

"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 affiliated to the Stroke Association

What do we do? Get some real exercise to help recovery, in the gym and in the swimming 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 and the pool is equipped with a hoist and a Jacuzzi. We keep active with other ways too such as sailing, gliding, archery, clay pigeon shooting and other social events.

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 (and hope to arrange more) boat trips on the river and the canal, visits to art galleries and days out to other locations. We have regular lunches throughout the year.

Where? We have the use of a fully equipped gym and a private session at a locally owned pool, both in Woking.

Who can apply to join us?

Primarily stroke victims and their carers because that is what we're about, but anyone wanting to recover from a serious health issue is most welcome.



Why? Aha - the biggest question of them all.

Consider the alternatives - sitting at home - reading or watching day-time television, a quiet room, 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 gave it a try**. Come and meet us. We all have the same aim - full 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.

Ask for more details. See overleaf.

How do you join? If you're a survivor or a carer visit our web site

www.wokingstrokeability.com

Or make contact with

Secretary

Ben Anthony

07710 744409

secretary@wokingstrokeability.com

Treasurer

Jenny White

01483 222510

treasurer@wokingstrokeability.com



www.wokingstrokeability.com

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