Our News

Charity Company No. 11814993 Registered Charity No. 1182124

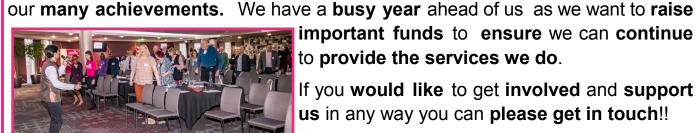
July 2023 BAS is 40



Welcome to our Summer newsletter.

Thanks to all who supported with our Birthday event on 30th March, it was a great event. We were so proud to be celebrating 40 years of Bristol After Stroke and showcasing





important funds to ensure we can continue to provide the services we do.

If you would like to get involved and support us in any way you can please get in touch!!

Bristol After Stroke Charity Walk

As it is our **40th year**, we are delighted to **announce** our first Charity Walk on the 23rd September at Eastville Park. There are two routes available, a 1 mile accessible walk around the park and a 6 mile route along the Frome Valley Walkway.

Every penny raised from the walk will go towards helping us continue our work in helping people to rebuild their lives after a stroke.

You can find out **more information** and **register here**:

https://bit.ly/BASCharityWalk

afterstroke **Charity Walk** Saturday 23rd September, 2023 Walk With Us and help rebuild lives after stroke 1 mile accessible walk 6 mile walk along the Frome Valley Walkway **REGISTER:** www.bristolafterstroke.org.uk/ events/Charity-Walk OR phone 0117 9647657 Kindly supported by the Nissen Hut Charity Reg: 1182124

Would you consider being a Marshal? We are also **looking** for **marshals** for our walk event. You would be needed at a designated spot for 3 - 4 hours from 10.45am



We would be grateful for as many volunteers as possible. If you are interested in **volunteering**, then please **contact** Lucy.Stockall@bristolafterstroke.org.uk

What's On

ACTion after Stroke via Zoom

Thursday 2nd November - 10am - 12pm (weekly for 4 weeks)

To learn more please watch the video (link below) and contact the office if you would like to attend.

https://www.bristolafterstroke.org.uk/pages/30-action-after-stroke-mindfulness

Stroke HIT

Free monthly information sessions via Zoom.

For people who have had **strokes**, their **families**, **friends** and **carers**. On the Last Thursday of every month 12.30 – 2.00pm

Save the Date Friday 6th October - Wellbeing Day

Oatley Hall, St Monica Trust, Westbury - on - Trym

Our Wellbeing Day is returning this year with interesting speakers on developments in stroke care; Ways to Wellbeing. If you would like to book a place, call the office.

Contact the **office** if you would like **to attend any course or session**:



call 0117 9647657 or

email Office@Bristolafterstroke.org.uk



www.bristolafterstroke.org.uk

or follow us on





Volunteering

We are **recruiting** a **volunteer** for our **Portway** Stroke Support **Group**, for more information visit:

https://www.bristolafterstroke.org.uk/pages/32volunteer-at-bristol-after-stroke



New Staff

Welcome to the following staff who have joined the Bristol After Stroke team:



Sara Anstey Service Administrator



Dawn Daly Counsellor