



## Success After Stroke News Bulletin No. 9 Friday 22nd May 2020

  
Registered Charity No. 1115016

### Hello Everyone,

I hope you enjoyed last week's News Bulletin and are keeping safe and well. Thank you to those who have contributed to this week's Bulletin, without your efforts it would be impossible to keep it going and judging by the very positive comments, everyone is pleased to receive it. And just so you know ... I am the 'Mum' referred to in the 'Lockdown Activity' article! The picture above was one doing the rounds on WhatsApp and made me smile!

Jan

### A letter from Viv Bourne

My dear All,

Again, I hope you are all alright. I know from phone calls that there has been a lot of gardening, baking and reading. The latter two now being more inviting with this ridiculous drop in temperature.

Geoffrey spent all of last week cleaning the pool and getting it ready for the warm weather, he was thrilled to bits with himself until Mummy blackbird told her babies it was time to fly and the nest was right by the pool!

We were both neurotic, the cover went back on and I was in and out like a yo-yo making sure all was well. They have now vacated the pool area but the temperature has dropped like a stone. Happy days!

We have also been busy cleaning out the pond of weed which was exhausting but very rewarding and we were completely filthy at the end of it!

Obviously thoughts of SAS swirl around in our heads and having spoken to several of you I wondered whether we should attempt a "Capt. Tom" but this time rather selfishly do it for our own SAS. We could all try and raise just a little money, it all helps. Maybe our children, grandchildren and even great grandchildren or ourselves could attempt something. Pam's list from News Bulletin 7 might help. We could walk, bake, draw, paint, tidy our rooms (children)! There are no end of ways to raise just a little.

I hope you all enjoyed the VE Day celebrations and all the wonderful, moving and interesting programmes that were on the telly. Our village, Brettenham, made a huge effort - there were flags and bunting everywhere and many had tea outside their front doors. Although there wasn't much point in us doing that as no one would see us. We do ring our school bell on

Thursdays and apparently depending on the direction of the wind they can usually hear us.

We continue to think of you all and pray that you are all coping with these very odd times.

Try and persuade one person in your family to raise some money. Go for it!

With our love and stay safe,

Viv xx

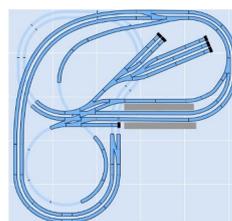
### Lockdown Activity - Designing and Building a Model Railway

Having read Pam's article in News Bulletin 7, I was inspired to share progress on my own lockdown project; a model railway taking shape in my cupboard!

Model railways have been a fascination of mine since I was a child; it started with Brio and progressed to a clockwork Thomas the Tank Engine set, before finally building a full Hornby 00 Gauge railway in my bedroom with my Dad, when I was a young teenager. Since then I have started (and left half-finished at my parents' house much to Mum's annoyance!) several projects – the last was started nine years ago while at university.

Now, with my own flat and with the lockdown ensuring we all spend more time at home, the time feels right to re-establish my passion for the hobby!

The new design is an 'L' shape loop with the track plan spread across three levels featuring bridges, tunnels, a station and a goods yard – enough to keep me busy!



The first thing to build was the shelf underneath one side of the layout closest to the wall. This was made with 38x32mm planed spruce, screwed and glued together to fit. The baseboard came next; 5mm ply on a 32x12mm frame. Finally, some hinges to allow the layout to fold up against the wall when out of use. Carpentry done!

Now for the fun bit - starting to build the gradients and levels! For this I'm using thick polystyrene sheets to build up the terrain. I've started down at the station exit where the double-track mainline curves down to the right and the single-track branch line curves down to the left, both entering tunnels underneath the up-

per level mainline. The foam was cut to shape, secured with PVA glue and track was re-laid on top to check the alignment. Progress has been good as you can see in the pictures!



Next, I will be building the terrain under the upper level mainline and the rest of the branch line, before finishing with the (hopefully!) easier task of doing the levels at the other end of the layout for the station, yard and curve up to the mainline.

I find railway modelling a very peaceful, stress-busting activity that offers escapism alongside a sense of progress and achievement. More importantly, it is hands-on and involves no screens whatsoever - which is a welcome break from the computer, TV and phone screens of everyday life!

**Matt Williamson**

### Spring Ducklings!



Having the surname "Drake" always provides amusement and this Spring has been no exception as we started to notice two drakes on our lawn every evening and morning. They were also sometimes on the roof of the coachhouse and on our roof. We couldn't think why ... then our little dog Scruppy kept barking up at the clematis on the corner of our house. I looked in and saw, to my amazement, a duck sitting on a nest at eye level! She obviously had two admirers but which was the prospective father?

One afternoon, we were sitting outside in the glorious sunshine when there was a sudden kerfuffle and down flew mother duck and one by one little ducklings dropped down onto the drive. Another one and another and another. In the end, there were ten ducklings. Mother duck kept going away and then coming back as another one landed. She finally had her cluster and carefully, crouching down, led them under the hedge. We opened our back gate and they went through it, down the footpath and into the edge of the Hall's garden. We followed them and then they were gone.

We just hope they made it to a pond and are still living but who knows! It was a wonderful moment for all us Drakes to witness and very cheering in this worrying time.

**Henrietta**



Henrietta also sent these photos of her family's VE Day celebrations. Scruppy steals the show, I think!



### A note from Pam, SAS well-being Therapist

How are you feeling this week? Although lockdown rules have been lifted a little, I am guessing that for most of us in the SAS family, life hasn't really changed much since the beginning of the pandemic. So if you are feeling down, in low spirits or just plain fed-up then it is important to recognise that this is perfectly natural for us all.

There have certainly been days recently when I've felt lethargic and had no motivation to do anything beyond the basics. Have you felt something similar and, like me, got cross with yourself because you feel you "should" be doing something? Well, I am writing this to say to you and to myself, that it is OK to feel that way - in the short term anyway.

As you may have heard me say in the past, we are invariably harder on ourselves than we would be to anyone else, especially those that we care about. So why not be easy on yourself and allow yourself some 'lazy time' or whatever you want to call it? Perhaps just watch TV all day or read a book - or whatever appeals to you.

All that said, if you are feeling very down or depressed over more than a few days and simply can't shake the feelings off, then please, please do acknowledge it to yourself and speak to someone about how you're feeling, whether that is your family, your GP or me.

This topic leads us on to the fact that this week (May 18<sup>th</sup> to May 24<sup>th</sup>) is Mental Health Awareness Week which is hosted by the Mental Health Awareness Foundation. If you can access the internet, I recommend taking a look at their website, [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk).

The theme that has been chosen by the Foundation for 2020 is **kindness** and the challenge is all about being kind to yourself by taking some time out each day for yourself. Research shows that kindness and mental health are deeply connected. I'm quoting from the website which says: "Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health."

So, in the interests of your own wellbeing, what act of kindness can you do for someone else today, this week or this year? It doesn't need to be a large, dramatic gesture - a simple phone call, a text, a letter or a small gift sent through the post - the list is endless. Or

indeed, what kindness can you do for yourself? Sit and read an engrossing book, watch a favourite film, sit outside, listen to some music or go for a walk? Or even write a piece for the News Bulletin for us all to enjoy?

From a very personal perspective, I know that when I make my weekly phone calls to some SAS members, I feel better because we chat, sometimes laugh and sometimes commiserate with each other, but above all we are connected. Those phone calls and others to my family and friends give me a sense of being part of a community, that we are all in this together and that we will come through it together.

Stay well and safe.

**Pam x**

### Notices

**Georgina Ford** emailed to say;

"After the very slight relaxation in lock-down rules, I had a phone call from my garage in Stowmarket to say that they could now carry out my overdue MOT. I have already been in touch with Bryan Moss by phone and I suggested to him that we could try and meet up, two metres apart of course, as he lives in Stowmarket. So last Friday afternoon, Bryan arrived by mobility scooter and I walked from VW Barnards to meet up by the River Gipping. It was a sunny afternoon and it was good to see him looking well - see photo. We had a good chat for 45 minutes and then went our separate ways. It was great to have some SAS face to face contact".



**Chris Clark** sent the following;

#### Household tips ... a trip down memory lane!

Reading Sue's link to the 'Richard Hughes Cookery School food saving tips' article reminded me of a discussion we had at SAS about tips for cleaning, the old fashioned way!

White vinegar soaked on a pad of cotton wool removes limescale from taps and it is good for getting red wine out of carpets.

Use ash and newspaper to clean the glass on your log burner door.

Brenda told us that coating your oven with a paste of bicarbonate of soda and water makes cleaning it easier!

It led on to reminiscing about favourite foods enjoyed as a child, including sugar on toast, beef dripping on toast and for Henry a spoonful of Bovril whisked in for a treat! Cream soda or ginger beer ice cream floats and growing your own ginger beer plant ... Geoff we're still waiting for you to start us off!

Peter Hibben also shared one of his favourite recipes, which I made and it was delicious!

**Beef with Horseradish cream** (serves 4, or 2 meals for Pete!)

2lb stewing beef  
2 large onions  
1 dessert spoon curry powder  
1 teaspoon ground ginger  
1 dessert spoon brown sugar  
1.5oz flour  
1 pint stock  
2 dessert spoons Worcester sauce  
1.5 tablespoons Horseradish cream (although Anne and Maureen use double)

Brown meat and onions, add spices and sugar, add flour and stock, add sauce and season to taste.

Cook as a casserole in oven at 140/150 for approx 2.5 hours.

Add horseradish cream at the end of cooking.

Bon Appetite

Best wishes to you all,

**Chris**

**Canoeing The River Stour** - you may remember back before Coronavirus that Jeannette asked for suggestions for her 'fifty challenges at 50'. As we explained in the Spring Newsletter, I suggested we should canoe the 26 miles from Sudbury to Cattawade along the River Stour - and maybe raise some funds for SAS at the same time. The trip was scheduled for the weekend of the 6th/7th June but, because of Covid-19 and social distancing, it is unlikely to take place in the near future. However, we WILL be making this trip as soon as we are permitted. Whilst our JustGiving page is still open (we have already raised £100 and hope to raise a lot more), we have suspended our fundraising efforts until we have a new date to go ahead.

**Jan and Jeannette**

**Ann Brignull** suggested that it might be helpful to re-print the helpline numbers from News Bulletin 4.

**Babergh and Mid-Suffolk Councils'** joint 'home but not alone' helpline - **0800 8766926**

**Braintree Council** - The following advice is listed on the BDC website;

Contact **The Essex Welfare Service on 0300 3039988 or go to the website;**

**www.essexwelfareservice.org.uk.** Opening hours are Monday to Friday 8am to 7pm, Saturday and Sunday 10am to 2pm.

**Colchester Borough Council helplines** - Rural North Colchester **07818 625484.** Marks Tey/Layer/Mersea

07976 794789. Greenstead, Old Heath, Wivenhoe  
07966 240457 or email;

[communities@colchester.gov.uk](mailto:communities@colchester.gov.uk)

Community 360 is a charitable organisation for the Colchester area offering all sorts of help.

Email; [information@community360.org.uk](mailto:information@community360.org.uk) or telephone 01206 505250.

### And finally ... from Pam Lawrence;

**This lockdown is getting old and frankly, I've had enough! (Author unknown)**

I've discussed the matter over a cup of coffee with the kitchen sink, and we both agree that the experience is draining.

I didn't mention anything to the washing machine as she puts the wrong spin on everything.

Same with the fridge. He only gives cold comfort.

I asked the lamp but she couldn't shed any new light on the situation.

The vacuum was rather rude and told me to suck it up.

The threshold was no better. It suggested I get over it.

The carpet advised me to sweep my feelings under the rug.

But the fan was more upbeat and thought that the crisis would soon blow over.

The toilet looked a bit flushed and didn't offer an opinion.

The wall didn't say a word either, just gave me a blank stare.

The door-knob was more forthcoming - told me to get a firm grip on the situation and move on.

The front door declared I was unhinged and so the curtains told me ... you guessed it ... to pull myself together.

The chair told me to table it, the table remarked that I didn't have a leg to stand on.

When I told the table to break a leg, the mirror said my comment reflected poorly on my thinking.

However, in the end, the iron straightened things out. She said everything will be fine - no situation is too pressing for long anyway!

### NB 8 Quiz Answers

1. Carousel
2. Sound of Music
3. Phantom of the Opera
4. Kiss me, Kate
5. Yeoman of the Guard
6. West Side Story
7. Oklahoma
8. Pyjama Game
9. Puss in Boots
10. Miss Saigon
11. HMS Pinafore
12. Paint Your Wagon

13. Anything Goes

14. Oh! Calcutta!

15. South Pacific

### NB 8 Riddle Answer

Wheat

### NB 9 Quiz

Can you find the flowers in these cryptic clues? The clue can refer to the sound or spelling of the answer.

1. Peals from a Kentish town (10,5)
2. Keen card game (3,3,5)
3. Under your very nose (6)
4. Cuddle on a foggy night (4,2,1,4)
5. Wed into money (8)
6. Sheep found in these (5)
7. Partner cut badly (4,4,8)
8. Active sovereign (4,6)
9. Automobile country (9)
10. Remember me (6,2,3)

### And a brain-teaser from Viv Bourne ...

I know it is a little tricky to see, but can you work out the dog breeds from the clues? They are numbered 1 to 7.

