



...Improving lives after a stroke

Newsletter

JANUARY 2021

Dear ICARE clients, staff, and volunteers.

Happy New Year to you all and I hope you are well and continuing to stay safe. I know Christmas was different this year, but I hope you enjoyed it as much as you could. Please remember that Sue is available at the Day Centre between Monday and Thursday; just give her a call if you want to hear a friendly voice and have a chat.

NEWS FROM ICARE

We are continuing to prepare the Day Centre to re-open as soon as it is safe to do so within current guidelines. The fabric armchairs have had to be replaced with an easy-clean finish. If you, or anyone you know, would like to have one of fabric armchairs, please let Sue know. It would be lovely to know they are going to a good home.

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).

Online Quiz: Just a reminder that the deadline for Christine’s Money Matters online quiz is next Monday, 11th January. Good luck.

New Year Poem

Twas the month after Christmas and all through the town
People wore masks that covered their frown

The frown had begun way back in the Spring
A global pandemic changed everything

They called it Corona but, unlike the beer,
It didn’t bring good times and didn’t bring cheer

As the world entered lockdown to flatten the curve
The economy halted and folks lost their nerve

From March to July, we rode the first wave
People stayed home and they tried to behave

When Summer emerged, the lockdown was lifted
But away from caution many folks drifted

Now its January and cases are spiking
Wave 2 has arrived, much to our disliking

It’s true that last year had sadness aplenty
We will never forget the year 2020

Here’s to a New Year, we’ll embrace 2021
What joy it will bring to see everyone!

Best wishes and Happy New Year
Sue and the team.