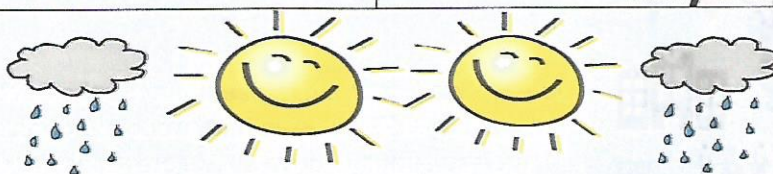


**Calderdale Stroke Support Group (SAVG)**  
**Second Monday of every month**  
**Maurice Jagger Centre,**  
**Winding Road**  
**Halifax**  
**HX1 1UX**  
And  
**Last Wednesday of every month at**  
**Mereside Café**  
**Shibden Park**  
**Halifax**  
**HX3 6XG**

**Stroke  
Group**

**Newsletter**  
**July 2023**



**Greetings to one and all:**

**Apologies and thanks** to you all for your fortitude at the meeting at the Maurice Jagger Centre - which was in a bit of disarray. I can claim full responsibility .... it was totally my fault. But I am pleased that you all managed to survive without a drink or a biscuit.....good to see you there! I owe you!!

I hope as well you all managed to put the dates in your diary about the Barbecue and the Christmas Panto – yes, you did, no you didn't.

**Save the dates**

- **Monday 14 August** Barbecue - see below: All welcome to come along
- **Wednesday 30 August:** Wellbeing Walk in Shibden Park. Meet at 10.30 at the Mereside Café
- **Monday 11 September** at 2.00 – 4.00 at the Maurice Jagger Centre, Halifax
- **Wednesday 27 September:** Wellbeing Walk in Shibden Park. Meet at 10.30 at the Mereside Café
- **Monday 9 October** at 2.00 – 4.00 at the Maurice Jagger Centre, Halifax

Dave Power came along to introduce us to **Ability Net**, a national charity to provide technology advice and support for people like us who have had a stroke. It helps people to get the most from their computer, smartphone or tablet. Dave asked three questions for us to think about before the meeting

- Do we have any problems with using digital technology?
- Do we have any concerns about being hacked?
- If we don't use digital technology, such as tablets, mobile phones, computers, smart speakers, etc, why not?

Discussion followed on adjustments which can be made which is designed to assist certain disabilities. There is a team of friendly tech volunteers who can help with all sorts of information technology challenges from setting up new equipment, fixing technical issues and showing how to stay connected to your family and much more either at home or by remote assistance. It has a helpline on 0800 048 7642 or emailing [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk) Its work is supported by IBM and Microsoft and the Stroke Association.

**Come along to the Barbecue at the Blackley Cricket Club**  
**Halifax HX5 0TE**  
**Monday 14 August at 13.30 onwards**  
**and enjoy food, drink and fun.**  
**£5.00 per person**





Come along to the pantomime at

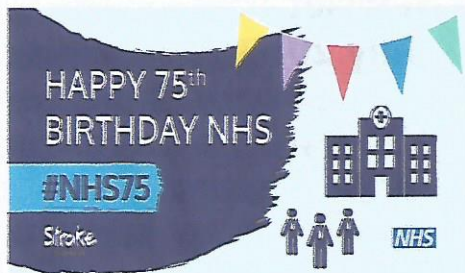
Halifax Victoria Theatre

Thursday January 4 at 18.30.

Reduced tickets

No there isn't!! Yes there is!

Reserve a seat at the September meeting.... if you haven't already done so!



### Happy 75th birthday NHS!

To NHS staff, past and present, the Stroke Association would like to thank the NHS for all its hard work and dedication. It salutes the tireless efforts to drive stroke prevention and provide ongoing treatment and care.

#### Historic milestones

There are so many milestones and here is a selection that relate to stroke prevention, diagnosis and treatment.

- 1948: the National Health Service is founded. With the birth of the NHS, healthcare services become free for all at the point of delivery.
- 1948/9: Windrush and recruitment. In June 1948, the **HMT Empire Windrush** arrived in the UK. Many of the 1,000 passengers started working in the new NHS. In 1949, the Ministries of Health and Labour, with the Colonial Office, the General Nursing Council and the Royal College of Nursing begin a massive recruitment drive. They wanted to recruit staff from the West Indies to come to work in the NHS.
- 1971: CT scans. The **world's first CT scan** takes place at Atkinson Morley Hospital in London. **CT (and MRI) scans** are used to see what kind a stroke a person has had and where it happened in their brain.
- 1980: MRI scans: The **first full-body MRI scan** was taken at Aberdeen University.
- 2007: Robotic heart surgery: Robotic arms are introduced for use in surgery. Just three years later, the **first fully robotic surgery for atrial fibrillation** is completed at the Glenfield Hospital in Leicester.
- 2017: Roll out of mechanical thrombectomy. Mechanical thrombectomy is a way to physically remove a clot from the brain.



#### Calderdale Stroke Support Group

Chair: Renny Taylor: telephone 07971 442 780

Secretary: Catherine Scoggins [catherine.scoggins17@gmail.com](mailto:catherine.scoggins17@gmail.com)

Treasurer: Brian Boulton