. Phoenix Stroke Club

 Newsletter February 2017

Greetings for a very prosperous 2017 to one and all – a little late I know but with every good intention still the same. January 2017 started as a busy month for the Trustees with a normal meeting to discuss all the normal business of the club quickly followed by an “away day” – well afternoon at the Club on a Friday but with no normal agenda items but the chance to take stock of what we have achieved since our last away day in 2014 and where we want to go in the future.

At both meetings some exciting decisions were made. Firstly at our Trustees meeting we discussed the possibility of seeking accreditation under the Investing in Volunteers scheme. As you all know well we value our volunteers very highly and this scheme will ensure we are doing our best for them to make their volunteering experience both fruitful and beneficial for them as well as for us. We will keep you updated as we progress this initiative.

At our away day we looked at the make-up of the Board of Trustees and where we might strengthen the team. We decided to approach Dr Natalie Broomhead (who spoke at our AGM last year), Alison Gough (an Occupational Therapist) and one of our Members – Jill Wakeman. I am pleased to say that all of them accepted our invitation and will be joining us at our Trustees meeting in March and hopefully you will get the chance to formally appoint them at our AGM in July this year.

Finally we considered our accommodation and the restrictions it currently places on us in terms of the number of people we can accommodate. We are currently looking at a couple of options to increase our space availability, talking to an architect and structural engineer as well as building manufacturers about how we might best achieve our objectives. As we make progress we will keep you informed.

2017 is already looking like an exciting year for the club and I hope you will feel the same.

**Nigel Haverson**

**Chairman of Trustees**

The Carers Coffee Mornings will be on the 19th, 20th and 21st October in the Youth Wing next door to the club room at 10:30 each day to coincide with the time members are dropped off



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**Christmas.**

The Christmas lunch at the Station proved to be a success again with lots of positive feedback from the members and volunteers who were able to attend. The food was delicious especially catering for such a large group. Disappointing steaks on the Wednesday but we did receive an apology and a discount from the Restaurant and no issues with the Monday, Tuesday or Thursday ones.

Well done Ann for negotiating another discount for us!

Ann worked very hard organising activities including making Christmas cakes, decorations and banners. The Christmas cakes were a particular success and members and their families all enjoyed them. Ann also worked tirelessly on Cinderella (with a difference). She organised the scenery, script and sourced outfits and props. Unfortunately Ann was too poorly to direct the panto on the day so I stepped in to cover. She has however seen the video (many thanks to Lesley’s husband).

We all enjoyed the mayhem including the depleted choir (3 people) who said they didn’t stop crying with laughter and look forward to joining us again this year. Although we had lots of fun, I shan’t give up my day job! We shall be looking for budding actors for our next production. Ann is threatening us with ‘The Sound of Music’! We will plan the date earlier this year so everyone can put it in their diary!

**Summer Outing.**

We think, following discussions that this year’s summer outing will be either the Wey & Arun canal or the seaside.

**Activities at the club.**

Time flies but planning continues. Christine & David are back leading the exercise, which some of us need after Christmas.

We have already had an interesting talk by Roger on Bees and Honey.

David Moore from the Horsham Society has been in to talk about the latest plans for Horsham.

We have also had a talk on keeping warm in winter.

**Therapies.**

Shelley (OT) will continue to visit in 2017.

This is a free service to those who are interested in the scheme. It may include one to one confidential time with members and/or Carers for an assessment, or taking part in a small group session.

**Donations and Funding News.**

We had a stall at Age UK Christmas sale and raised over £50 profit selling cards and gifts donated by members, volunteers and carers.

The Co-op F/C, Hall & Woodhouse and Wilko’s kindly donated gifts for the Christmas lunch raffle.

Harris & Hoole have chosen us as their charity for February.

In addition to our regular donations from our members and sadly from bequests (one of which will help fund the outing) we have also received donations from groundforce for the racking in the shed.

**New Arrivals and Departures.**

Lizzie and Mary have joined our Tuesday group.

Mariane and Leroy have joined our Monday group and Jean has joined our Wednesday group.

John is back and keeping the Monday group under control.

**Holiday.**

After many years Lesley has decided she will no longer be organizing the holiday. This will be taken over by Ann.

The holiday will be 4th-8th September in Bournemouth, please let Ann know if you wish to attend, more details to follow shortly.

**Marathon.**

Iain (Tuesday volunteer) is training regularly, in preparation for his 3 marathons in 7 weeks raising funds for The Phoenix.

He can be sponsored on just giving via our website & his blog can be read at iacamp6ell



**The Milestone Big Band.**

Sarah one of our Thursday volunteers is involved with the Milestone Big Band. Tickets are now available to purchase for a great night out with the Milestone Big Band and WDC World Senior Latin Champions Chris and Diana. Learn how to dance the Cha Cha and then dance the night away with the Milestone Big Band. The event takes place on 4 March at the Drill Hall, Horsham.  Doors open at 7.15pm and the dance lesson starts at 7.45pm. Click here for further information and to book tickets.

 <https://www.eventbrite.co.uk/e/an-evening-of-dance-with-the-milestone-big-band-tickets-31199750293?aff=es2>

Tickets are £15 each and must be bought in advance.

**MEMBERS AND CARERS SURVEY**

A huge thanks to everyone who completed the above surveys. We have enjoyed reading the positive comments and gained some new ideas for development.

**Members survey:**  **19 forms were returned.**

Listed below is a summary of the most popular comments:

 **‘What do you get from the Club?’:**

17 said ‘Socialising/being with others’

14 said ‘Support from other members/volunteers’

10 said ‘Helps build my confidence’

9 said ‘It represents good value for money’

**Other comments:**

* It’s the highlight of my week
* It’s an important part of my week
* Very stimulating, good food and we can’t fault anything
* Volunteers and helpers all work very hard and meet my needs
* Such a great place, wish we could go more

**Points for development:**

* Re-arrange tables in a square
* Programme on the board
* Greater sharing of experiences, more group games. Involvement by all for quizzes eg. Written, hands up before answers to prevent domination by few

**Carers survey: 10 forms returned**

Listed below is a summary of the most popular comments:

**What do you get from the Club?:**

8 said ‘Offers you and your partner/spouse space and time apart

8 said ‘Allows you to catch up with domestic chores, shopping etc

6 said ‘The service represents good value for money’

**Other comments were:**

* Valuable time without price
* Please keep going as you provide a good service to the community
* You encourage members to be themselves
* You do everything well especially bringing people with similar issues together
* You make everyone feel comfortable

**Points for development:**

* More weekly exercises

 **Recycling.**

We have the facility to re-cycle printer cartridges and old mobile phones to raise funds.

**Items available.**

Right handed gardening gloves.

Waterproof cover for wheelchair users.

New Size 6 ladies Pavers shoes.

If interested in any of the above please see Ann.

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