



Family Support – Summer Term 2019

At Dyscover we know that aphasia affects relationships and that relatives need support as well as the person with the condition. We offer information, advice and introductions to others who have first-hand experience of living with a relative who has aphasia.

Coffee and briefing meetings with your group's Speech and Language Therapist

Meet other relatives over a coffee at your group venue while the Speech and Language Therapist takes you through the programme that your relative will be following this term. Meetings are held in the **second week of term** for all groups.

Some groups also offer an **additional meeting** towards the end of term. **Please check individual programmes for your group's date and time.**

Dyscover is 25 this year!



Thank you to those who joined us for our celebration lunch party or afternoon tea. These special events brought together members and supporters past and present. See our newsletter and news page of our website for photographs.

We are continuing to invite people to take on a '**25 challenge**' to raise £25 as individuals or a small group. We can help with your ideas or projects – just contact Caroline Matthews our community fundraising coordinator cmatthews@dyscover.org.uk or ask a member of staff.

Helping at, or supporting our varied **fundraising events** can be a good way to make new friends who are 'in the same boat', as well as helping raise funds and awareness. See the events listed on 'Dates for your Diary', or ask Caroline Matthews.



Extra activities this term

Trying new activities and increasing participation in activities is an important part of recovery and adjustment after stroke and aphasia. This term we are offering **supported and accessible courses** in swimming, shooting and golf. Sailing with Sailability at Papercourt Lake, Ripley is another great summer opportunity. Please contact Suzanne our Service Coordinator snortham@dyscover.org.uk . Places are limited. Relatives are welcome to join us on this term's **summer outing** to Brooklands Museum on 25 June – details and booking forms to follow.

During the Summer break

More activity opportunities will be on offer during the Summer break, including the popular Companion Cycling, another session at High Ashurst and a new opportunity to try horseriding with Riding for the Disabled. Details about each activity and how to book will follow.

Your feedback

This term we will be collecting the views and suggestions of relatives and members through our **Annual Satisfaction Questionnaire**, and through a new **Feedback Forum**, led by Trustee Jenny Richardson. Jenny will be visiting each group in July to hold the first of what we hope will be termly Forums. The aim is to offer aphasia friendly information and opportunities for interested members and relatives to help shape Dyscover.

Finally... Do remember that we have an **open door** at Dyscover. All our groups are led by a Speech and Language Therapist who will be happy to arrange to speak to you individually and in confidence – just ask a member of staff.

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Long-term support and opportunities for people with aphasia   

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