

BASF

NEWSLETTER

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BRISTOL AREA STROKE FOUNDATION

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Bristol Mayor, Marvin Rees, opens BASF Wellbeing Day 2016

BASF was hugely grateful to Mayor of Bristol, Marvin Rees, for opening our Wellbeing Day on 30th September 2016. He introduced the day with a brilliant personal account of the impact of stroke. As a young community worker, he supported an individual on his journey to life after stroke. He supported him raise awareness about stroke through supporting his personal challenge of climbing up PenYFan, attracting much media attention. Marvin Rees noted that it was not just the physical impact of stroke that people needed support with but also the emotional impact, and that families and carers also need support and the voluntary sector plays a key role in this.



Left to right: BASF Operations Manager, Rebecca Sheehy; Bristol Mayor, Marvin Rees; Dr. Philip Clatworthy Consultant Stroke neurologist at North Bristol NHS Trust; Dr Praveen Kumar, Senior Lecturer in Physiotherapy, University of West of England.

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Dates for your diary 2017

ACTion After Stroke (4/5 weeks)

Date: Tuesday 21st February – Tuesday 21st March

Venue: *Vassall Centre, Fishponds*

Time: *10.30am – 12.30pm*

Date: Tuesday 27th June – Tuesday 25th July

Venue: *South Bristol Community Links*

Time: *10.00am – 12.00pm*

Date: Tuesday 17th October – Tuesday 14th November

Venue: *Vassall Centre, Fishponds*

Time: *10.30am – 12.30pm*

Conversation Group (6 weeks)

Date: Tuesday 25th April – Tuesday 30th May

Venue: *The Station, Silver Street, BS1*

Time: *10.30am – 12pm*

Date: Tuesday 12th September – Tuesday 17th October

Venue: *tbc*

Time: *10.30am – 12pm*

Next Steps (8 weeks)

Date: Wednesday May 31st – Wednesday July 19th

Venue: *UWE, Glenside*

Time: *2.00pm – 4.00pm*

Date: Wednesday 7th June – Wednesday 26th July

Venue: *UWE, Glenside*

Time: *2.00pm – 4.00pm*

Date: Wednesday 4th October – 29th November

Venue: *UWE, Glenside*

Time: *2.00pm – 4.00pm*

Volunteer Day (Learning, Development & Celebration for BASF volunteers)

Date: Friday 9th June

Venue: *Vassal Centre, Fishponds*

Time: *9.30am – 3.00pm*

Wellbeing Day (BASF Annual Conference for service users and partner organisations)

Date: Friday 22nd September

Venue: *Oatley Hall, St Monica Trust, Cote Lane*

Time: *9.30am – 2.30pm*

Connect Aphasia Drop-In

Date: Fortnightly, 1st and 3rd Monday of the month

Venue: *Chill Out Area, The Station, Silver Street, Central Bristol*

Time: *2.00pm – 4.00pm*

Bristol Stroke Café

Monthly, every third Wednesday

1.30pm – 3.15pm at Oatley Hall, St Monica Trust, Cote Lane

18th January 19th July

15th February 16th August

15th March 20th September

19th April 18th October

17th May 15th November

21st June 13th December

South Gloucestershire Stroke Café

Monthly, every second Friday

11am – 1pm at Christchurch Parish Hall, North Street, 57 North Street, Downend (until further notice)

13th January 14th July

17th February 11th August

10th March 8th September

7th April 13th October

12th May 10th November

9th June 8th December

UWE OT students on placement with BASF

This autumn we welcomed two Occupational Therapy students – Rachel and Kate – from the University of the West of England on a three-month placement. This was a new innovation for BASF, developing our relationship with the Health and Social Care Department at UWE. We found their input fresh and invigorating, and they valued the opportunity to work in a real life setting as part of their training.



Occupational therapy looks at any issues someone may have with their occupational performance (problems doing things) and helps to support people to take part in activities that are meaningful to them, from doing the dishes to going for walks and all sorts in between. They brought different therapeutic (and hopefully

BASF Service User Advisory Group

Jenny Smith, Lead Volunteer, coordinates the BASF Service User Advisory Group. Its role is to advise BASF about the needs of people affected by stroke and the effectiveness of our services. It provides all BASF clients with a means of influencing the priorities and structure of the organisation. It is also where you can channel your ideas for BASF for future consideration by our Board of Trustees.

Here are some of items discussed at our meetings in 2016.

- *New complaints procedure for BASF*
- *Consultation on a BASF Patient Held Record*
- *Fundraising Strategy & Developments*
- *Consultation on a new guide to Self Help for stroke affected people being developed by colleagues at the University of Wales, Cardiff*
- *Marketing strategy*

Jenny chaired the meeting in 2016 and represented service users at BASF Trustee meeting bi-monthly. Jenny

stepped down at the end of the year and her place has been taken by Claire Angel, who attends the Fishponds Group and regularly helps with BASF stroke awareness and training sessions. There are currently eight people on the Service User Advisory Group – Claire Angel, Tony Mulvahill, Sarah Sparks, Jenny Smith, Julie Aldrich, Linda Stoneman, Julie Parker, Jon Sheppard.

We still would like a Carer and a Volunteer to join us. Contact Rebecca at the BASF office if you are interested: 0117 9647657 rebecca.sheehy@basf.uk.com



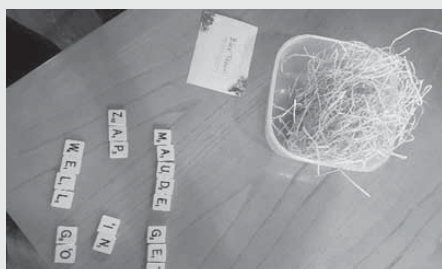
We're a sociable bunch!

Please 'like' us on Facebook and follow us on Twitter to keep up to date with our news and information. Our website www.basf.uk.com has information about stroke and our services and links to further support



fun!) activities to group and individual sessions with BASF clients enabling a benefit to aspects of stroke recovery such as language development, coordination, strength, and dexterity.

Rachel created a game called 'Scrabble Box'. This was an activity which was specifically designed for people with Aphasia to help facilitate an engaging social activity that incorporates both language development and hand/eye coordination. There is an element of luck with what letters are withdrawn, this keeps the game fun and light hearted. This activity was successful in engaging a large number of the group, particularly those with aphasia and promoted confidence in word finding. Noticeable developments could be observed after several games which was very exciting! We hope the game may still continue to be played in the future at both groups. It is very simple to play and easy to replicate.



To mark Black History Month, Kate brought some African drumming rhythms and arm movements to the South Bristol group. Everyone took part, and it was a noisy, fun session. There is a body of research regarding the benefits of drumming after a stroke, and lots of research about the positive consequences of using both hands in activities. There is a lot of recent work regarding neuroplasticity (the brain's ability to rewire its connections) and the current advice for people who have a weakness in their limbs following a stroke is to try to use the weaker limbs as much as possible. Using both hands to drum on the table helps support the use of a weaker arm or hand, as well as being a fun way to spend a few hours in good company!



Kate and Rachel say "BASF have been a brilliant team to work alongside: we have gained valuable experience which we shall take forward for further practice" We wish them well in their future careers.

Southmead Stroke Café & In-reach



Every Tuesday afternoon a BASF Stroke Care Coordinator visits Southmead Hospital to meet people who have recently had a stroke. We visit both the Acute Ward and the Rehabilitation Ward, often seeing people many times as they recover and get ready for discharge. In what we consider to be one of the most sensitive and important parts of our work, we make links with patients and their carers as they are coming to terms with what has happened to them. The work is highly varied and responds to the differing needs of the people we see. It may just be a smile,

a leaflet left, or a chat to an anxious relative. It may be a hug or a hand held for a moment. In all cases, we try to ensure that people are aware that there is support available for them whatever their needs.

It is crucial that we ensure that the staff and therapists on duty know who we are and feel that they can use us as a resource.

Often, they will ask us to speak to a particular family.

The Southmead Stroke Café is held once a month and is an opportunity for people who have had a stroke and their carers to socialise slightly off the ward in a supportive setting. Those who attend speak highly of how beneficial they find this. It gives people an opportunity to chat and to gain information and support.



Bristol Stroke Café



Meets at Oatley Hall at St Monica's Trust on The Downs

3rd Wednesday of the month

The aim of the café is for people who have had a stroke and their families/carers to meet each other, socialise and hear about information that may be useful to them. We provide free transport to the café and refreshments. We have different

speakers each month from various useful and entertaining organisations. In 2016 we heard from the Driving and Mobility Centre, Remap, WECIL, MS Therapy Centre amongst others. We occasionally have quizzes and trips out. This year we enjoyed a golf experience at the Bristol & Clifton Golf Club with professional coaching and a delightful tea afterwards! Many thanks to Gloucestershire Golf Partnership for facilitating this.



South Gloucestershire **Stroke Café**

*Meets at Christchurch Parish Hall,
North Street, Downend (until
further notice)
2nd Friday of the month*



This café continues to be a well-attended and much enjoyed monthly event for BASF. People are welcome to come now and again or regularly. Many people tell us it is a very important part of their



social calendar. We offer free transport to and from the venue – ably organised by Amy.

Every month, as well as a cuppa and a healthy (or less healthy!) snack there is a talk from someone which we hope will be interesting and entertaining. This year we have heard about such diverse subjects as Body Work

and Driving, as well as hearing from choirs and ukulele players. This year the group's summer trip was an outing to Oakham Treasures in North Somerset.

We have had some challenges with our venue (whilst extensive building work takes place at our usual one) and continue to look for more appropriate halls – we know that access and good parking are vital!

None of this would be possible without the fantastic volunteers so thank you to Lin, Nan, Julie, Liz and Len.

Stroke story: John Lambert – **BASF Gardening Group**

I had my stroke about 16 years ago, in December 2011, when I was 64. In those days I combined working part-time and running a small-holding in South Gloucestershire. That day I was enrolled on a hedge laying course. Fortunately, we were asked to do our activity in pairs and my partner for the day spotted I wasn't looking well. My leg had gone numb, I felt nauseous and went back to the pavilion. Once I had sat down I couldn't get back up so the course leader called an ambulance. I was taken to Southmead Hospital where I

stayed for 12 weeks. It was a life changing experience!

Thanks to the stroke I had to give up work. I found I couldn't concentrate sufficiently and I was tired all the time. My sense of balance went so my mobility was affected, and eventually the small-holding had to go as well and we moved into a bungalow in Yate. There were various activities organised which I attended – such as physiotherapy, occupational therapy, and a social group called GOAL (Go On And Live) at Blackberry Hill Hospital – but none of them lasted very

long. Eventually I got hold of BASF and started attending the South Gloucestershire Group in Yate. Because of my outdoor interests, I found the Gardening Group – at first I thought it was be too much for me but I really enjoy the people and conversation and a little light gardening! I also really enjoy the bus ride from Yate – it has opened my eyes to my local area.

A real highlight this year was our tour of the BBC in Clifton. We met the newsreaders and weather forecasters, and had a go at presenting as if we were on Points West!

Do you enjoy **gardening?**



The BASF Gardening Group meets every Wednesday at Christ Church, North Street, Downend, 2 – 4pm to talk and do all things gardening. Over the past year, the group has planted and sold spring bulbs, propagated cuttings, sown seeds, made bird

boxes and drunk a lot of tea! It is a small, friendly group now looking for new members and volunteers.

For more information ring Gill Deacon: 07943749994. We would love to hear from you.

Wellbeing Day 2016



We had a great range of talks, and 11 organisations had stands on the day. We would like to thank them all for their contribution to an excellent event and to the St Monica Trust for allowing us use the fabulous Oatley Hall again. As well as speakers, we thanked and gave awards to some of our great fundraising volunteers this year, Simon Speirs and Sue Gibson in particular – see our fundraising pages (p10-11) for more on this!

Dr Philip Clatworthy started us off, talking about new developments in acute stroke treatment which included details on procedures such as Thrombectomy and new anticoagulants. He also discussed new ways of organising health services to reduce the number of people having a stroke and improve the early care of people with stroke. These plans aim to ensure efficiency and equity of service across Bristol, North Somerset and South Gloucestershire.

Dr Praveen Kumar from UWE shared the results of the Next Steps group physiotherapy and exercise programme that BASF is leading. One attendee commented “the title ‘Next Steps’ is good. It is positive and forward-looking ... there was a stage in which I could not even stand or balance so walking was still the stuff of dreams. Learning to walk again and be positive about a recovery process was very important. The group at Next Steps encouraged this.”

Cheryl Coles, dietician from NBHT talked about “What does Healthy Eating for Stroke Mean?” She explained that several risks factors for stroke can be modified by diet such as high blood pressure, high cholesterol, being overweight, and diabetes. Her key messages were: healthy eating – get the balance right! Increase fruit, vegetables and wholegrains, reduce salt, aim to be a healthy weight, and have good diabetic control. See our recipe on the back for a healthy start to the New Year.

Thanks to Drew Huskisson and Janie Adams from North Bristol Advice Centre for sharing their expertise on the complexities of the benefits system for people with long-term health conditions and disabilities, from Attendance Allowance, to Employment and Support Allowance and

Personal Independence Payments. They also discussed how to approach reviews and appeals. Get in touch with them to get the support you need!

BASF was proud to present our impact over the last year, our care pathway model, and our vision of services going forward:

- BASF reached 550 people in the last financial year a 60% increase on last year.
- BASF now provides In-Reach, the Next Steps physiotherapy-led programme and Six Month Reviews in South Gloucestershire – we’d like to do the same in Bristol.
- BASF works with colleagues in statutory stroke services on the design and management of services as part of the Sustainable Transformation Plan for Stroke

BASF would like to thank Burges Salmon Charitable Trust and South Gloucestershire Council Health Inequalities Small Grant Scheme for supporting this event.

If you’d like to know more, here are details of the organisations represented:

Diet – NHS choices; www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx	
Age UK; www.ageuk.org.uk/bristol	0117 929 7537
Bristol Community Health; Community Neurology Team; www.briscomhealth.org.uk/our-services/specialist-community-neurology/	0117 919 0285
Carers Support Centre; www.carerssupportcentre.org.uk	0117 939 2562
Dehk Bahl; www.dhekbhal.org.uk	0117 9146671
Home Instead; www.homeinstead.co.uk	01925 730 273
Link Age; http://www.linkagebristol.org.uk/	0117 353 3042
MS Therapy Centre; www.mstherapybristol.org.uk	01454 201 686
Remap; www.remap.org.uk	01732 760209
Stroke Association; www.stroke.org.uk	0303 3033 100
WE Care & Repair; www.wecr.org.uk	0300 323 0700

Stroke story –

Andy & Gemma Moon



Gemma Moon says “It was a Saturday morning on the 11th July 2015. I was busy in the kitchen preparing breakfast for our daughters, Isabelle and Erin (then 10 and 7). Andy had been complaining of niggling headaches for the past week but we put it down to working long hours as a financial adviser. I will never forget the moment he called out to me that morning – his speech was suddenly slurred and he quickly lost the use of the right side of his body. I called for an ambulance and he was rushed to Southmead hospital where they gave me and our family the news we were all dreading: he had suffered a massive stroke and was being sent for a thrombectomy procedure where they would mechanically remove the blood clot in his brain.

With thanks to the wonderful doctors and the neuroradiologist, their swift action helped to save as much of Andy as they could and tried to limit his brain damage. Once the procedure was over he was sent to the acute stroke ward where his road

to recovery would begin. These first few days were the most frightening, we were told of post procedure complications including brain swelling and or bleeds. Thankfully Andy made it through, but he couldn't speak, move or swallow at this point and we were all devastated.

From the Monday 13th July things started to look brighter and I found Andy that morning sat on the edge of the bed with the Occupational Therapist and he gave me the best smile. I knew from that moment that we would take things day by day and celebrate any changes no matter how big or small. Speech Therapy commenced straight away. It was a huge relief to see his understanding of what was being said and he responded with nods and shakes of his head. That day he took his first few steps and we were so happy.

Andy was discharged two and a half weeks later when he had a discharge care package put in place. It was then discussed that Andy's GP could consider referring him to HITU (Head Injury Therapy Unit) based in Frenchay. After a few weeks, he was sent for an assessment, we were informed then that he would be accepted for therapy. He is still attending appointments now for his speech.

Andy is very determined to improve. He does now have Aphasia, with reading problems combined, but physically he is the fittest he has ever been enjoying bike rides and going to the gym. Andy has benefited by being part of BASF, not only has he enjoyed meeting new people going through the same experiences he also found the ACTION after Stroke and Next Steps courses very useful. Very soon he hopes to work as a volunteer for BASF and wants to put back in as we have had so much support from them as a family.

With accepting what has happened to Andy, we have been able to move forwards and plan for the future. He recently celebrated his 40th and we had a big party with family and friends to show that we haven't given up and that he will continue to improve. We are all so proud of him and what he has achieved.”

Yate Stroke Support Group



The members of the Yate Stroke Support Group are a very friendly group of people that meet on a Monday afternoon at the Shireway Community Centre.

We have a varied programme of events from skittles, bingo, quizzes, curling, and entertainment with

music, talks, slide shows. The U3A group from Yate comes and sings folk songs which we all join in. We were entertained by a ukulele band. In the summer, we had a boat trip on the Sharpness canal, courtesy of the Willow Trust, and a couple of our members had turns to steer the boat, members of the WI supplied us with coffee and tea. It was a sunny day and we moored by the bank of the river for people to get off and have a picnic

In the last few weeks Rachel who is studying at UWE for a degree in occupational therapy came and

helped by making Christmas cards and helped in a variety of roles.

We finished the year with a Christmas meal at the Cordington Arms pub in Yate and on the last day had a party back at Shireway Community Centre. Thanks to Mary, Alastair, Pat and Shirley for volunteering to support the group through the year.



“I am humbled by all the work done by volunteers”

Wellbeing Day 2015 attendee



South Bristol Stroke Support Group



In 2016 we have seen the group go from strength to strength. New members have brought with them new interests and ideas. Laughter is a key part of our Thursday morning groups and we are quite adept at laughing at ourselves and with each other. A striking trait of the group is the friendly banter laced with a laidback competitive nature joyful energy and regularly play golf, curling and boules. One of the standout memories in 2016 was one particularly playful game of boules that saw a crowd of spectators develop around the atrium.

Activities that we have enjoyed this year include light physical activities designed to maintain and build flexibility and strength. Our Wimbledon inspired balloon tennis tournament perfectly illustrates our relaxed approach to maintaining our physical health. We have offered a range of activities to practice our fine motor skills. The mobile we made from dozens of origami cranes was particularly striking, and is now proudly displayed in the BASF office. Many of our group members have been affected by Aphasia and we continue to use our group as a



safe place to build our confidence in communication which we do by way of general conversation but also through more focused activities.

Throughout the autumn, we were joined by Kate, a final year Occupational Health student from UWE. Kate shared a range of activities with us and we look forward to being able to incorporate those ideas into our 2017 programme.

I would like to take this opportunity to thank the extraordinary hard work of Lynne, Ryan and Vee. Without their amazing volunteer help we would not be able to run the South Bristol group. The welcoming tea and coffee, the fabulous Christmas meal and so much more is down to them sharing their time and energy with us.

Fishponds Stroke Support Group

Fishponds is a dynamic and energetic group.

Our membership is quite representative of the population of Bristol as a whole and as such we have a wonderful blend of interests and experiences to be able to share. The Fishponds group membership has grown considerably this year.

A key element of our Fishponds group is that it supports people of working age. Some members of the group have returned to paid work this year which is an incredible achievement. The group serves as a space where we can share the challenges and joys that this transition can bring. Other members have been taking on a broad range of voluntary work from working in charity shops to giving fundraising talks. The energy and commitment of the group is striking.

At Fishponds, we take a great amount of pride in being able to share and celebrate together. We have played Karom, a board game



from the Indian Subcontinent, that is familiar to several members of the group. We have marked many occasions during the year. During the European Cup, we played seated balloon football, a game which bore a striking lack of resemblance to the real game of football but was an enormous amount of fun. Many members have fantastic skills that we have taken great delight in sharing. Claire ran a wonderful session of jewellery making this summer.

During the autumn, we were fortunate to be able to offer a placement to Rachel, a final year Occupational Health student. Rachel made a valuable contribution to the group and while we will miss her, many of her ideas are being woven into the activity plans for 2017.

The Fishponds group would not be possible without the dedication of the wonderful volunteers Jenny, Lin & Julie. Without their hard work, there would be no warm cup of tea or coffee, the room would not be arranged and welcoming, community transport would not be co-ordinated nor would the room be tidied up at the end. All the group members would like to say thank you.



Portway Stroke Support Group

BASF's Portway Group meets at Port of Bristol Social Club in Shirehampton. This longstanding group continues to be a very welcoming, friendly and sociable group, and currently has around twenty members, ranging in ages from 45 - 90yrs. New members are always welcome to join us. The group is supported by five regular committed volunteers.

Members enjoy playing games such Skittles, Dominoes,

Scrabble, and Bingo. We have a raffle each week with the proceeds going towards Minibus hire for our days out which we do once a month from April - October, which are thoroughly enjoyed by everyone.



Many thanks to Dave, David, Sue & Rob, our long-standing regular volunteers. We are particularly keen to recruit a volunteer driver to enable members to access the group.

Fundraising News

A huge thank you to all our donors and supporters for making this a great year for Bristol Area Stroke Foundation!

Our fundraisers of the year!

We took the opportunity at our recent Wellbeing Day to say a very special thanks to four of our fabulous fundraisers in 2016. Between them, their efforts have brought in over £31,700 and they have cycled, played golf, run triathlons, and baked cake – all for Bristol Area Stroke Foundation! We also paid tribute to the efforts of our energetic Chair, Peter Scott, for his contacts at Bristol & Clifton Golf Club and, on occasion, volunteering to hold a bucket!



Speech & Language Therapy Team Bake Sale at South Bristol Community Hospital



Sue Gibson, Henbury Golf Club Ladies Captain at the BASF Wellbeing Day in September



Simon Speirs at John O'Groats at last!

Help us to help stroke affected people - get involved in fundraising for Bristol Area Stroke Foundation

We rely heavily on donations – large and small. We love to hear from anyone who has an idea for fundraising. Over the last year, we have been pleased to receive donations from a wide range of activities from golf days to sponsored runs and cycle rides, and bucket collections to cake sales!

We would particularly like to invite our volunteers and supporters to come forward with ideas – in the office we can help with getting the idea off the ground, publicising it through our networks, social media and further afield, and with marketing materials and logos, etc

- Members of Bristol Rotary Club held another Swimathon in aid of BASF and this year raised over £600
- A raffle at our Well-Being Day in September raised over £140
- Bucket collections at Aston Gate Stadium, home of Bristol City Football Club and Bristol Rugby, raised over £750
- City Voices Community Choir chose BASF as their Charity of the Year. A bucket collection and proceeds of ticket sales at the Christmas Concert in December together raised nearly £1000
- Yate & District Bowls Club chose Bristol Area Stroke Foundation as their Charity of the Season for 2016 after the husband of one of their members, David Tubey, had a stroke. They have raised £1800 including a match donation from the Vodafone Foundation
- Becky Jones, sister of South Bristol Stroke Group member, Philip Burnett, organised a Charity Day at her employer Matthew Clark Ltd. We are delighted that it was successful



BASF staff, trustees & volunteers at Ashton Gate Stadium

day raising over £750 through various activities such as raffles, tombola and a bake sale, and the company added another £500 to make it £1260.



Waitrose Community Matters cheque presentation

- BASF was nominated for the Waitrose Community Matters token scheme and received a share of £1000. We went along to a charity coffee morning in March to receive a cheque for £540
- Speech & Language Therapists at South Bristol Community Hospital continue to support us with their cake sales
- Trojan Fitness in South Bristol continue their great support with events and competitions throughout the year



Trojan Fitness supporting BASF

And finally, a big thank you to all our otherwise unmentioned supporters and donors this year, we just don't have space to squeeze everyone in! Your support, however small, goes a long way towards helping us to maintain and develop our services, and to help stroke affected people and their families rebuild their lives.

Just a quick reminder that you can use the Virgin Money Giving button on our website and Facebook page to get your donations safely to us, and always remember to add the Gift Aid if you are a UK tax payer. Gift Aid and Regular Giving forms are available from the office. Whatever your fundraising questions, please do not hesitate to ask!
E-mail: emma.collier@basf.uk.com
Phone: 0117 9647657 or 07710 095757



Golfers support **BASF!**

Henbury Golf Club – Sue Gibson as Ladies Captain's chose BASF as her Charity of the Year 2015-16 and raised not only £3850 but two new volunteers!

Chipping Sodbury Golf Club – we thank David Clare, last year's Captain for choosing BASF as one of his Charities of the Year 2015-16 and for the donation of £3400

Bristol & Clifton **Golf Club**

BASF was very fortunate to be chosen as Captain's Charity of the Year for 2016, raising nearly £25,000 at the annual Charity Golf Day in June and a ProAm Tournament in July. Fortunately, good weather for both!

Captain, Sir Peter Simpson, writes "Though some people's golf swing might cause one to question it, golf requires total body coordination and those who play the game are only too aware that this could suddenly be lost as a result of a stroke. Those of us with friends who can no longer play, realise just how fortunate we are.

"As Captain of Bristol and Clifton in 2016, I was granted the use of the course for a Charity Day and

knowing Peter Scott and the wonderful work that BASF does and achieves for stroke sufferers, the decision to adopt BASF as my Charity for the year was an easy one. I'm just so grateful to all those who helped to make the day such a success both for the players and also of course financially for BASF. It was certainly one of the highlights of my Captain's year and will remain long in my memory."

BASF would like to thank all tee sponsors for their contributions and, in particular, Brewin Dolphin for their support and lead sponsorship of the event.



**BREWIN
DOLPHIN**

Stroke story: Len Osgood – Service user to volunteer

Everyone remembers the date of their stroke – mine was 21st July 2015. It was initially thought to be a TIA but was later confirmed to be a real stroke. I came home from work, parked up and was getting ready to go out to Weston Bike Night with Liz, my wife. If I had had the stroke whilst driving on the M5 at 70mph it would have been disaster!



Before the stroke, I was a fit and healthy man running races and fully involved in the biking culture. Although I have never driven a car, I have ridden a motorbike for nearly 50 years. One of my biggest concerns after the stroke was getting back onto my bike – that was my real priority. It was essential for getting to work and the centre of my social life. I was Chair of the Christian Motorcyclists' Association. Since the stroke, I have changed bike three times, eventually found a scooter to be the best option. It's a big one though – 300cc!

I feel like I dodged a bullet with the stroke I had. I was not too affected physically. I have some left-side weakness and long-term fatigue, but it was only after I returned to work in a significantly different role that I realised the psychological impact the stroke had left. I was very depressed and anxious for a while and sought counselling privately. I had been given the BASF leaflet when I was first diagnosed, and eventually through Gill, the Stroke Coordinator, attended the Bristol Stroke Café. It was great but I felt like I didn't belong – I wasn't disabled enough! I then attended the ACTION After Stroke course. It helped me to acknowledge the hidden, emotional impact of stroke. Thanks to ACT I am learning to accept my limitations and that I am still in recovery. I'm in a good place now. The course helped me set goals, and now that I have retired officially, I volunteer for BASF. I help out regularly at the Yate Stroke Group and the South Gloucestershire Stroke Café in Downend. I do it because I want to give something back to an organisation that has really helped me. BASF has played a huge part in my recovery and still is. "It's still early days" is a bit of a catch phrase, but mine is becoming BASF ROCKS!

Next Steps: Group exercise programme for people with stroke

Dr Praveen Kumar, UWE, writes:

"Individuals with stroke are less physically active and have increased risk of secondary problems such as muscle weakness, fear of falls, loss of confidence, social isolation, and depression which in turn lead to increased disability. The Next Steps group exercise classes have shown beneficial effects for people with neurological conditions. The partnership between BASF and UWE provides an 8-week exercise programme for ten stroke affected people. The classes include a range of exercises including balance re-training, upper limb re-training, walking, step-up exercises, muscle strength exercises, and cardio-vascular exercises.

There were physical benefits, and patients showed improvement in their walking, balance, use of arm for various activities of daily living. In addition, other perceived benefits from participants' point of view were – improved socialisation, motivation, confidence, and support."



Participants practicing walking on the mat to challenge/improve their balance

Participants say

"For some (including me) there was a stage in which I could not even stand or balance so walking was still the stuff of dreams. Learning to walk again and be positive about a recovery process was very important. The group at Next Steps encouraged this".

"This course provided an opportunity for socialisation, and I think this is an extremely important motivator"

The Funding Network 2016

In October BASF was delighted to meet a group of local philanthropists in Bristol at a crowdfunding event hosted by The Funding Network and facilitated by Quartet Community Foundation. This fast but fun evening enabled us to raise money for our Conversation Group for stroke affected people with aphasia, a common and debilitating but hidden consequence of stroke affecting the ability to communicate. We, and the rest of the audience, were humbled by our

regular Fishponds Group member, Gerry Daley who, despite having very few words, gave a moving account of his struggle with the condition in conversation with our Lead Volunteer, Jenny Smith, who also suffers with it. Thanks to the generosity of the audience we came away with over £5000 which will enable us to run the course twice in 2017, and will facilitate the regular drop-in group for aphasia sufferers in central Bristol formerly managed by Connect.



Gerry's talk so inspired Sue Turner, Chief Executive of Quartet Community Foundation, that she used his example in her review of the year at the Quartet Community Foundation Annual Celebration

Why Volunteer?

Lynne Ogborne

When Lynne retired she wanted to do something active in her community and approached a number of organisations offering to help – and BASF was the only one to get back to her! She decided to give volunteering with BASF a go and see what she thought – and from the first she loved the friendly atmosphere and this has not changed after nearly three years. Lynne helps out regularly at the South Bristol Stroke Support Group and the Bristol Stroke Café. She feels the best bit is when all the group members are doing an activity together and you can see the support they give each other. She is also a stalwart bucket shaker at BASF fundraising events. **"I like the smallness of BASF, it's very welcoming. I'm made to feel part of the team"**

Ryan McGrath

Ryan has been with BASF only since February 2016. He is a young man who suffered a stroke at the unusually young age of 30 in 2013. Since his recovery, he has decided to pursue a career in care work. Coming to volunteer with BASF therefore seemed natural! He volunteers regularly at the South Bristol Stroke Support Group in between his care work studies. His own experience means he readily understands the prejudice suffered by people who have had a stroke. The Stroke Support Groups offer an opportunity to help people and to be treated normally. **"They have a good time... it's a friendly atmosphere. I enjoy it – building a relationship with the members"**

Interested in volunteering with BASF?

BASF has a fabulous group of over 30 volunteers. Volunteers are an essential part of the BASF community and volunteering opportunities are varied and fulfilling. We offer full support, training, and an annual celebration event specially for our volunteers.

We are always looking for new volunteers for varied roles such as:

- Helping at our groups, cafés and courses, and assisting on outings.

- Helping our fundraising efforts,
- Talking, listening and generally befriending
- Driving clients to groups and events (particularly in north Bristol)

If you are interested in volunteering - be that in the short or long term, one-off or once a week, then please get in touch with Amy Gill, Services Support Officer on: 0117 9647657 or amy.gill@basf.uk.com

Staff & Trustee News

We have been delighted to welcome three new members of staff to the team this year. We have a new post of Lead Group Organiser ably filled by Emma Mather who joined us last Spring. Our new Lead Counsellor is Shanti Lewis, who started in May. Stroke Coordinator Anna Sopwith has been covering Claire Lambourne's maternity leave in the South Gloucestershire area and will be with us until March 2017. After the birth of her little girl, Hester, Claire will be returning to BASF's South Gloucestershire clients in February. We are delighted to welcome two new trustees: Suzy Sibley is a retired GP, and many will remember Jan Tyrell, long-standing Operations Manager until her retirement in 2015, who now re-joins BASF as a Trustee.



Anne Sopwith



Emma Mather - Group Organiser focussing on the Fishponds and South Bristol groups. Prior to working at BASF I worked for a national charity where I developed and led their behaviour change projects across the South West. My focus was education, skills and training in conjunction with health and wellbeing. Since joining the team here I have been busy getting to know the individuals in the groups, and developing activities that reflect the diverse interests of the group members. My plan for 2017 is to construct a flexible program of activities to support our members as they recover from, and rebuild their lives after Stroke. The overriding principle is that the groups we run are fun and engaging. Basically, my aim is to make coming to a group a highlight of the week.

Shanti Lewis - My name is Shanti and I was appointed as the new Lead Counsellor with BASF in May this year. I am a registered and accredited counsellor who has experience in working with people with disabilities and those with mental health issues. I was delighted to be chosen for the position at BASF as it enables me to bring two significant chapters of my life together: primarily, my work as a counsellor (mainly but not exclusively in private practice since 2004) and my experience of working with stroke and its impact on people and their families (as I set up a new service for the Stroke Association in Coventry in 2009). Having been in post just eight months, I can sincerely say I've never met such a committed and dedicated set of people as those that work for BASF, so it's a real pleasure to be part of the team.



Suzy Sibley - I have been associated with BASF for the last 10 years following retirement, firstly as a volunteer at the Fishponds groups and latterly as a trustee of the organisation. I maintain a strong interest in the recruitment and assistance to volunteers and fund raising. I participate in various activities for our clients such as Stroke cafe at St. Monica's, and last summer, a couple of most enjoyable golf days at the Kendleshire and Bristol and Clifton Golf Clubs.

Thinking about supporting BASF into the future?

Every year more than 1200 people in the West of England suffer a stroke and we know that stroke is the biggest cause of disability in adults. We know there will always be a need to support stroke affected people on their road to recovery. We are therefore keen to ensure the long-term sustainability of Bristol Area Stroke Foundation and the services we provide

for stroke affected people. If you or your loved one has benefited from the services BASF offers why not remember us in your will. Every gift, large or small, will make a difference and help future stroke affected people to receive support when they need it.

**For further information contact Emma
0117 9647657 emma.collier@basf.uk.com**

The BASF Team



**Strategy & Operations
Manager – Rebecca Sheehy**



**Stroke Coordinator (Bristol) –
Gill Deacon**



**Stroke Coordinator (Bristol) –
Emma Eddy**



**Stroke Coordinator (South
Gloucestershire) – Val Brittain**



**Stroke Coordinator (South
Gloucestershire) – Claire Lamborne**



**Stroke Coordinator (South
Gloucestershire) – Anna Sopwith**



**Lead Group Organiser –
Emma Mather**



**Group Organiser –
Pat Rowe**



**Group Organiser –
John Harris**



**Lead Counsellor –
Shanti Lewis**



**Services Support Officer –
Amy Gill**



**Fundraising Officer –
Emma Collier**



Ways to Wellbeing

Healthy eating – getting the balance right!



Maintaining a healthy diet is a key way we can manage our risk of stroke

Increase fruit & vegetables and wholegrains – tips for your “5 a day”

Fresh, frozen, tinned, dried, juice all count. Try fruit on your cereal or yogurt, salad in your sandwich, and adding pulses to soups and casseroles. Three servings of wholegrains can halve your risk of stroke

Reduce fat intake and replace bad fats with good fats

Not all fats are bad! Try to cut down on saturated and trans fats that can cause hardening of the arteries and raise your blood pressure. Small amounts

of unsaturated fats can help to improve the balance of “good” and “bad” cholesterol, helping to lower blood pressure and hence lowering your risk of stroke.

Reduce salt intake

High salt intake increases blood pressure and your stroke risk. The recommended maximum salt intake is 6g per day. Being salt aware will help reduce your salt intake – read food labels – particularly processed food, reduce the amount you use in cooking and try to limit the amount you add at the table

Aim to be a healthy weight and maintain fitness

Obesity increases the risk of stroke

Stick to government alcohol recommendations

Aim for less than 14 units a week spread over three or more days. Try to ensure you have several alcohol-free days in the week. Learn the amount of alcohol in drinks – for example a standard glass of wine (175ml) is just over 2 units; can of lager (440ml) is 2 units; single shot of spirits is 1 unit

Good diabetic control

People with diabetes are three times more likely to have a stroke so maintaining good blood sugar control is essential

Thanks to Cheryl Coles, University Hospitals Bristol NHS Foundation Trust

Green Pea Soup with Mint

Serves 4 adults

Preparation time: 5 minutes

Cooking time: 15-20 minutes

Ingredients

- 900g (2lb) packet of frozen peas
- 1 large onion, roughly chopped
- 3 garlic cloves
- 4-5 fresh mint leaves

Method

1. Put the peas into the saucepan with 1.2 litres (2 pints) water, the onion, garlic and mint leaves. Cover and simmer for 10-15 minutes, until the onion and garlic are tender.



2. Whiz with a hand blender, or in a food processor, until puréed. Thin with a little more water if required and season with ground black pepper if liked.
3. Reheat until the soup is piping hot, then serve.

Thanks to No.10 The People's Kitchen at Hartcliffe Health & Environment Action Group (HHEAG)

No 10. The People's Kitchen offers opportunities to learn about healthy eating, nutrition and improve their cooking skills in small groups, in our bespoke teaching kitchen. Our course programme covers a variety of topics including classes for parents of young children, cooking for long term health conditions, weight management, a social lunch club and food to feel good! Our courses are available for adults who live or work primarily in BS13/14.

If you would like to book on to a course, please call the HHEAG office on 0117 9565285 and ask for Alex or Caroline