



# THORNBURY STROKE GROUP NEWS

## JULY 2020

### An Important Message from our Chairman

Dear Members and Volunteers

On Friday 17<sup>th</sup> July I called a meeting with 5 of the Trustees Rod Williams, John Shepherd, Jonathan Bailey, Isobel Burnham and myself Ann Cant.

I felt you were entitled to understand where we are at this moment in time as our No 1 responsibility is to protect our Group.

The Stroke Association has given some guidance to us but as we are unique in the activities we provide, i.e. Swimming, Bowls and Art, the Trustees all felt we are unable to open any of these activities in the foreseeable future as everyone needs help in dressing, help in walking and standing and therefore we are unable to keep 2 metres or even 1 metre apart.

We are unable to have group meetings as the need to be transported and guided to the chairs is not possible. The risks of face to face contact are complex and we haven't yet had another spike in the virus.

John Shepherd has prepared a very comprehensive risk assessment for when we are able to return to the activities and meetings, unfortunately we don't feel it will be this year.

We also discussed our 40<sup>th</sup> Anniversary which is in February 2021 when we hope we can have some form of celebration then or delay it until the Summer.

We will restart the sending birthday cards again but delay the presents until February 2021 as that is when we ended them.

I feel the meeting was very positive and hope it is not too long before we can all be together again. We will keep you all updated.

Ann Cant (Chairman)



#### Keeping in Touch

As ever Penstrokes has kept us in touch and lifted our spirits. Thank you to everyone that contributed and those that are involved with its production and distribution.

We hope that volunteers are keeping in touch with their allocated members on a regular basis. Now that restrictions are being relaxed it may be appropriate for volunteers to make visits rather than just make contact by telephone. Indeed, there is no reason why volunteers and members outside those groups should not make contact. If you do this, social distancing is still the rule and it is recommended that you confine short meetings to the garden or outside areas. If you do have to go inside, make sure you take extra precautions and consider wearing a face mask and do nothing to compromise safety. ***Remember although the rules are relaxed the dreaded virus is still out there.***

#### Zoom Meetings

The Tuesday evening Zoom meetings are proving popular and it is a good way to see and talk to each other. The meetings are very informal and fun so if you haven't yet joined us please give it a try.

If you are not sure how to get onto Zoom and you have children in the family, we are sure they will be able to help. *Adults may be able to help too but it will probably take more time!* John Shepherd and Tim Clouter are on hand to help if they can.



#### Facebook

Our group Facebook page is proving popular and we are careful to keep membership just for the Stroke Group so, although you need to take care, don't be afraid to have a look and get involved. Again, it is fun with daily music requests, funny stories, pictures and stories of what we are all getting up to.

[https://www.facebook.com/groups/215485083027161/?epa=SEARCH\\_BOX](https://www.facebook.com/groups/215485083027161/?epa=SEARCH_BOX)



#### Members & Volunteers

Unfortunately, we have had to say goodbye to some of our members recently and some are suffering from serious illnesses, this sad news should have been circulated to you all. Hopefully, soon we will have the opportunity to remember those we have lost and give our best wishes to those that are ill when we are all together again.

**And Finally, Some Good News** ~ A local organisation has awarded us £1000.00 so that we can have an event to help us all overcome the effects that Covid 19 has had on our lives. As soon as we are able, we can all look forward to a suitable get together.