



SUCCESS AFTER STROKE AUTUMN NEWSLETTER 2019

A note from the Chairman, Richard Furlonger

“Many thanks to all of you who have contributed to this very good and colourful edition of our newsletter. 2019 has been a busy year with lots of activities. The trustees have been successful in raising more money for increased therapies for members, which is our main area of expenditure. Our treasurer Loudon Greenlees deserves special thanks here, especially as this is an area that needs continuing effort.

Costs are kept down by the very generous amount of time that volunteers give on our behalf, and their efforts are measured in the pleasurable and rewarding time our members have while at the Centre and away enjoying other events. Thank you all very much.

Our therapists are continually coming up with new ideas to improve the wellbeing of our members which are coordinated through regular meetings. This is also being helped by the introduction of a digital record system.

Thank you to my fellow trustees for their tremendous contributions and to SarahJane and Jan who run our little enterprise and without whom things would come to a grinding halt.

2020 will be another busy time with the BrushStroke art exhibition in March and the Carol Concert in December to look forward to. Thank you to all of you who support both these events, and we look forward to seeing you then. In the meanwhile, a very Merry Christmas to you all and a Happy New Year”.



Our biennial art exhibition, BrushStroke, will run from Saturday 7th March until Saturday 14th March 2020 (except Wednesday 11th March when it will be closed) in St Peter’s Church, Sudbury. Some of our SAS art class members have been painting to a theme of the English Country Garden and a selection of this work will be exhibited.

There will be an SAS Members coffee morning at the exhibition on Friday 6th March 2020 10 am-12 noon when SAS Members will be able to view the art before the exhibition opens to the public.

The Preview evening will be Friday 6th March 2020, 6 pm-9 pm.

On Wednesday 11th March, the exhibition will be closed to the public as we are holding a special event. We have Charlie Hart coming to talk to us about “Gardening and Wellbeing”. The event starts at 11.30am with coffee and an opportunity to browse the exhibition and buy plants before the talk. The talk will then be followed by lunch. Tickets are £35.

On Thursday 12th March there will be an art day organised in the church. Tickets will be £35 including lunch. Lizzie Alston, Marnie Bragg and Geoffrey Bourne will be running the session and participants will be drawing/painting in the midst of the exhibition. For those of you not participating, it is a wonderful chance to see keen artists at work.

The exhibition will come to a close at 4pm on Saturday 14th March 2020. We do hope you will pop in to have a look around the exhibition or come to some of the events organised.

Bridget Allen, BrushStroke Committee

Success After Stroke Summer Olympics!

Despite the threat of seriously bad weather, we were not deterred from our plans and the first Success After Stroke Summer Olympics took place at Nedging Hall by kind permission of member, Mrs. Gillian Buckle. The event was the brainchild of SAS physiotherapist Jeannette, who had been encouraging members and volunteers to get fitter over the preceding months, and wanted a goal at which to aim! Actually, I'm not so sure 'encouraging' is quite the right word, but for the purposes of this newsletter we'll go with it ... (we love you really Jeannette)!



A great deal of hard work from Mrs. Buckle's team at Nedging Hall, especially Miles, Alice and Ian, as well as from Jeannette, Sj, Jan and many others, went into the planning and staging of the event. Games and activities were begged and borrowed from several sources and the Nedging Hall staff created and signposted a one mile 'cross country' course around the grounds of Nedging Hall which was even completed by some wheelchair users! Well done to all those who completed the course, either walking or running. All the games were renamed after Olympic events - 'Owl flight', borrowed from the Boxford Community Council, became Javelin and throwing beanbags into a bucket became Shotput - amongst many other tenuous links!



We enjoyed a picnic in the barn which was brilliantly timed to correspond with a massive thunder storm! Wonderful cakes were on sale and this, together with sponsorship and donations

meant that despite having to pay for first aid cover, the event made a profit of £211.32. Thank you to Mrs. Buckle's family for providing several cash prizes which were awarded to SAS members for their achievements. A great deal of thanks goes to all who helped on the day with the setting up/taking down of equipment and the manning of games etc.



It was a brilliant idea and great fun for all who attended. Member, David Bullock, wrote the following piece ...

"Thanks to Gill Buckle's kindness for allowing us to use the Hall grounds for our fundraising day. I'm sure that we all had a fabulous day. Somehow I did well enough to win the shot putt and was joint 'most improved walker', so I was well chuffed! Thanks to family and friends for my sponsorship money. I raised £200 pounds and as my sponsors paid upfront, I don't have to chase after them!



After the games my grandson said, "lets do the cross country mile". So a big thank to you all who helped me and also Neville, who ran the mile with me but fell on the run. The boys got him up and helped him to the finish line.





As we drove away, we saw a bride & groom leaving the church. What a beautiful day! We had a wonderful time, my great grand children loved it all. Finally, thank you Trevor and Val Greene for your help and company”.

David Bullock, Member and Superstar xx



And finally, special guest Scruppy the puppy provided cuddles and encouragement!



Woolverstone Sailing Day 2019

A regular feature of the Success After Stroke summer calendar is the Sailing Day held at Woolverstone Marina and organised by SAS volunteer and Trustee, Barbara Slade.

We were extremely lucky with the weather and once again enjoyed ‘camping out’ on the lawn in front of The Royal Harwich Yacht Club which has

spectacular views over the River Orwell. The Royal Harwich Yacht Club made us most welcome and provided excellent lunches for those who wanted them. Some others enjoyed their own picnics but made good use of the RHYC bar ... for coffees and soft drinks only of course!



The Woolverstone Project crew looked after us very well on the river in both the sailing and powered craft. Thank you to TWP volunteers for all their help and also to the SAS volunteers who helped to embark and disembark our members.



It is always a super day whatever the weather, but this year it was particularly lovely; warm and sunny without being too hot. In these dark, cold months it is lovely to look back on ... and to look forward to again next year.





Halcyon has been with SAS for several years and we have enjoyed her quiet, calm determination in helping our members to achieve the best possible outcome after the debilitating effects of a stroke. She also dealt with the SAS physiotherapy service becoming evermore popular and undertook a significant and time consuming restructuring of the way in which SAS physiotherapy is delivered and recorded.

We miss Halcyon greatly but wish her all the best for the future and hope that she is able to pop in and see us from time to time.

Thank you Halcyon and good luck for the future.

All your friends at SAS

Garden Open Sue and Geoff Heald

Sue and Geoff Heald opened their stunning garden again during August. It proved as popular as ever and a donation of over £260 from the sale of refreshments was made to SAS. Thank you Sue and Geoff, we appreciate the hard work that goes into making your garden such a worthwhile place to visit and the effort you have gone to in order to serve refreshments.

Impressions of Iceland A Talk by Peter Tatam

In October Peter Tatam came to SAS to give a very interesting talk entitled 'Impressions of Iceland'.



Peter and his wife have visited Iceland twice, once in 2007 and again in 2017. They hired a four-wheel drive jeep so that they could take a

On behalf of everyone who enjoyed a great day out, thank you Barbara for your efforts in organising the trip and to everyone who helped, you are much appreciated.

Physiotherapist, Halcyon Mandelstam leaves SAS



It is with great sadness that we said goodbye to Halcyon Mandelstam who has reluctantly decided to move on from Success After Stroke to specialise in other forms of therapy.

tour around the country to really understand and appreciate the landscape and its inhabitants.



Iceland has a small population of only 350,000 people and can suffer up to 500 earthquakes a week! The scenery is spectacular with volcanoes, glaciers, rivers and waterfalls, as Peter's power-point presentation demonstrated. The landscape is home to many seabirds, while seals and whales are found in the seas around its coast.

Thank you to Peter for a most informative and enjoyable talk.

Volunteers' Lunch

At the end of July, Richard and Sally Furlonger hosted a 'thank you' lunch to which all the Success After Stroke volunteers were invited.



We were meant to sit in Richard and Sally's beautiful garden but sadly the weather didn't play ball and we had to move indoors pretty swiftly! Tables were soon erected indoors and we sat down to a gorgeous lunch prepared by Sally. Chatter and laughter filled the air as we spent a very enjoyable couple of hours.

Thank you to Richard and Sally.



Carers' Meeting

We held one of our regular meetings on 24th September and although several people were unfortunately unable to attend due to illness, we had an enjoyable time.

Linda Rice, the therapist who had previously been to talk to us earlier in the year, came back and this time she showed us how to hand massage using aromatherapy oils. We paired up and everyone had the chance to both give and receive a hand massage which was surprisingly easy to do as well as soothing and enjoyable to receive. All the group agreed that it has been a very good session and hand massage was something that they felt able to do for their partners.

The purpose of the meetings is to give Carers the chance to get together over a cup of tea or coffee to chat, share experiences as a carer with others who have a similar situation to deal with and generally have some 'down-time'.

Our next Carers Meeting will be the last one for 2019 and will be held on November 26th at the Stevenson Centre from 9.30/10.00am until 12.00pm as usual.

All SAS carers are welcome to attend these meetings and if anyone would like further information then please contact either Pam Lawrence or Fran Williams via SAS.

Pam Lawrence

Whatfield Craft Fair

This is an annual event held at Whatfield Village Hall was organised by SAS carer Mandy Squirrell and others who live in the village. The funds raised are shared between Whatfield Primary School where Mandy worked as Caretaker for 12 years and Mary, her mother, worked as Caretaker for 43 years, and a chosen charity of the year. This year the chosen charity was Success After Stroke. Mandy now volunteers at SAS in the physiotherapy department and her Mother, Mary, is a member.

The Craft Fair proved to be an immensely popular event and the range of stallholders with their crafts on display was huge. We were greeted on entry by Mary and her friend Margaret and I spent a very enjoyable hour looking around and managed to come home with an array of gifts and things to do!



The refreshment area, which was run by Mandy's sisters Noreene and Deirdre with help from their friend Mel, was packed and sold everything from bacon butties which smelt divine to splendid cakes. I sat and chatted to a couple from Hadleigh who never miss the Craft Fair at Whatfield –

a tribute to Mandy and the organising committee that it has such a great reputation. I know several members and volunteers of SAS called in during the day whilst many more bought raffle tickets and Mandy would like to thank all those who supported the event in whatever way.



Mandy, Marilyn and Kate worked hard to gather prizes for an amazing raffle, which they stayed up into the small hours the evening before the Craft Fair to wrap - it looked so attractive. Many thanks to Andrew's Butchers of Hadleigh, Buildbase of Hadleigh, The Elmsett Rose and Crown, Kate Miles from Slimming World and everyone who donated prizes. Success After Stroke had its fair share of winners and the Stevenson Centre looked very jolly when Mandy and Mary brought in all the prizes!



Anna de Vries could barely stand up under the weight of her prize!

Success After Stroke received a donation of just over £500 from the event so a HUGE thank you to all those involved.

Jan

“Down Our Street” A talk by Brian Carline

Visiting speaker, Brian Carline paid another visit to SAS with a talk entitled ‘Down Our Street’. Brian gave a very entertaining talk based on growing up in a northern town, but which equally applied to many a town of yesteryear.

Brian talked movingly and humorously of growing up in a time when the rent collector called once a week and if you couldn't pay you were evicted – tough times! Children would collect the horse dung from the local dairy (milk being delivered by horse-drawn cart back then) and then selling the dung to the local allotment holders. Women would collect coal which had fallen from the train as it banked to go around the bend and would be seen cleaning their front steps – keeping up appearances was important.



In 1948 the NHS was born. Brian showed pictures of wards with 30 beds, called ‘Nightingale Wards’, all kept immaculate for fear of falling foul of Matron! In school, classes of 40 or more were the norm, with children sitting in formal rows.

Brian talked of holidays being taken in seaside resorts like Blackpool or Southend – a huge treat! Homelife often entailed hand-me-down clothes and ‘topping and tailing’ which meant sharing a bed with your siblings. Baths were once weekly on a Sunday evening, the whole family sharing a tin bath by the fire in their turn (starting with Mother of course). Children found their entertainment playing football and other games in the street or going to the local park to make use of the swings and slides.

Brian's talk was very interesting and got all the members joining in with their own anecdotes from their childhood – contrasting childhoods spent growing up in the countryside or town.

Many thanks to Brian and also to Louisa for taking notes at very short notice!

Jeannette de Vries Wobbes A year of 50 challenges



SAS physiotherapist Jeannette has recently celebrated her 50th birthday and we all wished her a very happy day. The girls at the art group asked Peter Somers to draw a special card for her - which she loved.

To mark her fiftieth, Jeannette has embarked on a series of challenges, some of which have been suggested by members and volunteers. If you have any suggestions (not too expensive please) then Jeannette would love to hear from you.

One of the challenges Jeannette has taken up is to canoe the Stour from Sudbury to Cattawade with Jan Williamson - some 23 miles over two days and camping the night en-route. The trip will take place on the weekend of June 7th and 8th. The trip is in the early stages of planning but there will be more information in the Spring Newsletter, so come along and cheer us on - there are some good pubs along the way!

Jan

Visit from Citizens Advice

This term the Friday group welcomed a representative from the local CAB, Malcolm Burge, who was a very affable and knowledgeable gentleman, giving us a great deal of information about the work that the local Citizens Advice do. Everything was covered from benefits to debt management, utilities, and scams. As well as advice on getting help with any problems we may be facing.

Citizens Advice is the go to service for many people locally, as the changes in the benefits system affect many people old and young. Imagine having to rely on benefits at any time in your life, now imagine going from working up to 60 hours a week, to

statutory sick pay because of a stroke, something that was out of your control. Your brain is fighting to gain control of emotions, you are aware your ability to process information is lacking, but you don't know what to do or where to go. You are panicked by a lack of money and a growth of bills, you are reliant on people who are in a position of power, whether it be a social worker, consultant or GP, and sometimes their input isn't helpful.

Citizens Advice offers a fair and non-judgemental support system, from advice to practical help with filling in forms (which for those of us whose writing skills have been lost due to their stroke, can be invaluable).

The need for such mediation skills as given by the Citizens Advice is a sad indictment on society, as people often fall through the gaps, but the organisation has proved to be a lifeline for many.

Fiona Yerofeyev

A message from Sj

Reading through this Newsletter, it strikes me how busy we always seem to be. With Jeannette's wonderful idea of the SAS Olympics last summer, swiftly followed by the annual Woolverstone Sailing Day so wonderfully organised by Barbara through to forthcoming events such as the trip to see Cinderella at The Mercury Pop-up Theatre in December, we always have something exciting in the pipeline. None of which could be achieved without the dedication and support of our volunteers, therapists and trustees who continually strive to come up with ideas to keep SAS fresh and relevant ... and raise the funds to keep us going. I would also like to mention how grateful we are to all the individuals and organisations who raise or donate money to SAS, it is all used to the benefit of our members.

You, the members, are an inspiration to all of us and make being involved with Success After Stroke such a pleasure. Thank you to you, as well, for the donations of biscuits etc - naughty, but gratefully received and enjoyed at coffee time!

We are lucky to have a vibrant and enthusiastic Members Committee, who have come up with various ideas, the pantomime trip amongst them. The visit from Sudbury Citizens Advice was also a suggestion from the committee and proved to be inspired and very helpful.

Thank you as always to our very own 'Miss Money-penny' for all her efforts with the new computer system, which has certainly come with a few headaches!

On behalf of all of us, I would like to welcome the new volunteers, John Evans and Anna de Vries. Physiotherapist Jamie Baker will also hopefully be joining us in the near future after the sad departure of Halcyon Mandelstam.

We are looking forward to our annual Christmas Party which this year takes place on Tuesday December 17th and I would like to take the opportunity of wishing all the readers of the Newsletter a happy and peaceful Christmas.

As mentioned earlier, next year is one of our main fundraising years and we kick off with the BrushStroke Exhibition in March. The committee is working hard to ensure a successful event and if past years are anything to go by, it will be fantastic. December 2020 will herald the Carol Concert and once again, the Carol Concert committee are already in full swing organising a choir and sponsorship for the event. More details about this event to follow in due course.

Sj

Mike Colcomb

10th December 1936 to

5th September 2019



Mike Colcomb, who had been a member of SAS since the summer of 2017, passed away on 5th September 2019 at Waterfield House, Hadleigh where he had been cared for during the last few months whilst his wife Ann was recovering from an operation.

Mike was born in Hull on 10th December 1936 and later began his working life when he joined the National Provincial Bank in Hull and this was where he met Ann and where he eventually became a Bank Manager.

One of his early memories of working in the bank was when he was sent to set up a stand at the docks to try and persuade the fishermen to save

some of their earnings as they came off the boats and before many of them headed to the pub!

He loved cricket and football and enjoyed going to matches with his two sons and grandsons. He also enjoyed walking and was a group leader for a local walking group.

A service of Thanksgiving for him was held on 30th September at St Mary's Church, Aldham, Suffolk, where Mike and family had been a couple of months ago to celebrate the wedding of one of Mike's grandsons. The service was attended by Ann, his family and friends as well as SJ, Jenny, Sue, Fran and Pam from SAS.

Mike will be much missed and he is survived by Ann, his wife, his two sons and their families.

Pam Lawrence

Aurora Goddard

Born 24th April, 1947



Aurora sadly passed away in July at Addenbrookes Hospital after acquiring an illness when she visited family in the Philippines earlier this year. Following a stroke in 2016 she joined SAS in 2017 and attended regularly on Fridays. She was a quiet lady with a ready smile and was very well liked by the Friday crowd. We miss her very much and send our heartfelt condolences to John, Aurora's partner, who said the following at her memorial service in August;

"I'm often asked 'how did we meet? Well, it was through a "Yours" magazine. There is a friendship page at the back and Aurora's photo was there asking for people to write to, so I wrote not expecting to get a reply (she received 72) but I did. The reply went from letter writing to phone calls and a little after that I invited her to Sudbury for the day from Southend. I met her at Colchester Station and, I thought to give her an idea of the Suffolk countryside, I would go back through Bures which gives wonderful views across fields at Wormingford at the top of the hill before going

down into Bures. Aurora's response was "Fields, all fields and some have sheep in them". From then on, I would travel down to Southend on a Friday and she would spend the weekend here in Sudbury. By that time, I knew I wanted to spend the rest of my life with her and as she felt same, she sold her house and moved in with me.

Aurora is one of the kindest people I have ever known. Since she died, I have been in touch with her sister in the Philippines and more examples of her kindness have shone through with her policy of "education equals qualification is the only way to escape the poverty". She put both her sister's children through college. She bought a tractor for her brother-in-law to set up business cutting sugar cane, a motorbike and sidecar for her sister plus many more examples of her kindness.

She had a lovely singing voice but much too shy to let anyone hear it, we used to sing one of her favourites, "Climb Every Mountain" when we were out in the car at the top of our voices – wonderful! Her sense of humour was quite something. We were looking at some plants one Saturday on The Market Hill (in Sudbury). "What about this one?" she said, "Looks very nice". I replied, "Shall we take it?" "On no", she said, "I haven't got green thumbs"!

The memory I shall cherish always is the time we were at an evening meal with Ian and Lisa. I turned round in the chair and Ian seemed to be deep in conversation with a man I never recognised, he shook hands with Ian, then made his way round to where Aurora and I were sitting, he shook my hand, then said to Aurora "Are you with him?" "Yes", she replied, "Should have gone to Spec Savers", with a dead-straight face!

She was a dear, sweet, loving lady and the hole she has left I fear will be too large to fill.

God bless you, my darling".

Bill Halls

17th April 1935

9th November 2019



Dear Bill was with us for many years and a very loyal member he was. He and Lysianne joined in all the social events and made many friends throughout SAS.

Bill was one of life's real gentlemen. He was a quietly spoken, smiley man who didn't have a nasty thought in his head and never complained. He and Lysianne, who were married for over 60 years, lived in Bildeston where Bill was brought up. Bill only ever left Bildeston once and that was for two years when he joined the RAF.

They both had a great love of sport. Bill watched cricket and rugby avidly, sitting bolt upright in the kitchen, whilst Lysianne watched in comfort in their sitting room. They both followed the Ipswich Speedway and were a well known and loved couple at the track.

John Fielden always collected Bill and brought him into SAS. They remained firm friends and John visited Bill right up until he died. Bill stopped coming in when Lysianne became ill. He was a devoted husband and looked after her for many years. After Lysianne's death Bill returned to SAS and how lovely it was to have him back, he had such an understated sense of humour and was just a joy to have around. How lucky SAS was to have had him with us for so long. We will miss him greatly.

Viv Bourne and Barbara Slade

Reminders

Dates for your diary!

We return to SAS on Tuesday 7th January 2020.

SAS AGM - Tuesday 19th May 2020 11am

BrushStroke Exhibition - **Members morning, Friday 6th March 2020, 10 am to 12 noon.** Exhibition opens to the public Saturday 7th March 2020 and closes Saturday 14th March. (Closed Wednesday 11th March 2020).

Blood Donor dates, NO ART:

Wednesday 11th March 2020

Wednesday 1st July 2020

Wednesday 21st October 2020

Committee Meetings

Members Committee meeting - Tuesday 21st January 2020. 9.45 am.

Housekeeping Committee meeting - Tuesday 28th January 2020. 12.15 pm

Trustee Meeting - Tuesday 28th April 2020. 12.15 pm.

Carers' Meeting

The next carers meeting will be held on Tuesday 25th February 2020, 10 am at The Stevenson Centre.

SAS and social media

You can view recent highlights and photographs on our Facebook page; Success After Stroke, Reg Charity: 1115016.

Please take a look at our website which can be found at

www.successafterstroke.org.uk

Please remember to inform Sj or Jan if you change your medication or contact details. In the event of an emergency, it is vital that we have accurate information.

Term Dates

Autumn Term ends after meeting - Tuesday 17th December, 2019

Spring term - Tuesday January 7th 2020 to Friday April 3rd 2020.

Summer term - Tuesday 21st April 2020 to Friday 31st July 2020

Autumn term - Tuesday 1st September 2020 to Friday 18th December 2020

Ideas please ...

If you have any suggestions for talks, events, outings or just general thoughts about things you would like to do during our meetings, then please do not hesitate to let us know. Ideas are always welcome so don't be shy!

PLEASE COULD YOU ALL, INCLUDING VOLUNTEERS AND THERAPISTS, CHECK THE DIARY THROUGHOUT THE TERM FOR ANY CHANGES WE HAVE TO MAKE.

FOR THOSE OF YOU WHO WOULD LIKE A PAPER COPY OF THE DIARY, NEWSLETTERS ETC, THERE SHOULD ALWAYS BE SOME IN THE CLEAR TRAYS BY THE MEMBERS' PIGEON HOLES. IF NOT, OR IF YOU TAKE THE LAST ONE, PLEASE LET US KNOW AND WE CAN MAKE SOME MORE COPIES.

SAS meets at

The Stevenson Centre

Great Cornard

Sarahjane Lewis:

07434 931 962

By Post:

Success After Stroke

The Stevenson Centre

Stevenson Approach

Great Cornard

Sudbury

Suffolk

CO10 0WD

E-mail:

info@successafterstroke.org.uk

Web:

www.successafterstroke.org.uk

Facebook: Success After Stroke,
Reg Charity: 1115016.

Success After Stroke - Activities

Success-after-Stroke is an active and motivated self-help support group where the members are helped by dedicated volunteers and therapists in their efforts for rehabilitation, independence and confidence.

Tuesday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech & language therapy
- Reading and discussion groups
- Well-being therapy
- Brain Training
- Basic nail care & massage therapy

Wednesday mornings: Art, drawing and painting at The Stevenson Centre – beginners welcome

Thursday mornings:

- Pottery

Friday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech and language therapy
- Reading and discussion groups
- Well-being therapy - by appointment
- Brain Training
- Basic nail care & massage therapy - alternate Fridays by appointment.

ACTIVITIES SUBJECT TO AVAILABILITY