

STROKE CARERS' SUPPORT GROUP NEWS LETTER

OCTOBER & NOVEMBER 2011

DATE OF NEXT MEETING - 26th October 2011 2 - 3.30pm



September Meeting



At the last minute, we were lucky enough to have Ryan Jones attend our September meeting. He is from Essex Carers support and came along to tell us about his organization and his role. Ryan has a huge amount of knowledge and has kindly offered to attend our meetings on a bi-monthly basis. His aim is to help carers speak up for themselves by offering them support and information to do so. Working in partnership with other organisations gives everyone the opportunity to benefit from additional knowledge and expertise. Everyone at the meeting thought his input was of great interest and value. He will be with us next on the 23rd November when we will be having our Cup Cake Decorating afternoon. There will be an opportunity to speak to him even though it will be a busy afternoon and it will be a chance to see what his cake decorating skills are like! (He doesn't know this yet)



October Meeting



This will take place on October 26th, and we will be having Sharon Whithnell, Carer Project Lead, Clinical Quality Directorate, NHS North East Essex. Sharon is keen to meet carers to ask what matters and is most important to them in their caring role and to them as individuals. This is a great opportunity for carers to have their say, so please do come along and air your views.



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November Meeting

Cup Cake Decorating Demonstration

(23rd November 2011)



We hope you will join us for another Cup Cake Decorating demonstration in readiness for Christmas. As before, the cakes to be decorated will be provided, and free to take home. We do hope you will join us for an enjoyable afternoon. It really was great fun and everyone so enjoyed seeing what little masterpieces could be created from a little cup cake. It will be a chance to have a pre-Christmas social and for a short while forget about the responsibilities of being a carer. (You don't have to decorate a cake yourself if you don't want to, but you will still be able to enjoy one).

Carers' Breaks

We have been given the opportunity to apply for a grant for Carers' Breaks in the form of days out to places such as Perrywoods Garden Centre and Wilkin & Son Jam Factory for coffee and cakes & lunch. Tour of a 12 acre garden and afternoon tea. Afternoon of pampering, manicures/facials/etc. If we are lucky enough to get the grant, we will be able to offer a choice of the different opportunities to our carers. Hopefully we will be able to tell you more in the new year. All costs will be covered and included in the funding will be the cost of a sitting service for the stroke survivor if needed.



Christmas Fayre etc



Our annual Christmas Fayre will be held on Saturday 19th November 2011, 10.00am to 12.00pm, and once again we will have all the usual attractions, i.e., delicious homemade cakes, jewellery, gifts, nearly new clothes, our grand raffle, guess the weight of the Christmas cake, and more. Refreshments and mince pies will also be available. If possible, please do come along, as it would be lovely to see you, and as always, your support would be very much appreciated.

We are once again updating our carers' list for those who would like to continue receiving our newsletter.

Could you please complete the enclosed slip and return it to us confirming you WOULD LIKE TO RECEIVE the newsletter. You can also phone or email us on the contact details below. Thank you.

Linda Eliot – Stroke Carers & Family Support - 01255 815916

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