

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

Mae ein cystadleuaeth ffotograffiaeth ddiweddar bellach wedi cau ac er ein bod yn aros am gyhoeddiad yr enillydd, roeddwn i eisiau cymryd y cyfle hwn i ddiolch i bawb a gyflwynodd ffotograff ac esboniad o "Beth sy'n eich gwneud chi'n hapus".

Cawsom nifer o gynigion sydd wedi'u hanfon at ein beirniad enwog, Siân Lloyd. Bydd Siân yn rhannu enwau'r enillydd a'r ail orau gyda ni ymhen amser. Rydyn ni, fel tîm Camau Cymunedol, wrth ein bodd bod cymaint ohonoch wedi cymryd y cyfle i rannu'ch ffotograffau gyda ni ac ar ôl eu gweld nhw i gyd, nid wyf yn eiddigeddus o'r dasg o'u beirniadu gan eu bod i gyd o safon eithriadol o uchel.

Byddwn yn cyhoeddi'r enillydd a'r ail orau cyn bo hir, yn y cyfamser, parhewch i rannu eich ffotograffau gyda ni.

Our recent photography competition has now closed and whilst we await the announcement of the winner, I wanted to take this opportunity to thank everyone that submitted a photograph and an explanation of "What makes you happy". We received numerous entries which have been sent to our celebrity judge, Sian Lloyd. Sian will be sharing with us the names of the winner and runner up in due course. We, as a Community Steps team are delighted that so many of you took the opportunity to share your photographs with us and having seen them all, I do not envy the task of judging them as they were all exceptional.

We will be announcing the winner and runner up shortly, in the meantime, please do continue to share your photographs with us.

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 contact Lauren.heath@stroke.org.uk

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 contact Lauren.heath@stroke.org.uk

Golf: Llantrisant & Pontyclun Golf Club

Tuesdays August 10:30 – 11:30

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 contact Lauren.heath@stroke.org.uk

Caerphilly Coffee meet

Monthly at The Green Lady, Caerphilly

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

Barry Coffee Meet

Wednesday 10:30 – 12:00 Monthly at Marco's Café, Barry Island

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

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

All Wales Zoom Groups

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. There is no time like the present. Mindfulness sessions will finish at the end of September. If you are interested in joining, please get in touch now. 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

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

Coming Soon

Creative Writing

Coming up; **Autumnal creative writing sessions**. We will be working in partnership with Write4Word to provide four creative writing sessions, on zoom, for stroke survivors in the Autumn. Watch this space for further details. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Grwp paned a sgwrs

Starting September

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. New members welcome. For more information or to refer please contact colin.evans@stroke.org.uk

Supporting people with Aphasia

Monday September 2nd 10:00-11:30

Sharon and Amanda will be running an information session with information about aphasia and tips on how to communicate with people who experience communication difficulties. To register your interest please contact Sharon.sinclair@stroke.org.uk or 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