have been working on what needs to be done to achieve that. We are grateful to the staff who have been on furlough for their forbearance, and to Sue for holding the fort for these last months, keeping in touch with you all. and dealing with all the necessary admin that carries on regardless. Thank you all too, as members of the ICARE family, for your support as we have been through this extraordinary year.

We took advantage of the closure back in March and April to get the decorators in, both inside and out. New blinds have been put up in the entrance area and, as I write, the floor there is being replaced as it had been affected by the leaks we used to get through the roof. So, we have been trying to use this time constructively. Sue has also been doing a lot of tidying and sorting, with the help of Christine and Diana and members of her own family. Thank you to them too.

In September Diana retired as our Treasurer, having done a great job keeping our finances in good order, and updating our systems onto the computer, which has been a real improvement. Diana was also very active on the fundraising front, as well as with the general running of ICARE. We want to thank her for everything she has done and are pleased that she will continue as a volunteer. We have been very pleased to welcome Paul Frost to take over the Treasurer's role; he is already very much involved as we look ahead to reopening.

This Christmas is going to be far from normal, but I am sure everyone will be trying to make it a special, despite the difficulties. One sign was the early arrival of festive decorations. Our grandchildren persuaded their parents to have Christmas trees up and adorned before the end of November! Christmas remains a special time and its message of hope seems particularly apt this year. Whatever way you are able to celebrate, on behalf of the Trustees may I wish you, your families and friends a happy and peaceful Christmas and New Year - and we look forward to seeing you at the Centre in 2021.

With best wishes

Mike Talbot

Chair of Trustees