

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

Zoom Groups :

South East Wales 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

South & West Working Age Evening Group

Monday May 17th 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 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

Cwmbran Voluntary Group – Quiz Session

Wednesdays 10:30 – 11:15

A quiz session delivered in conjunction with members who each bring a set of questions to the session. Interactive fun. Open to referrals in the Gwent area. For more information or to refer please contact Lauren.Heath@stroke.org.uk

Blackwood Voluntary Group Meeting

Thursdays 10:00 – 10:45

Peer support opportunity for stroke survivors and their carers across Gwent who are looking to connect with stroke survivors and reduce isolation. The session focuses on open discussion. For more information or to refer please contact

Lauren.Heath@stroke.org.uk

All Wales Zoom Groups

Art Therapy

Monday 10th of May 13:30-15:00

2 blocks of 4 weeks Art Therapy sessions with Pam. Sessions will continue on Monday, 10th of May 1.30 – 3pm. Participants will be working with Art Therapist Pam Hutcheson, all materials will be supplied by the Stroke Association and posted to participants homes. For more information or to refer please contact colin.evans@stroke.org.uk

Gentle and Seated Movement to Music sessions

Mondays at 10:30 May 17th, June 7th, 14th, 21st and 28th

Sessions are led by Eeva Mutka who is an artist, dancer and mindfulness practitioner and delivered in partnership with Arts Care Gofal Celf Carmarthenshire. The sessions are inclusive, safe and uplifting. Enjoy gentle stretching and movement to a range of different music. Everyone working to their own ability and no pressure to keep up or keep in line. No need for lycra or leotards. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Grwp paned a sgwrs

Tuesday 11th of May between 14:00 – 14.45

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. 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

New 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

Supporting People with Aphasia

Wednesday May 19th 10:30 – 12:00

Lauren and Colin will be running an information session with information about aphasia and tips on how to communicate with people who experience communication difficulties. Please contact your local Community Steps Officer for further information.

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

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

Coming Soon

Spanish Sessions

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

Golf

Face to face. Building on our partnership with Wales Golf we will be starting weekly, face to face golf sessions for stroke survivors at 8 golf courses throughout Wales, over the summer months. Please contact your local officer to find out which is your nearest session.

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 you Community Steps Officer for an entry form.

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