



...Improving lives after a stroke



Newsletter

NOVEMBER 2020

Dear ICARE clients, staff, and volunteers.

We hope you are continuing to stay safe and well.

In light of the Government's announcement last Saturday with a month-long lock down our re-opening date has unfortunately been put on hold. We have a board meeting next Thursday and will write to you all with an update after the meeting.

NEWS FROM ICARE

It is with sadness I must let you know that Marjorie Minear one of our Wednesday clients recently passed away. Marjorie was very fond of quizzes and board games and will be very sadly missed by all her friends at ICARE.

FUNDRAISING NEWS

I am pleased to say Avril and some of her friends completed the virtual marathon on Sunday 4th October 2020. To date they have raised over a thousand pounds for ICARE. Thank you to Avril and her friends, this is a fantastic amount.

PRINTER CARTRIDGE RECYCLING

Thank you for keeping your old printer cartridges. Please continue collecting your used CANON and HP printer cartridges and we will collect them from you when we re-open.



A WORD FROM PAUL FROST – ICARE’S NEW TREASURER

I am delighted to take up the role of Treasurer and Trustee of ICARE, and very much look forward to working with all of ICARE’s staff and trustees in undertaking the activities that provide excellent support for all of our clients (whom I am also looking forward to meeting at some point soon – when Covid-19 allows). I spent my entire career working in the financial services industry, the majority of which was at the Bank of England – my last role at the Bank provided me with access to the very impressive and large number of gold bars that are stored in the vaults of Threadneedle Street (unfortunately I was not allowed to bring any with me to show you)!

I enjoy watching most sports and am an avid Crystal Palace supporter (which can be bit of a roller-coaster ride of emotions!). I play golf (not very well), and like to maintain fitness through attending the gym, swimming, and walking. I am married, with two grown-up sons – the eldest of which has now unfortunately had to postpone his up-coming wedding twice due to Covid-19.

I typically pop into the daycentre once a week, so please do say hello if you see me.

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.

Amanda Needing Space Counselling Service:

To all our Stroke Clients and Carers – would it help to talk to someone. If so, Amanda is professionally trained in listening. For free and confidential telephone sessions, please call 07974 814104 (7 days a week between 9am – 9pm).

Thank you to Christine for the poem below. Don't forget to send me anything you would like to include in the Newsletter.

VIRUS ANGST

Do I have it, Do I not?
How do I know what I've got?
My temperature is 99,
A teeny more, but I feel fine.
I think I'm fine, that is to say,
But am I, maybe, just OK?
Is my throat a little dry?
Or is it scratchy? If so, why?
If I conclude that it is scratchy,
Does it mean that I am catchy?
My nose is runny, that's not new,
But much more than it used to do.
I think. Perhaps it's just a cold,
Or maybe part of getting old.
It's also true that I am tired,
But then I also feel I'm wired.
Maybe I should take a rest?
Or could I, should I, take a test?
I'm ready for all outdoor tasks,
With Dettol wipes and gloves and masks.
But still I'm clueless and unaware,
But know my germs I must not share.



Best wishes

Sue and the team.