



...Improving lives after a stroke



Newsletter

1st September 2020

Dear ICARE clients, staff, and volunteers.

We hope you are continuing to stay safe and well. I cannot believe we have been closed for nearly 6 months!

We are just starting to tentatively think about re-opening the Day Centre. We will be very busy putting risk assessments in place to make sure that everyone is kept as safe as possible. Sue will keep you all regularly updated.

NEWS FROM ICARE

Moving with the times we would be grateful if where possible you could pay your monthly fees by bank transfer. This would be very helpful as we are being discouraged to use cash whenever possible. Please speak to Sue who will give you our bank details. Thank you.

And the winner of the Food and Drink paper quiz is **Liz Ely**. Very well done to Liz and everyone who took part. Thank you to Diana for such an enjoyable quiz. See Diana below picking the winner.



Rusty has a brand-new bath chair still in its box if anyone would like it. Please let Sue know if you are interested.

FUNDRAISING NEWS

Lisa Cleaver has confirmed she will still be running the London Marathon for ICARE but not until October 2021. ICARE have banked all the generous donations you have made so far. We hope you are happy for us to keep your donations until next year.

However, if you would prefer to have your donation returned to you, please do not hesitate to contact Sue on 01689 862883. Please let our supporters know about the delay in the running of this event.

PRINTER CARTRIDGE RECYCLING

Please continue collecting your used CANON and HP printer cartridges. When we re-open we will collect these from you and raise funds for ICARE.

JLinks: 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).

With best wishes,
Sue and all the team

A ROSE BY ANY OTHER NAME

Two couples are lunching together.

One man asks the other

“How did you get on at that memory clinic?”

Fred replies “They taught us all the latest psychological techniques – visualisation, word association and things like that – It’s made a big difference to me.”

“I’m glad to hear it Fred – what was the name of the clinic?”

Fred’s face goes blank. He thinks until his face is creased by the effort, but he still cannot remember the name, then a smile crosses his face.

“What do you call that flower with the long and thorny stems you buy on Valentine’s day?” he asks.

“You mean a Rose” answers his pal.

“Yes, that’s it” Fred exclaims.

Turning to his wife he asks, “Rose what was the name of that clinic?”

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