



**Success After Stroke
News Bulletin no 32
Thursday January 7th 2021**

Hello everyone,

Welcome back and **Happy New Year** to you all! I hope you all had an enjoyable Christmas and are now looking ahead to better times in 2021.

This bulletin is somewhat slimmer than usual as we have all been on a break over the festive period but, Pam has written us her usual thought provoking and uplifting article which I'm sure you will all enjoy reading.

Often January and February are somewhat 'flat' after the busy lead up to Christmas so the aim of this bulletin is to hopefully provide some light relief and reading, whilst of course keeping us all in touch with each other.

Please feel free to send me anything you feel will be of interest.... Photos, articles, recipes, reading suggestions, anything at all! The noticeboard will continue to keep you informed of all Zoom meetings, updates, useful information, etc.

Meanwhile, do take care and continue to keep safe and warm.

Here's to 2021 and looking forwards to brighter, better times again.

Shirley x



SAS INTRODUCTIONS

As I received such a positive response to the articles about SAS members, volunteers and staff in the combined Autumn Newsletter/Bulletin, I will recommence them in the next bulletin.

They only require a couple of paragraphs (or more if you wish), just to let us know a little about yourself.... for example, your place of birth, occupation, hobbies, etc and when you joined SAS. I will contact you via e mail/phone and am very happy to scribe for anyone if necessary. Alternatively, please feel free to drop me line. (photos also welcome!).

Thank you and I look forward to hearing from you.

Shirley.

A note from Pam, SAS Well-being Therapist

Happy New Year 2021

Firstly, may I wish you all a very Happy New Year and a happy and healthy 2021!

New Year is traditionally a time for making resolutions for the coming year and, in doing so, looking back at the previous year's events, and maybe thinking about the resolutions that we didn't manage to keep! Well, no doubt 2020 is a year that none of us will forget in a hurry and certainly not the kind of year we were expecting, much less hoping for!

But before looking forward to 2021 and wondering what it might bring, I thought it would be worth thinking about the year just ended and, despite the world-wide pandemic, thinking about what happened to us as individuals that was actually good. Of course, it has been a difficult time for everyone not least you, our SAS members, with not being able to meet twice a week or join in the Art classes which I know so many of you enjoy.

But there have doubtless been some small things that have given you some comfort and even joy. So, thinking about those, I have made a start on my own list (in no particular order) perhaps to give you some food for thought and start you thinking about your list:

This, the SAS News Bulletin, that Jan Williamson started and now Shirley Rarity continues, both so brilliantly and expertly keeping us all in touch.

Standing outside on a Thursday evening to clap and show our appreciation of the NHS during the first lockdown.

Having the technology that allows video calls and which allows the excellent Zoom classes that Jeannette and Chris & Clare have held week in and out.

The kindness of neighbours and having a local farm provide weekly deliveries of fresh fruit, vegetables, and meat to our village.

Having the opportunity to write articles for the News Bulletin which I thoroughly enjoy doing.

Being able to walk in the countryside and beautiful places like the Marks Hall Estate.

Of course, I could go on and on! But perhaps you could spend a little time reflecting on what good has come out of an extremely difficult year.

Then, looking forward to 2021 – with hope - and wondering what that will bring. Of course, the roll-out of the vaccine is hopefully going to change things dramatically as more and more people receive it. But there are some other events that will happen, come what may. Here are a few examples:

We, at SAS will continue to support you and stay in touch in the best way we can.

Spring will come and with it all the Spring flowers will flourish and bloom. You may already have seen some Crocuses, Snowdrops and Daffodils starting to shoot up in gardens.

The weather will get milder and we will be able to sit and walk outside and enjoy the fresh air.

People will be able to spend more time with friends and family and maybe appreciate them even more.

Grandparents will be able to hug their grandchildren again. (I cannot wait for this one!)

We, the SAS Family, will be able to meet again at the Stevenson Centre - eventually!

So now over to you to make your own list of things and events that will definitely happen this year, 2021, so that you start the year with hope! When you consider all that the human race has survived, particularly in the last century or so, we will doubtless come through this difficult time.

Stay safe and well. Pam. x

Some positives from 2020 (yes, there were some!)



Captain Sir Tom Moore raised **£38.9 m** for the NHS Charities Together and won the nation's hearts.

Due to movement restrictions and a significant slowdown of social and economic activities, air quality improved in many cities and human dominated areas became free for wildlife movement.

Africa was declared free of wild polio after 4 years without a reported case.

Restaurants shared their secret recipes so we could make them at home.

Birthdays became less about presents and more about creative ways to connect with loved ones.

Drive in cinemas made a comeback.

Musicians used social media to give us personal concerts at home.

Joe Wicks devoted his time to keeping the nation's youngsters fit throughout the lockdown with virtual PE lessons.

We actually had the time to bake/read/cook/exercise.

Careers were reassessed and horizons broadened as many companies collectively realised the viability of remote working.



New Year's resolutions

The first New Year's resolutions date back over 4,000 years ago to Ancient Babylon when they are said to have started the tradition during Akitu, a 12-day New Year celebration. During Akitu, the Babylonians would plant crops, crown a new king or pledge loyalty to an existing one, and make promises to the gods to pay their debts and return any borrowed items. They believed that if they kept their word, the gods would look favourably upon them for the year ahead. (if they broke their promise then they would fall on the bad side of the gods).

The tradition continued in Ancient Rome when Julius Caesar introduced a new calendar which declared January 1st as the start of the new year. This new date honoured Janus, a two- faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of good behaviour for the year ahead. New Year's resolutions were also made in the Middle Ages when knights would renew their vow of chivalry by placing their hands on a live or roasted peacock. The annual 'Peacock Vow' would take place at the end of the year, as a resolution to maintain their knighthood values. New Year's resolutions appeared to be common by the 17th century and by 1802, the tradition of making (and failing to keep!) them was common enough to be satirised by the practice.

Why make them?

Modern New Year's resolutions are largely a secular practice with most people making resolutions to themselves, rather than promising the gods. The focus of the tradition is on self- improvement, with people taking time to reflect on their goals. Today's resolutions are often health focussed, driven by over- indulgence during the Christmas period!

Yet, research shows that **80%** of people break their resolutions by the first week of February and only **8%** are successful in achieving their goals at all!

The most common resolutions are:

Eat healthier, exercise more and lose weight.

Save money and pay off debt.

Learn a new skill or hobby.

Watch less TV and read more.

Find a new job and/or volunteer with a charity.

Quit smoking and drink less alcohol.

Travel more.

More 'unusual' resolutions are:

Get your photo taken in five interesting places (??).

Stop licking frozen flagpoles!

Stop buttering doughnuts.

Keep better records throughout the year. That way you can listen to better music while you are figuring your taxes!

Keep an extra safe distance when driving behind police cars!

Never again try to diffuse an explosive device with a known practical joker!

"Dear New Year's resolution... Well, it was fun while it lasted. Sincerely, January 2nd!"



NOTICEBOARD



Members Birthdays in January

We wish the following members who have January birthdays a very Happy Birthday!

Peter Yaxley	16th
Rita Guthrie	20th
Janet Harrington	20th
Peter Young	22nd

Zoom meetings

Just a reminder that the Zoom meetings have all recommenced this week.

They are:

Physiotherapy: with **Jeannette.**

Tuesdays 9.30—10 am Question time followed by **exercise class at 10—11am approx.** Zoom invite will cover both sessions so you can enter/leave as you are able.

Friday 9.30—10.30 am

Speech & Language conversation group : with **Chris Clark and Clare Keohane** (alternating)

Fridays 10.30—11.30 am approx.

Carers Group: with **Pam Lawrence** (Wellbeing therapist)and **Fran Williams.**

DATE /TIME TO BE CONFIRMED

All the Zoom meetings are very informal and the emphasis is on keeping in touch and having a bit of fun along the way!

Do please feel free to contact us if you need any further information about the meetings and/or need any advice in setting up your laptop/ipad/etc..... It really is very easy as long as you have an internet connection. A lot of our members who were very hesitant at the beginning of lockdown have discovered how straightforward it is and are enjoying the benefits of contact with fellow members, staff and volunteers. Give it a try!

Quick message

I apologise for the lateness of this email, but we would like to say a big thank you for the wonderful bag of goodies delivered to Pete for Christmas. For the homemade sweets and biscuits, mini Christmas cake, the painting and the masks. Could you pass on our thanks to all those who made the lovely cake, biscuits and sweets please. And to Jeanette for the lovely panting of the dog. He's looking forward to meeting up with everyone again.

Very best wishes
Brenda Young

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

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