

Friends of Bristol After Stroke

Become a Friend and help us to help people live well after stroke

This autumn we launched our new Friends of Bristol After Stroke scheme to help you keep in touch with what we're up to and how you can help our charity.

As a Friend you can simply be part of our community, but there are many ways your support can help us do more. You could be an ambassador and help promote our cause, you can help fundraise or nominate us as a Charity of the Year, or you can volunteer.

You can become a Friend of Bristol After Stroke for just £15.00 per year - and don't forget to Gift Aid your donation.

**For more information and to join please contact us
0117 964 7657 or office@bristolafterstroke.org.uk**

Health Integration Team (HIT) for Stroke - launching in November 2018

Local stroke prevention, treatment and care services need to be improved and to be more accountable to local patients, carers and the public. The Stroke Health Integration Team (HIT) brings together clinicians, commissioners, academics, care and support providers and other experts, as well as people who have had strokes and their families and carers to examine ways in which they can all work together to make services better.

Over the next five years, the HIT will address these priorities:

- It's better to prevent a stroke than to treat one
- Improving immediate ("hyperacute") stroke treatment
- Improving recovery, care and support after stroke
- Supporting improvements through research
- Supporting improvements through training and education

To find out more go to:

<http://www.bristolhealthpartners.org.uk/health-integration-teams/stroke-hit>



Our new volunteering project is now live!

We welcome to Lucy Stockall, the new Volunteer

Coordinator for Bristol After Stroke, tasked with improving and expanding our volunteer offer.

Over the next year she will be recruiting new volunteers into a new range of volunteer opportunities for the charity and supporting them in their roles, as well as looking after the fantastic volunteers we already have.

If you are interested in finding out more about volunteering opportunities at Bristol After Stroke or have any questions, please don't hesitate to contact Lucy on 0117 9647657 or email lucy.stackall@bristolafterstroke.org.uk

Funded by the Bristol Older People's Alliance

Bristol After Stroke Wellbeing Day 2018

A great day was had by all learning about a range of issues and practical tips for living well after stroke.

A full report to come in our Annual Newsletter in early 2019...





Fundraising News

Huge thanks to our fabulous fundraisers this Autumn!

We are proud to have been the charity of choice for three good friends of Bristol After Stroke

In September James Trott completed an Iron Man event in Tenby, south Wales, and raised £410.

Then in October, BAS trustee John Davies ran in the Munich Marathon on behalf of Bristol After stroke and our colleagues Headway raising over £3000 divided between the two charities. John has now stood down from our Board of Trustees as his work commitments must take precedence. We thank him for his



generosity and commitment over the last few years. And finally, in November our very



good friend and colleague, Dr Praveen Kumar, who pioneered our popular Next Steps course, hosted a Badminton Tournament, with UWE giving him free access to their sports facilities. Over 45 teams competed raising around £2600.

Do look out for further opportunities to support our fundraisers - we keep you posted on our social media!

Christmas Stroke Cafe events!

Bristol Stroke Cafe

Wednesday 12th December
1.30 - 3.15pm
Oatley Hall, Cote Lanes, Bristol, BS9 3UN

We welcome back the Bristol Re-Voice Choir, a project to encourage music and singing for people affected by aphasia.

This will be an opportunity to sing along to seasonal classic songs and carols!

South Gloucestershire Stroke Cafe

Friday 14th December
11.00am - 1.00pm
Methodist Church, Badminton Road, Downend, Bristol, BS16 6NU

We will be getting into the festive spirit with a seasonal music workshop led by Ant Miles, who founded the Downend Folk Club. Accompanied by his guitar, we will be singing along in no time!

To find our more, make a referral and get support after stroke, volunteer or otherwise help Bristol After Stroke contact the office on 0117 964 7657 or email office@bristolafterstroke.org.uk

Registered Charity No. 287554