

**Bristol Area
Stroke Foundation**

Bristol Area Stroke Foundation
Gatehouse Centre
Hareclive Road
Bristol BS13 9JN

T: 0117 964 7657
E: office@basf.uk.com
W: www.basf.uk.com

Registered charity no. 287554

News update - Spring/Summer 2017

Wellbeing Day 2017

Save the date!

BASF will be holding our annual **Wellbeing Day** on Friday September 22nd at Oatley Hall, St Monica Trust, Cote Lane, Westbury-on-Trym.

We have an exciting range of speakers and experts talking about blood pressure, exercise, and our after stroke service developments across our region, and lots more besides - details to follow.



**Get into cycling this
summer with BASF
& Cycle the City**

Cycle the City offers accessible tours of Bristol crafted for all abilities, providing a safe and rewarding way to see the city around the Harbourside. Next BASF tour - June 27th at 2.00pm Special BASF price- £5.00 - includes bike hire, helmets & biscuits. The route is flat and almost car-free. For more info, contact us

Why I Volunteer!

"I joined the aphasia group as a way to support an MA to become a Speech and Language Therapist. I hadn't previously worked with people with aphasia and wanted to learn more. Since joining I have gained a real appreciation for the group members - this resilient and humorous bunch. I love the peer-led element to the group, enabling members to share stories and experiences and to develop their language together."

Holly McGowan-Hayes, BASF Connect Group

For all the latest news follow us!



WE Care & Repair can adapt your home to suit your needs. Call us on 0300 323 0700 or visit our showroom at 5 Hide Market, Waterloo St, St Philips, Bristol, BS2 0BH weekdays 9-5pm.

Fundraising News

A big thank you!

Local businessman, David Exell, has completed the extraordinary feat of becoming the oldest British man to complete the Marathon des Sables, a grueling 6-day epic foot race in Morocco. He has raised an equally epic £10,000 for us, and beat Sir Rannulph Fiennes' record!



We were awarded £1267 by the Coop Community Fund in the first round. Customers of the Bishopsworth Coop Food store supported our South Bristol Group. We are delighted to be selected for Round 2 by a store in north Bristol. So, do continue to support BASF with your Coop Membership Card!

Further support from two previous funders: the Bristol Round Table recently donated £1000, and the Burges Salmon Charitable Trust awarded us £250. Workers at GKN Aerospace have donated £300 through their union, Unite.

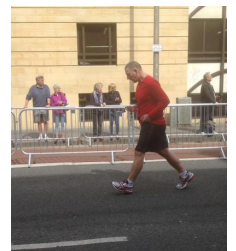
We have been chosen as Charity of the Year by MBDA (UK) Ltd and a year of fun fundraising activity kicked off with an Easter Cake Competition and sale.



Looking forward, we have a new fundraising challenger – Next Steps graduate, Eddie Ruskin, is combining his passion for cars and driving with fundraising to say thank you for the support we have given him since his stroke in 2015. He will be driving from Land's End to John O'Groats on one go on the longest day of the year – 21st June. Look out for his Just Giving page



Every little fundraising helps! Yate man, Clive Gregory, recently ran the Bristol 10k and raised £100.



Whatever your idea, we'd like to hear about it! We can help with advice, support, and materials. Contact Emma on 0117 964 7657