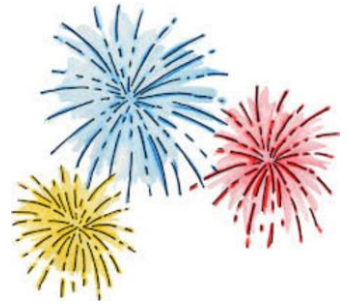




...Improving lives after a stroke

# November Newsletter



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## CHRISTMAS OPENING

Please see details inside.  
Monday, Tuesday & Friday clients:  
please complete and return the  
attached slip by 29<sup>th</sup> November.  
Thank you!

## CHRISTMAS RAFFLE

Tickets will be on sale from  
Tuesday 19<sup>th</sup> November and will be  
drawn on Thursday 12<sup>th</sup> December.

**GOOD LUCK!**

## ONE STEP FORWARD CLUB

See inside for details.

## Sarah Rees, our Half Marathon Runner, with her Mum



## Picking the Paper Quiz winner



## Diana collecting a cheque from the Ladies Team Captain of the West Kent Golf Club



### Christmas Opening

Apart from Christmas Day, Boxing Day and New Years Day Bank Holidays, the ICARE Day Centre can be open over the Christmas period if our clients and their carers wish. Bearing in mind that, in previous years, Dial-a-Ride has not operated their permanent bookings over the Christmas period. If it is the case again this year, you would have to book Dial-a-Ride independently. Dial-a-Ride should advise in mid-November on what their arrangements will be over the Christmas/New Year period.

**Monday, Tuesday and Friday clients: please book your place at ICARE on the attached slip by 29<sup>th</sup> November for staffing and catering purposes. If you do not attend between 24<sup>th</sup> December and 1<sup>st</sup> January inclusive, you will not be charged.**

### Exchanging Christmas Cards

Following in last year's footsteps, if clients, staff and volunteers would prefer to donate to ICARE instead of exchanging Christmas cards with each other, that would be a very kind gesture.

### Fundraising:

#### Events:

**Pratts Bottom Christmas Market – Saturday 23<sup>rd</sup> November 10.00 a.m.-2.00 p.m.**

**Village Hall:** Donations of unwanted, unused gifts would be gratefully received. We look forward to seeing you there.

**Green Street Green Community Choir Christmas Concert – Saturday 7<sup>th</sup> December**

**7.00 p.m. St. Mary's Church, Worlds End Lane:** Christmas Concert in aid of ICARE.

Tickets £5 each obtainable from Amanda on 07503 947300. Thank you so much Amanda and the Green Street Green Community Choir for choosing ICARE.

### Update on Past Events:

**Folkestone Half Marathon – 29<sup>th</sup> September:** Congratulations to Sarah on completing her first Half Marathon, despite bad weather. The fantastic sum of £660 has been raised for ICARE. Thank you so much Sarah and thank you everyone who supported her.

**Paper Quiz "Numbers and Letters":** Congratulations to Helen & Arthur Alexander, the overall winners, chosen by one of our Thursday clients. There were 8 quizzers scoring the maximum 60 points, with 14 missing out by 1 or 2 points. Well done to everyone and thank you all for your support as always. Look out for the next Paper Quiz "Connections" which will be on sale in February 2020.

### Thank You to the following who have made donations to ICARE:

West Kent Golf Club; Twins Fish Bar; Linda Baxter; Bromley Lions; Penni Goy.

### One Step Forward Club

Friday 1<sup>st</sup> November

Friday 15<sup>th</sup> November

Friday 6<sup>th</sup> December

Travel

Sound Alliance

Music Quiz

Frances McGarry

Barbershop Quartet

Best wishes,  
Sue and all the team