



Phoenix Stroke Club Newsletter Spring 2014

www.phoenixstrokeclub.org.uk



Welcome to our first newsletter for some time. We plan to produce one each term. This newsletter is to keep members and their families up to date with what is going on in the club plus other information.

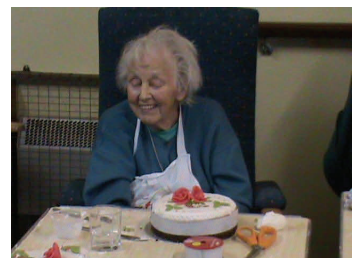
As this is your newsletter, please feedback your comments or do you have any information to share? Perhaps you know of a restaurant or a place to visit that is very accessible or you have received a grant for specialist equipment.

Don't forget we are now on Facebook. You don't need to be on Facebook yourself to look at our page. If you don't use a computer I'm sure your grandchildren will be able to show you our page, they may even be able to show it to you on their phones!

At the club Christmas is a now vague memory of the past as we are busy celebrating Burns Night, Chinese New Year and Easter. Our volunteer gardeners, Iain and David, are hard at work getting the garden ready for the summer and have a new project on the go, as you will read on the following page.

During 2013 our Trustees have been updating our policies and procedures. If you would like to see a particular policy, a copy can be obtained from the office or via our website.

You will have noticed the blue plastic covering the side of our clubhouse. This is a temporary measure to help keep the rain out and repairs will soon be carried out to fix the problem.





Recent



Activities

Woody!

Woody sold for £250 and overall he raised £389. The publicity value to the club was even greater. Our thanks go to Horsham Rotary Club for organising the event and Woodlands Estate Agents for sponsoring our giraffe.

He was bought by a family from Colgate who did the trail thought Woody was simply the best and although they have no links with the club, thought the Phoenix Stroke Club was a worthwhile charity.



Gardening

The new project Iain & David are working on is to make use of the raised vegetable beds at the side of the youth wing. This will be a joint project with boys from Forest School.

We are looking for members to help them with this, any input would be welcome, you don't have to get your hand dirty, just your suggestions would be welcomed. Let Jackie or Judith know if you want to get involved.



Christmas at the club

The Christmas cakes looked wonderful, with gratefully received help from pupils of Forest School & our very own Ron.

From listening to your comments Christmas lunch at the Red Lion was a success. We have already started the raffles to save up towards 2014 Christmas lunch, however we are in desperate need of more raffle prizes.



Exercise

In 2013 we started doing more exercise at each club day. While all members do seated exercise, it's great to see some of our members doing chair based exercise standing up. Keep up the good work and remember to EXERCISE AT HOME!



From the Chairman of the Trustees

Nigel Haverson

Happy New Year to you all from the Trustees. It's good to see the newsletter revived in a new format and to have the opportunity to share a few thoughts with you. As some of you know Don Burstow stood down as Chairman of the Club last year at the AGM and you appointed me in his place. I'm pleased that Don still brings his extensive experience of the club and the Charity Commission to the club.

You will recall that we are looking to bring the Club's Constitution up to date and after the vote by everyone last September to accept the revised version we are now in discussions with the Charity Commission over the wording of the document and we will keep you informed of our progress.

A further challenge we are currently facing involves our funding from West Sussex County Council (WSCC). In September WSCC gave us (along with other providers) notice that we have to bid again for our funding and we have to do this by March this year. We are currently looking at the best options for the club in order to protect your independence but I am pleased to be able to tell you that WSCC hold the club in high regard and realise that we provide them with fantastic value for money in what we provide for you (and them).

Finally in February we are hosting a meeting with other stroke clubs in West Sussex to share good practice and to be able to learn from each other.

Reminder from the Club

For members who pay their termly subs annually, they will be due in April after Easter. The minimum amount is £30, but as a charity with rising costs we are always grateful for as much as you are able to give. For members who pay termly these are due Jan, Apr, Sep. Minimum amount is £10 per term but again you are welcome to give more. If you are a tax payer and you have not completed a Gift Aid form and would like to, please ask for one.

Dates for your Diary

Carers' coffee morning: Mon 17 Feb, Wed 26 Feb both days 10.45am at Station Beefeater, Horsham. Tuesday carers are welcome on either day.

Phoenix Forum Meeting: Mon 17 Mar, 4pm, for members, carers, volunteers, Trustees and staff to share ideas on the what we do and how we do them. All welcome and we would particularly like to see members/carers/volunteers from the Wednesday club to hear your views.

Easter: The only day the club will be closed is Mon 21 Apr.

Holiday to Bournemouth: 2—6 Jun, see Jackie or Judith for more information.

AGM: Mon 7 Jul, 2.30pm. All welcome.



Information



West Sussex Carer's Emergency Alert Card

If you live in West Sussex and care for someone then getting a carer's emergency alert card is free. The card is the size of a credit card which the carer carries with them which will then identify them as a carer should an accident occur.

The idea is the carer registers with the scheme and completes a form of who to contact in an emergency. This information is stored by the scheme and not on your card (which just has a reference) so it is very confidential.

However, once you have done this it is very important to draw up with the emergency contact(s) a plan of action should the nominated person(s) ever need to take over the carer's duties, and keeping them up to date.

Having a folder in the house that is easy to find with an up to date care plan and medications is a good idea.

01243 778688

www.chichestercareline.org.uk click on services.

Or ask Jackie or Judith for a form.

Carers Support Service

Carers Support can help by providing practical and emotional support and information. Come along to one of our coffee mornings on 17 Feb or 26 Feb to find out more. Leaflets are available from the club.

Keeping Warm—Free visits from a green doctor!

Horsham District Council, working with Groundwork, can offer a free home visit with one of their experienced Green Doctors to give practical advice on keeping warm and keeping energy bills lower this winter. Whilst they are in the house they can check insulation levels, boiler efficiency and appropriate energy tariffs.

If you are on a low income or have a long term health condition, and are living in a cold home or concerned about keeping your home warm you will be eligible for a visit. The scheme runs until the end of March.

Call Groundwork on 0300 034 9770