










Stroke
Association

**Online Stroke
Activities Hub**







May 2024











May 2024

Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May
 <p>12:00pm Genealogy drop-in</p> <p>Catch up with Linda and John. Learn more about this week's talk and update them on your progress. Plus ask any questions to help you on your way.</p> <p>This week's talk is: Military.</p>	 <p>11:00am Welcome to Online Activities</p> <p>A chance for new people to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am Me and My Stroke – Week one</p> <p>Today's topic: What is a stroke?</p> <p>Join us to learn more about stroke, talk to others affected by stroke, and have the opportunity for peer to peer support.</p>	 <p>Stroke Recovery six-week Exercise Programme Week five: Fine motor skills</p> <div style="background-color: #ffff00; padding: 5px;"> <p>11.00am Amber group: For those with some mobility, can exercise independently, but may require support from a piece of furniture.</p> </div> <div style="background-color: #e91e63; padding: 5px; color: white;"> <p>1.00pm Red group: For those with limited mobility and who may need help from a carer to support movement and exercise.</p> </div>  <p>2:00pm Share and listen</p> <p>Come along to socialise, share experiences or just to listen to others. We will support you to take part in your own way.</p>	 <p>2:00pm Friday Quiz (Food and Drink)</p> <p>Join us for our Friday Quiz and test your food and drink knowledge.</p>
 <p>6:00 - 7:00pm Young People Connect</p> <p>For stroke survivors aged 18-45: This is an opportunity for young stroke survivors to connect with others of a similar age, share your stroke stories and talk about things that matter to you.</p>	 <p>2.00pm Animal quiz</p> <p>Join us for some light-hearted fun and work as a team. How well do you know your animals? Join us to find out.</p>	 <p>2:00pm Genealogy six-week family tree Induction Programme</p> <p>Week one: Getting started</p> <p>Join us for an introduction into genealogy and an overview of the six-week programme.</p>		








May 2024

Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
<p>Bank holiday – No sessions</p>	 <p>11:00am Welcome to Online Activities</p> <p>A chance for new people to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am Me and My Stroke – Week two</p> <p>Today's topic: Hidden effects of stroke</p> <p>Join us to learn about the stroke effects that people can't see. Talk about your experiences and share tips and ideas of ways to manage them.</p>	 <p>Stroke Recovery six-week Exercise Programme Week six: Relaxation</p> <p>11.00am Amber group: For those with some mobility, can exercise independently, but may require support from a piece of furniture.</p> <p>1.00pm Red group: For those with limited mobility and who may need help from a carer to support movement and exercise.</p>	 <p>2:00pm Friday Quiz (General knowledge)</p> <p>Join us for our Friday Quiz and test your general knowledge.</p>
	 <p>2.00pm Sixty-minute comedy club</p> <p>Join us for some light-hearted fun. Tell us your funniest or most terrible jokes. Be prepared for laughter or an award for the worst joke ever!</p>	 <p>2:00pm Genealogy six-week family tree Induction Programme</p> <p>Week two: Registrations – births, marriages and deaths</p> <p>Discover the history of registrations and the importance of certificates within your family tree.</p>		






May 2024

Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
 <p>12:00pm Genealogy drop-in</p> <p>Catch up with Linda and John. Learn more about this week's talk and update them on your progress. Plus ask any questions to help you on your way.</p> <p>This week's talk is: Wills</p>	 <p>11:00am Welcome to Online Activities</p> <p>A chance for new people to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am Me and My Stroke – Week three</p> <p>Today's topic: Communication</p> <p>Join us to learn more about when stroke affects communication. Share your own experiences and tell us how you'd like to be supported or learn how you can support others.</p>	 <p>Stroke Recovery six-week Exercise Programme Week one: Strength</p> <p>11.00am Amber group: For those with some mobility, can exercise independently, but may require support from a piece of furniture.</p> <p>1.00pm Red group: For those with limited mobility and who may need help from a carer to support movement and exercise.</p>	 <p>2.00pm Friday Quiz (TV, Film and Music)</p> <p>Join us for our Friday Quiz and test your TV, film and music knowledge.</p>
	 <p>2.00pm Logo quiz</p> <p>Join us for some light-hearted fun and work as a team. Can you guess the product from its logo?</p>	 <p>2.00pm Genealogy six-week family tree Induction Programme</p> <p>Week three: Census returns explained</p> <p>Learn about the history of census reports and how to access them.</p>	 <p>2:00pm Share and listen</p> <p>Come along to socialise, share experiences or just to listen to others. We will support you to take part in your own way.</p>	

May 2024

Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
 <p>12:00pm Genealogy drop-in</p> <p>Catch up with Linda and John. Learn more about this week's talk and update them on your progress. Plus ask any questions to help you on your way.</p> <p>This week's talk is: Newspapers.</p>	 <p>11:00am Welcome to Online Activities</p> <p>A chance for new people to meet each other and find out more about our zoom sessions.</p>	 <p>11:30am Me and My Stroke – Week four</p> <p>Today's topic: How the Stroke Association can support you.</p> <p>Join us to learn more about all the ways that the Stroke Association can support you.</p>	 <p>Stroke Recovery six-week Exercise Programme Week two: Stability</p> <p>11.00am Amber group: For those with some mobility, can exercise independently, but may require support from a piece of furniture.</p> <p>1.00pm Red group: For those with limited mobility and who may need help from a carer to support movement and exercise.</p>	 <p>2.00pm Friday Quiz (History and Geography)</p> <p>Join us for our Friday Quiz and test your history and geography knowledge.</p>
	 <p>2.00pm Film/book Review</p> <p>Join us for some light-hearted fun. Come along to tell us about your favourite films or book. What were they about? Why did you enjoy them? Who would you recommend them to and why?</p>	 <p>2.00pm Genealogy six-week family tree Induction Programme Week four: Accessing ancestry online sites</p> <p>An overview of online sites and how to use them.</p>		

May 2024

Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
<p>Bank holiday - No session.</p>	 <p>11:00am Welcome to Online Activities</p> <p>A chance for new people to meet each other and find out more about our zoom sessions.</p>	 <p>2.00pm Genealogy six-week family tree Induction Programme</p> <p>Week five: Church Records and where to find them</p> <p>Discover the history of church records, the information included in them and how to find them.</p>	 <p>Stroke Recovery six-week Exercise Programme Week three: Stamina</p>	 <p>2.00pm Friday Quiz (Test what you remember)</p> <p>Join us for our Friday Quiz and test yourself on what you remember. You'll be tested on questions from this month's previous quizzes.</p>
	 <p>2.00pm Where am I?</p> <p>Join us on a virtual adventure through time and learn about some fascinating historical artifacts from across the globe.</p>		<p>11.00am Amber group: For those with some mobility, can exercise independently, but may require support from a piece of furniture.</p> <p>1.00pm Red group: For those with limited mobility and who may need help from a carer to support movement and exercise.</p>	



If you'd like to find out more visit:
stroke.org.uk/online-activities
and fill out a short form to sign-up.

If you need help to sign-up email:
online.activities@stroke.org.uk