



**Success After Stroke
News Bulletin No 30
Thursday December 10th**



Hello everyone,

Well, we have certainly had a taste of Winter this past week! Whilst making for some beautiful photos I forgot just how cold and wet snow can be, having spent 15 years celebrating the festive season in balmy New Zealand. But, despite the bone chilling wind (and slush!), it has been lovely walking the length of Long Melford Hall St, admiring the Christmas lights in shop displays, on buildings, in trees and of course, in residential properties.... very uplifting and heart warming.

Keep warm, safe and well.

Shirley

Exbury Gardens, Hampshire

Back in September, we spent a few days camping in the New Forest in Hampshire. Most of the sites were closed because of COVID-19 but, as members of the Caravan and Motor Home Club, our site had remained open. Black Knowl is set in the heart of the Forest on the edge of the village of Brockenhurst, we strolled out of the gate every morning to be greeted by the free-ranging ponies and cattle and being completely used to both two and four legged visitors, they seemed completely oblivious to our presence.

We had several glorious walks through the forest but one of the highlights of our trip was a visit to the beautiful Exbury Gardens, a partner garden of the RHS. Arriving on a bright, warm sunny day we had no idea of the delights in store, with paths leading you through from one picturesque area to the next – one minute you are in a shaded, closed environment and turning a corner, a generous view opens up.

Work on the 200 or so acres of gardens was begun over a hundred years ago by Lionel de Rothschild because of his passion for Rhododendrons and Azaleas. He was an avid collector and breeder, testimonials on Trip Advisor say that the garden is alive with colour in the Spring (note to self ... when the current mess we are in has subsided - and it will, of course - a return trip in May or June is a must for me). The gardens are still being developed by Lionel de Rothschild's descendants and as all gardeners know, a garden is a living, breathing being and always a 'work in progress'. I guess that is the attraction!

Back to our visit, we commenced our walk through the many different 'rooms' of the garden and meandered our way through woodland and past ponds as well as little gurgling streams and saw some magnificent tree specimens along the way, including a huge redwood tree which is awe inspiring. Many of the trees are two or three hundred years old (if not older), Exbury being an established estate before its purchase by Lionel de Rothschild in 1919. Exbury is now home to the national collection of Nyssa trees and whilst we only managed to catch a glimpse of their forthcoming glory, early September being too soon to see their full Autumn impact, we had some idea of how they must look (note to self ... see above and substitute 'October' for 'May/June'!). We sat by a pond for our picnic lunch watching the carp jump for flies before re-starting our exploration along the 'Hydrangea Walk'.

After wandering through several areas, the view suddenly opened up to the sight of Exbury House itself with The River Beaulieu in the distance beyond

Walking down through a narrow tree-lined pathway, we came across another small pond where we stopped for a couple of minutes. Suddenly, a large carp leapt from the water quite close to us and our dog, Cosmo, quite literally jumped off all four paws at the same time. I'm not sure that a dog can feel embarrassed but he certainly looked it when we, and some other people there, burst out laughing. Our walk continued with us in a lighthearted frame of mind and we soon entered a clearing with stunning views out across the marshes to the River Beaulieu. In this peaceful setting we came across The Arromanches Memorial Stone. There is a plaque beside the stone and I have summarised the words it contains.

During World War II, Exbury House was requisitioned by The Admiralty as a 'stone frigate', The HMS Mastodon, and it provided an important role in both the planning for the D Day landings in 1944 and the preparation and support of the soldiers who would be fighting. The soldiers were destined for the town of Arromanches, lying behind the Gold beaches. Arromanches was heavily shelled and for many of the soldiers, Exbury, the River Beaulieu and the Solent would have been their last sight of home. It was sobering to read the plaque on a tranquil, sunny day, with only the sound of a few other visitors, most of whom seemed as overwhelmed as us by the thoughts of all those young soldiers and what they were going to. The stone itself was the original memorial in Arromanches and was brought to Exbury when it was replaced there by a larger, permanent memorial.

We walked back through the woods in a somewhat reflective frame of mind but our spirits lifted again as we came out into the sunlight and wandered around the magnificent herbaceous border beside Exbury House. Always looking for ideas for our own garden, we are in the process of replanting a very small area at home based on some of the planting ideas we saw!

Sadly our visit to this glorious place was over far too quickly but we plan to return (at least twice!).

Jan Williamson



Hyperboles It is literally the best thing ever!

Following on from Paraprosdokians and Oxymorons, this time it is the turn of **Hyperboles** .

Hyperbole (pronounced hai-puh-buh-lee) is taken from the Greek word meaning “excess” and is a figure of speech that uses extreme exaggeration to make a point of emphasis. It is the opposite of understatement. You can find examples of hyperbole in literature and everyday speech. You wouldn’t want to use it in nonfiction works, like reports or research papers, but it’s perfect for creative writing and communication, especially when you want to add colour to a character or humour to a story (fishermen take note!).

Hyperboles are not comparisons (like similes and metaphors), but extravagant and even ridiculous overstatements, not meant to be taken literally.

Some examples of hyperboles are:

I’m so hungry I could eat a horse.

He has got tons of money. (basically a truckload!).

You could have knocked me over with a feather.

They have a brain the size of a pea.

They ran like greased lightening.

The car went faster than the speed of light.

You could hear a pin drop a mile away.

My teacher is older than the hills.

It’s raining cats and dogs

Some more amusing examples are:

I drank my bodyweight in wine!

This humidity is more oppressive than dictatorship.

I used to walk to school 40 miles uphill..... both ways.

He’s so dumb, he thinks Taco bell is a Mexican phone company.

That beef is so undercooked that it’s eating the salad!

I got my maths test back and it was covered in blood.

You made me laugh so hard, tears ran down my leg.

That joke is so old that there were dinosaurs around the last time someone told it.

Show me a pig that can fly, and I’ll show you a person who doesn’t lie!

This movie sucks harder than an industrial vacuum.

He’s so dumb he could throw himself on the ground and miss.

I’m so poor I can’t afford to pay attention.

And finally **I would tell you the joke about Hyperboles but I’m sure you have already heard it a million times!**



Malva Pudding.

This is proper comfort food perfect for a cold winters day, a family favourite in the Clark Household! Could be an alternative to Christmas pudding for those not fond of dried fruit? Cointreau makes it a bit special and even more delicious, but it's pretty straightforward and doesn't take long to make!

This is a **Galton Blackiston** recipe, I hope he doesn't mind me sharing it! He's a Norfolk chef who runs the Michelin starred Morston Hall on the north Norfolk coast. I haven't been there myself yet....the closest I've come is camping in the field across the road...but one day!

Chris Clark (Speech & Language Therapist).

Serves 8

Ingredients

2 eggs
450g (1lb) caster sugar
2 tbsp apricot jam
2 tsp bicarbonate of soda
Pinch of salt
425ml (3/4 pint) milk
225g (8oz) plain flour, sifted
2 tbsp melted butter
2 tsp vinegar

For the sauce

175ml (6fl oz) double cream
110g (4oz) butter
175g (6oz) caster sugar
150ml (1/4 pint) Cointreau



A buttered Pyrex dish approx 30 x 20 x 7.5cm
(12 x 8 x 3 inches)

Pre-heat oven to 180C/350F/Gas 4

Beat together eggs and sugar until light and fluffy

Add apricot jam and beat until it's mixed in

Beat in the bicarbonate of soda, salt, milk and flour

Add the melted butter and vinegar and mix well

Pour into the dish and bake in a pre-heated oven for approximately 1.5 hours, until it looks like a sponge (You may need to cover with foil to stop it getting too dark .

To make the sauce

Warm all the ingredients in a saucepan on a low heat, until everything has melted/dissolved

Pour the hot sauce over the top of the pudding and wait for a few minutes to soak in before serving. We like it with cream or vanilla ice cream .

NOTICEBOARD

Interact stroke support

"I am writing to you as I have it on record that Sudbury Stroke Club has previously engaged with **InterAct Stroke Support**.

As we find ourselves in a second lockdown and with such an extended period of restrictions affecting so many, I wanted to contact you regarding the work we are doing to support stroke recovery.

Our new project InterAct at Home connects our actors with individuals or groups through phone and video call.

- We offer engaging readings and stimulating conversation in our one-on-one video or phone call service.

- In our group sessions we want to support the work you are doing with your club, this might include but is not limited to: readings, jokes, poetry, quizzes, picture rounds and memory stimulating games. Once you are connected with an actor you can discuss what you are looking for in the session!

At present this service is totally free of charge.

Has your club been able to host meetings in some capacity during this time? Is this service of interest to your club - as a group or for individuals?

Please do get in touch with any questions regarding this and I will be more than happy to help. Alternatively, if my email were better directed to someone else please do let me know.

Very best wishes"

Esme Bayley

Stroke Club Coordinator

Contact Tel: 07800826424

InterAct Stroke Support

Office Tel: 020 7931 6458

www.interactstrokesupport.org

Possible Book Group Reminder

We thought it would be a good idea if we could organise some kind of virtual book club. Obviously this could not be done in the usual way of ordering books from the library and then discussing them as we can't all get to the library even if we belong to one. One possibility is to buy a book once a month or every couple of months, but this again could be problematic. However, I would be most grateful if you could let us know if you would be interested in joining a book club and if you had any suggestions on how this could be efficiently organised. I hasten to add that there would be nothing highbrow like Bertholt Brecht or Ibsen neither would it be too lowbrow e.g. Mills and Boon type. We

look forward to hearing your suggestions via Admin and if enough people are interested we will take it further. Best wishes to everyone and stay safe

Viv Hatfield

Accidental donation errors

There have, over the years, been several occasions when someone has intended to donate to SAS and have mistakenly sent the funds to The Stroke Association.

We have just had a couple of recent cases which is so disappointing, especially at this peculiar time when funds are tight. What is equally worrying is that the donor does not realise what they have done and that we haven't received the funds, so they must wonder why they did not get any thanks from us. This is not good for our name.

We are so very grateful to receive any donations so to miss out is MEGA disappointing!

Please can we try to ensure that any donation intended for SAS is sent to the correct organisation. Thank you so much.

All the best.

Viv Bourne.

Zoom reminders

JEANNETTES EXERCISE CLASSES:

Tuesday: 9.30—10am Question time followed by the **formal exercise class at 10—11am** .

(**NB.** Use the existing Tues invite to enter Zoom at any time 9.30—11am).

Friday : 9.30—10.30am

Speech & Language:

Fridays from 10.30am for approximately an hour.

PLEASE NOTE THE FINAL DAY FOR ALL ZOOM CLASSES IS :

FRIDAY DECEMBER 18th.

**ZOOM CLASSES WILL RECOMMENCE ON:
TUESDAY JANUARY 5th 2021.**



Christmas messages



Hello everyone

Just a small note from me to all of you. I hope you are all well and I can't wait to see you all again.

Nobody seems to know what is happening at Xmas but I hope we all have a better year next year.

Mazz sends her love to you all.

Happy New Year everybody.

Love from Sue (Sanderson). XX



Happy Christmas to all at SAS.

The last few months have been a testing time for all concerned but, as always, knowing the incredible care and help we have had from SAS in the past is there.

There was Richard, SJ ,Viv and Geoffrey and the rest of the team, like brilliant beacons, shedding light in these dismal times, organising SAS members to telephone other members, reassuring them, lifting spirits and just being there .

Trevor and I cannot thank you enough.

Friends are like stars you don't always see them, but you know they are there.

This is true of SAS thank you one and all.

Val Green

Diane has asked me to request a Christmas greetings message from her to the rest of "Fiona's Follies" (Fiona, Judy and Sue)..... a tribute act, a bit like The Supremes?

Message is :

Wishing you all and your families a Merry Christmas.

Missing you and all at SAS and hope we meet again soon.

Love Diane (Sears). xx



Dearest Volunteers and Therapists,

I am intending on sending the members a card...intent is such a good thing!

Anyhow I know I will not get round to writing to all of you. You are no less important but....!

Have a very Happy Christmas, I hope with family, and let's pray that 2021 will bring a vaccine and the return to normality. Thank you for all the care you have given our members and the support to all at SAS.

KEEP SAFE, recharge the batteries and a very Happy Festive period to you all,

With much love Geoffrey and Viv xx.

(Trustees)



Henry and Sheelagh wish you all a very Merry Christmas and hope we can all be together again soon xx. 🎄 🎄

To all members of SAS....I hope you all have a very Happy and peaceful Christmas, and hopefully can be with some family.

See you all next year !?

Lots of love Barbara xx.

(Trustee)



"To everyone at SAS, the most wonderful of organisations, I wish you a very Happy Christmas and virus free New Year. I hope we all get to meet up before too long, I have so missed you all".

Christine (Stibbe).



David and Maureen would like to wish all members of SAS, carers, and all other helpers a very Happy Christmas and thank them all for their continued support throughout these very trying times and for all the phone calls that cheered us up no end .

Thank you for always being there for David and I, it's been much appreciated.

Lots of love to you all.

Have a very Merry Christmas and a Happy New Year, looking forward to seeing all our friends in the New Year xxx.

David and Maureen (Bullock)



"Best wishes for a very Merry Christmas to all and your families. We hope this finds you safe and well. Here's to a better New Year and to seeing you all again in person in 2021".

Bob and Fran (Williams)



Angela and Jacques wish the best of Seasons Greetings to all members and carers, their families, relatives and friends.

Have a good one!

All being well we will see you in the New Year for more fun and frolics.

Eventually, we both hope to see you all safely back at the Stevenson centre.



THERE ARE MORE MESSAGES IN THE NEXT NEWS BULLETIN DUE OUT ON THE 23RD SO PLEASE DON'T WORRY IF YOUR MESSAGE IS NOT IN THIS EDITION.

PLEASE KEEP SENDING ME YOUR MESSAGES TO PRINT.... REST ASSURED THEY WILL ALL BE PUBLISHED !

For any enquiries or further information, please don't hesitate to get in contact.

Contact details are:

E Mail : info@successafterstroke.org.uk

Website : www.successafterstroke.org.uk

Facebook : Success After Stroke Registered Charity no 1115016

Sarahjane Lewis (Manager) either through the e mail address or phone : 07434931962.

Shirley Rarity (Administrator) e mail : admin@successafterstroke.org.uk.