



**Success After Stroke
News Bulletin no 33
Thursday January 21st 2021**

Hello everyone,
Well, I can't believe that we are already into the third week of January... where DOES the time go?! We have certainly had a few blasts of cold weather to blow any cobwebs away but, there is already a slight change in the light levels and so Spring is not too far away.
I'm sure the memories of holidays seem somewhat distant to us all but I think "Armchair Travel" is a great way to experience the different sights the world has to offer, especially at the moment, so please do forward me any notes and photos you have which you feel may be of interest to your fellow members.
Pam sent me the beautiful photo above of Snowdrops which she spotted whilst on her daily walk. Do any of you keen gardeners have a photo too? The flowers in the photo to the right here are my next project.... 'paint by numbers'.... I'm starting with an easy one so wish me luck! Let me know what you are all doing too.
Meanwhile, keep safe, well and warm. Best wishes. **Shirley. x**



SAS Introductions

My African childhood

Barbara Slade – Trustee/ Volunteer



I was born in Kenya and I spent the first two years on my Grandfather's estate in the hills above The Rift Valley (an area known as The White Highlands during WW 2). As my grandfather was away serving in The Royal Navy and my father was in the army, the estate was run by my mother. I was raised by my Ayah (nanny) so I only saw my mother and grandmother at tea and so my Swahili was better than my English! I only saw my father once when he was on leave, and then not until I was two as he was badly injured. (I was apparently named after the nurse who saved his life). I had two brothers who were 18 months and 8 years younger than myself.

When my father returned, we moved from The Rift Valley to Naivisha, on the shores of a huge lake. My mother taught us from an English correspondence course until my brother went to boarding school in England at the age of 8. (he had a luggage label around his neck and was handed to an air hostess!). We had a wonderfully free and outdoor life, riding our ponies and bicycles, and never wore any shoes. We were constantly getting Jiggers (small insects which look like fleas) in our toes, which the African cook would pull out with a needle on the kitchen table! I had a lovely governess called Mademoiselle who taught me up until the age of 12. I also then went to boarding school, but this time in Kenya, and only

saw my brother in the Summer holidays. It was a very solitary time, but I was used to entertaining myself with my pony and bicycle, and I collected wild flowers and butterflies which I pressed. My extensive collection was carefully put into display boxes and a scrap book, until demolished by my 2-year-old brother who climbed onto the high wardrobe! The highlight of our week was going into town to collect the mail as there were no postmen. We had a box number with our own key. Whilst in town I tried to persuade my father to go to the Indian shop and buy me some fabric as I made all my own clothes.

We had very hot days which was why we usually had a rest midday, and very cold nights so always had a log fire going. In the holidays I stayed with friends, one of which lived on a farm with hot springs. We went on riding safaris, making our own night shelters, and cooking food round the campfire. We were safe from animals such as lion and buffalo as they did not tend to attack when we were either on horseback or with a large fire (which a poor Sych (groom) had to keep going all night!). Two of the accompanying adults did carry guns though, just in case. The film Magambo was filmed around the lake and we would walk down every afternoon and watch. I saw the stars Grace Kelly, Clark Gable and Ava Gardener having tea and so my youngest brother (2 at the time), ran over and clambered onto Grace Kelly's lap in order to join in. She called him her little Peanut.

In the 1950s, the Mau Mau took place over several years. (known as the Mau Mau Rebellion or uprising, this was a war in the British Kenyan Colony between the Kenyan Land and Freedom Army(the Mau Mau) and the British Authorities). Our freedom was curtailed (a good training for Covid lockdown!) as we lived behind barbed wire in the house and the schools were patrolled with guard dogs and guards. My parents always carried a gun. Lake Naivasha grew a lot of Papyrus round it, in which the Mau Mau would hide and use the papyrus as a snorkel when the bombers came over. One time when I went to stay with a friend, little did we know that the Mau Mau were lying all along the road in the ditch waiting for her uncle to drive by. They ambushed him and sadly he was killed.... A very frightening time. It lasted about 5 years after which we slowly returned to normal, going on safaris, hunting wild animals, and going down to the coast with the beautiful pink coral reef. (The coral reef with an abundance of Cowrie shells has now all but disappeared due to tourism and global warming).

When I left school aged 16 , I moved to England and have lived here ever since, only returning to Kenya for holidays.

Member profiles

Christine Stibbe



Christine was born in Merton, Surrey. Soon afterwards her parents moved to Jersey, where she lived until the age of 11 years before moving back to High Easter, Dunmow. She has always had a love of the outdoors, with her main passion being horses and riding. In addition, she was an avid wood carver and loved carpentry.

After marrying, Christine ran a large manor house and stud/stables, whilst raising her daughter Paula (who now lives in Austria). She also worked as a receptionist and PA at The National Stud, Newmarket and as an office manager for Equitrack Newmarket (the first company in the UK to produce artificial tracks for official racecourses). During her tenure in Newmarket, she was fortunate enough to meet some amazing people from the world of professional horseracing, travelled to Japan and undertook a parachute jump out of an aircraft! (something she has agreed to let Shirley write about in a later bulletin).

Christine then worked for an equine veterinary practice until she formally retired and then chose to run a dog walking business from her home in Clare for several years thereafter.

She now enjoys reading both classical literature and fiction, following horseracing on TV, cooking and hopes to reignite her joy in painting when SAS returns.

Sheila Frampton



Sheila was born in Charlwood, Surrey. On leaving school, she trained as a nursery nurse and her career spanned jobs including nanny, nursing auxiliary in a hospital, foster carer, retail worker, hotelier, publican and care home Assistant Manager. After Sheila's stroke in 2006, a physio from West Suffolk Hospital recommended SAS, and the rest is history!

A Poem

They said the world was closed today
So I went to have a look,
I found it with the shutters down
And the phone was off the hook.
So I stood there for a little while
But no one was around,
Then silence came and startled me
With the most alarming sound.
I asked him where the others were,
And why the streets were bare,
He whispered 'Life had ran away
While death was playing there'
'Oh no' I said 'It can't be true
For life is not afraid'
'But no one ever goes' he said
'Where death has ever played.'
I understood and walked away
As Hope was standing there

With Courage in her afterglow
And the sunlight in her hair.
She said 'Go home to those you love
This is no place to be,
For if we walk these streets today
Then no one shall be free'.
She threw her light to lead the way
And showed me where to go,
The very road that life had gone
Where the future flowers grow.
Then death showed me another way
But I didn't want to look,
So I stumbled home in time for tea
And I read another book.
It was called The World is Closed Today
And the streets we shouldn't roam,
The first line said 'Just please be safe'
And the ending - 'Stay at Home'

Author unknown

Seasonal Affective Disorder

Having mentioned Seasonal Affective Disorder, also known as SAD, in a previous article about coping with the winter and the long dark days, I thought it would be a good topic to come back to, not least as I know of at least three people who benefit from using a SAD light. If you haven't heard of a SAD light before then do read on as I will explain!

SAD is often called "Winter Blues" and it most commonly affects people during the winter when daylight hours are significantly less than in the summer, just as we are experiencing currently. Some of the symptoms of it are:

Low mood. The science behind this indicates it can be that because during the winter months the brain makes less serotonin which is the chemical that helps regulate our moods. Less serotonin can result in being fed-up or depressed even without an obvious emotional cause.

Loss of interest in doing anything. You may become disinterested in doing much, and not even want to do your hobbies or the activities that you normally enjoy. You may also feel physically and mentally drained and lacking in energy.

Feeling less sociable. It may be much more of an effort to meet up with friends and family (as much as is permissible during these challenging times of Covid-19). Even arranging to chat by phone or video link may require more energy than you currently have.

Increased appetite and weight gain. Cravings for more food than you would normally eat, in particular carbohydrates or food that we would describe as comfort food, is another symptom. When coupled with less exercise than normal, this can lead to weight gain.

Of course, *all of these symptoms can be related to other conditions*, so please do speak to your GP if the symptoms go on for any length of time. But if they occur particularly after a period of dark, damp days when the light level is low, then they *could* be as a result of SAD.

So, what do you do about it?

If you think SAD may be something that affects you, then I would suggest that initially you keep a diary over a period of week or two just to monitor how you are feeling, noting what the weather is like each day and whether you have been able to get out during the daylight. This will give you a record of how you are feeling, and it may be helpful to show your GP if you decide to seek medical advice.

A potential solution would be to get out and about every day and get some daylight and fresh air as well as some exercise – of course, only if that is possible for you - and even just 15 minutes a day can help. But if it is not possible for you to get out, then try and sit near a window during the day. Also try and eat a balanced diet which, as you know, applies to us all at any time. Also learn to manage your stress levels and remember I am available to help with this if you need assistance, so just contact me and we can chat things through.

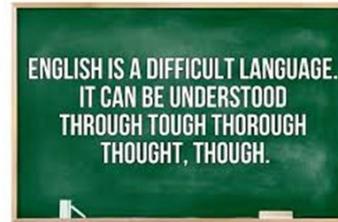
Another possibility would be to invest in a SAD light which is a portable light box that you sit in front of for around 30 minutes to an hour each morning. They produce a bright light which is said to simulate the sunlight that is missing in the winter months and there are many different designs available with prices starting from around £25. As I mentioned above, I do know people who benefit from using these so it could be worth a try.

A WORD OF CAUTION – While the light boxes have filters that remove any harmful ultraviolet rays and so there is no risk of skin or eye damage, some people have an eye condition that makes eyes very sensitive to light or are taking certain medication (antibiotics or anti-psychotics or the herbal supplement St John's Wort) so **I really recommend that you speak to your GP before purchasing and using one.**

Stay safe and well. Pam X



Tongue Twisters



Tongue twister is a word or group of words made difficult to articulate by a close sequence of similar consonantal sounds.

Tongue twisters were originally intended for fun and were later used for improving speech articulation (think of the film “The Kings Speech”).They are often passed on for generations, becoming a rich part of folklore. Two widely known English-language twisters are “ **She sells seashells by the sea-shore**”(inspired by a woman named Mary Anning who spent her time gathering shells on beaches to sell to tourists) and one beginning “ **Peter Piper picked a peck of pickled Peppers**”(which has real world origin. There was an actual person whom Peter Piper was based on, a French pirate and horticulturist named Pierre Poivre).

Some are more difficult to enunciate – “ **The sixth sheik’s sixth sheep’s sick!**”.

Tongue twisters have been recommended for curing hiccups and for curing lisps and other speech defects. They are also used for testing the fit of dentures and for screening applicants for broadcasting positions.

Some well-known tongue twisters include:

“ **How much wood would a woodchuck chuck if a woodchuck could chuck wood?**”.

“ **Can you can a can as a canner can can a can**”.

“ **Which wristwatches are swiss wristwatches?**”

“ **I never smelled a smelt that smelled like that smelt smelled**”.

“ **Perspicacious Polly Perkins purchased Peter’s product and peddled pickles to produce a pretty profit**”.

Some less well known and somewhat ‘challenging’ ones!

“ **I’m not the fig plucker, nor the fig pluckers’ son, but I’ll pluck figs til the fig plucker comes**”.

“ **Six stick shifts stuck shut**”.

“**Give papa a cup of proper coffee in a copper coffee cup**”.

“**Imagine an imaginary menagerie manager managing an imaginary menagerie**”.

“**Six sick hicks nick six slick bricks with picks and sticks**”.

“ **I slit the sheet, the sheet I slit, and on the slitted sheet I sit!**”.

“ **I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won’t wish the wish you wish to wish**”.

And finally, apparently the hardest tongue twister in the world is:

“ **Pad kid pulled curd pulled cod**” - deemed the most difficult because the psychologists who created it said that people who attempted to say it either stopped right in the middle of saying it because it was too difficult or could only get through it once and weren’t able to repeat it!!

NOTICEBOARD



Winning raffle tickets

As you may recall, there was a raffle ticket placed in each of the Christmas goody bags. The winning tickets were drawn by Elizabeth Alston's grandchildren (thank you!) and the numbers are:

Pink no 16 Antonia Mcloughlin

Blue no 47 Peter Yaxley.

Congratulations and delivery of your gift will be arranged shortly.

Get Well

We send our best wishes to Jim and Diane Al-
dridge and hope they feel better soon.

Equipment loan

The two exercise pedal machines (usually located in the physiotherapy room during meeting times) are available for loan.

The loan period will be 8 weeks and operate on a first come first served basis. There is currently no waiting list so please let SJ or Shirley know if you are interested. Delivery/collection will be arranged.

Unused IT equipment

If anyone has any unused IT equipment which they would be prepared to donate to local primary schools, (laptops/tablets/ipads) then please get in touch with SJ who will be able to give you further information. Thank you.

Zoom reminders

JEANNETTES EXERCISE CLASSES:

Tuesday 9.30 - 10 am Question time followed by the formal exercise class at 10 - 11 am .

(NB: use the existing Tuesday invite to enter Zoom at any time 9.30 - 11am).

Friday 9.30 - 10.30 am.

SPEECH AND LANGUAGE

Fridays from 10.30am for approximately an hour.

Please contact us if you require any further information.

Online activities

There is a very interesting Facebook page offering free online classes in a variety of topics (art, reflexology, massage, poetry, music, etc) which may be of interest to members. They operate classes Mon — Fri and you can sign up.

The website is:

<https://cvhealthyageing.co.uk> which started for Dementia families but my aunt has done some of them and thought they were very good.

Fran Williams.

ONLINE VIRTUAL TOURS

The National Gallery website has an ever changing online presence, including virtual tours, exhibitions and seminars. Whilst some of these are membership only (annual fee of £60), there is still plenty to view free.

The challenge of providing online tours you can take from the comfort of your couch has been taken up by many places. The following two links are well worth having a look at. I have certainly enjoyed viewing quite a number of them!

Shirley

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

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Films/Books

There is an excellent mini series on **NetFlix** called **The English Game** - a period drama about two 19th century footballers on opposite sides of a class divide, who navigate personal and professional turmoil to change the game. (based on a true story). An excellent watch!

Books

The Shardlake Series by **SJ Sansom**. In order:

Dissolution, Dark Fire, Sovereign, Revelation, Heartstone, Lamentation and Tombland.

They are a series of historical mystery novels set in the reign of Henry VIII in the 16th century.

Limitless by **Tim Peake**.

The autobiography and bestselling story of Britain's inspirational astronaut.

The Mesmerist by **Wendy Moore**.

The society doctor who held Victorian London spellbound.

Camilla, Duchess of Cornwall, has a book club (The Reading Room). To check out her reading suggestions go to :

<https://www.townandcountrymag.com/society/tradition/g35164650/camilla-duchess-of-cornwall-reading-room-books-list/>

Quick cleaning tip!

As Spring is not TOO far away and you may (?) be ready to think about Spring cleaning, here is a tip:

"I hope that you are keeping well. I have a tip to put in the next news bulletin. I have discovered that if you mix half a cup of bicarbonate of soda with a tablespoon of fairy liquid and mix to a paste with a little water and paint it all over inside of your oven and leave overnight, then in the morning wash it off with warm water and a cloth, it cleans the oven wonderfully with no nasty chemical smells".

Kind regards

Jacqui Fretwell

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

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