

BRIDPORT STROKE CLUB

Our Stroke Club meets every Wednesday, except August and January, at Vernons Court, Bridport between 10am and 12 noon and welcomes stroke survivors of any age. We are a friendly, jolly group and to entertain our members we have quizzes, outings for coffee and cake to places such as Mapperton, the Hive Beach Cafe, Broadwindsor Craft Centre and Abbotsbury Gardens, to name but a few; we also have lots of visitors who give interesting talks, slide shows and sing and play all types of music for us. Every year we have a summer outing and our Christmas lunch is at "Oh Crumbs" in Bridport. We usually start our sessions with some gentle, but effective, chair based exercises before we go on to the main activity of the day; also on the first Wednesday of the month we have a local artist who runs a painting class for those interested, no experience necessary! We are a registered charity, fully insured and affiliated to the Stroke Association, so if you have suffered a stroke and you think the club might be for you, please contact Barbara Powell on 01308 897389 barbarapowell@fsmail.net and find out more about us.