




*Stroke Working Age Group Suffolk*

Newsletter Date :

**July/Sept 2019**

Issue No. 2

 [swagsswags1010@gmail.com](mailto:swagsswags1010@gmail.com)

 SWAGS



## ***ABBEY GARDENS BSE***

### **Georgie, Terry & Adi.**

Sunday, 28<sup>th</sup> July 2019 saw Georgie, Adi and Terry brave the weather to walk through the Abbey Gardens in Bury St Edmunds for the "Step out for Stroke" event. In spite of the weather the event was well attended with approximately seventy plus people giving up their Sunday morning for it. Huge thanks to Stroke Association Staff and volunteers for organising and making the event fun and enjoyable.



***Make May Purple***

***Cakes for donations !!  
SWAGS and the Stroke  
Association made lots of  
money ££££***

***"Together we are Strong"***

*"Together we are Strong"*

## SWAGS newsletter.

*The holiday season* is well and truly upon us now, I hope the weather remains kind and you all enjoy a wonderful summer. So much has happened in the past three months.

*Firstly our* "Make May Purple" bake sale was a brilliant success, raising money for the Stroke Association and SWAGS. Well done team for a brilliant day, plus a huge thanks to our wonderful bakers who slaved hard in hot kitchens for the sake of the cause. More recently, the 28th July saw the "Step out for Stroke" walk around the Abbey Gardens in Bury St Edmunds, Georgie, Adi and myself braved the rain and walked around these beautiful gardens. In spite of the weather, it was a very well attended event and was nice to have the opportunity to chat and catch up with friends (old and new) whilst we strolled around the gardens, and all the while raising money for The Stroke Association.

*As the year* marches on we see our trip to the Museum of East Anglian Life fast approaching (will have come and gone by time you read this). We are all for forward planning and will soon be contemplating and considering a suitable outing for our 2020 August "Slot", so if you have any ideas please either talk to me or one of the committee members. We have our calendar full now, right through to the new year, so we are very well placed to perhaps take it a bit easier. But all for forward planning, if there is anything you would like us to cover in a future meeting please mention it and we will do our best to arrange it.

*I am glad* to report our membership remains strong and we are still fielding inquiries, not only from prospective new members, but from other organisations wanting to find out more about SWAGS. We are also part of an initiative trying to build bridges between the Stroke Clubs locally, this is interesting as we are the only club in Suffolk with a specific target group. Very recently we have found out about a sister organisation targeting working age stroke survivors in Norfolk, although I think Kings Lynn is a bit too far for us to be able to get together, this said it may be good for us to make contact. Watch this space!

*In Ipswich* we have recently tested the waters with a Friday morning get together at a Costas on the outskirts of the town for coffee and chat. A purely social gathering that currently does not meet on a regular timetable but more of an "as and when casual thing". If you either live in Ipswich or can get to Ipswich and are interested in coming along please let me know and I will keep you advised of future dates.

Terry Stannard-Smith (Chairperson)



## **Current Committee**

Georgie Lusher

Claire Ruddock

Adi Stannard-Smith

Marie Dawson

Terry Stannard-Smith



**"Together we are Strong"**

### **Suffolk's Stroke Association support coordinator-communication.**


News from Elaine:

Our Regional office has moved across the road from its old home. To cut costs the staff have moved into smaller premises the new address is The Stroke Association, 1<sup>st</sup> floor, Axis House, 6A Hillside Road, Bury St Edmunds, IP32 7EA.

I am looking to start a new support group in Mildenhall for clients in the west of the county. I have found ideal premises; it will be a monthly group on a Thursday morning starting in September. Terry is on board to run it but if anyone wants to help or become a member, we would love to hear from you.

My communication support groups will be closing soon for the summer and 'no' I won't be having a long holiday-work continues for me as I enter my 19<sup>th</sup> year working for the Stroke Association, what an honour that has been meeting all you lovely people. The job I started all those years ago, has changed beyond belief I started a part time job just covering Felixstowe and Ipswich, no data base, 2 young daughters, 2 teenage sons at home and about 4 referrals a year now it's that in a week!!



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 SWAGS

Stroke Drop In  
The Ipswich Hospital, Shotley Ward.  
1.00—3.00  
**13th August 2019**  
**10th September 2019**  
**08th October 2019**  
**12th November 2019**  
**10th December 2019**

The Community Centre, Hillside,  
Stowmarket, IP14 2BD  
*11.00am to 1.00pm Second Friday of the month*  
**20<sup>th</sup> September 2019 (3<sup>rd</sup> Fri)**  
**11<sup>th</sup> October 2019**  
**8<sup>th</sup> November 2019**  
**13<sup>th</sup> December 2019**  
Contact : Marie 07531 155568  
Email: swagsswags1010@gmail.com

**"Together we are Strong"**

### Kinds of things **WE** like to do:

We have heard from ours members, 1 or 2 things we would like to do...

Motorbikes, Computers, Cinemas

Angling, Swimming, Theatres.

And anything you wish us to organise, (within certain guidelines) we will try, **with your help**, to arrange that.

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