



YOUR CLUB

Newsletter and Magazine

Making a Difference since 1984

July 2025

Welcome

Hello and welcome to our new-look club newsletter and magazine! You will find the latest club updates and important news from the likes of the Stroke Association and Betsi Cadwaladr University Health Board. You will also find engaging articles for your enjoyment.

It is only available as a downloadable PDF via our website: www.thestrokeclub.co.uk.

Event Reports

Songs of Praise 4th June 2025

This year's Songs of Praise, held at Bethel Church Hall, marked a departure from our usual format. Departing from the live band and choir at the Salvation Army Citadel, the event showcased a well-received selection of recorded hymns from various choirs and artists, complete with on-screen lyrics. It was well received.

Strawberry Tea 18th June 2025

Once again our annual strawberry tea was kindly hosted by the Bradley Cricket Club. Everyone took part in the cake stall, tombola, name the bear, and prize draw raising more than £400 for club funds. Well done.

Upcoming Events

- 2nd July 2025: Quiz and Games 2pm to 4pm at Bethel Church Hall, Garden Village
- 16th July 2025: Afternoon Tea 2.30pm to 4.30pm at Belis Brothers, Holt.

Stroke Association News

Stroke Group Network Conference Rescheduled to February 2026

The online Stroke Group Network Conference, originally planned for Autumn 2025, has been moved by the Stroke Association to Monday, February 9 – Tuesday, February 10, 2026.

This rescheduling is due to the rapid expansion of the Stroke Group Network. They now have 446 groups, with over 100 new groups joining in the last six months alone! To better understand the needs of the growing network and ensure the conference provides optimal support, this postponement is essential.

Join Their Upcoming Online Forums

In the interim, they're hosting these online forums:

- July 15 & July 21: Supporting members with aphasia
- September 2025 (dates TBC): Activity ideas

BCUHB News

Stay Safe This Summer

Visit the [BCUHB webpage](#) for essential tips to help protect you and your loved ones during the warmer months. You'll find practical advice on topics such as Sun and heat safety, Beach and water awareness, BBQ, and food hygiene, Enjoying the outdoors in National Parks, Managing hay fever, and Preventing insect bites and stings.

40 Years of Support: A Legacy of Hope in Wrexham

In 1984, amidst the challenging backdrop of the miners' strike, six remarkable individuals in Wrexham had a vision. They saw a pressing need for a supportive community for those affected by stroke, and from their dedication, a club was born. Resources were scarce, and community networks were strained, yet their resolve was unwavering.

This visionary founding team included Eric Edwards, a stroke survivor who served as Chairman, Efon Roberts, another stroke survivor and Vice-Secretary, and George Smith, a stroke survivor, and Committee Member. They were joined by Bryn Williams, an ambulance driver who took on the role of Secretary, Irene Kaye, an Occupational Therapist and Treasurer, and Myfanwy Smith, a carer, and Committee Member. These pioneers laid the groundwork for what would become the Wrexham and District Stroke and Social Club, the oldest independent stroke club in Wales, predating even the establishment of the Stroke Association in 1992.

As our current secretary, Gwyndaf Owen, reflects, "The club was founded by this visionary group, who saw the need for stroke support in the community. They worked hard to set up the club, and to keep it going for four decades. We owe them a huge debt of gratitude, and we hope to honour their legacy by continuing their work."

Our Enduring Mission: Connecting and Empowering

Our mission today remains true to the founders' original intent: to provide a supportive and inclusive community for stroke survivors, their families, caregivers, and friends. Through social activities and peer connections, we strive to enhance the quality of life for everyone touched by stroke.

Chairman Keith Samuels emphasizes the profound impact of the club: "I've seen the club help stroke survivors cope with the challenges

of living with stroke. Enabling them to meet new friends who understand what they are going through. It's a lifeline for them and their carers in Wrexham."

Today, the club continues to foster vital connections among stroke survivors, providing a safe space for open dialogue, empathy, and encouragement. These regular meetings are crucial for combating the isolation and loneliness often experienced by stroke survivors. Sharing stories, challenges, and triumphs offers invaluable emotional support and camaraderie.

Beyond these crucial connections, we organize a vibrant array of social events, outings, and recreational activities. These gatherings promote social interaction, combat isolation, and encourage a sense of belonging. Our activities include meals out, games, quizzes, group outings to local attractions, and even an annual weekend break. These social activities offer a much-needed respite from medical appointments and therapy sessions, bringing joy and purpose to the lives of stroke survivors. Engaging minds through brain games, puzzles, and discussions during club meetings also plays a key role in cognitive rehabilitation.

We also recognize the indispensable role of families and caregivers in stroke recovery. The club provides much-needed emotional support for these unsung heroes, acknowledging their unique challenges and celebrating their unwavering resilience.

As our Assistant Treasurer, Hilary Owens, beautifully puts it, "Our Stroke Club is a wonderful place to be. It is a friendly, supportive, and fun group, where you can find hope and happiness after stroke. If you are looking for stroke support in Wrexham, please come and join us."

The Wrexham and District Stroke and Social Club stands as a testament to forty years of dedication, compassion, and a commitment to making a tangible difference in the lives of stroke survivors and their loved ones.