

Ymunwch â Ni | Join us

Next Steps Directory

India Percival Next Steps Wales Officer

Ailadeiladu Bywydau Ar ôl Strôc | Rebuilding lives after stroke

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Cymdeithas

Strôc | Stroke
Association

Upcoming Events

North Wales Volunteer Forum

Friday September 27th 10:00 – 15:00

Following on from the success of the Volunteer forums last year we are going to be holding the next event for North Wales. This is a networking opportunity for all North Wales Volunteers. Here we have an event to come together, share ideas, good practice and learn from guest speakers. There will be space to ask questions and get a clearer idea of the different group structures. Lunch is included. Please email to register your interest to nextstepswales@stroke.org.uk

Zoom

Grŵp Paned a Sgwrs

Tuesday 14:00 – 15:00

An all Wales, Welsh speaking group. Volunteer Ann Jones leads the sessions and it is an informal chat group for people who want to converse through the medium of Welsh. New members welcome. For more information or to refer please contact Nextstepswales@stroke.org.uk

Zoom Gentle Exercise Group

Wednesday 10:30- 12:00

An All Wales, virtual, gentle exercise group using everyday objects. The session is followed by a coffee and chat. Run by volunteer Anne, our exercise leader. To join the group email India at Nextstepswales@stroke.org.uk

All Wales Zoom Group

Every other Thursday at 11:00

40 minute, informal, friendly chat based session, aimed at giving peer support to those affected by stroke all across Wales. For more information or to refer please contact nextstepswales@Stroke.org.uk

Campaigns Group

Monthly

An All Wales, virtual, Campaign group looking at making changes to create a positive impact. We are currently looking for new group members who are wanting to make a difference for Stroke Survivors lives in Wales. To join the group email India at Nextstepswales@stroke.org.uk

Stroke Group Voices

Monthly

An All Wales a virtual group. The group is currently working on ways to highlight ways we as an organisation and improve access to newly diagnosed patients. To join the group email Colin at Colin.evans@Stroke.org.uk

Bowls Groups Partnered with Bowls Wales

Bowls: Blackwood

Monday 14:00 - 16:00

Islwyn Bowls Club, Gelli Lane, Pontllanffraith, Blackwood NP12 2JR

Shared inclusive Bowls sessions partnered with Bowls Wales. Sessions are funded for 6 weeks and supported by a trained bowls pro. All equipment is provided and no experience needed. The sessions are inclusive and adaptable to suit individual needs. If you are interested, please contact Nextstepswales@stroke.org.uk

Spot the Jack Bradley Bowls

Thursday 10:15

Shared inclusive Bowls sessions at Bradley Bowls. Sessions are £3 . All equipment is provided and no experience needed. The sessions are inclusive and adaptable to suit individual needs. If you are interested, please contact Nextstepswales@stroke.org.uk

Short Mat Bowls, South Pembrokeshire

Friday at 10:00

The group meet in Hubberston and Hakin Community Centre, just outside Milford Haven, on Fridays at 10.00am. You can contact the group organiser Peter Llewelyn by email jelpot1@icloud.com to learn more.

Golf Groups Partnered with Golf Wales

Golf: Parc Golf Club Newport

Monday 13:00 - 14:00

Shared inclusive golf coaching sessions partnered with Golf Wales. Sessions are funded for 6 weeks and supported by a trained golf pro. All equipment is provided and no experience needed. The sessions are inclusive and adaptable to suit individual needs. If you are interested, please contact Nextstepswales@stroke.org.uk

Face to Face Groups

Rhyl Stroke Cafe

Tuesday 11:00 (Fortnightly)

An accessible cafe for a friendly chat and peer support in Rhyl that is run by friendly volunteers. For more information or to refer please contact Nextstepswales@stroke.org.uk

Barmouth Stroke Cafe

Thursday 11:00 (Fortnightly)

An accessible face to face group that meet for a friendly chat and peer support at The Min y Mor Hotel, Barmouth. Run by friendly volunteer Helen a fully accessible Stroke Peer Support Group in Barmouth, where people with lived experience with stroke come together to chat about life. Please feel free to just pop in. For more information or to refer please contact

Nextstepswales@stroke.org.uk

Links Group Llandudno

Friday at 11:00 (Fortnightly)

An accessible face to face group that meet for a friendly chat and peer support in Llandudno Links Hotel run by friendly volunteers. For more information or to refer please contact

Nextstepswales@stroke.org.uk

Neuro Cafe

Aberystwyth Neuro Café

First Monday of each month

This is a partnered project with various organisations where the group meets for a friendly chat and peer support. For more information or to refer please contact Nextstepswales@stroke.org.uk

Cwm Taf Neuro Café – Aberdare

Monday Monthly 11:00 – 13:00

This is a partnered project with various organisations where the group meets for a friendly chat and peer support. For more information or to refer please contact Nextstepswales@stroke.org.uk

Brecon Neuro Cafe

Tuesdays at 13:00- 14:30 (Fortnightly)

An accessible face to face group that meet for a friendly chat and peer support at The Wellington, Brecon. Run by friendly volunteers a fully accessible Peer Support Group in Brecon, where people with lived experience with stroke and other Neuro conditions can come together to chat about life. Please feel free to just pop in. For more information or to refer please contact

Nextstepswales@stroke.org.uk

Llanfairfechan Neuro Café

Monthly 11:00 – 12:30

This is a partnered project with various organisations where the group meets for a friendly chat and peer support. For more information or to refer please contact Nextstepswales@stroke.org.uk

Boccia : Llangefni

Wednesday 11:00 (Once a month)

Once a month we meet at the Town Hall Llangefni for a Boccia session and peer support. This is a partnered project with Parkinsons, MS, and Headway. For more information or to refer please contact Nextstepswales@stroke.org.uk

Hubberston Café

Hubberston from 14:00

Ran by Peter Llewelyn the Café in Hubberston sessions will be held weekly. With more details to follow to register your interest email Nextstepswales@stroke.org.uk

Coffee, Chat and Boccia - Ammanford

Last Friday of each month 12:00-14:00

This is a partnered project with MS society, Parkinson's UK, Epilepsy Action and Headway. For more information or to refer please contact Nextstepswales@stroke.org.uk

Coming Soon

Golf Groups Partnered with Golf Wales

An inclusive golf coaching sessions partnered with Golf Wales. Sessions are funded for 6 weeks and supported by a trained golf pro. All equipment is provided and no experience needed. The sessions are inclusive and adaptable to suit individual needs. If you are interested in the upcoming sessions or would like to register your interest in any other location, please contact Nextstepswales@stroke.org.uk

- Northop Golf Club
- Conwy Golf Club

Rhuthin Stroke Cafe

Friday October 4th Launch

This Café will be launching at Café R. A fortnightly session where those affected by stroke can come together to share lived experiences and learn from those in their community. Please contact Nextstepswales@stroke.org.uk

To find peer support groups in your area please follow this link and enter your postcode: <https://www.stroke.org.uk/finding-support/support-services>

To refer into our service please follow this link:

<https://www.stroke.org.uk/webform/camau-nesaf-next-steps>



Rydym yn cefnogi pobl
a chymunedau i ffynnu.

Cronfa Gymunedol y Loteri Genedlaethol

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