



Success After Stroke News Bulletin No. 7 Friday 8th May 2020



Hello Everyone,

We have another packed News Bulletin for you this week, so with no more ado - here we go ...!

Jan

A Letter from Richard Furlonger

Dear All

I hope you are all managing to adapt to this very unusual way of life. The lockdown has proved to be a great leveller as we are all in the same boat together. We have all been affected, although obviously some to a far greater extent than others.

The very active who were always on the move before lockdown have found the current restrictions on movement very challenging. Others report that their lives are actually richer, and that they are concentrating on the things that really matter such as family and friends, good food and having time to stop and think for a while and enjoy everyday things.

This may sound a little philosophical, but it is a Sunday morning, and my wife, Sally, thinks I am liable to preach sometimes, but the point I am trying to make is that after a week or two of feeling slightly frustrated, I am getting into this new rhythm, and it isn't so bad after all.

There is very little we can do that will affect the way the Government, NHS and businesses throughout the country operate, and so I have tried to stop worrying about it and go with the flow.

We held a Trustee meeting over the phone this week when we discussed how we might plan things for the rest of the year. There is no doubt that the virus will have a profound effect on SAS, as social distancing will have a very limiting effect on what we can do.

We had talked in the past about opening again after the summer break, but given how things operate at the Stevenson Centre, where we are all in very close contact with each other, and in light of the current guidelines on the 2 metre rule, this will be impractical.

A return to normality will most likely happen either when a vaccine is developed or when herd immunity is deemed to have been achieved. In either event, it is likely we are many months away from holding our Tuesday and Friday sessions, which I very much regret.

We are however holding both the Speech & Language classes and Physiotherapy online via Zoom. These are working really well and Chris, Clare and Jeannette are doing a fantastic job in getting us all going.

The volunteers are providing great companionship to our members and each other by telephone networking, and a rota has been set up to make sure no one is left out. Thank you to all our volunteers who are providing this wonderful lifeline. Pam in her usual unassuming way is being so kind in keeping us all level.

Sj is like a caged tigress who is desperate to get going again. Her role at SAS as you all know, was very much 'hands on' in running the sessions and organising our usual events that have been put on hold. We have agreed with Sj, that the sensible thing to do would be for her to be furloughed on full pay until further notice.

Jan has been as busy as ever and has everything humming like a well-tuned engine. The weekly news bulletin is brilliant. There are lots of leads to follow up on and it would be quite easy to lose a morning drifting from one topic to another, something I have become quite good at! Jan has become the point of contact on all matters, however, please feel to contact any of the trustees, volunteers or therapists first to see if we can help. Well done Jan and thank you for all you are doing for us.

I know what I have just described relies heavily on an internet connection. For those who need help to improve their skills, or even start from scratch, assuming there is some IT help in your home, Jenny has kindly offered to help. If we are to be many months in this hiatus, the internet is going to be such a benefit, so if possible please give it a go.

On the more mundane business of our charity governance, it goes without saying that our AGM has been postponed from 19th May until it is safe to hold

it. The trustees would like your approval for them to be re-elected for another year, and for ease, the membership committee will remain for a further year. We will assume we have your approval unless we hear from you otherwise by 15th May.

For members and volunteers, attached is a copy of the minutes from last year's AGM and accounts for 2019 (paper copy of minutes available on request), which have been approved by Hilary Spivey, our Examiner. Similarly, if we haven't heard from you by 15th May, we will assume they have been approved by you. Thank you Loudon for all your number crunching.

With my best wishes to you all,

Richard

A note from Pam, SAS Well-being Therapist

As it is now some weeks since we were first in lockdown and self-isolation, you may well be settled into a routine, albeit rather different from how you might like it to be. So, this week's topic is to help you think about how you spend your time and to encourage you to do something creative. This note is simply to get you started and give you some suggestions that will enable you to access the creative part of your mind and help you to grow and develop it.

It is my belief that we all have some creative abilities which, while they may not make us world famous or wealthy (e.g. Picasso or J K Rowling), still have lots of value and support our general well-being, as well as giving us something to spend our time on, in or out of lockdown.

So, start by thinking about doing something that appeals to you. It could be something you did as a child or a hobby that you have long since stopped bothering with or even something new that appeals to you and which you have thought could be done "one day when I have time".

The list can be endless and it doesn't matter that in the past, particularly when you were a child, you were told by others that you were no good at it! To get you started or thinking what you could do, here is my starter for 10:

- ◇ **Painting, drawing or sketching** – all types and mediums – paint, pen and ink, pencils etc. Those of you in Marnie's Art Class will already know which medium you like to work with or maybe try something different?
- ◇ **Crafts** – from sewing or knitting to making collages (old magazines can be really useful for this) to making greetings cards (see item in 'Notices' for inspiration).
- ◇ **Making models** – available in kits or using mod-

elling clay or similar materials – even papier-mâché or lolly stick creations.

- ◇ **Photography** – mobile phones make this so easy and if you really like your results you can either print them or get them printed professionally. If you are in self isolation, then maybe look at the garden or your room for some details with a view to photographing them. You could sort out all your old photos (I bet you have some!) and make an album.
- ◇ **Writing** – short stories, long stories, poems, your biography.
- ◇ **Genealogy** - create a family tree by delving into your family history. This might initially mean writing down what you remember as well as speaking to family members about their memories.
- ◇ **Reading** - choose a different genre of book to your usual one and maybe write a book review.
- ◇ **Gardening** or planning and/or drawing a virtual garden if you can't get out into one. This could mean researching what plants you might use, what layouts, colours, seasons etc.

The list really is endless and I'm sure you will be able to add to it. I do hope this has given you some inspiration and a starting point. Even if that starting point is just thinking what you might do! But please do let that thinking lead to some action and I am sure that you will already have some materials, if you need them, to get you started. Or if you need something that you don't already have at home, then an internet search will help you find places where you can order materials. For those of you without internet, perhaps a friend or relative can help.

Please do feel free to share what you have done by sending photos and/or an email to Jan for inclusion in future News Bulletins. Above all, feel inspired and enjoy what you are doing!

Stay safe and well.

Pam x

Notices

Sylvia Bunt sent the following letter for publication;

Dear friends at SAS,

I am so grateful for all your kind and supportive messages, cards, and letters that you have sent me, after knowing of Bob's passing on April 17th. Many have brought tears, including Ann Brignall's lovely Remembrance of Bob in the early days of Friday mornings with him. Thank you Ann.

I am so sorry that in this horrid period of lockdown we cannot all come together to celebrate Bob's long and interesting life. Only close family can attend seated at distance, and with no hugs! You may be pleased to

know our eldest Grandson is going to speak of Bob's love of Rugby, and that we are able to have the Rugby Anthem played as we leave the chapel.

I have looked into items to share with the family, and on opening Bob's leather writing case, I found letters I and the girls had written to Bob when the police had decided to put him on a motorcycle course prior to a new posting. He was away at Headquarters for several weeks, and this was around our tenth wedding anniversary, (it would have been our 64th last week) so we were missing him - the dog too! We knew in advance that once he had passed the motor cycle test, Bob would be posted to a coal mining village between Canterbury and Dover, so we went down to see the area. Our hearts sank! It was derelict, just a big grass square, with square brick houses, including the police house edging it. We did not see a single person about, nor a pub or Church, nor shops. It seemed to us like the back of beyond and not a place for our young daughters to grow up happily. However there seemed nothing we could do except to voice our concerns to Bob's Superintendent.

Unbeknown to me before, Bob took the driving test, and failed by deliberately crunching gears! His driving instructor was livid, expecting to pass Bob, but those who knew him will not be surprised, given how naughty he could be, and I hope this will give you a chuckle! You will be glad to know his next posting was to Faversham, a nice little town, where the girls became brownies, and enjoyed friends and the school.

Thank you all again so much for all your lovely messages to me and our family.

With love,
Sylvia

Pam sent the following link from the Automobile Association which details how to maintain your car during lockdown. <https://www.theaa.com/driving-advice/laying-up#guidelines>



Jan says; referring to Pam's article above, those of you with email will have received a link from me last week to the National Gallery, where you can find suggestions for creating a collage inspired by

the painting by Henri Rousseau called 'Surprised!' https://www.nationalgallery.org.uk/stories/make-and-create-a-collage-inspired-by-rousseau-surprised?utm_source=wordfly&utm_medium=email&utm_campaign=NG_2020Apr_Family_NM&utm_content=version_A

The idea is to create a collage based on the painting with whatever materials you have to hand. Why don't



you have a go? Volunteer physio assistant, Georgina, sent a photo of the pictures her Granddaughters created. It is a great way to spend a rainy afternoon and you don't need to be able to draw! If you have a go, using this or any other painting as inspiration, please send a photo of the result!



Jeannette sent this photo of the picture she has painted as one of the challenges set by a member or volunteer at SAS. She thinks it might have been Henrietta but could whoever it was please let me know! Jeannette says that despite it being a 'painting by numbers' it took her two weeks. I think it looks great!

John Crookenden sent the following; More than 20,000 people have downloaded packs from Colchester Art Gallery Firstsite's 'Art is Where the Home Is' coronavirus project backed by artists such as Grayson Perry and Sir Antony Gormley. The scheme is supported by the North East Essex Clinical Commissioning Group which is helping distribute packs to people not able to access a computer or printer. To view the art, or download the pack, visit <https://firstsite.uk/art-is-where-the-home-is/> or telephone North East Essex Clinical Commissioning Group on 01206 918700.

Castle Museum provides virtual teaching tours of Colchester Castle educating children about the town's past. The museum's new distance-learning platform, Museums From Home, has partnered with the Children's University, a charity promoting extracurricular activities, so they can bring the history of the town to life during lockdown. Find the details at: <https://cimuseums.org.uk/museumfromhome>



Ray Sears has been painting this picture to keep himself occupied. The painting is done in oil on canvas and he says it took him ages because of having to meticulously clean his brushes each time he painted. Can't wait to see it in real life!

Sandy Larkman emailed a picture of the Maple Tree which was given to her as a personal gift from the members of the SAS pottery group when she retired from working with SAS which she says is beautiful!





With the 'Sarah Raven' voucher received from SAS, Sandy bought roses and salvias and has created a new rose bed, combining the two plants. Sandy says "So lovely to have a tribute to my lovely potters, we had some wonderful times together over many years with lots of fun and laughter and some fantastic pottery produced. I miss them all."

Jenny Tanner sent the following; "As I was sorting through a box of family photos and papers I found this charming little rhyme. It made me smile so I thought you might enjoy it too."

THE IMPOSSIBLE

Somebody said that it couldn't be done
 But he, with a chuckle replied
 That maybe it couldn't, but he wouldn't be one
 Who would say so until he had tried.
 So he buckled right in with the trace of a grin
 On his face; if he worried, he hid it.
 He started to sing as he tackled the thing
 That couldn't be done – and he DID it.

And finally (for Notices) a note from David Bullock;

David was inspired by the articles about authors and says that since the lockdown he has fallen in love with reading again. He started with two or three children's books set in the war and found the capers the children got up to very amusing. He says it brought back memories of his childhood and the fights the boys would get into – usually because they took exception to some name-calling!

David also says that Maureen is getting better slowly with the help of Jeannette's exercises (thank you Jeannette) and whilst Maureen is indisposed, he has had a wonderful carer to help get him up and put him to bed.

Love to all,
David

NB 6 Quiz Answers

1. Q V R F 64 Y - Queen Victoria reigned for 64 years
2. 101 D - 101 Dalmatians
3. C has 9 L- Cat has 9 lives
4. 99 R B - 99 Red Balloons
5. 12 D of J - 12 Disciples of Jesus
6. 20,000 L U the S - 20,000 Leagues under the sea

7. 366 D in a L Y - 366 Days in a Leap year
8. 5 G R - 5 Gold Rings
9. 7 B for 7 B - 7 Brides for 7 Brothers
10. 13 in a B D - 13 in a Bakers Dozen
11. 88 N on a P - 88 Notes on a Piano
12. 8 P in a G - 8 Pints in a Gallon
13. 50 S in A - 50 States in America
14. 27 B in N T - 27 Books in New Testament
15. 1001 A N - 1001 Arabian Nights
16. T M 7 - The Magnificent 7
17. 1000 Y in a M - 1000 Years in a Millennium
18. 118 E of the PT - 118 Elements of the Periodic Table
19. 8 P in the SS - 8 Planets in the Solar System
20. 3 W on my W - 3 Wheels on my Wagon

Answer to NB 6 Riddle - The letter 'r'.

NB 7 Quiz

1. What does the acronym 'COBRA' stand for?
2. What is the world's tallest building? (As of 2019).
3. Boris Johnson and Carrie Symonds have named their baby - what are the names?
4. Where in the world would you expect to find a vehicle with the international vehicle registration code 'v'?
5. In which children's book did a spider called Charlotte and a pig called Wilbur appear?
6. Which was the first James Bond film to feature Roger Moore?
7. In which country would you find the coastal resort of Lara Beach?
8. Williams, Conference and Concorde are varieties of what?
9. In what year was the first Grand National horse race?
10. How many legs does a centipede have?
11. What was Margaret Thatcher's middle name?
12. Which is the only American president to have served two non-consecutive terms in office?
13. Name the sports in the modern pentathlon.
14. What is fifteen percent of 2000?
15. 'Bright Eyes' by Art Garfunkel was used as the soundtrack to which film?

NB 7 Riddle

I am a four-digit number and when converted to a Roman numeral I become a common 3 letter word meaning 'blend'. What number am I?

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Take care, stay safe and well.