

Ymunwch â Ni | Join us

Community Steps Directory

Lauren Heath Community Steps South East Wales Officer

Ailadeiladu Bywydau Ar ôl Strôc | Rebuilding lives after stroke

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Cymdeithas

Strôc | Stroke
Association

Photography competition

Photography Competition - Safe to say, lockdown has been a pretty glum time for everyone so the Community Steps Project are inviting you to enter our first all Wales Photography Competition.

As long as you have the means of 'snapping' a picture that makes you happy, whether that's by using a camera, a smartphone or even getting the selfie stick out, we welcome you to enter your photograph. The theme is "What makes you happy" and we are really looking forwards to receiving your entries. Contact your Community Steps Officer for an entry form. Closing Date July 16th, judged by Sian Lloyd TV personality. Our winner will be announced on July 23rd.

South East Wales Groups

Face to Face Groups :

Golf: Parc, Newport Golf Sessions

Mondays June 13:00-14:00

Our highly popular golf sessions are making a long awaited return. Sessions will be funded for 6 weeks and will all take place outside. All equipment provided. If you are interested, please still contact Lauren.heath@stroke.org.uk who can update if further spaces become available

Golf: Bryn Meadows, Caerphilly Golf Sessions

Tuesdays June 13:00-14:00

Our highly popular golf sessions are making a long awaited return. Sessions will be funded for 6 weeks and will all take place outside. All equipment provided. If you are interested, please still contact Lauren.heath@stroke.org.uk who can update if further spaces become available

Caerphilly Coffee meet

Starting in July

If you previously accessed your local stroke coffee meet in Caerphilly or would like to join us to chat with other stroke survivors and carers then please register your interest at Lauren.Heath@stroke.org.uk

Zoom Groups :

South & West Working Age Group

Tuesdays 14:00 – 15:00

An opportunity for working age stroke survivors across South and West Wales to connect, share experiences and receive general peer support. Sessions are planned in conjunction with members and some examples include; managing fatigue, a reading session with InterAct and the effects of stroke on partners and children. To register your interest please contact Lauren.heath@stroke.org.uk South West referrals to be sent to Amanda.Cox@stroke.org.uk

Barry Coffee Meet

Wednesday 11:30 – 12:15 (monthly)

An open discussion session for stroke survivors and carers across Cardiff and the Vale to connect for peer support. For more information or to refer please contact Lauren.Heath@stroke.org.uk

All Wales Zoom Groups

Working Age Evening Group

Monday July 12th 18:00 – 19:00.

If you are a stroke survivor of working age who struggles to make our early weekday group session then please join us for this evening session. This is an opportunity to chat and share experiences with other working age stroke survivors. To register your interest please contact Lauren.heath@stroke.org.uk

My Stroke Guide Demonstration

Monday July 26th at 11:00-12:30

Sessions will be delivered by Lauren, Colin and India. Open to referrals across Wales. The session will provide a run through of all the key functionalities of My Stroke Guide and provide participants with the confidence to access this great online tool on a day to day basis. Referrals from North and Mid Wales to be sent to Colin.Evans@stroke.org.uk and referrals from South and West Wales to be sent to Lauren.heath@stroke.org.uk

Grwp paned a sgwrs

Starting Tuesday 11th of May between 14:00 – 14.45 for 10 weeks

Volunteer Ann Jones will lead the sessions and it will be an informal chat group for people who want to converse through the Welsh language. Places are limited. These sessions will be in 10 week blocks. New members welcome. For more information or to refer please contact colin.evans@stroke.org.uk

Mindfulness sessions

Tuesday 11am

“Step into Silence: unfold and be kind to your mind.” Mindfulness can help relieve stress and promotes well-being. It can help with anxiety and sleep problems. Mindfulness encourages people to pause, to stop overthinking and to make mental space for themselves. The sessions will be facilitated by Kath Charles, stroke survivor and mindfulness coach and practitioner. Places are limited. These sessions will be in 5 week blocks and the first session of each block will be a taster session so you can have a go. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Zoom Exercise Group

Wednesday 10:30- 12:00

Chair based exercise group followed by a virtual coffee and Chat. Run by Anne our chair based exercise leader. To join the group email Sharon at Sharon.sinclair@stroke.org.uk

Bowls

Wednesday at 17:00

Join us for a 6 week course of in-house Bowls sessions. Our bowls pro will guide you through a range of techniques and movements to aid confidence and strength. A number of supporting videos will be available to aid your journey and equipment can be loaned out for these sessions. At the end of the course we will hold an interactive, fun, across household bowls tournament. Numbers are limited so please express your interest before the start date. To register your interest please contact Lauren.heath@stroke.org.uk

Strike A Chord Choir

Thursdays at 12:30 – 13:45

Choir rehearsals led by Ali Shone in conjunction with Stroke Association & Head4Arts. This session is open to referrals across Wales and songbooks are provided to all new members. No singing experience necessary. This is a relaxed, interactive session which is great for people with communication difficulties. For more information or to refer please contact Lauren.Heath@stroke.org.uk

Spanish Sessions

Thursdays June 17th 11:00

Following on from the success of our zoom sessions for Welsh learners, we are launching some Spanish classes on zoom. Please contact Lauren Heath lauren.heath@stroke.org.uk if you are interested

Art Group

Fridays at 10:30 - 11:30 (fortnightly)

Open to referrals across Wales. Participants don't have to be great 'artists' to join it's more about the range of wellbeing benefits that come from drawing and also connecting stroke survivors in a different way. It will be a fun and relaxed session. Starter materials will be provided. Numbers are limited. For more information or to refer please contact Lauren.Heath@stroke.org.uk

InterAct

InterAct are a small UK charity who employ actors to support stroke survivors, usually in hospital. The actors read stories and poems and engage in conversation. Some people love to be read to, to activate their imagination and memory, whilst others benefit from developing communication skills. InterAct are currently available to provide sessions on zoom with groups, or to provide one to one sessions over the phone. If you are supporting someone who could benefit from contact with InterAct, please get in touch with Amanda, or book a session via the InterAct web site. These activities are open to people across Wales and can be provided in Welsh and English. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Stroke Helpline: 0303 3033 100
stroke.org.uk

Camau Cymunedol Strôc
Stroke Community Steps



Rydym yn cefnogi pobl
a chymunedau i ffynnu.

Cronfa Gymunedol y Loteri Genedlaethol

We support people and
communities to thrive.

The National Lottery Community Fund