



# THORNBURY STROKE GROUP NEWS

FEBRUARY 2020

## News from the Trustees Meeting

Below is a summary of the Trustees Meeting held on 28<sup>th</sup> January together with some other news items.

We were all sad to lose Lloyd Davis who was an enthusiastic swimming group volunteer who died of an undiagnosed heart condition. *(there are more details in the swimming section).*

## **DBS**

We are updating our DBS status; this is to check that our volunteers have had no serious criminal records. *A treasurer who has done time for embezzlement would not be a good idea!* All Trustees, all swimming volunteers and group leaders are asked to fill in the forms and return them to Ann. There is no official expiry date but if you have not filled out a form within the last 3 years, would you complete a new one please. If you have filled one out recently let Ann have the details.

## **First Aid**

We desperately need to update our first aiders, if you are interested in becoming a first aider, let Jonathan know. This is one area of training that could benefit you and those around you so please consider it.

## **Inventory**

We are updating our inventory of equipment, if you have anything on loan please let Rod know.



## Outings & Group Meetings

The planning committee is already in the process of finalising meetings from September to December. We are sure that the usual high standard of informative and entertaining speakers and activities will be available.

Summer outings are being organised so look forward to some interesting days out with of course carefully selected venues for meals. You will all be aware of how costs have risen, so don't be surprised if you are asked for a small increase in your contribution to food transport and entrance fees.



## Art

By the end of March, we will have new leaders of the Art Group. Ann B and Andrea R will take over from Maggie. And Heather M will take on the organisation of the annual exhibition. We welcome them into these roles and they can be sure of our support.

Maggie, of course, will still be involved with the Art Group and we owe her a huge thanks for what she has done.

Through the Alveston Forum and Ken P, we now have a rota of volunteers to set up the room.

Card makers are busier than ever and we are grateful for the income they bring in.



## Swimming

In memory of Lloyd, we plan to buy a chair to use with the hoist. Our plan is to have a plaque or similar dedicated to him in both English and Welsh on it. (those who knew him will understand why!)

Fortunately, the water has been much warmer lately so don't let the cold weather put you off joining the swimming group,

## Membership

It is unfortunate that several of our members and volunteers are not in the best of health and some have taken up residence in nursing homes. We wish them all well. It is not appropriate to name them here but we will try and keep you updated.



## Bowls

We are still looking for a leader and there is room for new members. In both instances, you don't have to be expert bowlers but the benefits of gentle exercise and friendly atmosphere cannot be underestimated.



## Finance

Our expenditure so far from April is £25,121.00 with an income of £31,709.00. We still have some expenditure to come out of that but we should end the financial year in the black.

Thanks to some hard work over £600.00 has been raised by a small group making lavender bags and Christmas gifts. They plan to follow this up with Easter gifts soon.

Our current healthy bank balance is mainly due to hard work by the Trustees, Ann C in particular, in getting donations from local organisations and businesses that total £10,404.00.

*Several members and volunteers, most of whom wish to remain anonymous, have also made generous donations towards this figure.*



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It is unlikely that we will be able to sustain the same level of income on a continuing basis, but we are in a good position to develop the Group and take it forward. If we can find a Fund Raiser that will be an enormous benefit.

Part of our sponsorship deal with Carlings was that they paid for our Christmas lunch but don't expect the same again next year so, start saving!

What we need to take us forward is a dedicated Fund Raiser as part of our team. If you think you could liaise with local businesses and organisations and make applications for funds, we would love to hear from you.

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**The aim was to keep this newsletter to one page but as we have not had one for a little while, perhaps there is an excuse to have two pages, besides we hope you like the following**

## **A THORNBURY pub has helped secure funding for a long-running support group.**

Thornbury and District Stroke Support Group has received £5,000 investment through local pub The Swan.

Established in 1981, the community group provide support to stroke victims and their families in and around the Thornbury area, offering care and respite to 50 families across the town.

The latest funding will allow the local team to continue to organise various group activities such as bowls, swimming, a Christmas lunch and even an annual holiday.

The 'Your Pub Can' campaign, which took place last summer, was led by Ei Publican Partnerships and part of Carling's overarching, Made Local initiative, a multi-million-pound investment in regional projects across the UK.

Publican Sandra Davies, accessed funding by taking part in the campaign which local not-for-profit community groups and projects could apply for through the pub.

Sandra, who has helped raise more than £127,000 for 45 different charities during her time at The Swan, said: "The stroke group do some incredible work within our community and I cannot think of a more worthy cause.

"I'm extremely proud to have played a small part in accessing this funding for them and I know so many people will benefit from it." John Shepherd, treasurer of the stroke group, added: "Having access to this funding will make such a difference to our members in the local community who are survivors of a stroke. It will enable us to plan events and offer much-needed support for them and their families."

"To have the backing of local businesses means the world to us and we're extremely grateful to Sandra and all the staff at The Swan for nominating us."

Nick Light, managing director at Ei Publican Partnerships, said: "We've partnered with Molson Coors and Carling so that our network of pubs can sign up to help support projects that hugely benefit local communities.

"There are so many good causes out there that work tirelessly to improve the communities we live in and they deserve to be supported.

"We want our pubs to help ensure that community projects get the investment they need to continue with their efforts."

For more information on the project visit [yourpubcan.com](http://yourpubcan.com) or for more information on Thornbury & District Stroke Support Group visit [thornburystroke.co.uk](http://thornburystroke.co.uk).