






Wednesday 1 st September	
<p>11.00am New Member Open Day</p>  <p>This is an invitation only session for new members who have joined LASC over the last 18 months. We're opening our doors for you to pop in, have a cuppa and meet other new members as well as some of our existing members</p>	<p>No afternoon activities</p>
Thursday 2 nd September	
<p>11.00am Coffee Morning</p>  <p>Join us for our coffee morning and take the opportunity to catch up with your friends at the centre. We have our art and craft space if you fancy being creative, games & puzzles or you might just fancy a cuppa and catch up with your friends</p>	<p>1.00pm Community and Resource room Drop in</p>  <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>





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**Please speak to the Life After Stroke Centre Activities Team for more information;
Tel: 07717 275 800 or email lasc@stroke.org.uk.**

Wednesday 8 th September	
<p>11.00 am Conductive Education Taster session Conductive Education supports your stroke recovery to help you regain:</p> <ul style="list-style-type: none">• Independence• Social and daily living skills• Confidence• Increased overall awareness and range of movements• More control over affected side <p>Come along to find out more about how it can help with stroke recovery</p>	<p>12.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>
Thursday 9 th September	
<p>No morning activities</p>	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>





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Wednesday 15 th September	
<p>10.30am Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>	<p>2.15pm Strength & Balance Taster session </p> <p>Join Juanita for a free taster session to find out more about strength & balance exercise and it's benefits</p>
Thursday 16 th September	
<p>11.00am Coffee Morning </p> <p>Join us for our coffee morning and take the opportunity to catch up with your friends at the centre. We have our art and craft space if you fancy being creative, games & puzzles or you might just fancy a cuppa and catch up with your friends</p>	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>





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Wednesday 22 nd September	
<p>11.30am Centre Updates & Feedback </p> <p>Please join us to find out about future plans for the activities at the centre. We'll give you updates on upcoming events and how to take part. Don't worry if you can't join us today as we'll be having another meeting next week Wednesday too</p>	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>
Thursday 23 rd September	
<p>11.00am Mindfulness Taster session </p> <p>Join Laura for a mindfulness taster session and find out more about how relaxation can help improve your;</p> <ul style="list-style-type: none">• mental wellbeing• concentration• sleep• pain management	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>

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Wednesday 29 th September	
<p>11.30pm Centre Updates & Feedback </p> <p>If you wasn't able to join last week's meeting, here's another chance to find out more about future plans for the activities at the centre. We'll give you updates on upcoming events and how to take part</p>	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>
Thursday 30 th September	
<p>11.00am Coffee Morning </p> <p>Join us for our coffee morning and take the opportunity to catch up with your friends at the centre. We have our art and craft space if you fancy being creative, games & puzzles or you might just fancy a cuppa and catch up with your friends</p>	<p>1.00pm Community and Resource room Drop in </p> <p>Our newly refurbished Community and Resource room will be available as a drop in space on these days. You're welcome to visit the centre without the need to book in advance to socialise with your friends or if you need information and advice about stroke.</p>

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