



## Family Support – Spring term 2022

At Dyscover we know that aphasia affects relationships, and that relatives often need and benefit from support as well.

We are pleased to have resumed more face to face groups this term, and so will enjoy seeing some of you at the start and end of sessions. Unfortunately whilst Covid remains as risk we have to avoid gathering in the lobby / entrance at Kingston and Leatherhead.

**We hope you will join our zoom meeting on Thursday 24 February** , or if you have specific questions about your family member, please ask the staff member who leads their group for a 1:1 chat.

Whilst we do not offer counselling at Dyscover, we may be able to direct you to other support services, and provide information and introductions to others who have first-hand experience of living with a relative who has aphasia.

### **Zoom meeting for Relatives & Friends of Dyscover members**

Rosemary and Helen will host this term's **meeting for Relatives & Friends**.

You will have chance to ask **general questions** about our service and **meet and share views** and **queries** with people in a similar position.

Date: **Thursday 24 February 2022**

Time: **1.45 – 2.45pm**

Via: **Zoom**



Please email [hingram@dyscover.org.uk](mailto:hingram@dyscover.org.uk) if you would like to attend.

You will be sent a zoom link to join the meeting.



## Group conversation topics and other notices this term

We will continue to let members know the **topic for discussion each week**.

This information will be sent by email.

Sometimes we will also send **extra notices** about activities or events.

Please take time to **read these, helping your relative** where necessary to **prepare for their weekly group**

## Community Fundraising

We always welcome your fundraising suggestions, and support individual sponsored challenges. To discuss any fundraising ideas, please contact **Liz Grace** our Community Fundraising Coordinator at [lgrace@dyscover.org.uk](mailto:lgrace@dyscover.org.uk)



This term Liz has two opportunities which might suit you, or other family members or friends who enjoy setting themselves a challenge, whilst supporting Dyscover.

On Sunday 8 May, Banstead Rotary are organising an 8.5 mile charity walk around the Epsom Downs area - you can choose to benefit Dyscover as one of the local charities they support. Contact Liz to find out more.

For those looking for a cycling challenge, we have 4 places to offer in the 2022 Ride London <https://ridelondon.co.uk/>