



...Improving lives after a stroke



# Newsletter

## 1st May 2020

Dear ICARE clients, staff and volunteers,

We hope you are staying safe and well at this difficult time.

Please see attached letter from Mike Talbot explaining the current situation with the Coronavirus Pandemic.

The decorating is going very well, and the centre is looking much fresher and brighter.

Sue is at the Day Centre most days picking up emails and messages and has had lots of lovely telephone calls. Most people are staying well, and very much looking forward to returning to ICARE once they are able to.

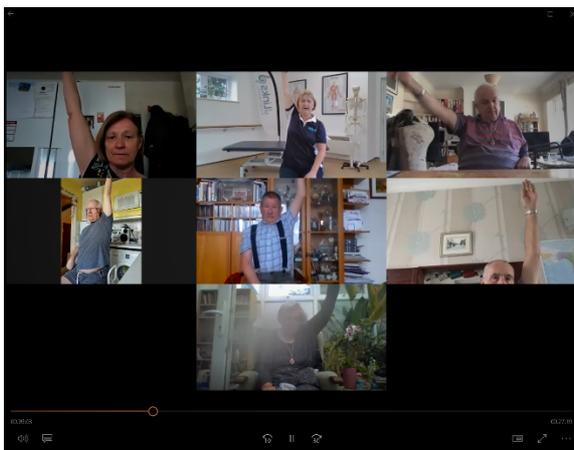
It is with great sadness I must report that Brian Bentley who attended the centre on a Monday and Thursday has passed away. He has been a much-loved member of the ICARE family for 4 years and I know he will be greatly missed.

Paul Sage, who also attended on a Thursday for almost a year, passed away on 10<sup>th</sup> April. Paul was a great quizzer, especially answering the sports questions.

Thank you to everyone who has settled their March accounts. If you have not done so, please either send a cheque or contact Sue and she will give you our bank details if you prefer to do on line banking.

JLinks: Jayne has been holding 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.

See one of our sessions below



If you would like to take part, contact Jayne directly on telephone 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.

Diana's next paper quiz "Family Matters" will be on sale from 4<sup>th</sup> May. If you would like a copy please email [dianalomax@aol.com](mailto:dianalomax@aol.com) and she will be happy to send you over a copy. £3 per quiz.

Our ICARE quiz team have been keeping in touch over Zoom



## Update from Christine on Icare's Fundraising Events

Both the May Fete and Knockholt Carnival (July) have been cancelled.

Race night has been postponed until a later date.

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

4<sup>th</sup> July Quiz Night – as this is several weeks away, we will make a decision nearer the time and let you know.

We realise people have invested in some of our events, if you have any questions or queries please do not hesitate to contact Sue on 01689 862883.

Amanda from Needing space Counselling Service is still offering her services free of charge. If you would like to have a telephone consultation with her, please give her a call on 07974 814104. If you need more information, please give Sue a call.

With best wishes,  
Sue and all the team

To all ICARE clients and carers,

What a strange month it has been. On the one hand everything has changed – schools closed, lots of shops shut, initial panic buying, limited outings each day, TV and radio programmes presented from kitchen tables, and ICARE closed – it would have seemed unimaginable a couple of months ago.

It has been encouraging to see how people have responded positively to the crisis with offers of help and support, both at a national level and more locally. I hope this has been your experience too. It has also been interesting to see how people have adapted to keep things going in difficult circumstances, finding new ways of doing things: Jlinks are doing on-line physiotherapy, my daughters are teaching piano lessons over the internet, one granddaughter is having on-line ballet lessons. Restaurants are changing to deliver food, some of our local farmers' market stalls have managed to operate each week in a pub car park with social distancing. In all sorts of ways people are adapting.

The ICARE Board is also having to adapt; we are planning our first virtual Board meeting for next month.

Yet in some ways, not a lot has changed in the last month. The coronavirus is still front and centre of the news and Government policy, scientists are still learning about it, and we do not yet know when or how the lockdown will end. The Trustees are keeping the position under review and looking at the various statements that have been made or promised by Government. It seems likely to be some time before we will know when ICARE will be able to re-open, as so much is out of our hands, so for the moment there is little more I can tell you on that front.

We will aim to keep you informed as we go through this time. I know from Sue that you miss ICARE and are looking forward to getting back as soon as possible, as are we all. In the meantime, continue to stay safe and enjoy the world around us, as spring comes fully into bloom and into song.

With best wishes

Mike Talbot,  
Chair and Company Secretary