

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**



our **many achievements**. We have a **busy year** ahead of us as we want to **raise 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>

BRISTOL
after stroke
supporting and rebuilding lives in your area

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](http://www.bristolafterstroke.org.uk/events/Charity-Walk)
OR phone 📞 **0117 9647657**
Kindly supported by the Nissen Hut
Charity Reg: 1182124
This event is subject to licensing and site permissions approval.

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/32-volunteer-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