

Your **donations** have helped provide **inspiration, confidence** and **skills** to our group, through a year packed full of **activities** and **complimentary therapies**.

Founder and chair  
Dr. Jenny Dautlich

THANK YOU





Aphasianow is a **not for profit organisation** chaired by Dr. Jenny Dautlich with the help of our generous volunteers.

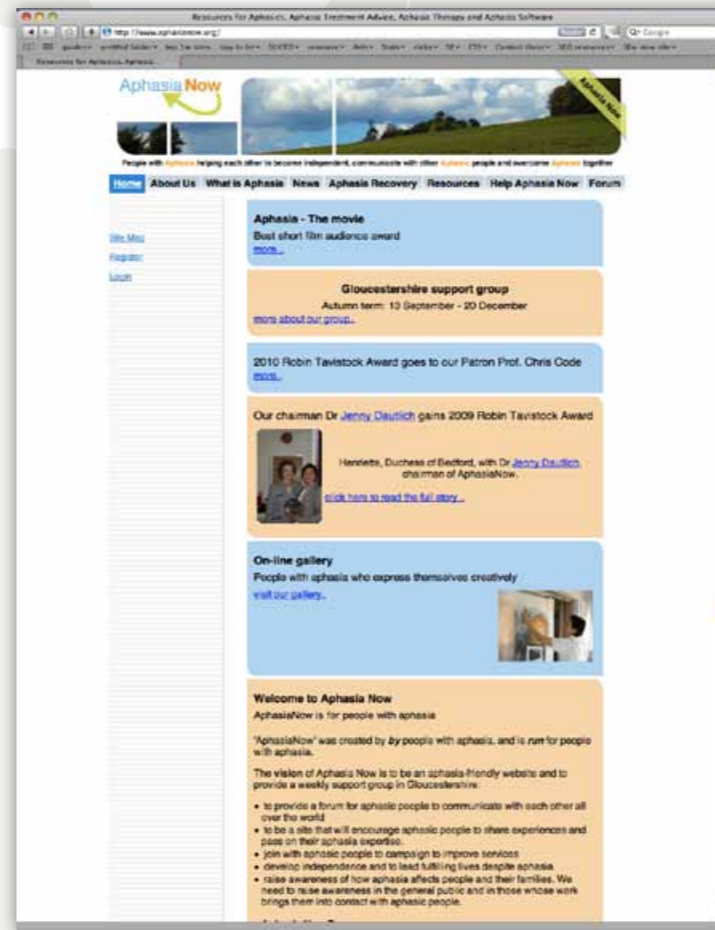
Jenny suffered a stroke in 1998 and has been involved with the rehabilitation of herself and other sufferers through Aphasianow ever since. Members and our patron have *won awards, worked with the NHS and inspired people around the world.* With over 250,000 people suffering from aphasia, and **50,000 new cases each year** in the UK alone, it's a large task.


Thank you to all of our supporters who generously donate their time and money.

- Patron..... Prof Chris Code
- Chair..... Dr Jenny Dautlich *DFPH*
- Secretary..... Wilfried Dautlich
- Treasurer..... John Morgan
- GP..... Dr Wouter Havinga
- Aphasia Expert..... Philip Nossek *IEng, MIEE(Elec), MCIBSE, MSL*
- Aphasia Expert..... Tim Wells *Chartered Engineer*

# ABOUT US

 [www.aphasianow.org](http://www.aphasianow.org)



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Our website is our **main communication tool** with the world at large. We receive **thousands of visitors** per month. We have **answered hundreds of e-mails** from people living with aphasia, we are involved in aphasia research and have helped scores of people with the everyday trials of living with aphasia.

We are really pleased with the growth of our website but **we always need more help!** Please turn to page 8, the back cover, to find out how you can help us practically and financially.

# OUR WEBSITE



*TTT is the part of the meeting when we use our brains to improve ourselves i.e. quiz, biographies of ourselves, and also to concentrate on different things each week in talking, writing things down, like this essay for the newsletter.*

Dave

Being unable to communicate through speech is perhaps the most fundamental barrier for people who experience aphasia.

With the assistance of **professional therapists** our group regularly practise and improve everyday speaking skills, opening up possibilities many people enjoy as second nature.

*Buying bus tickets, paying for shopping, explaining ailments and speaking with relatives* are all more accessible to our members through **Time To Talk**, an invaluable part of our weekly sessions.

Aphasia Now [www.aphasianow.org](http://www.aphasianow.org)

TIME TO TALK

# EXERCISE



[www.aphasianow.org](http://www.aphasianow.org) Aphasia Now

Many aphasia sufferers have physical impairments as the brain struggles to send signals to muscles. This can make movement extremely challenging for even the most basic of functions.

With our ever popular 'Fit with Simon' classes our members get fitter and are more able to meet everyday challenges and health issues.

*exercise is very good for us because we have to concentrate. We must work out right and left! Very good and tiring!*

Mary



*Romans ... our teacher ... such a nice lady!  
I liked the singing .. help me singing the words!  
I played the ... let's do it again!  
I come to group because .. speaking, enjoying  
my friends .. every week!!! AphasiaNow give me  
Speakability medical passport. good!*

**Glenys**

Complementary therapies play a large role in rehabilitation as well as improving the quality of life for our members. In 2010 we enjoyed guest speakers with sessions for **poetry, music making and painting**, all providing a deep level of enjoyment, as well as helping to arm members with **skills** which are essential for the **recovery of aphasia**.

In 2010, with your help, we enjoyed many hours of complementary therapies and hope to increase this number in the future. Thanks to all of our volunteers and therapists!

With your help we can enjoy therapies from just £45 a session!

 [www.aphasianow.org](http://www.aphasianow.org)

# THE RAPPIES



[www.aphasianow.org](http://www.aphasianow.org) 

Throughout the year our members enjoy **group outings** which afford an opportunity to **interact and communicate socially**, providing much needed **practice in communication** in a supportive group. We visited *aquariums, museums* and the cinema, experiencing simple joys like having a meal together in a restaurant.

Other outings included our annual **Swim for Words** where we raised £2000 for our group!

*I had a good swim. 80 lengths. 10 swimmers participate three people 100 lengths' very tiring. We raised close to 2000 pounds. Excuse for bad writing when I had bad stroke. When School good spelling. I am proud of this story!!*

**Ann**

# DAYS OUT



Visit [www.aphasianow.org](http://www.aphasianow.org) to find out how you can help us today and how to join our Gloucester group. 01453 768811

**It's the little things that mean so much...**

All people with aphasia have communication disabilities. Our members have made us aware of how important the little things are for them.

**With the help of your sponsorship** we can assist our members with basic communication like *reading*, *writing* and *speaking* and put some colour back into their lives. **AphasiaNow rely on financial donations as well volunteer staff.** Please visit our website for information on how you can help us with our work.

**Thank you for all of your help in supporting us along the way.**

# SUPPORT US