



...Improving lives after a stroke

Newsletter

MAY 2021

Dear ICARE clients, staff, and volunteers.

I hope you are all staying safe and well and, hopefully, you are well on the way to having your second vaccine. Please remember that Sue is available at the Day Centre between Monday and Thursday if you want to have a chat.

NEWS FROM ICARE

By now you will have hopefully received your letter about ICARE re-opening on 21st June (Step 4 of the government's roadmap) subject to their being no changes in the Government advice. We are **SO** looking forward to welcoming you back.

HEPA Filter



Orpington Rotary Crofton have very kindly donated a HEPA filter which purifies the air and will improve the ventilation at ICARE. On behalf of everyone at ICARE, thank you to the members of the Orpington Rotary Crofton for your generosity.

Staff

We have filled our staff vacancies and look forward to welcoming our new members of staff. I know we will all make them feel at home.

Fundraising

Sue and Christine had a table at the Hayes Boot Fair and raised £158.50 for the Day Centre. As you can see it was a very cold day!



CHRISTINE'S PAPER QUIZ The next paper quiz **Whatever the Weather** will be on sale Wednesday 12th May - £3 a quiz. If you would like a copy, please let Sue know.

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.

Best wishes
Sue and the team.

