



**Success After Stroke
News Bulletin No. 21
Friday 4th September 2020**

Hello Everyone,

Welcome back to SAS and I hope you have all had a good August despite the heat. Suddenly, even shopping in the supermarket became a happy prospect (I haven't tried getting delivery or click and collect slots) with the air conditioning making Tesco (other supermarkets are available!), particularly the fridge and freezer sections, a very desirable place to be!

A couple of years ago, during another hot spell, we bought an extra tough paddling pool to help our then dog, Rufus, keep cool. It has come into its own again the last few weeks and Cosmo happily splashes in and out of it (I'm not averse to dipping my feet in it either)! The picture at the top of the page is of Cosmo enjoying a dip.

I am indebted to Rob Giles for writing the second of his two articles about his cycling trip from Lands End to John o' Groats (the first article was in NB 14) and we left him wet and weary in Clun, just outside Manchester, with the optimistic idea that the worst of the ride was over...

Lands End to John o' Groats - Part Two

With a week's riding behind us and confident that we had broken the back of our journey, day 8 saw us wake up to dry skies and a hint of sunshine, as we left our overnight accommodation in Condor Green and headed for the Cumbrian town of Penrith. It promised to be a challenging but scenically spectacular day with several significant climbs, at least it was not raining. Our optimism soon evaporated, as what can only be described as a monsoon hit us early into the morning session. What should have been an excellent day's cycle turned into a long slog through torrential rain and strong winds that were often full in our faces. A puncture, broken cleat and snapped spoke made things even more difficult and I don't think a group of cyclists have ever been so pleased to reach their overnight accommodation.

Day 9 to Moffat saw an improvement in the weather and a pleasant day's cycling passing through the border town of Gretna Green, where we enjoyed an excellent lunch in a local restaurant

and took the obligatory photographs of the world famous Blacksmiths Shop that lovers used to elope to in days gone by.

Day 10 was one of the longest days on the tour, over 80 miles in distance, as we ventured through the Scottish capital, Edinburgh, catching a glimpse of the castle and enjoying spectacular views of the famous Forth Road Railway Bridge. The cycling was relatively easy and for once the rain stayed away and we enjoyed one of the easiest rides of the tour so far.

Day 11 was the first of two particularly challenging days as we made our way over the Glenshee Ski Centre in the heart of the Cairngorn Mountains. At a height of 2132 feet it proved a very long steady climb to the top but at least the weather was not too bad and was improving as the day went on. At one point on the climb a buzzard flew alongside us effortlessly rising whilst we grunted and puffed our way up. He must have been thinking mad fools. If the climb was tough the road down was fantastic and undoubtedly one of the highlights of the tour, as the sun came out and we effortlessly made our way off the mountain into the town of Ballater.

If we thought the climb to Glenshee was tough day 12 saw us tackle the Lecht Ski Centre and one of the top 10 most challenging climbs in the UK. Our guides didn't mince their words when they told us in the morning briefing that we were in for a very tough day, a day made all the more difficult because of high winds and heavy rain/hail. The climb itself was brutal including sections with inclines in excess of 20% with freezing rain and crosswinds reaching 40 miles per hour. Such was the strength of the wind and rain we found ourselves having to pedal to go down! A much easier afternoon ride saw us arrive in the town of Inverness.

After a most enjoyable evening in Inverness we started our penultimate day with a gentle ride along the Moray Firth crossing over to The Black Isle as we made our way to the remote hamlet known as The Crask. The highlight of the day was undoubtedly a short stop just after lunch at the

Shinn Falls where we were able to see salmon jumping. Their persistence and determination to climb the falls despite constantly falling back was an inspiration to us all. Soon after this stop the rain and wind started, and it was a bleak ride to our accommodation, into driving rain and strong winds. Upon arrival at The Crask a welcome pint awaited us as we sat relaxing and drying out next to a roaring log fire enjoying the company of a litter of gorgeous border collie pups, which bounced around playfully in the bar.

The final day dawned and guess what, it was raining. North Scotland is a very barren moonlike landscape with nothing to look at but endless peat bogs and apart from the odd car no sign of life either human or animal. A hard morning battling torrential rain and strong winds gave way to bright sunshine as we coasted and turned east towards our destination. It was as if the weather, which had done everything to put us off, had finally given up and was going to relent for the final leg of the journey. As is traditional we all met up in a pub 15 miles from John o' Groats to finish the ride together. A gentle 15 mile ride saw us arrive at our destination in convoy ready for the obligatory photos, back slapping and champagne.

All in all it had been a fantastic ride, despite the good old British weather, and with over 1000 miles under our belts we all felt we had had a fantastic experience which will live long in the memory of all those cyclists who had set out on that very wet morning two weeks earlier.



One final Photo under the famous signpost to Lands End

If you have been inspired by what you have just read and think that cycling is not for you think again. The Government is putting a lot of money into promoting cycling and Suffolk has been given a not insignificant grant to improve our county for cyclists. In addition, bicycles themselves have developed considerably and are no longer the heavy steel framed monsters that they once were. Alongside traditional cycles we now have ebikes which, unlike motorbikes which do all the work for you, support the rider giving added electrical power to the pedals that you are still required to turn. You decide how much support you need and when you need it, for example, when riding

into a strong headwind or going up a particularly steep hill.

Rob Giles

A note from Pam, Well-being Therapist

Hello again! Welcome back to the SAS News Bulletins and the first one of the Autumn 2020 term. I do hope that you have been well during the summer break despite the heatwave during the first weeks of August. It is still hot as I write this and I, for one, will be very grateful when we return to more normal temperatures.

So, during the August break have you managed to fill your time with hobbies or outings or maybe even a holiday? It would be good if you shared what has been happening for you with us here and, as mentioned before, if you aren't comfortable with writing a piece but have something you would like to say, then just ask and we can find someone who will scribe your article for you.

On a personal front, some of my time has been spent walking at Marks Hall Arboretum, usually two or three times a week and I was pleased to see Barry and Anita Emberson there recently and to be able to stop and chat, socially distanced of course.

We have also been working on our front garden which has been necessary as we have had a new fence put up. However, since neither Dave nor I really enjoy gardening, it has been more of a challenge than a pleasure! But, with the help of our son and daughter-in-law, the garden is beginning to look better, although I hope that it will look even better next year.

Over the last few days, my thoughts have been turning to the people and things that I am so grateful for and, whilst I know that I have written about gratitude before, I think it is an important topic and worth returning to. After all, there are many things we can be grateful for; acknowledging those things on a daily basis helps gratitude become a natural way of thinking and enables us to focus on what we have rather than what we lack.

Clearly, we are all facing much uncertainty in the coming months with the effects of the Covid-19 pandemic still unknown and with the news being full of doom and gloom. But in truth, whilst we might plan for and anticipate our futures, the reality is that it is not really in our complete control - and as SAS Members you will know this only too well. So rather than sinking into worry or anxiety about the future, developing an attitude of grati-

tude helps us become mentally stronger, more optimistic and more resilient. It also makes us more contented and nicer people to be around – socially distanced or otherwise!

I really encourage you to spend a few minutes every day making a mental note of what you really appreciate and are grateful for. To get you going, here is my starter for ten, in no particular order apart from number one:

- Family and friends – those I see often and those who live in a different country or continent
- A comfortable secure home
- Hot and cold clean running water at the turn of a tap
- Soap, shampoo, toothpaste, a toothbrush and towels
- The technology that allows me to see and talk to family and friends as and when I want
- Walking in the countryside and comfortable shoes
- Books to read and learn from
- A comfortable bed with clean bedding
- A washing machine, detergent and an iron
- Cool clothes in the summer and warm, cosy ones in the winter

There are many more to add, but I will leave it there and encourage you to make your own list. Writing it down in a notebook or journal is a great habit to develop. So, just to finish off, here's a quote from J F Kennedy which I like and I hope it resonates with you too.

“Every area of trouble gives out a ray of hope, and the one unchangeable uncertainty is that nothing is certain or unchangeable.” President John F Kennedy, 1917 – 1963

Stay safe and well.

Pam x

News and Views

Success After Stroke - New Administrator



We would like to extend a very warm welcome to Shirley Rarity to the role of SAS Administrator. Shirley and Jan are working closely to ensure a smooth handover at the end of September and she is looking forward to introducing herself to all the members and

volunteers - although of course many of you will know her already since she has been volunteering with Jeannette in physiotherapy. Shirley will take over the

admin@successafterstroke.org.uk email address and her telephone number will be on the compliment slip or email accompanying this News Bulletin.

Jan

Viv's High Five Challenge - A huge thank you to everyone who has taken part, made a donation and sent the challenge to five of their friends and family. Your effort and generosity is hugely appreciated. At the time of writing, the challenge has raised £1,270.92. As the challenge is ongoing we look forward to the total climbing higher yet! If you have any photos of you completing your challenge or would like to let us know what you did, please either email or write in. To get you started, we went away for a long weekend in our motorhome and had something of an unplanned challenge ... I ended up plotting routes out of (more than) five traffic jams, diversions and other types of general mayhem ... and donated a fiver for each one!

Jan

Peter Cornell

28th September 1936 – 8th August 2020



Peter joined Success After Stroke in 2011 after suffering a stroke whilst on holiday in 2010. Peter quickly made an impact, his personality and love of a joke endearing him to members and volunteers alike. In those early days, Peter formed a friendship with George Sturdy and Ken Howell and the three of them sat together at coffee time indulging in plenty of banter, both between themselves and with the group in general!

It is strange how many of us who are involved in SAS find out some sort of prior connection in our lives. Peter and Ken had more in common than being members of SAS as, during one of their many conversations, they realised that they had both done their National Service in Hong Kong. Chris Clark remembers Peter as a truly

lovely man who was interested in others, remembering what they had told him of their lives. She says, "Peter always greeted me with a smile and we'd have a chat whilst he was sitting ready for physio to start, or over coffee. He always asked how I was and he would often ask how my son was getting on. Peter took an interest in his work when he was doing a placement at a farm, he liked that my son was taking on a career working outside and followed his progress with interest, which was very much appreciated.

I also recall when Peter and Ken did a joint presentation about their time in Hong Kong. They had by coincidence both been posted there for their National Service and had worked in the same office, though not at the same time. Peter was quite apprehensive about talking to the group, whether he'd be able to remember what he wanted to tell us, but he was great, talking confidently by the end and entertained us all!

A truly lovely man, and a gentleman. I will miss him."

Ann Brignull remembers that both she and Peter hailed from Braintree and when Peter found this out, he would torment her about being an 'Essex Girl' - all done with a twinkle in his eye! One of Ann's most humorous memories of Peter was of a boat trip on the River Stour. On the return journey, the boat that Peter and Chris were on got stuck in some weeds and began to list rather alarmingly. In the end it had to be towed out of the weeds and home by one of the other boats. Ann was, of course, totally unperturbed whilst watching the spectacle unfold before her and took pictures for posterity – some of which are printed here. She said it was such a lovely day, full of fun and laughter and for her, a wonderful memory of Peter. Ann went on to say that Peter was immensely proud of both his wife, Chris, and his son, Duncan, whom he often talked about and that she feels very lucky to have been a small part in his life.



Viv Bourne has summed up how much we have missed Peter's company in the last year or so as he became too frail to attend SAS meetings,

"Peter was the gentlest, kindest man and very much a part of SAS. Chris, Peter's wife, told me that he absolutely loved coming in and his mornings with his fellow members were the highlight of his week. He had a wonderful sense of humour and enjoyed pulling your leg in a kindly way. SAS was all the better for having him as a member. We will miss him, greatly."

Jan

NB 20 Quiz Answers

General Knowledge quiz

1. Gloucestershire
2. Larry Hagman
3. May
4. Belgium
5. Uranus
6. "Tubular Bells" by Mike Oldfield
7. Sir Henry Cooper
8. Camille Saint-Saens
9. November
10. Lewis Carroll
11. Latvia
12. Memphis
13. Marylebone Cricket Club
14. Margaret Thatcher
15. Lady Gaga
16. Oxygen
17. Evelyn Waugh
18. The MacDonalds
19. Nine
20. Ontario

Anagrams of Silver Screen Actors

1. Tom Cruise
2. Daniel Ratcliffe
3. Clint Eastwood
4. John Travolta
5. Christopher Walken
6. Charlie Chaplin
7. Laurel and Hardy
8. Marlon Brando
9. Halle Berry
10. Nicholas Cage
11. Orlando Bloom
12. Jack Nicholson
13. Humphrey Bogart
14. Winona Ryder
15. Morgan Freeman
16. Ingrid Bergman
17. Lindsay Lohan

- 18. James Stewart
- 19. Kiera Knightley
- 20. Anthony Hopkins
- 21. Grace Kelly
- 22. Bruce Willis
- 23. Emma Watson
- 24. Drew Barrymore
- 25. Harrison Ford

- 13 16 = O in a P
- 14 24 = H in a D
- 15 26 = L in the A
- 16 26 = M in a M
- 17 36 = I in a Y
- 18 50 = S in the USA
- 19 60 = M in an H
- 20 80 = DA the W
- 21 101 = D
- 22 147 = MB in S
- 23 366 = D in a LY
- 24 1760 = Y in a M
- 25 20000 = LU the S

NB 21 Quiz

Can you work out the answers to these ditloids?

- 1 3 = BM
- 2 3 = S to H
- 3 6 = W of H the E
- 4 6 = Z in a M
- 5 10 = Y in a D
- 6 12 = S of the Z
- 7 12 = I in a F
- 8 12 = D of C
- 9 12 = D in a G
- 10 12 = K of the RT
- 11 13 = BD
- 12 13 = C in a S

(Kens Quiz.com)

As this week’s News Bulletin has tipped onto an extra page, there is an additional wordsearch for you to tackle below.

Contact details:
SAS phone number; 07434 931962
Email; admin@successafterstroke.org.uk

Take care, stay safe and well.

Wordsearch

Charles Dickens Characters - Can you find the names of the characters hidden in the puzzle?

J	I	I	O	L	I	V	E	R	T	W	I	S	T
A	P	I	P	G	I	W	I	Z	Z	E	F	R	M
C	R	N	T	I	H	C	T	A	R	C	B	O	B
O	L	S	C	R	O	O	G	E	V	I	C	S	O
B	E	H	T	O	L	P	Z	B	C	I	K	L	O
M	P	E	R	H	Z	E	C	T	T	Y	A	L	B
A	L	T	S	O	T	I	S	W	I	A	K	E	R
R	T	R	I	L	O	Z	Y	B	N	I	L	N	T
L	I	P	T	O	K	W	H	N	Y	C	T	E	I
E	C	V	I	M	B	I	H	T	T	T	C	L	C
Y	O	O	T	W	L	I	H	M	I	W	I	T	C
E	B	O	W	E	R	K	I	I	M	T	I	T	O
O	T	F	W	P	I	C	K	W	I	C	K	I	M
A	I	L	T	L	E	T	M	I	L	B	T	L	R

- TINY TIM
- PIP
- PICKWICK
- SCROOGE
- BOB CRATCHIT
- OLIVER TWIST
- LITTLE NELL
- JACOB MARLEY
- MR FEZZIWIG