

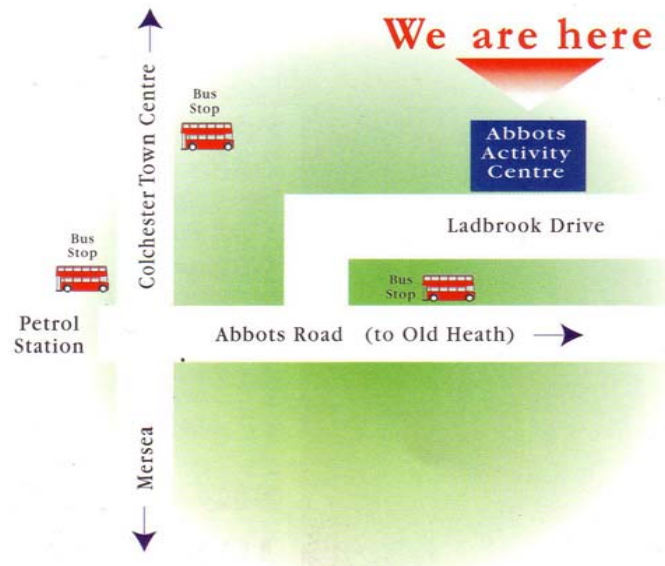


Have you had a
stroke?

Want to meet
others like you ?

Come and give it a
try

We are members of and meet at :-
Abbots Activity Centre
39 Ladbroke Drive
Colchester
CO2 8RW
Manager—Debbie Young,
Tel: 01206 282824



Connecting with others.....

Colne Communication Group

Co-ordinator:- Elaine Rogers

Tel: 01206 548551

www.stroke.org.uk

www.colnestrokegroup.org.uk



Colne Communication Group

Connecting with
others.....

Communicating
after a stroke



Why come ?

- > Develop communication skills in a variety of ways e.g. gesture, writing, drawing & speaking.
- > Benefit from the support of others who have had similar experiences.
- > Share information about the effects of stroke & ways of coping with difficulties.
- > Increase self confidence & how you feel about yourself.



- > We are a group of people who have been affected by strokes in different ways.
- > Our Group meets on Monday & Thursday mornings at Abbots Activity Centre in Colchester.
- > The group is run by the Stroke Association assisted by experienced volunteers.
- > Our members can join in word activities, practise their writing, reading and listening skills. take part in group discussions, meet people and work on communication skills.
- > If you would like to find out more, please contact our Co-ordinator

- > Co-ordinator 
- > Elaine Rogers
- > Tel: 01206 564620

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- > She will be able to give you more information about the group, arrange a day for you to visit and if you need transport, advise you about the local transport scheme.

**We look forward to meeting
you soon!**

