



**Success After Stroke  
News Bulletin No. 24  
Friday 25th September 2020**



## A MESSAGE FROM JAN



It seems very strange to be writing this note, but I wanted to thank you for your kind emails and cards which have been lovely to receive and brought a lump to my throat. It has been a privilege to get to know you all over the last ten years and SAS has become a huge part of my life, but times change and I feel now is the time to hand over the administration role to a new face. I know you will welcome Shirley and give her the encouragement you have been kind enough to show me, and I am equally sure that she will feel the same dedication to SAS members and volunteers that I have done (and will continue to do).

I can't put into words how much I will miss you and how much you have taught me, so thank you! Keep safe and well all of you and, once we are able to meet in person again, I will be in to say 'hello'.

With love,  
Jan xxx

### **A note from Pam, SAS Well-being Therapist**

This is the second in the series of articles on ageing well and maybe it would be helpful to distinguish what I mean from living to a great age from being happy and healthy as we age. This quote from Abraham Lincoln highlights what I mean: "In the end, it's not the years in your life that

count. It's the life in your years." So this article is about what we can do to help ourselves be emotionally stable and resilient.

One of the ways we can help ourselves is by developing a positive attitude, which I fully accept is much easier on some days than others. Certainly, this time of Covid-19 has challenged even the most positive people to stay upbeat!

But there is scientific evidence to prove that older people with a positive outlook on ageing well live, on average, 7½ years longer than those with a negative outlook on life. Research also shows us that optimists have a reduced risk of many serious illnesses including heart disease and cancer. Of course, as you all know well, there is no guarantee that we will not get these or other serious illnesses, but by being positive we give ourselves the best chance of recovering and staying healthy. Having a positive outlook on life also really helps us when life throws unexpected challenges our way.

However, while many of us believe that we cannot change the state of mind we wake up in, this really doesn't have to be true - unless you choose for it to be so! If you wake up feeling low, in a bad mood or bad-tempered then just take a few moments to really notice how you are feeling and then simply acknowledge that feeling and be kind to yourself. Take some time to consciously think about happier times or talk to a friend or family member or think about and make a list of what you are grateful for and see if that lifts your frame of mind. Then actively choose to do something that you know lifts your spirits.

Notice too how often you use negative self-talk,

e.g. “I’m no good at that”, “I can’t do the things I used to do when I was younger” etc. etc. While these statements may well be true for you, repeatedly telling them to yourself really doesn’t solve or change anything and just reinforces the negativity. It is part of being a human that we all have hardships and seemingly insurmountable challenges to face. No-one gets away with a perfect life and, dare I suggest it, life would be pretty boring if we did have perfect lives!

Another way we can stay healthy mentally and physically is by not believing all you read! There are so many opportunities to find out what is going locally, regionally and in the world at large from daily newspapers and the TV news, not to mention online media outlets. Sometimes the ‘news’ that you see conflicts with the ‘news’ from other sources and so it becomes difficult to know what and who to believe. While I don’t believe that becoming an ardent conspiracy theorist is necessarily the way to go – and that statement is just my belief - my suggestion is that you maintain a healthy curiosity about what you read and see on TV or online and question it especially if it doesn’t seem accurate. This simple act helps to keep the brain cells active and that in turn helps with the maintaining a healthy attitude to life and so supports a healthy ageing process.

Of course, if feeling down or depressed is a frequent occurrence for you then please speak to your GP. Alternatively, give me a call and we can chat about the way through this difficult period for you. No-one, especially as you are part of our SAS family, needs to deal with these challenges alone.

Finally some food for thought comes from this quote from Victor Frankl (1905- 1997) who was a psychiatrist and a WW2 concentration camp survivor: “Everything can be taken from a man but one thing, the last of human freedoms – to choose one’s attitude in any given circumstances, to choose one’s own way.”

Stay well and safe.

Pam



## A Thank you note

**You may remember the article that Pam wrote in NB 22, referring to The Honeywood Oak.**

**Pam received an e mail from the Author Dr James Canton and thought it would be lovely to pass it on here.**

Dear Pam,

I have been passed your newsletter by my friend Betty Greenaway. Thank you so much for your kind words about The Oak Papers – very sweet to read and to learn of your time with the wondrous Honeywood Oak. Your summary of the book is perfect, too!

I wonder if you might want to offer a personalised dedication service in a future newsletter – I’d be happy to write in any copies of the book as requested. It might be something your members, volunteers and patients at Success After Stroke would be interested in.

Anyhow, my gratitude indeed and I am very glad you enjoyed the book.

Very best,

James x

*The Oak Papers* due out with Canongate on 30 July 2020  
BBC Radio 4 Book of the Week: 3<sup>rd</sup>-7<sup>th</sup> August 2020  
<https://www.bbc.co.uk/sounds/play/m000ldft>

MA Wild Writing: Literature, Landscape and the Environment:  
<https://www.essex.ac.uk/courses/pg00845/1/ma-wild-writing-literature-landscape-and-the-environment>

## **A message from SJ - Mrs Gill Buckle**

I was very sad to hear about Mrs Buckle, always affectionately known as Mrs B. She had been a member with SAS for 4 years and will be remembered fondly for her arrival time, just in time for coffee and biscuits. ( anything to avoid physio!).

However, more importantly, we remember her extremely kind and generous hospitality at Nedging Hall where we enjoyed many an event. From wandering round her beautiful garden, the host of golden daffodils springs to mind, to enjoying several BBQs, alongside the many gorgeous cakes and tea by the enormous fire in her lovely barn.

Her attendance dwindled at the early part of this year as her health deteriorated and then lock down added its complications.

We will miss her involvement in our quiz and bingo sessions with her sparky sense of humour.

## **A message from Viv**

Dear All,

Happy days.....or not as the case may be!

I wonder if you are all feeling like us? Rather unsettled and really not knowing what is in store for us all.

We have been lucky with the summer and the beginning of the Autumn. The weather has spoilt us and we have been able to be in the garden - those of us who are lucky enough to have gardens. I am not sure any of us are particularly looking forward to winter.

We still haven't been to Ireland which we have missed dreadfully but we do all have to be sensible.

I don't think that we will be returning to The Stevenson Centre in the near future. None of The Stroke Association groups have reconvened and as we insure through them we must obviously take our lead from them.

We are trying to think if there are better ways for us to support you all. Phone calls are all very well but would a one to one face to face be better. We need your help and input about what you think SAS can do to give you all- our members- a lift.

Jeannette is wonderful with her zoom as are Chris and Clare and now we have Shirley's Bulletin to look forward to .

Life is a bummer but we MUST K.B.O.

We must all keep in touch with each other and alert others if anyone is struggling. Pam and Fran have been wonderful where everyone's welfare is concerned but we could all take a small leaf out of their books. Hopefully very soon SJ will no longer be furloughed so she too will be back supporting you all.

I will end as I started,

Dear All, thinking of you all and sending very much love, Viv x

PS. I had a phone call this morning from Viv Hatfield. She was keen for you all to know she is ok but has had a heart attack. She was taken straight to Papworth and had a stent fitted so everything is now working well. She says Papworth is amazing, she has her own room but the food is pretty grim and of course, there is no wine! Just thought you would all like to know. x



## NB 23 Quiz Answers

### Measure for measure

1	12 inches	1 FOOT
2	112 pounds	1 HUNDREDWEIGHT
3	5 fluid ounces	1 GILL
4	4 inches	1 HAND
5	6 feet	1 FATHOM
6	8 gallons	1 BUSHEL
7	10 cables	1 NAUTICAL MILE
8	3 miles	1 LEAGUE
9	8 pints	1 GALLON
10	16 ounces	1 POUND
11	120 acres	1 HIDE
12	22 yards	1 CHAIN
13	16 drams	1 OUNCE
14	2 gallons	1 PECK
15	3 feet	1 YARD
16	2240 pounds	1 TON
17	20 fluid ounces	1 PINT
18	5½ yards	1 ROD, POLE or PERCH
19	9 gallons	1 FIRKIN
20	14 pounds	1 STONE
21	2 pints	1 QUART
22	1210 square yds	1 ACRE
23	5280 feet	1 MILE
24	0.05 ounce	1 PENNYWEIGHT
25	640 acres	1 SQUARE MILE

## NB 24 Quiz

A "PAR" ROUND Can you name the 'par' words from the given definitions?

- 1 A mother or father. (6)
- 2 Early release of a prisoner. (6)
- 3 A plump game bird native to Europe and Africa. (9)
- 4 Very drunk with alcohol. (9)
- 5 An old-fashioned living room. (7)
- 6 Experiencing intense anxiety. (8)
- 7 A representative body having supreme legislative powers in a country. (10)
- 8 An alkane called kerosene in USA. (8)
- 9 A member of the clergy. (6)
- 10 A hooded outer garment originating from the Inuit people. (5)
- 11 A set of brackets or the information within them. (11)
- 12 A short story that uses familiar events to illustrate an ethical point. (7)
- 13 An Italian hard dry cheese. (8)
- 14 Of chief concern or importance. (9)
- 15 To become very dry. (5)

- 16 A unit of length equal to 3.26 light years. (6)
- 17 Human conception without fertilisation by a male, Virgin birth. (15)
- 18 A group of sentences that supports one unified idea. (9)
- 19 Being an equal distance apart everywhere. (8)
- 20 A state of delight or happiness. (8)
- 21 Biased in support of a party, group or cause. (8)
- 22 A statement that seems to contradict itself but which may be true. (7)
- 23 A model of excellence or perfection of a kind. (7)
- 24 To analyse or separate into easily processed units. (5)
- 25 A small umbrella carried as protection from the Sun. (7)

With thanks to [www.kensquiz.co.uk](http://www.kensquiz.co.uk)

### Contact details:

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**Take care, stay safe and well.**