

Our meetings are held:

Every 2nd and 4th Friday of the month, from
1:30—3:45

Where

Howdon Family Gateway Hub, Denbigh Avenue,
Howdon, NE28 0PP

**For further information contact:
David, on 0191 2663293 or email
damburgess@tiscali.co.uk**



A subsidised taxi is available for anyone needing help with transport to meetings.

**To arrange for a taxi, please contact David
This service is for people living in the Metropolitan
Borough of North Tyneside**

We rely on donations to run the club and have been awarded grants by:

RW Mann Trust to help with transport,
Comic relief for exercise and outings,
MG Northumberland for display boards,
The Evening Chronicle Wish Campaign,
The Community Foundation.

Generous donations have been raised by:

Staff of Hammerite Paints, completing a 3 day, sponsored cycle ride

Supporters completing the Great North Run,

Whitley Bay Women's Community Choir,

EE North Tyneside.

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Stroke North

Moving forward after stroke



Registered charity No. 1112265

Patron – Prof. Helen Rodgers FRCP

Stroke North is an award-winning Stroke Support Group, established in 2005 by stroke survivors, their families and friends. Club members meet like-minded people who can share experiences, games and gadgets and have fun while they continue to recover.

Activities include:

Games

Outings

Exercise

Social activities

Quizzing

Laughter!



We are affiliated to The Stroke Association!

We all need a bit of support sometimes ...

Members are the heart of the club, so we always have time to make friends over a nice cuppa and chat about our personal experiences.



Children from a local Primary School come to entertain us at our Christmas Party.

Santa also makes a visit!

Stroke Awareness

We believe it's important to inform the public of their risk of stroke. We had a display at shopping centres in Whitley Bay, North Shields, Wallsend and Killingworth.



Meet the Members

Members limber up during "Tai Chi". Gentle stretches to music prove very popular and can help improve balance, coordination and muscle strength. **No longer available**



Trips out, entertainment and talks have included: visits to Sunderland Glass, Hartlepool Maritime Museum, Beamish Museum and Bowes Museum, and include lunch out. We have visited the Theatre for Matinee shows. At the club, we've enjoyed magicians, local historians and some great singers!



We also like to try new activities like painting or pottery, but it's the precision bowling sport, Boccia and the fiendish domino teams that bring out our competitive spirits!

