

Life After Stroke Centre **Learning and activity** programme



October 2021

Wednesday 6 October



11.00am: Conductive Education

Conductive education supports your stroke recovery to help you regain:

- independence
- social and daily living skills
- confidence
- increased overall awareness and range of movements
- more control over affected side.



2.15pm: Strength and Balance

Join Juanita for a free taster session to find out more about strength and balance exercises and their benefits.

October 2021

Thursday 7 October



11.00am Mindfulness

Join Laura for a mindfulness taster session and find out more about how relaxation can help improve your;

- mental wellbeing
- concentration
- sleep
- pain management.



1.00pm: Community and resource room drop in

Our newly refurbished community and resource room will be available as a drop in space. 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.

Wednesday 13 October



11.30am Singing

Join us to have a sing along to some of our favourite songs from over the decades.



1.00pm Genealogy

Join Linda and John for a catch up and to let them know how you're getting on with your family tree.

Thursday 14 October



11.00am Mindfulness

Join Laura for a mindfulness taster session and find out more about how relaxation can help improve your:

- mental wellbeing
- concentration
- sleep
- pain management.



1.00pm: Community and resource room drop in

Our newly refurbished community and resource room will be available as a drop in space. 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.

October 2021

Wednesday 20 October



11.00am: Conductive Education

Conductive education supports your stroke recovery to help you regain:

- Independence
- Social and daily living skills
- Confidence
- Increased overall awareness and range of movements
- More control over affected side.



2.15pm: Strength and Balance

Join Juanita for a free taster session to find out more about strength and balance exercise and their benefits.

Thursday 21 October



11.00am: Coffee morning

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 and puzzles or you might just fancy a cuppa and catch up with your friends.



1:00pm: Community and resource room drop in

Our newly refurbished Community and Resource room will be available as a drop in space. 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.

October 2021

Wednesday 27 October



11:30am: Singing

Join us to have a sing along to some of our favourite songs from over the decades.



1.00pm: Community and resource room drop in

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

Thursday 28 October



11.00am Mindfulness

Join Laura for a mindfulness taster session and find out more about how relaxation can help improve you;

- mental wellbeing
- concentration
- sleep
- pain management.



1:00pm: Centre updates and feedback

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.

Please contact the instructors for more information and how to book onto the sessions. Some sessions incur a small fee.

All our programmes have been designed to enable the best possible recovery following stroke. However, not all activities are suitable for everyone so please talk to your doctor or healthcare professional if you are unsure.

Contact us:

For more information speak to the activities team

Tel: **07717 275 800**

Email: **lasc@stroke.org.uk**
