



Success After Stroke News Bulletin No 25 Friday 2nd 2020



Hello Everyone,

Well, it's been a busy week behind the scenes for the team at SAS (sustained by the above photo!) with numerous Zoom meetings, phone calls and e mails, as we all share our thoughts and ideas on how we can best stay in touch with you during this time of uncertainty and change.

There is no doubt that these are challenging times but the SAS "can do" attitude prevails and over the coming months, we will endeavour to share these ideas with you.

Please do continue to send me your articles, ideas and thoughts as they sit at the heart of these bulletins and make us all feel as we are in touch with each other.

As always, stay safe and well.

Shirley x

Isle of Wight



A few weeks ago Pam asked if anyone had been on a holiday that they would like to talk about. My husband Henry and I have recently spent ten days in a cottage in the south of the Isle of Wight, so I thought I would say a little bit about the island. It is relatively small, only 23 miles from east to west and 14 miles from north to south, which means that if you are staying roughly in the middle, which we were, it takes about $\frac{3}{4}$ hour to drive to the edge in any direction. As I like driving and exploring, we covered a lot of the island in our 10 days.

The island is well known for Osborne House, the much loved summer residence and final home of Queen Victoria designed by Prince Albert in an Italianate style, overlooking the Solent towards the English mainland. Queen Victoria even had

her own bathing machine, on wheels, where she changed into her swimming costume and was then gently rolled into the sea!

As well as being known for its sometimes dramatic coastline and beaches, the Isle of Wight is also popular for walking on the gently rolling hills of the Downs. A lot of it is National Trust land. The Needles, off the south west coast is a row of three stacks of chalk rising out of the sea. Frustratingly, they can only be seen by climbing up a steep path from the bay for $\frac{3}{4}$ mile or by taking an infrequent bus up from the bay. The walk was not possible for us, as I am not that fit and Henry is well into his 80's, so we would not have wanted to bring on a heart attack! However, during our holiday we did manage a few less strenuous walks on more level ground including on downland, at a seaside promenade at Ryde and at the only national nature reserve on the island at Newtown. We also visited the Roman Villa at Brading, which, to quote from its website, is situated overlooking Sandown Bay and is one of the finest Roman sites in the UK. It has some well preserved mosaic floors, including scenes from the four seasons of the year.

All in all, I would recommend the Isle of Wight for a relaxing holiday. There are attractions for all ages, not just the older tourist, and if you are lucky enough to have fine weather every day, as we were, so much the better!

Georgina (Physio helper)



A note from Pam, SAS Well-being Therapist

I am writing this at the end of September and with the recent cold weather and change in sea-

sons from Summer to Autumn and then the gloomy news as far as the pandemic is concerned, it is quite understandable if you are feeling in low spirits.

But as members of SAS you have all come through so much and with such courage, that this latest setback is just that – a setback – and before long the sun will be shining and the autumn leaves will be bright and colourful helping us all to lift our moods. So now is the time to actively think about the future with more optimism, remembering what is good about our lives.

One of the ways to help you think about and remember the positive aspects of your life is to keep a daily journal. You don't need to use a fancy notebook or pen, although these are nice to use if you have them, but a simple notebook and biro or pencil will be enough and are easily obtained if you don't already have them.

Writing on a blank sheet of paper can be quite daunting so start at the top of the first page with the day and date. You will find this helpful as you look back at the journal once you have filled in more pages.

Now simply write down just one thing that has been good about the day. An example might be that the sun has shone or you have had a phone call from a friend or you have seen something on the TV that has made you laugh. I'm sure once you get started then you will find more than one thing to write down, but if you can only think of one then that is absolutely fine. The journal is just for your benefit and so it is entirely your choice what you put down.

Try writing in your journal for a minimum of 21 consecutive days which is allegedly the amount of time it takes to develop a new habit and if you manage 21 days then I am sure you will want to continue.

Then take some time to notice how thinking about pleasant things or pleasing experiences lifts your frame of mind and your spirits. It keeps you thinking about the present and helps stop you worrying about the future, over which of course we have very little, if any, control.

Of course, once you get into the habit of journaling, you might like to expand your writing into something longer and more insightful. Or, if you have the gift of drawing (or even if you don't) you might like to draw a picture to go along with your words – or even instead of your words.

If drawing isn't one of your strong suits, then how

about cutting out pictures that appeal to you from magazines? Or maybe if you have computer skills then you could create an online scrapbook and even post it on Instagram or create your own blog!

It really doesn't matter how you choose to record some of the aspects of your life that please you because you don't have to share it with anyone else. As they say in those well-known spy films, "It's for your eyes only"!

But if journaling doesn't appeal to you then simply think about what hobby or craft you enjoy doing and do it!

As always, if you would like to share what you are doing with everyone via this News Bulletin, then we would love to hear from you. And as we have said before, if writing something down for others to read is too daunting a prospect, then just give either myself or Shirley a call and we can arrange for your thoughts and words to be scribed for you if you would like.

Stay safe and well.

Pam x

A message from David and Marjorie Clapp.



Dear SAS,
Next year it will be 20 years since SAS was created by Anesta. After Ken's stroke, Anesta found a lack of support for stroke survivors. Unfortunately, it was the year I had my stroke and very early on I became a member of the group. Anesta's vision and legacy continue and I am sure it will move forwards into the future with the help of so many caring people.

Margaret and I are moving to Portsmouth very shortly but will always have a soft spot in our hearts for you all and wish you all best for the future.

David Clapp

High Five Challenge update.

As you all know, The High Five Challenge has proved rather popular and given rise to many inventive ways to raise funds for our organisation. Thanks to generous contributions, the amount raised so far stands at £1,300 so well done and thank you all!

Sylvia Bunt is one such person who has kindly contributed and tells us how she has done so.

“When Viv’s suggestion of the “ High Five” Challenge appeared in a Bulletin, my daughter, who is more familiar with technology than I am, printed the details for me. She gave me five copies to give to members of the Suffolk Family Carers of our group in Long Melford when we managed to meet in the group Leaders garden for coffee and cake.

I believe this resulted in some funding for SAS.

The second part of my participation in the challenge was to invite those who knew me to call in and have tea or coffee and a scone in my garden, then choose a cake which I had made and frozen, (from a selection of favourite recipes) and I then put £5 aside to send to the treasurer of SAS. The cakes offered included Lemon Drizzle, Date and Walnut, Carrot Cake, Gingerbread, Chocolate cake, Almond Cake and Fruit Tea Loaf [no fat].

A rather sad note to end on. The freezer with my store of cakes had broken down in the garage last week, which I only discovered minutes before a small garden lunch party of friends from the Friday group arrived, so the next day two gardeners benefited, and were pleased to take home cakes that were still edible!

I have appreciated the lovely people who have visited me throughout the lockdown, and thank them so much.

Sincerely, and with much gratitude for the privilege of joining the exercise classes”.

Sylvia Bunt



A Message from SJ



Hi ALL you lovely people.

We are all constantly thinking of ways to help and support you during this tricky period.

The Zoom PHYSIO and SALT groups are working a treat for those that are online. Having said that, if there are any of you that would like to join the groups but don't know how to or perhaps don't have a tablet, please let us know as Jenny McBride still has four which she can set up for you. Also, if there are any of you that have one and are either not able to use it or simply don't need it anymore, please could you let me know and we can offer it to somebody else.

Pam and Fran are trying to set up a CARERS Zoom chat group, the first meeting which has been scheduled for Tuesday October 6th at 10.30am. They haven't had a huge response as yet so please try and support it.

The 2 exercise bikes which are usually available in the Physio room at the Stevenson centre are now available for loan for an 8 week period. They are currently in use but if there are any of you that would like to have one next time, PLEASE let me know and I can collect and deliver to you.....November 11th approximately.

(it will effectively work on a first come first served basis).

Whilst we are unable to return to the Stevenson Centre at the moment, we are still very much here to help, support and chat so if there are any of you that might have any ideas on how we can best do this, please don't hesitate to let us know. Much love to you all and please keep well.

SJ x

NB Quiz Answers NB 24

- 1 PARENT
- 2 PAROLE
- 3 PARTRIDGE
- 4 PARALYTIC
- 5 PARLOUR
- 6 PARANOID
- 7 PARLIAMENT
- 8 PARAFFIN
- 9 PARSON
- 10 PARKA
- 11 PARENTHESIS
- 12 PARABLE
- 13 PARMESAN
- 14 PARAMOUNT
- 15 PARCH
- 16 PARSEC
- 17 PARTHENOGENESIS
- 18 PARAGRAPH
- 19 PARALLEL
- 20 PARADISE
- 21 PARTISAN
- 22 PARADOX
- 23 PARAGON
- 24 PARSE
- 25 PARASOL

NB Quiz Cheese and Wine



- 1 .What is the science and study of wine and wine-making known as?
- 2 .Which cheese in 1925 became the first to be granted "Appellation D'Origine" status?
3. The sweet Hungarian grape known as Furmint is used primarily to produce which wine?
4. What is the World's most consumed cheese?
5. From what is the Japanese wine, Sake made?
6. What is a Turophile?

7. Which French wine shares it's name with a TV detective that was played by John Nettles?

8. Which cheese did Samuel Pepys allegedly bury in his garden during the Great Fire of London?

9. From which country does the sparkling wine Cava originate?

10. In which country was the children's favourite cheese BabyBel invented?

11. What do the words "Demi-Sec" on a French wine label indicate?

12 .In which country is Jarlsberg cheese made?

13. In which month is each year's Beaujolais Nouveau released?

14. In what is the cheese Stinking Bishop washed every four weeks during it's maturation?

15. On which Mediterranean island did the wine Marsala originate?

16. Which country do you associate the cheese dish Fondue?

17. What is the name of the Greek wine flavoured with pine resin?

18. In which country are the wines "Hawkes Bay" and "Marlborough" produced?

19. Which cheese is traditionally consumed with a glass of port?

20. Who is the Greek God of wine?

Contact details:

SAS phone number; 07434 931962

Email; admin@successafterstroke.org.uk

Take care, stay safe and well.