



Ashby Court Resident Honoured In Life After Stroke Awards

A special resident at one of Norwich's largest housing associations is to play a starring role in next week's national Life After Stroke Awards in London after winning an award for coming to terms with life after a stroke.

Diane Mcaulay, of Ashby Court, Norwich, was nominated for the award by Sheila Moore, scheme manager of the sheltered housing scheme run by Cotman Housing Association. Mrs Mcaulay moved there following her stroke two years ago, and has been heavily involved in the community ever since.

Mrs Mcaulay, who had led a very active life prior to her stroke and worked as a live-in carer, was paralyzed on her right side by the stroke, and has been in a wheelchair ever since. Diane has continued to be involved in life at Ashby Court, with her role as the Vice Chairman of the Tenants' Committee, as well as organising trips for residents and being a member of the craft group.

Sheila Moore, (Scheme Manager at Cotman Housing), said: "Diane is an inspiration to others. Despite being in a wheelchair, she still plays a big part in community life as well as life at Cotman Housing. She thoroughly deserves this accolade."

Founded in 1970, Cotman Housing owns and manages over 1,300 properties throughout Norfolk and offers supported housing to a range of people who are unsuitably housed.

Mrs Mcaulay will be presented with the award at an official ceremony held by The Stroke Association at Claridges in London on Wednesday 23rd May. Mrs Mcaulay said: "This is my chance to show that there is life and hope after stroke. Even if one or two people are encouraged to persevere, it will be worth it".

For more information about the work of Cotman Housing, log on to www.cotman-housing.org.uk or telephone (01603) 612927.