

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

**Stroke
Group**

Newsletter
February 2025



We were all made welcome and Renny outlined the Health and Safety regulations - as always.

Catherine then outlined to trip to the Halifax Victoria Theatre for the **'Concert for the Young at Heart'**. **This is a free evening of variety- filled entertainment which takes place on Tuesday 18 March 2025 at 7.15. A treat for all!**

If you would like to come along, please let Catherine know by 10 March as there tickets left!

Save the dates

Monday 10 March: Meeting at the Maurice Jagger Centre from 2.00 – 4.00. **Annual General Meeting – please see overleaf**

Wednesday 26 March: Walk and wander in Shibden Park. Meet at 10.30 at the Mereside Café

Monday 14 April: Meeting at the Maurice Jagger Centre from 2.00 – 4.00.

Wednesday 30 April: Walk and wander in Shibden Park. Meet at 10.30 at the Mereside Café

The charity **Halifax Society for the Blind** was established in 1888 and is one of the oldest charities in Calderdale, offering services in the local areas to people with sight loss. It now has new premises at Southgate, Halifax town centre and Damian and Faye came along today to talk to us about its work. It provides practical and emotional support to those affected by a sight loss. According to the Stroke Association website, almost 60% of people have vision problems after a stroke, and there are different types of vision problems people can experience after a stroke and how these can be treated. The staff and volunteers at the Halifax Society for the Blind are there to share the experience of sight loss, whatever the cause, and they aim to help restore a person's confidence, independence and for each person to reach their full potential.

The Sight and Social engagement cafe is open 5 days a week from 10.00 to 2.00pm. There is a wide range of daily living aids on display, you can seek technical support and, of course, guidance. Or you can just pop in for a cup of tea and a chat! All this takes place with the opportunity to have a listening ear by which it aims to reduce isolation. It also has a Friends on the Phone service. Damian was pleased to meet us at the Maurice Jagger Centre as, for him, it was an opportunity to increase awareness of the new centre and to broadcast the services it provides to a wider community.

On the Stroke Association website, there is information about support and treatment if your vision has been affected. This can be accessed via www.stroke.org.uk or telephoning 0303 3033 100

As you all know, **Calderdale Stroke Support Group** is a voluntary group trying to help people cope with the aftermath of a stroke. We aim to support each other as we work towards rebuilding our lives.....

The group needs a **committee** which makes sure **the health and safety and wellbeing of its members and its volunteers are within the policies and procedures of the Stroke Association**. It is also responsible for managing finances and ensuring sufficient funds are available to use as appropriate.

The committee is made up of three key roles: a Chairperson, Secretary and Treasurer. This year, we will be asking for more committee members – lay people who will guide the committee on the aims and objectives of the meetings and also, perhaps, one or two first aiders.

These roles will be due for election at **the Annual General Meeting on 10 March 2025**.

According to the Stroke Association, these are the key roles and responsibilities.....

- **Chair person** is responsible for overseeing the running of the group and providing leadership to the volunteers.
- **Secretary** is responsible for member and volunteer paperwork, general correspondence and new members' enquiries.
- **Treasurer** is responsible for managing the group's finances, collecting the funds and spending it wisely
- **First Aider**

If anyone would like to put his or her name forward for one of these roles, please let Catherine know by

Friday 7 March 2025

**Be a realistic optimist.
Focus on what could
go right**



ACTION FOR HAPPINESS

Spring

Calderdale Stroke Support Group

Chair: Renny Taylor: contact: 07971 442 780

Secretary: catherine.scoggins17@gmail.com

Treasurer: Stephen Bamber