

Ymunwch â Ni | Join us

Community Steps Directory

Colin Evans Community Steps North Wales Officer

Ailadeiladu Bywydau Ar ôl Strôc | Rebuilding lives after stroke

CommunityStepsWales@stroke.org.uk | 07984 357191

Cymdeithas

Strôc | Stroke
Association

Zoom Groups :

North Wales Groups

Links Group Llandudno

Every Thursday at 14:00

40 minute, informal, friendly chat based, get together aimed at keeping people in touch during the coronavirus pandemic.

For more information or to refer please contact colin.evans@stroke.org.uk

Wrexham and Flints Zoom

Every Thursday at 11:00

40 minute, informal, friendly chat based, get together aimed at keeping people in touch the coronavirus pandemic. For

more information or to refer please contact colin.evans@stroke.org.uk

Prestatyn Working Age

Every Friday at 11:00

40 minute, informal, friendly chat based, get together aimed at keeping people in touch during the coronavirus pandemic.

For more information or to refer please contact colin.evans@stroke.org.uk

All Wales Zoom Groups

Welsh Learners Group

Mondays at 11:00-12:00

Welsh Learners Zoom sessions are led by Heledd Evans and will be an hour long, informal, opportunity for stroke survivors to learn some basics of the Welsh language. Referrals to be sent to Colin.Evans@stroke.org.uk or Lauren.heath@stroke.org.uk

Gentle and Seated Movement to Music sessions

Mondays at 10:00

Sessions are led by Eeva Mutka who is an artist, dancer and mindfulness practitioner and delivered in partnership with Arts Care Gofal Celf Carmarthenshire. The sessions are inclusive, safe and uplifting. Enjoy gentle stretching and movement to a range of different music. Everyone working to their own ability and no pressure to keep up or keep in line. No need for lycra or leotards. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Grwp paned a sgwrs

Tuesday 9th of Feb between 14:00 – 14.45 for an initial 8 week run

Volunteer Ann Jones will lead the sessions and it will be an informal chat group for people who want to converse through the Welsh language. Places are limited. These sessions will be in 8 week blocks. For more information or to refer please contact colin.evans@stroke.org.uk

Mindfulness sessions

Tuesday 11am

“Step into Silence: unfold and be kind to your mind.” Mindfulness can help relieve stress and promotes well-being. It can help with anxiety and sleep problems. Mindfulness encourages people to pause, to stop overthinking and to make mental space for themselves. The sessions will be facilitated by Kath Charles, stroke survivor and mindfulness coach and practitioner. Places are limited. These sessions will be in 5 week blocks and the first session of each block will be a taster session so you can have a go. For more information or to refer please contact Amanda.Cox@stroke.org.uk

Zoom Exercise Group

Wednesday 10:30- 12:00

New Chair based exercise group followed by a virtual coffee and Chat
To join the group email Caroline at caroline.byrt@stroke.org.uk.

Bowls

Starting Thursday January 28th at 17:00 (6 week course)

Not accepting new referrals at this time.

Join us for a 6 week course of in-house Bowls sessions. Our bowls pro will guide you through a range of techniques and movements to aid confidence and strength. A number of supporting videos will be available to aid your journey and equipment can be loaned out for these sessions. At the end of the course we will hold an interactive, fun, across household bowls tournament. Numbers are limited so please express your interest before the start date. To register your interest please contact Lauren.heath@stroke.org.uk

Strike A Chord Choir

Thursdays at 12:30 – 13:45

Choir rehearsals led by Ali Shone in conjunction with Stroke Association & Head4Arts. This session is open to referrals across Wales and songbooks are provided to all new members. No singing experience necessary. This is a relaxed, interactive session which is great for people with communication difficulties. For more information or to refer please contact Lauren.Heath@stroke.org.uk

Art Group

Fridays at 10:30 - 11:30 (fortnightly)

Open to referrals across Wales. Participants don't have to be great 'artists' to join it's more about the range of wellbeing benefits that come from drawing and also connecting stroke survivors in a different way. It will be a fun and relaxed session. Starter materials will be provided. Numbers are limited. For more information or to refer please contact

Lauren.Heath@stroke.org.uk

InterAct

InterAct are a small UK charity who employ actors to support stroke survivors, usually in hospital. The actors read stories and poems and engage in conversation. Some people love to be read to, to activate their imagination and memory, whilst others benefit from developing communication skills. InterAct are currently available to provide sessions on zoom with groups, or to provide one to one sessions over the phone. If you are supporting someone who could benefit from contact with InterAct, please get in touch with Amanda, or book a session via the InterAct web site. These activities are open to people across Wales and can be provided in Welsh and English. For more information or to refer please contact

Amanda.Cox@stroke.org.uk

Stroke Awareness Session

Wednesday March 10th 10am

Sessions designed to provide a general overview of stroke; including risk factors and effects in relation to which part of the brain has been affected. Please contact your local Community Steps Officer for further information.

My Stroke Guide Demonstration

March 12th at 14:00

Sessions will be delivered by Lauren, Colin and India. Open to referrals across Wales. The session will provide a run through of all the key functionalities of My Stroke Guide and provide participants with the confidence to access this great online tool on a day to day basis. Referrals from North and Mid Wales to be sent to Colin.Evans@stroke.org.uk and referrals from South and West Wales to be sent to Lauren.heath@stroke.org.uk

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