






Monday 30 th August	Tuesday 31 st August	Wednesday 1 st September	Thursday 2 nd September	Friday 3 rd September
<p>BANK HOLIDAY</p> <p>NO ZOOM SESSIONS TODAY!!</p>	<p>11.30 am Me and My Stroke</p> <p>Today's topic is; 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>NO ZOOM SESSIONS TODAY!!</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>2.00pm Friday Quiz (TV, Film & Music)</p> <p>Join us for our Friday Quiz and test your TV, Film & Music knowledge</p> 

Please speak to the Life After Stroke Centre Activities Team to book your place on to our zoom sessions;
Tel: 07717 275 800 or email lasc@stroke.org.uk


Monday 6 th September	Tuesday 7 th September	Wednesday 8 th September	Thursday 9 th September	Friday 10 th September		
<p>11.00am Zoom welcome</p> <p>A chance for new members to meet each other and find out more about our zoom sessions</p>	<p>11.30 am Me and My Stroke</p>  <p>Today's topic is; Stroke Association support</p>	<p style="text-align: center;">NO ZOOM SESSIONS TODAY!!</p>	<p style="text-align: center;">NO ZOOM SESSIONS TODAY!!</p>			
<p>12.00pm Genealogy</p> <p>Catch up with Linda & John, and update them on your progress and ask any questions to help you on your way</p>  <p>New Members Welcome!!</p>	<p>Join the session to learn more about how the Stroke Association can support you.</p>					<p>2.00pm Friday Quiz (History & Geography)</p> <p>Join us for our Friday Quiz and test your History & Geography Knowledge</p>
<p>2.00pm Singing</p> <p>Join us for a good old sing song! Today's theme is; UK No1's over the Decades</p> 	<p>2.00pm Mindfulness</p> <p>Join us for some relaxation and help improve your;</p>  <ul style="list-style-type: none"> • mental wellbeing • concentration • sleep • pain management 					

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Monday 13 th September	Tuesday 14 th September	Wednesday 15 th September	Thursday 16 th September	Friday 17 th September		
<p>11.00am Zoom welcome</p> <p>A chance for new members to meet each other and find out more about our zoom sessions</p>	<p>11.30 am Me and My Stroke</p>  <p>Today's topic is; What is a stroke?</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>NO ZOOM SESSIONS TODAY!!</p>			
<p>12.00pm Genealogy</p> <p>Catch up with Linda & John, and update them on your progress and ask any questions to help you on your way</p>  <p>New Members Welcome!!</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>2.00pm Friday Quiz (Food & Drink)</p> <p>Join us for our Friday Quiz and test your Food & Drink Knowledge</p>
<p>2.00pm Carers Drop In</p>  <p>We're inviting all carers to take some time out to join us for a cuppa and a chat</p>						





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Monday 20 th September	Tuesday 21 st September	Wednesday 22 nd September	Thursday 23 rd September	Friday 24 th September		
<p>11.00am Zoom welcome</p> <p>A chance for new members to meet each other and find out more about our zoom sessions</p>	<p>11.30 am Me and My Stroke</p>  <p>Today's topic is; Hidden effects of stroke Part 1</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>10.30am 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>12.00pm Genealogy</p> <p>Catch up with Linda & John, and update them on your progress and ask any questions to help you on your way</p>  <p>New Members Welcome!!</p>	<p>Join us to learn more 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>2.00pm Singing</p> <p>Join us for a good old sing song! Today's theme is; Your personal requests</p> 						

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Monday 27 th September	Tuesday 28 th September	Wednesday 29 th September	Thursday 30 th September	Friday 1 st October
<p>11.00am Zoom welcome</p> <p>A chance for new members to meet each other and find out more about our zoom sessions</p>	<p>11.30 am Me and My Stroke</p>  <p>Today's topic is; Hidden effects of stroke Part 2</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>NO ZOOM SESSIONS TODAY!!</p>	<p>2.00pm Friday Quiz (General Knowledge)</p> <p>Join us for our Friday Quiz and test your General Knowledge. You'll be tested on questions from previous Quizzes</p> 
<p>12.00pm Genealogy</p> <p>Catch up with Linda & John, and update them on your progress and ask any questions to help you on your way</p> 	<p>Join us to learn more 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>2.00pm Carers Drop In</p> <p>We're inviting all carers to take some time out to join us for a cuppa and a chat</p> 				

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