



## Success After Stroke News Bulletin No. 8 Friday 15th May 2020



Hello Everyone,

I hope you all had a good weekend and were able to enjoy the sunshine in one way or another. The picture above is of Cosmo waiting patiently last Friday for Jeannette's exercise class to begin. Each time I set up my laptop and chair ready for the class, he jumps up and waits. It is clearly the highlight of his week to see all the members and he really does look at the screen!

Stay safe and keep well.

Jan x

### Remembrance and Celebration in the Netherlands Jeannette de Vries-Wobbes

Dear SAS members,

Jan has asked me to write a little bit about the history of the Netherlands.

Today as I am writing this piece it is the 4<sup>th</sup> May 2020. That is significant as the 4<sup>th</sup> May is what we call Remembrance Day. Tonight at 20:00hrs The Netherlands will be quiet for 2 minutes to remember those who have fallen and suffered from the effects of WWII and also from other wars and conflicts we have dealt with in our history.

Despite being neutral in WWI and wanting to be neutral in WWII, the Germans invaded The Netherlands on 10 May 1940. It only took 5 days to surrender on the 15<sup>th</sup> May, after Germany had bombed Rotterdam.

The Dutch Government and the Royal Family saved themselves by going to London. Although Queen Wilhelmina did ship Princess Juliana and her children to Canada to be even further away from the war zone.

It is a sad fact that, partly due to the well-organized population registers, we lost about 70% of the country's Jewish population, a much higher percentage compared to other countries like Belgium or France, (it is probably one of the reasons I am not organised at all)!

Also a sad fact that The Netherlands had the highest per capita death rate of all Nazi-occupied countries in Western Europe. About 206,000 Dutch men and women died of war-related causes, of which half (107,000) were Holocaust victims. The most famous,

of course, being Anne Frank and her family.

So tonight, we will remember. At the Dutch flag will be raised but only half-way, and from 7.45 pm to 7.59 pm the bells will toll around the country and at precisely 8 pm the deafening silence will be heard throughout the country for two minutes.

Normally people would march through 6 pm villages, towns and cities to gather at a certain place. In Amsterdam crowds normally gather on the Dam where the King (and other dignitaries) will place wreaths at the statues of those who have fallen. Due to the Covid-19 pandemic, only the King and Queen and a few officials will be on the Dam as people are not allowed to be close to one another.

Here, in our house, we will stand together and remember. We will not forget.

On the 5<sup>th</sup> May, we will celebrate the liberation of the Netherlands from WWII. The flags will go up all the way and the Netherlands will be coloured orange!

### And from local VE Day Commemorations

Standing in our garden near Groton Church we were amazed to suddenly hear 'Abide with Me' ringing out on a cornet. Echoing off the Church, it made for a spine-tingling moment and we were then somewhat astonished to find no one in the churchyard when we and a few other local residents



made our way there! As it was almost 11 am we decided to walk (socially distanced of course) to the War Memorial for the two minute silence ... where we found our cornet player.

Boxford resident, Mark Miller, used his 'daily exercise allowance' to walk from Boxford War Memorial to Edwardstone Church and then Edwardstone War Memorial and finally to Groton, playing in each village. Finishing at Groton War Memorial, he played 'The Last Post' to usher in the two minute silence and 'Reveille' to mark the end. This impromptu gathering made the occasion even more poignant and certainly memorable. At 2.55 pm in Boxford, Mark played 'The Last Post' before the national toast to The Valiant Fallen.

Lots of people hung out bunting and flags making

Groton look very pretty and after the Queen's Speech at 9 pm, one of our neighbours rigged up his speaker to blast out 'We'll Meet Again' for us to all join in, a fun end to the day.

Jan

**Meanwhile, in Great Tey Pam writes ...**

As I walked around the village about 9 am on VE Day, I could see that plenty of people were hanging out flags and bunting in acknowledgement of the day and I think the largest Union Flag in village was hanging from an upstairs window of John Crookenden's (SAS Volunteer) house – well done, John!



My husband Dave and I had been invited for a socially distanced tea party by our next-door neighbours, Sue and Brian. So, at 4 pm there we were drinking tea and eating delicious home-made

scones and sponge cake, all made by Sue, with them sitting on their driveway and us sitting on ours. (I may have had just one G&T as well .....!)

Quite a few other people in the village were doing the same and even more were taking a leisurely walk around the village and saying "Hello" as they went past.

But maybe the most unusual decoration was the one put up by our local turkey farmers, G & J Barron, who repurposed their Christmas turkey decoration and placed it on the corner of the road opposite the farm and covered it with flags and bunting!

Helped by a glorious sunny day, it was a very pleasant way to spend the afternoon and to get to know more people in our neighbourhood.

### **A Note from Pam, SAS Well-being Therapist**

This week's note is about sleep or more specifically, lack of sleep, i.e. insomnia. I have a long list of suggestions which may help, so I will return to this topic over the coming weeks. As we know instinctively, getting a good night's sleep is an important aspect of maintaining good health. But knowing this does not necessarily make it easy to break the habit of insomnia.

Of course, there may be many reasons that someone may find it hard to sleep; worries about the future, having an overactive mind, worrying about not sleeping and any number of other reasons. I know too that

many SAS members have no problem at all sleeping, thankfully! So this is aimed at those of you who do have difficulty in getting to sleep or who wake up after a couple of hours and then can't get off again readily.

These are some of the things you can do which can help restore a healthy sleeping habit. But it must be said that not all of these will work for everyone, so you may need to try them out and see what suits you best.

**Regular sleep times** – getting up and going to bed at the same time every day/night within 15 minutes or so will help establish a pattern that your subconscious mind recognises as a healthy routine.

**Reducing the amount of caffeine you consume** – for some people drinking coffee all day, even just before bedtime, has no detrimental effect to their sleep pattern. But if you are having trouble sleeping, try reducing your caffeine intake so that you don't drink it at all after 2.00pm every day.

**Reducing your sugar intake** – sugar, like caffeine, has a stimulating effect on the body. Plus, it has very little, if any, nutritional value, so reducing the amount you consume has more than one beneficial effect, not least on improving the quality of your sleep.

**Don't watch the late TV news** – there are rarely any good news items, especially so in current times and trying to sleep on a diet of bad news will not help! Similarly, don't watch late night programmes/films that set your thoughts racing.

**Sleep in a room that is as dark as possible** – Dark or even black-out curtains will help eliminate the amount of light in your bedroom. Alternatively wear a comfortable sleep mask. The darkness helps the subconscious mind recognise that it is time for sleep.

**Turn off mobile phones and other electronic devices an hour before bed** – there is scientific evidence that these emit blue light, which is a type of light that the brain interprets as daylight. The blue light actually suppresses melatonin, which is a hormone that should increase when you are preparing for bedtime and helps you sleep. The result of too much blue light is that your brain feels stimulated and so sleep becomes a challenge.

So that is it for this week's note from me and I will return to this topic in a couple of weeks with some more suggestions. But of course, if insomnia is a regular occurrence for you, then please do speak to your GP.

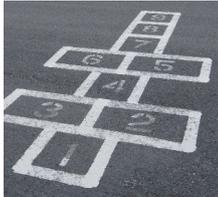
Stay well and safe.

Pam x

### **Speech and Language Therapy Online Groups**

As you will have noted from Christine's article we are pleased that the SAS conversation groups have successfully gone online! Thanks for all the perseverance and support from the members and their spouses/families for supporting this to happen!

The group on Friday noted that with the current pandemic the ways in which schools might operate in the future may be very different to what we have been used to. This led to an interesting discussion about school days. Some of the group members found it difficult to recall details of school days as memory can be affected after a stroke. However, it's amazing how pictures and conversation can nudge us into recalling more than we think! We talked about games we played at school – do you remember British bulldog, skipping games, hoopla, netball or jacks? Can you remember the games in the photos below and how they were played?



We also recalled the smells of school e.g. the polish for the floors and the smell of milk! School dinners of tapioca, spotted dick and pink custard were other memories!

Thanks to Diane our session was certainly livened up by a demonstration of hula-hooping and both she and Gill have skipping ropes they currently use - maybe one for Jeannette's sessions!

Chris and I often catch up with the group members who cannot join us online - we do miss everyone and look forward to all being back together.

Clare

## Notices

Sj has asked me to convey her thanks to Jeannette, Chris and Clare for their online classes which, together with the News Bulletins, have received very positive feedback from members.

**Jeannette** says, please let her know if you would like an invitation to join her online exercise class via Zoom and she will send email instructions. There is also plenty of help available from other members or volunteers if you are unsure how to download and use Zoom. Contact Jeannette at [jdevrieswobbes@gmail.com](mailto:jdevrieswobbes@gmail.com)

**Jeannette** has had a great idea for a quiz. She has asked that members and volunteers send her a photo of themselves when they were young together with a few clues to their identity and she will make up a 'guess the name of the person in the photo' quiz. Email address as above or send to Jan by post and I will ensure that Jeannette receives the photo/clues. ***This will be sent out with, but not in, the News Bulletin and will be available to members and volunteers only.***

**Sue Macdiamid says;** "Spring, we are so lucky to be in Suffolk with this wonderful spring and I wonder how

many people have heard the cuckoo? I heard it for the first time on Monday April 27th and if you are interested you can go visit the RSPB website where they have tagged a number of cuckoos so that their journeys can be tracked. It is amazing how far they travel to get to England." [www.rspb.org.uk](http://www.rspb.org.uk)

**Sue** also put me in touch (through a newspaper article) with Richard Hughes of The Richard Hughes Cookery School. Richard has kindly given his permission to use a few of his food saving tips. You can follow him on Facebook at [Richard-Hughes-Cookery-School](https://www.facebook.com/Richard-Hughes-Cookery-School) for handy recipes and more tips.

Did you know ...

- If your root veg still have their green tops, remove them as soon as possible - they steal the nutrients from the rest of the vegetables meaning they dry out faster.
- Butter can be frozen in its original packaging for up to six months.
- If you have some mushrooms which are looking a bit dry, run them under the tap to plump them up.
- Celery and broccoli can have a longer life in your fridge if you tightly wrap them in foil.
- Line the crisper in your fridge with a few sheets of kitchen towel to absorb condensation that vegetables generate as they chill. Moisture makes fresh foods wilt faster so the paper helps keep them fresh. The same trick works in bags of salad leaves.
- Lettuce can be wrapped in a damp paper towel before going in the fridge which can help to keep it fresher - revive it by soaking in iced water for several minutes if it has become limp.
- Grapes last longer in the fridge but cucumber lasts longer out of it (and out of the plastic wrapping).

More to follow next week!

**John Crookenden** sent in the following 'ditty' which a friend sent him. He says it goes well with Viv Bourne's piece from NB 6;

"As for chores :-

Am doing those I have done before, and those I had heard of before but hadn't done, and also those I have never heard of before!

Wake up in the morning with nothing to do and go to bed with it half done!"

**John** also sent the following;

**Essex Libraries** - Members can now choose from more than 3,500 titles on the catalogue at RB Digital. No checkout periods and no limit to the number of magazines you can download. Free with your library card at <https://essex.rbdigitalglobal.com>. In addition, one minute reviews of e-books and e-audio books have

been added to the Libraries' YouTube channel, visit; <https://www.youtube.com/playlist?list=PLZoh2Z5XUnicgndrSxvz3HwwCbd8NGE5>

**The Essex Welfare Service** has expanded its help with essential supplies for the most vulnerable and those shielding to provide support to residents without help from family etc. In addition anyone feeling isolated and in need of support can contact the service for advice on caring responsibilities, dementia care, keeping physically active, learning disability and autism issues, mental wellbeing and sensory impairment. Phone 03003 039988 or visit; <https://tinyurl.com/y83cwmul>

### Barry's Doggie Facts!

*Just for fun, here is another in Barry's occasional 'doggie facts' series. This time he has written a little bit about the dachshund. If you have a favourite breed you would like to see feature, why don't you challenge him to come up with some information. For cat lovers, he is also up to the challenge of finding out about cat breeds too!*

Dachshund - a breed of dog that has recently become very fashionable again. Affectionately referred to as a "sausage dog" (probably not amongst serious breed aficionados) the dachshund is a short legged, long bodied pooch. They may be smooth haired, wire haired or long haired.

What may come as a surprise is that the dachshund was originally bred for hunting. Standard dachshunds were used to scent and flush out burrow dwelling animals whilst the miniature dachshund was used to hunt out smaller animals such as mice.

Dachshunds were extremely popular throughout Europe and America right up to the First World War. Records reveal that the dachshund first came to the UK in 1840 as a present to the then Prince Consort who kept the dogs at Windsor Castle. Queen Victoria was a huge fan and continued to promote them throughout her reign. However, with the outbreak of World War I, the breed sadly fell out of favour, it is thought because of the German connection.

Coming right up to the present, a fun crossbreed is a "doxiepoo" or "dachsapoo". Following the fashion of crossing breeds with poodles, the doxiepoo/dachsapoo can be hypoallergenic and sheds very little coat. The poodle is a popular breed to cross with others for its disposition and intelligence and when crossed with an equally intelligent dachshund, makes for an excellent (albeit sometimes wilful!) companion.



This very tiny chap is called Finley and he will soon be joining our extended family. He is three quarters miniature shorthaired Dachshund and one quarter toy poodle. What a cutie!

### NB 8 Quiz

This week we have a 'musicals' theme. The answers are from films, Broadway, West End shows. The quiz includes Gilbert and Sullivan and pantomimes. The cryptic clues can refer to the sound of the name as well as the spelling. Thanks to David Guthrie.

1. Merry-go-round
2. What an orchestra makes
3. Ghost at Covent Garden
4. What William said on the balcony
5. Security at The Tower of London
6. Tales of New York gangs
7. US State
8. Play in your nightclothes
9. Feline in the pharmacy
10. Young lady from Vietnam
11. Would you wear this in the galley
12. Colour your cart
13. It doesn't matter what
14. Ah! An Indian city
15. Not the North Atlantic

### NB 8 Riddle

I am a five letter word and people eat me. If you remove the first letter I become a form of energy, remove the first two and you need to do it to live. Scramble the last three and you can drink me. What word am I?

### NB 7 Quiz Answers

1. Cabinet Office Briefing Room A
2. The Burj Khalifa in Dubai at 828 m
3. Wilfred Laurie Nicholas Johnson
4. The Vatican City
5. Charlotte's Web, by E.B. White
6. Live and Let Die, 1973
7. Turkey
8. Pear
9. 1839
10. Between 15 and 177 pairs, depending on the species
11. Hilda
12. Grover Cleveland who was the 22<sup>nd</sup> and 24<sup>th</sup> US president
13. Fencing, freestyle swimming (200m), equestrian show jumping and a combined event of pistol shooting and cross country running over a course of 3,200m
14. 300
15. Watership Down in 1978

### NB 7 Riddle Answer

The word is 'MIX' and the number is 1009

### Contact details:

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**Take care, stay safe and well.**