



...Improving lives after a stroke

November Newsletter



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**DO YOU HAVE
ANY UNWANTED
UNOPENED GIFTS
YOU WOULD LIKE
TO DONATE TO
ICARE FOR THE PRATTS
BOTTOM CHRISTMAS FAIR?**

POSH TEA



News from ICARE:

Chiropodist: Eileen Hendon, Chiropodist, will be returning to ICARE in the near future. If you are interested in booking an appointment with Eileen, please let Sue know.

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

What Activities would you like to participate in at ICARE?

Suggestions for activities that you would like to see introduced at ICARE is still open. ICARE is your day centre, and any suggestions would be very welcome.

Fundraising:

Events:

Quiz Night – Saturday 13th November:

ICARE'S Quiz Night since lockdown on Saturday 13th November is sold out (mainly because places were limited due to the covid restrictions). However, please watch this space for dates of future quizzes when, hopefully, more places will be available.

Pratts Bottom Christmas Fair – Saturday 20th November:

ICARE has a table at the Pratts Bottom Christmas Fair on Saturday 20th November; do you have any unwanted, unopened gifts that you would like to donate for us to sell? It would be lovely to see you on the day if you are visiting the Fair.

Update on Past Events:

“Posh” Tea – Saturday 9th October 2021:

The “Posh” Tea was enjoyed by all and in excess of £900 was raised. A massive Thank you to The Rotary Club of Orpington Crofton for arranging the event, to Waitrose for providing the food, everyone that supported the event and congratulations to the Raffle Prize winners. Please see photographs on the front cover.

Boot Fair – Sunday 17th October 2021:

Christine and I had a pitch at the Hayes Boot Fair, the last of the season, and raised an incredible £240.00. The event was well attended, despite the muddy field! It was worth getting up at the crack of dawn.

Best wishes,
Sue and all the team