**Carmarthen Stroke Club**

**Information for new members**

**Contacts**

**Co-ordinator Amanda Cox** Tel 07794 292014 Email amandacox1967@hotmail.com

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**Secretary John Hollies** Tel 01994 426893. Email john@pda.org.uk

**Club Aims**

The Club provides local stroke survivors of any age and any disability with regular support and contact in a light hearted and friendly atmosphere. The aim is that everyone benefits from and enjoys their involvement

**Meetings** Every Monday from 2pm to 4pm except when we have an outing

**Outings** arranged to a variety of different venues every few weeks.

**Activities**

Speakers, arts, crafts, cooking, gardening, games, social interaction, exercise, etc.

**Meeting venue**

Bethel Church Hall, Hill House, Picton Terrace, Carmarthen, SA31 3BS

Large, airy, quiet room, exclusive to members only. Easy adjacent parking. Fully accessible. Disabled toilet, etc.

**Location**

Off Picton Terrace- down lane between Government Buildings and Territorial Army Barracks. (Lane is opposite red pillar box on other side of road.)

**Fees**

No membership fees but contribution requested of £2 per meeting to help cover costs with raffle prize provided every session. The Club is currently benefitting from a grant from Awards for All which supports a Co-ordinator who helps the unpaid volunteers with the running of the Club and permits wider opportunities for speakers and outings.

jdh

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