

Special edition update: Celebrating the stroke community support in Cornwall!

We want to start a new year with a special edition of our regular update that celebrates the amazing community support and activities available to stroke survivors and their families and carers in Cornwall. All of the peer support groups that meet across Cornwall are run by volunteers, many are led by stroke survivors for stroke survivors. We want to say a **huge thank you** for the time that you give and the difference that you make to the stroke community in every corner of Cornwall!

Anyone for tea? Falmouth Stroke Club

Falmouth Stroke Club has been going for 21 years and runs twice monthly and either meets in a local church hall or we take the members out to a local attraction, but it must have a tea shop! This is a favourite haunt - Potager Garden that we visit every year! The club is purely a social group for members and we organise entertainment such as local musicians and speakers - there is such a lot of laughter and companionship at our meetings.

Words and image provided by Allyson James, Chairperson, Falmouth Stroke Club



Discover Arts Falmouth

Discover Arts Falmouth began during the Covid pandemic. Falmouth Art Gallery facilitated online art sessions with members from local stroke groups, enabling us to begin to express ourselves creatively. Some of us then started to meet at the gallery monthly and continue to do so. Our group consists of stroke survivors and volunteers from Falmouth Stroke Club and we are guided by an excellent tutor provided by the gallery.

This year, we curated an exhibition at the gallery, where we each responded to pieces from the gallery's vast collection. Our work was displayed alongside the original work of renowned artists and ranged from oil painting, work in acrylic, printing and montage. The exhibition lasted from February to June and was very well received. Funding from Falmouth Town Council and the support of the gallery staff are fundamental to the ongoing success of the group.

Words and image provided by Ruth Mumford, Discover Arts Falmouth



Discover Arts Falmouth meets at **Falmouth Art Gallery** on the **second Tuesday** of each month. Please contact Ruth Mumford: ruthamumford@gmail.com or by telephone on **07443 479089** for more information.

Stoked Stroke Survivors & Supporters and Coastal Crusaders CIC



I am on the socials as Stoked Stroke Survivors & Supporters:

<http://www.sssands.org.uk>

Feel free to also email Coastal Crusaders direct: tom@coastalcrusaders.org.uk

Hi there, my name is Danny and I am a stroke survivor here in Cornwall.

I attend the Cornwall Stroke community meet ups and take part in the wonderful activities or cafes where I can, and totally love it!

Through my love of surfing and with the help of friends & family, I have been fortunate to create a partnership with Coastal Crusaders CIC in Newquay. Coastal Crusaders can deliver beach sessions safely for stroke survivors and their loved ones or family members.

We encourage stroke survivors of all ages and abilities to come to the beach and enjoy a safe session in the sea or simply support and cheer on other participants during these short sessions. The aim is to encourage confidence and have fun with others.

There will be further "stoked survivor beach sessions" in 2024, so please follow my Insta or Facebook pages and/or Cornwall Stroke Community Facebook page.

www.facebook.com/groups/strokecornwall

Words and image provided by Danny Teare, Stoked Stroke Survivors & Supporters

Stroke peer support groups that meet in Cornwall

Bude Stroke Support meet at **Neetside Community Centre**, Neetside, Bude, EX23 8LB on the **1st and 3rd Thursday** of each month.

Contact: Ken Ashman

Email: ashmanken@gmail.com

Falmouth Stroke Club meet at **St Mary's Church Hall**, Killigrew Street, Falmouth, TR11 3PR on the **1st and 3rd Friday** of each month.

Falmouth Stroke Café meet at **Princess Pavilions Cafe**, 41 Melvill Rd, Falmouth TR11 4AR on the **last Tuesday** of each month.

Contact: Allyson James

Email: allysonjames@yahoo.com

Hayle Stroke Club meet at **Birdie's Bistro**, Griggs Quay, Hayle TR27 6JG on the **first Tuesday** of each month.

Contact: Margaret and John Nash

Email: jn494478@gmail.com

Liskeard Next Step Stroke Club meet at **Liskerrett Community Centre**, Varley Lane, Liskeard, PL14 4AP **every Monday**.

Contact: Wendy Wade

Email: wendy2210@btinternet.com

Saltash Stroke Group meet at the **Community Kitchen**, 8 Fore Street, Saltash, PL12 6DB **every Friday**.

Contact: Arthur Smith

Email: hub@cepl12.co.uk

St Austell Stroke Friendship Group meet at **Polkyth Leisure Centre**, Carlyon Rd, St. Austell PL25 4DB on the **first Thursday** of each month.

Contact: Suzanne Weeks

Email: sj-weeks@hotmail.com

Contact us

If you have any questions about the Cornwall Emotional Support Service or would like any information, please do contact the team on;

Phone: 01872 301 689

Email: cornwall@stroke.org.uk

Visit: www.stroke.org.uk/cornwall-emotional-support

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The Elwyn Thomas Memorial Fund.**