

February 2020 Timetable					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	10.02.2020	11.02.2020	12.02.2020	13.02.2020	14.02.2020
Morning	Sip and See 10.00 – 11.00				
Afternoon	NCEC's Art Program 1.00 – 3.00		Blokes with Strokes 2.00 – 3.00	NCEC's Calligraphy 1.00 – 3.00	
			Carers Support Group 2.00 – 3.00		
Evening	Young Stroke Support Group 6.00 – 7.00				
Week 2	17.02.2020	18.02.2020	19.02.2020	20.02.2020	21.02.2020
Morning	Sip and See 10.00 – 11.00				
Afternoon	NCEC's Art Program 1.00 – 3.00		Blokes with Strokes 2.00 – 3.00	NCEC's Calligraphy 1.00 – 3.00	
			Carers Support Group 2.00 – 3.00		
Evening	Young Stroke Support Group 6.00 – 7.00				
Week 3	24.02.2020	25.02.2020	26.02.2020	27.02.2020	28.02.2020
Morning	Sip and See 10.00 – 11.00				
Afternoon	NCEC's Art Program 1.00 – 3.00		Blokes with Strokes 2.00 – 3.00	NCEC's Calligraphy 1.00 – 3.00	
			Carers Support Group 2.00 – 3.00		
Evening	Young Stroke Support Group 6.00 – 7.00				

February 2020 Timetable					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Individual Services Available Every Week on Appointment	SAV Pathway Appointments		SAV Pathway Appointments		
	Emergency Relief and Tax Help also available as part of NCEC's Services Please speak to us for more details.				

SAV Pathway Appointments

New to the centre or maybe you have new recovery and wellbeing goals? Make an appointment to come and have a chat with NSSC's Coordinator and discuss what your needs are. Get information about services, groups and activities both in the centre and in the community.

Email: newport@strokeassociation.com.au

Or Call Jade (Newport Stroke Support Centre Coordinator): 0419 524 400

Social Support

Sip and See: A catch up for all those involved in the stroke community. Come share your experiences, concerns and goals for managing stroke.

Blokes with Strokes Group: A group for men who have survived a stroke. Come and meet other men who are living common experiences.

Young Stroke Support Group: For our younger stroke survivors to share their experiences.

Carer's Support Group: A group for those who care for someone who has experienced a stroke. Come and share ways to support your loved ones as well as ways to look after yourself. This program is held at NSSC.

Creative Expression

NCEC's Art Program: Suitable for beginners and the experienced, come along and bring your artwork to life with various mediums.

NCEC's Calligraphy: Explore a range of different styles, layouts, decorated, illumination and how to use calligraphy both artistically and practically.