

### What's on at Bristol After Stroke

We hope you are all keeping well and safe during this time of COVID 19.

While we have obviously had to stop doing our face to face groups and visits there is still lots going at Bristol After Stroke.

- Our stroke coordinator service is still operating and we are offering assessments and six month reviews and general support over the phone or other technology if available or suits you better.
- Our counselling service is offering counselling over the phone and we have been successful in accessing extra Trust funding for some extra hours for this service.
- We are holding monthly Stroke Café's via Zoom. Our next ones are on **Friday 11th September 11am - 12** and **Wednesday 16th September at 1.30 - 2.30pm**. Want to join? Then email us at [office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk) or call to find out more.
- We are running two peer support groups one via zoom and the other over the telephone.
- We are running an Aphasia group every other week in partnership with Sirona Health and Care.

Do you need help to get on to Zoom or other video conferencing tech? If you do please get in touch because we have volunteers that can help you.

Bristol After Stroke can be contacted at the office by Telephone 0117 964 7657 or Email us: [office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk)



*We say a sad Goodbye to the very special Gill Deacon who is retiring! I'm sure you will all join us in wishing her well! Happily Gill is coming back as a Volunteer for the occasional piece of work!*

### Our Wellbeing Month

We would normally be holding our Annual Wellbeing Day in September, however we have decided to hold a 'Wellbeing Month' where we will be having online talks and activities throughout the month. It is due to start on Tuesday 29th September. For more details please email or call us and we will keep you updated.

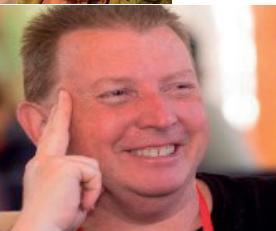
### Volunteering

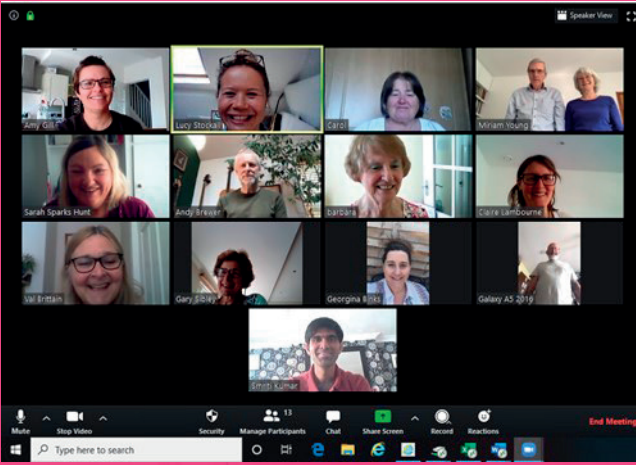
We are pleased to have recruited 2 new volunteers who will be supporting our service users getting on to and familiar with Video Conferencing Technology such as Zoom. If you would like to use zoom so that you can attend some of our virtual Stroke Café's, courses or groups, please email [office@bristolafterstroke.org.uk](mailto:office@bristolafterstroke.org.uk) and we will get in touch.

We are also excited to introduce a new volunteer role called a 'Volunteer Welfare Caller.' This role is being piloted by 2 existing and experienced Bristol After Stroke volunteers who will be supporting the work of our Stroke Care Coordinators.

### The Bristol Stroke Health Integration Team

(HIT) who are governed by Bristol Health Partners, are forming a Service User Group which will represent the views of people affected by stroke (patients/carers) in the design of research projects and stroke services within the Bristol, North Somerset and South Gloucestershire geographical areas. If you would like to be involved please forward your name and contact details to the office .





Staff and Members of South Glos Café all participating on Zoom

## Bristol Giving Day

Thanks to all who supported the 2.6 challenge we raised approximately £5500! Particular mention needs to go to Stephen Hill who raised a huge £2600 with his steps challenge.



## Sandeep Buddha

We were really pleased to receive the offer of support from **Stroke Consultant Mr Sandeep Buddha** who has very kindly volunteered to support our staff who may have stroke related queries relating to our service users. Sandeep is also taking part in a questions and answers session called

### 'Ask the Expert'

At our 'Virtual Stroke Support Group' in August.



## Fundraising News

We have been really busy fundraising during this extraordinary time and want to thank all who have supported us.

**Quizzing for causes** raised over £400.00 this is an on-line and social media led quiz that runs monthly and helps raise funds for local charities. We were nominated by Georgina Binks as the charity of the month.

We are really also really grateful to several trusts that have come to our aid. The **Anchor, Grateful and Dolphin Societies** that awarded us £3,253 to enable us to recruit a temporary telephone counsellor to support our counselling services during the time.

We are also really pleased to have received £5000.00 funding from the **Burden Trust** to support our Next Steps programme in Bristol this year.

If you would like to help us please consider becoming a "Friend of BAS" or perhaps you have some fundraising ideas or activities that you would like to undertake for us – **just let us know and we can support you.** All support is welcome as we know that our ability to fundraise this year will be curtailed.

## Bristol After Stroke Volunteer

Holly McGowan Hayes is a new volunteer for our 'Virtual Aphasia Group' which is taking place online via Zoom every other week.

When Holly isn't volunteering for Bristol After Stroke she runs 'Ride Out Ride On' the Bristol-based cycle service for adults and children whose freedom has been affected by disability or illness.