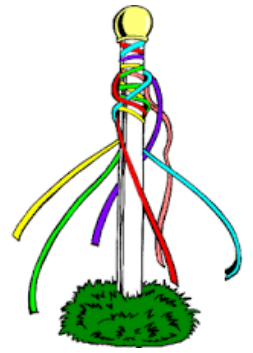




...Improving lives after a stroke

May Newsletter



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Jenny Harper is running the Edinburgh Marathon on 29th May in aid of ICARE.

If you would like to wish Jenny well and sponsor her, here is the link

[Jenny Harper's Fundraising Page](#)

GOOD LUCK JENNY

Sue accepting the donation from Colin



A great big thank you to Colin Williams and the Bexleyheath Golf Club for nominating us as their Charity for the year.

They raised £4,939, which is a fantastic amount. Sue was delighted to go along to the Club as Colin's guest and to accept the donation.

Thank you Colin.

News from ICARE:

Counselling/Chatting Service: Amanda Dalson, our accredited Counsellor, who is registered with British Association for Counselling & Psychotherapy, is offering a Counselling/Chatting Service for our clients and carers in a variety of ways – telephone (**07974 814104**); in person or via Zoom. If you would like more details or make an appointment, either speak to Sue or contact Amanda directly.

Platinum Jubilee Celebrations: I am delighted that the entertainment that had to be cancelled at Christmas has been re-arranged for week commencing 6th June to commemorate the Queen's Platinum Jubilee.

Bromley Well Long-term Health Conditions Service: Bromley Well run a series of 8 workshops which look at helping people adapt to a healthier lifestyle and manage their long term health condition. A copy of the summary of the subjects covered is attached. If you are interested in accessing this service, please call the Bromley Well single point of access to enable a seamless triage into the long term health conditions service where you will get all the support and guidance you need. The telephone number is 0808 278 7898.

Gardening: Would you, or anyone you know, be interested in helping to maintain the small area of garden here at ICARE. The raised beds need a good tidy-up after the winter and, once this is done, the clients will be able to help with summer planting. Please give Sue a call.

Fundraising:

Events:

Saturday 14th May – 12.00 p.m.

Pratts Bottom Fete

Venue: Village Green, Pratts Bottom. The theme is "Great British Fete".

Saturday 11th June – 3.00 p.m. – 5.00 p.m.

Platinum Jubilee Cream Tea

Venue: ICare Day Centre, Old School House, High Street, Green Street Green

£10 per head. There will be a raffle. **PLEASE SEE ATTACHED FLYER FOR DETAILS OF HOW TO BOOK.**

Saturday 18th June – 7.15 p.m. – 10.30 p.m.

Quiz Night

Venue: St. Mary's Church Hall, Worlds End Lane, Green Street Green

£10 per head and teams of up to six people; table numbers are still limited so please book early to avoid disappointment. To book a table, please give Sue a call.

Saturday 2nd July – 12.30 p.m. – 5.00 p.m.

Knockholt Summer Fayre

Venue: Recreation Ground, Knockholt

Saturday 16th July – 2.00 p.m. – 6.00 p.m.

Diana Lomax is very kindly hosting a Garden Party in Chelsfield.

Further details to follow.

There will be a raffle; tickets will be on sale at Icare from 27th June and will be drawn at this event.

Saturday 10th September – ICARE Open Day

Venue: ICare Day Centre, Old School House, High Street, Green Street Green

Saturday 22nd October – 7.15 p.m. – 10.30 p.m.

Quiz Night

Venue: St. Mary's Church Hall, Worlds End Lane, Green Street Green

DONATIONS OF UNUSED, UNWANTED GIFTS FOR US TO SELL AT OUR SALES OR RAFFLE WOULD BE GRATEFULLY RECEIVED.

Best wishes,
Sue and all the team