



THORNBURY STROKE GROUP NEWS

AUGUST 2019

News from the Trustees Meeting

Below is a summary of the Trustees Meeting held on 13th August,



Finance. We have had over £600.00 of welcome donations during July and August. Our thanks go to a member who donated £100.00, Thornbury Flower Club for £59.00, and to Jill & David Bailey for £350.00 from their open garden. The collection box in the recent art exhibition collected £55.00, Jill is doing very well selling her Lavender bags and we emptied £22.00 from the collection box in Lees Mend a Shoe shop.

It is always sad when we have to report payments in memoria but just recently we received a total £281.00 from collections made at the funerals of Eileen Dean and Brenda Richards.



Outings. We had a lengthy discussion about outings and all agreed that they are key to what we do and are very valuable to all. The success of the outings this year continued as in previous years and Anne Young and her team have done a sterling job.

It has to be said that the ratio of volunteers to stroke members is not always as we would like. We need our volunteers to be responsible for a member allocated to them on the day to make sure everyone is safe and well looked after.

The overall cost of outings this year was £6,577.00 and once your contributions were taken off, we paid £3,633.00 out of group funds and we consider this to be good value.

However, please don't be surprised to see the cost of contributions towards the meals going up, and if a coach is used there may be a cost towards transport. Rest assured we will keep the overall costs at a very reasonable level.



Swimming News. Continues to be well supported and enjoyed by all.



Art. Starts again on 5th September. Our art exhibition within the Thornbury Art Club exhibition was well attended and as usual, our work stood up well against the other exhibits. Well done to Maggie, our volunteers, and our artists.



Bowls. Don't forget bowls start again in October.

Group Meetings. Start again on 12th September with a talk 'Carol and her Guide Dog Wilson'.

Buggies If you are thinking of getting a mobility scooter, Peter Marshall has carried out extensive research and is willing to offer advice on how to choose the right one for you.

Quiz Nights at the Swan continue to be well attended and are good fun. The last two sessions are on 21st and 28th August starting at about 8:30 pm.

? Do you know ?:

- What a Sunflower Lanyard is?
- Where to get an expenses claim form?
- When Group Meetings are and what they are about?

If you don't know the answer to any of these questions and many more, visit our web site at: thornburystroke.co.uk

Email Addresses It is difficult to make sure everyone is kept informed and emails make it so much easier and are less costly.

If you don't have an email of your own, could you consider asking a friend or relative to receive them for you and then pass the content on?

If you can do this, let Jonathan know, it will help us to help you - *we will never send or ask for personal details via email.*

The TESCO Collection will take place on 6th September, please contact Tom to offer your help.

On Monday 26th August, Judy Draper is holding a 'Tea on the green' event at Tockington, it starts at 2.30 going on all afternoon until 5.00 and held in the Methodist Chapel and on Tockington Green. Everyone will be assured of a warm welcome with cake, scones and tea. Proceeds to the Group.

The Stroke Association is hosting Super Car Saturday on 26th October at Castle Combe. We have a voucher worth £30.00 for a ride in a super car around the track. If you would like to make a bid for it for yourself, or as a gift for family or friend, please send a 'sealed bid' to John Shepherd. Also, if you are going, let John know and he will put your name in his hat for a free entry ticket.