

*“I keep six honest serving men
They taught me all I knew
Their names are What and Why
and When
And How and Where and Who.”*

Rudyard Kipling

Who are we? We're a group of stroke survivors and carers who enjoy meeting for exercise, interesting activities, fun, a drink and a chat. We are a member of the Stroke Association Network

What do we do? Get some real exercise to help recovery, in the gym and in the pool - in the gym, we have a qualified instructor who, in addition to group exercises, can provide one-to-one instruction; in the pool, we have a qualified instructor, lifeguard and the pool is equipped with a hoist.

We keep active with other ways by social events such as coffee mornings, bingo and race nights.

When do we meet? Regularly on a Saturday in the gym, on a Tuesday in the pool and at other times as the opportunity presents itself. For example, we have had boat trips on the river and the canal, and days out to other locations. We have regular lunches throughout the year.

Where? We have the exclusive use of a studio and access to rehab equipment at the gym and a private session at a locally owned pool, both in Woking.

Who can apply to join us? Our focus is stroke victims and their carers, but anyone with a neurological impairment or mobility issues is most welcome to apply.



Why? Ah ha - the biggest question of them all.

Consider the alternatives - sitting at home - reading or watching day-time television, a closed world, feeling sorry for yourself, loneliness, isolation - and how quick would your recovery be then?

We know how hard it can be, most of us have been there. But, in the company of friends things can be a little easier.

If you don't push yourself, you will never know what you can achieve. **Activity** is the answer for physical and mental well-being.

So, the best 'why' must be - **why not give it a try**. Come and meet us. We all have the same aim - a good recovery. Overcoming a problem is always less traumatic when there is someone to share your thoughts, your frustration and to help make life more pleasant.

More details overleaf.

How do you join? If you're a survivor or a carer, make contact by email, phone call or visit our website:

secretary@wokingstrokeability.com

01483 323575

www.wokingstrokeability.com

There are many ways to help

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www.wokingstrokeability.com

Winston Churchill, when asked for his philosophy on life said:
"I can answer in five words -
Never, never, never give up."