



...Improving lives after a stroke



Newsletter

1st July 2020

Dear ICARE clients, staff and volunteers,

We hope you are continuing to stay safe and keep well at this difficult time. Please see attached message from Mike our Chair and Company Secretary.

NEWS FROM ICARE

It is with sadness I must report that Faith Fletcher who attended the centre on a Thursday has passed away. She has been a much-loved member of the ICARE family for 7 years and I know she will be greatly missed. Her husband Donald said she always came home smiling after her day at ICARE.

Sue is continuing to be at the Day Centre most days picking up emails and messages. Lots of you have been in touch, it is so nice to hear from you. Please give her a call or leave a message and she will get back to you.

I would like to say a huge thank you to Julia Barry who has continued to look after our garden keeping it tidy and pretty.

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. Thank you

Update from Christine on ICARE's Fundraising Events

The London Marathon may possibly take place in October. Lisa still runs on a regular basis to keep her fitness levels up.

JLinks: Jayne is continuing to hold regular video exercise groups on Wednesday mornings at 10.30 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

A SENIOR'S VERSION OF FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have don't the night before, what I will do later and with whom.

I give them pictures of my family, my dog and me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I listen to their conversations, give them "thumbs up" and tell them I "like" them.

And it works just like Facebook. I already have 4 people following me:
2 police officers, a private investigator, and a psychiatrist!!!!

To all ICARE clients, carers and supporters

I hope that you have all been keeping safe and well over the weeks of this lockdown.

Personally, I have been keeping busy – having moved house last autumn, there's been plenty to do, but I'm in dire need of a hair cut. I'm beginning to look like the photos of me in the 70s - or even younger. We just had a family baby-photo quiz on Zoom organised by two of our grandchildren; the curls in the photo of me aged 18 months are coming back! If, like us, you have been using the internet to "see" family and friends (or indeed for the ICARE Board meeting, as happened last month), you'll know that although it's better than not seeing them, it isn't the same as being together. So it's been good to be able to see our children and grandchildren in the last few weeks as the restrictions have been eased, to go for social distanced walks, have a run around the recreation ground or enjoy fish and chips in the garden. More relaxations are imminent, with various activities opening up again on 4 July. I might even get that haircut.

I know that you are looking forward to being together again at the Centre, as soon as possible. As yet we haven't seen anything in the Government statements to indicate when ICARE, and similar organisations, will be able to reopen, and what constraints there might be when we do. We all hope that things will continue to improve over the summer but nothing is certain. We will be tracking the Government statements and advice and will let you know when we have a better view of the way ahead.

The Centre is looking very smart for when we return, with the redecoration, new sign and the tidying up Sue has been doing. Sue is still going into the Centre and can be contacted there, and the JLinks virtual physio sessions are continuing.

Until we are able to meet again, I hope that you may be able to take advantage of the various relaxations in the restrictions and enjoy the sights and sounds of summer. Keep in touch and keep safe.

With best wishes

Mike Talbot
Chair and Company Secretary