



...Improving lives after a stroke



Newsletter

1st June 2020

Dear ICARE clients, staff and volunteers,

We hope you are continuing to stay safe and keep well at this difficult time.

NEWS FROM ICARE

The decorating has now been completed.

Great news, our friends from the Provence of West Kent Lodge Freemasons have agreed to fund new blinds for the conservatory area, which will complete the makeover nicely.

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.

Diana's paper quiz "Family Matters" proved as always very popular. Thank you to everyone who took part. Congratulations to Sue Amphlett our winner and everyone else who took part. Next quiz "Food and Drink" will be on sale at the Beginning of August.



Diana choosing the winning entry

JLinks: Jayne is continuing to hold regular video exercise groups on Mondays at 1.30 pm and Wednesday at 10.30 am. I have been joining these sessions and working out with Jayne and some of our clients. 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.

One of our Wednesday clients John is happy to ring and have a chat with friends. Please contact Sue if you would like to have a chat with John or a friend from another day.

SELL YOUR BOOKS, DVDs AND CDs ONLINE FOR ICARE

Sorry we cannot take your books, DVDs and CDs at the Centre at the moment but why not try to sell them online and raise funds for ICARE?

Diana, our Treasurer, has been through this process using Ziffitt. It is easy to follow, and they arrange collection for packaged items over 5kg. There is a link to donate to a charity and ICARE DAY CENTRE TRUST LTD is easily found. Why not give it a go? Please click on the Gift Aid button if that is appropriate and reference your payment with "*YOUR LAST NAME: Ziffitt.*"

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.

4th July Quiz Night – This quiz night is now cancelled and will be re booked at a later date.

With best wishes,
Sue and all the team

Ode to Lockdown
(to lift your spirits)

I wandered lonely as a cloud,
Two metres from the madding crowd

When all at once my name was called
To enter Waitrose hallowed hall

Now the pensioner's special hour,
I'd gone to get a bag of flour.

But I forgot – when through the door -
What I had gone to Waitrose for.

The Waitrose staff are extra kind
I told them it had slipped my mind.

They asked what else I had forgot -
They clearly thought I had lost the plot.

I phoned my wife at home to ask
She told me of this special task:

“I need some flour to bake a cake
With all that cream you made me take!”

“Ah yes of course,” I had to lie,
I dared not ask what flower to buy,

But then I saw them at the tills....
A bunch of golden daffodils!

Anon