

AUTUMN NEWSLETTER 2024

SEPTEMBER 2024

TIPS for SPEAKING with PEOPLE with APHASIA

- Speak slowly & simply.
- Stay on one topic at a time.
- Talk to me. I am not invisible.
- Write down key words & use visuals.
- Do not shout. My hearing is fine.
- Please be patient. I am trying hard.
- Don't finish my sentences or interrupt.
- Ask if I want help. Don't assume.
- Do not pretend you understand me if you don't.
- Let's talk 1-on-1 in a quiet room.
- Please show respect. Aphasia affects my speech, not my intellect.

WELCOME TO OUR AUTUMN 2024 NEWSLETTER

Welcome

Well, what an amazing year we have had so far! From gaining Charity status of a CIO-Foundation (Charitable Incorporated Organisation) in July, to opening another of our wonderful groups in Nantwich in September and to becoming more Aphasia friendly in each of our Groups. All in all, we're in a very positive place for all our Stroke Groups and I am very proud of every Stroke Survivor and Volunteer who attend and support the aims and objectives of the Charity.

Thank you to everyone that attends our Groups and to all our fabulous Volunteers who empower stroke survivors to recover, reclaim and rebuild their lives.

Regards

Liz Bedson

CEO [Charity Number 120920](#)

NEWS

NEW Nantwich Group OPENS, Nantwich Methodist Church, Fridays 11am-1pm

Meet Diane Wharton, our fabulous new Group Leader for Nantwich. Diane survived a stroke herself in 2022 and has attended the Crewe Group since then. She has improved her self-confidence and beaten social isolation by attending the regular groups at Crewe. She feels she now has a purpose and is excited to be our Group Leader at Nantwich where she would like to empower other stroke survivors to recover, reclaim and rebuild their lives after stroke. Well done, Di! She will be joined by Volunteers, Sharon Harding and Sophie Hughes.



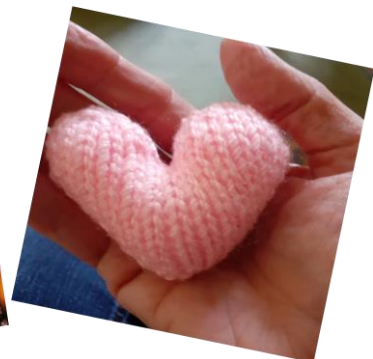
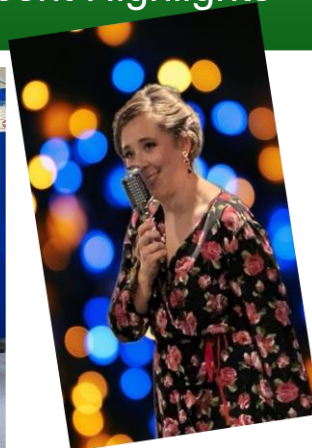
TRUSTEES

We have recently become a Charity, Charitable Incorporated Organization Foundation of which we are extremely proud of.

We have 7 Trustees

Mrs Jane Hearne.	Mayoress of Alsager	Chairperson
Ms Ann Nevitt.	Mayoress of Sandbach	Deputy Chairperson
Mr David Miller	Business Owner.	Secretary
Mr John Poulson.	Accounts.	Treasurer
Ms Jackie Langley.	Stroke Survivor.	Stroke Representative
Dr Chukwuebuka Nweke.	GP	
Mr Dennis Straines-Francis	Councillor	

Recent Highlights



An Evening of Music to remember 'Popsy' the inspiration of originally starting the Stroke Survivors Groups in 2018, with Bella Aria providing entertainment. Richmond Village crochet little hearts in memory.

We met with the Therapists on Ward 6-Stroke Ward at Leighton Hospital to promote our Groups when patients leave hospital.



Annual Afternoon tea with Crewe Mayoress Dawn Clark. 30 people enjoyed afternoon tea and a quiz with friends of our Groups, Susan and Mick's beautiful garden with food made by Broo Café and Coffee in Crewe.

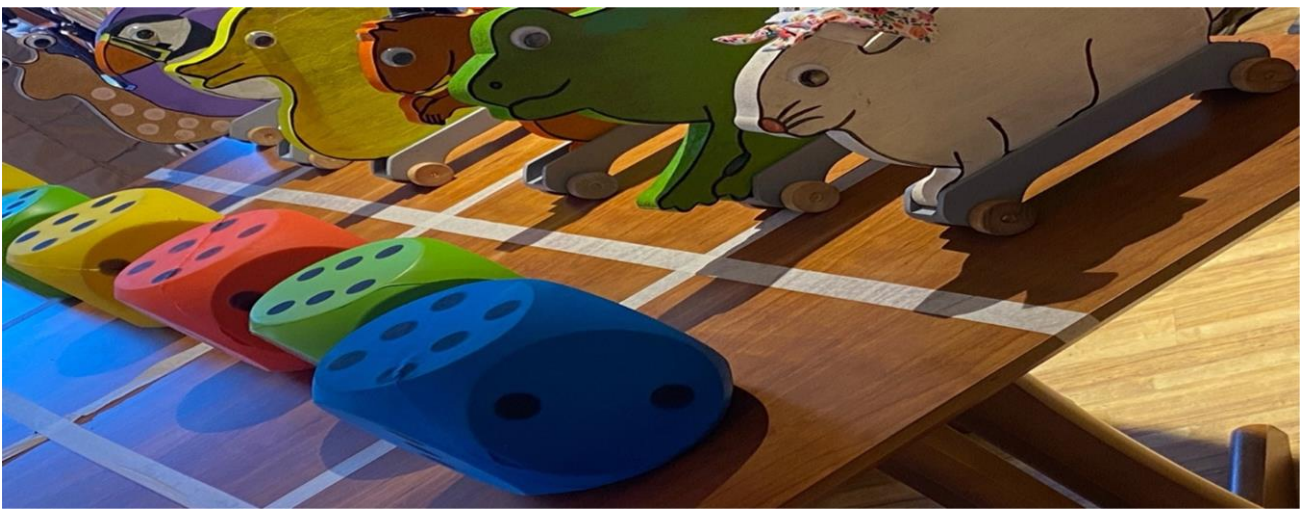
Holiday with our Survivors and Volunteers to Towyn, Wales in July 2024

Speech & Language Community Therapists support our Volunteers in how we can support our Stroke Survivors at our Groups with Aphasia.

FUNDRAISERS



FUN ANIMAL RACE NIGHT



**SANDBACH RUGBY CLUB,
BRADWALL ROAD,
SANDBACH CW11 1RA**

FRIDAY 15TH NOVEMBER 2024, 6.30PM PROMPT

TICKETS £10 INCLUDE SAUSAGE & CHIPS

INCLUSIVE, ACCESSIBLE AND GREAT FUN!!

TICKETS AVAILABLE FROM GROUPS OR 01270335061/strokesurvivorgroup@gmail.com

OUR SPONSORS

BROO CAFÉ & COFFEE

FRONT GUY GARY

MINT EVENTS

REAL LIFE LEARNING LTD

HOME INSTEAD

PEACE OF MIND PLANNING

ALL PROCEEDS RAISED WILL BE USED TO EMPOWER STROKE SURVIVORS AT OUR SUPPORT GROUPS

CREWE GROUP

**Union Street Baptist Church,
Union Street, Crewe. CW2 7DJ
11am-12.30pm** GROUPS

**GROUP LEADER
JULIE WESTON**

**VOLUNTEERS
JULIE KAY
MARY BOND**

ALSAGER GROUP

**The 13 Club,
Cedar Ave, Alsager ST7 2PH
11am-12.30pm**

**GROUP LEADER
PAUL DEAN**

**VOLUNTEERS
ANN ANKERS
IAN ANKERS
EVONNE FOULKES**

SANDBACH GROUP

**Sandbach Rugby Club,
Bradwall Road, Sandbach CW11 1RA
11am-1.00pm** GROUPS

**GROUP LEADER
ROWLAND GRIGGS**

**VOLUNTEERS
LOUISE DUTTON
BRENDA STOKES
SAM TUMILTY**

NANTWICH GROUP

**Nantwich Methodist Church,
Hospital Street, Nantwich CW5 5RP
11am-1.00pm**

**GROUP LEADER
DIANE WHARTON**

**VOLUNTEERS
SHARON HARDING
SOPHIE HUGHES**

MANAGEMENT TEAM

CEO

LIZ BEDSON

OPERATIONAL MANAGER

ARTHUR HARDING

TREASURER/TRUSTEE

JOHN POULSON

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