



**Success After Stroke  
News Bulletin No 28  
Wednesday November 11th**

**Hello everyone,**

Although the majority of Remembrance Day services were held on Sunday 8th November, I have brought the news bulletin release forward a little as this is such an important day to acknowledge. It has been very moving walking around Long Melford after dark, looking at all the window creations to commemorate Remembrance Day and honour the fallen.

The next news bulletin will be combined with the Autumn Newsletter and will therefore be a larger edition. Do keep sending me your news articles. Meanwhile, keep safe and warm. Shirley. x



# OXYMORONS

After the article last week on Paraprosdokians ( which apparently caused some amusement with pronunciation as well as the examples themselves), I thought I would explore a few more examples of language.

Contrary to what some people believe an Oxymoron to be ( someone who is both stupid and smart!), an Oxymoron is usually defined as a phrase in which two words of contradictory meaning are brought together.

Some straightforward examples are:

## Clearly misunderstood

Act naturally

Exact estimate ( popular with fishermen I hear!)

Found missing

Small crowd

Fully empty

Pretty ugly

Seriously funny

Only choice

Original copies

## Clearly confused

Open secret

Larger half

Deafening silence

Constant variable

Minor crisis

Same difference

Jumbo shrimp

Working holiday

Extinct life

Some more humorous examples are:

Silent scream

Near miss

Butt head

Sweet sorrow

Tight slacks

Criminal justice

Living dead

Peace force

Student teacher

Old news

Sweet tart

Good grief.

And, the mother of all.....Happily married!

Shirley



## Chappel Viaduct



I often pass the magnificent Chappel Viaduct which has been a Grade 2 listed monument since 1967, being the second largest brick-built structure after Battersea Power Station. As with many local monuments, we pass them frequently without giving much thought to their age and construction and so I thought it might make an interesting topic, especially as our SAS members hail from both Essex and Suffolk and the viaduct carries trains from Marks Tey to Sudbury on the Gainsborough Line. As many of you know, this line connects with trains from London Liverpool Street and runs approximately hourly.

The construction work on the viaduct took place between 1847 and 1849 under the guidance of engineer Peter Bruff. There was a workforce of some 600 men who mostly came from the surrounding areas and were probably originally East Anglian farm workers. The bricks were made locally after it was discovered that there was good brick earth available at Mount Bures and so the original plan was changed from a timber structure to a brick one as it would be cheaper to maintain.

The viaduct is 1066ft long and has 32 arches, each with a 30ft span. It rises to a height of 75ft above the River Colne and was built on a rising gradient of 1 in 120 with the northern end being 9'6" higher than the southern. The cost was stated to be £21, 000 which equates to around £2.2 million pounds in today's money. In more recent times, during the 1960s the line was threatened with closure by Dr Beeching , but was eventually saved and so Chappel Viaduct survived.

If you would like to spend some time looking at the viaduct more closely, rather than simply driving under or past it, the Chappel Millennium Green in Chappel village gives great views of it as well as being a delightful green open space where you can walk or sit on one of the benches and enjoy the fresh air and scenery. A footpath runs beside the viaduct as well and there are other public footpaths to explore in the area. There is parking available and an adjacent open space area where a boardwalk takes you through some of the natural areas next to the River Colne. An added benefit is the local pub, The Swan, which offers meals from breakfast to evening as well as take-away food (lockdown rules permitting, of course).

You can find more about the history of the viaduct on the Parish Council website: <https://chappel.org/out-about/chappel-viaduct/>

With additional lockdown rules placing further restrictions on us, you may not be able to visit the viaduct yet. But once we can get out and about again, then I can recommend taking a trip there as it is only 20 minutes or so drive from Sudbury. Once there you might also like to go to the East Anglian Railway Museum which is based at Chappel Station and is only 2 or 3 minutes' drive away from where you park for the Millennium Green. The Marks Tey to Sudbury train runs through here and you can get a heritage train from here to Marks Tey and back, going across the viaduct. For more information please visit: <https://www.earm.co.uk/>

Of course, I am sure there are outdoor places of interest near to you. We would love to hear if you know of somewhere suitable so we can share it in a future News Bulletin ready for when we can get out and about again.

Pam Lawrence

## MODEL RAILWAY—WORK IN PROGRESS!



### Model railways in progress

I have always had an interest in the railways, since I was a small boy in Cardiff and was mesmerised by steam trains and the wonder of where they might be travelling. As a boy I had a small model railway and I then enjoyed building one for my son as he grew up, inheriting my love for steam trains and train spotting.

Since my stroke, I have tried to build up another model railway layout, after receiving a starter set as a Christmas present from Fran. We lived in a small house in Barnet then and as my bed was in the living room at the time, there was little space to expand my dream layout. Now we have space, I have a double bedroom solely for this purpose (although think it should have been the largest bedroom!) and so my dream began to slowly take shape, although it is very much a work in progress. The aim is to replicate parts of the Great Western Railway system with stations and engine sheds similar to those seen in my youth in Cardiff.



A neighbour with a similar love of models, was kind enough to help with the layout of tracks and wiring up the electrics and Fran has helped with the model making as my dexterity (and need to catch up with technological advances) is not what it used to be. I have what is known as DCC fitted to the engines which allows them to be controlled from a hand-held or computer operated system, through the Wi-Fi router for our house. This can be an issue as the DCC and Wi-Fi system seems temperamental at times (it's very sensitive) and drops out, much like other Wi-Fi things! It causes a lot of frustration and has slowed progress on completing the set. A friend was also going to help with scenery but lockdown has put paid to that.

Fran has helped as much as possible but it is not her thing and so struggles to enjoy working with the layout! We will continue to work at it slowly over the next few months and hope to continue to make progress and achieve my dream layout. If anyone has an interest and/or the ability to help, it would be much appreciated!

Bob Williams



# NOTICEBOARD

## Peter Thistlethwayte.

Peter, who recently passed away, was a very inspiring member of SAS. He came to us having had his Stroke in June 2018 following his time in Colchester hospital. He asked me on the first morning how long he would have to stay. My answer of “as long as it takes but it is up to you” had a quick reply of “Oh no, I would like to be out within a year!”.

He always tried so hard in the exercise class, wanting as little help as he could get away with, and trying to make his bad side work to its full potential.

His favourite subject was Computer studies with Jenny, and he brought in his iPad every week just in case she came in unexpectedly!

Peter was married to Sarah and they have three daughters. He started his career in the army, joining the Green Jackets where he became the ADC (aide -de -camp) of the Imperial Staff. It was not normal for a married man to have this post, but he was so popular in his regiment that he managed to get away with it.

Having left the army, he joined the Stockbroking firm of James Capel in the City.

He was also High Sheriff of Essex, followed by being the Deputy Lieutenant.

Peter was a lovely man, always interested in other people and had a great sense of humour. Away from work he had a love of shooting and fishing and adored his beloved dogs. After his stroke, Giovanni came to help Peter and Sarah. He loves being with the family so much that he is staying on to help Sarah, who is not very well herself.

We will miss Peter greatly, especially his great enthusiasm for getting on with life as much as possible, as well as for his wonderful combination of matching clothes and sartorial elegance!

Barbara Slade (Friend and SAS Trustee).

## Old fashioned Carrot Cake

Sylvia acquired this recipe whilst staying with her friend Martha in Boston in the 1980s.

After eating the main meal, the family would wait for all the younger members to return before serving dessert. Martha informed Sylvia that she had made a carrot cake but was unsure whether Bob (Sylvias husband) would eat it as apparently Bob had a mistrust of anything containing vegetables! (a knock on from war rationing diet). So they decided not to tell him.... Needless to say it went down well and became a firm

favourite in the Bunt household.

I can confirm it is indeed a delicious cake as Sylvia gave me a slice to “sample”! Enjoy.

### Ingredients:

10 oz/285g grated carrots  
7 fl oz/200 mls vegetable oil  
6 oz/170g light soft brown sugar  
1 teaspoon vanilla essence  
3 eggs lightly beaten  
7oz/200g plain flour  
3oz/85g raisins  
2oz/55g walnuts  
2 and a half teaspoons cinnamon  
1 and a quarter teaspoon bicarb of soda

### Cream cheese frosting:

8oz/225g icing sugar, sifted  
3oz/85g **full fat** cream cheese  
1 teaspoon vanilla essence  
Good pinch salt

### Method:

In a large mixing bowl, put oil, sugar and vanilla and beat well.

Add the beaten eggs and beat again.

Combine the flour, salt, cinnamon and bicarb of soda. Stir into the egg mixture. Fold in the carrots, raisins and walnuts.

Pour batter into a 12 X 7 or 9 X 9 baking dish/tin.

Cook in oven at 180 degrees until toothpick comes out clean (approx. 45 mins—1 hour depending on oven).

To make the cream cheese frosting, have the cream cheese at room temperature. Add the sifted icing sugar, vanilla and salt. Beat with an electric beater until fluffy. Spread on the **cooled** carrot cake.

**NB This cake can be frozen.**

## 'Home, But Not Alone' phonenumber goes live again

The Home, But Not Alone free phonenumber, which supports vulnerable people in Suffolk communities who may be struggling with the impact of Coronavirus, was paused in August because of the lifting of Covid-19 restrictions. However, considering the new national lockdown, the service is now up and running again. The telephone number is **freephone 0800 876 6926** and will be staffed from **9am to 5pm Monday to Friday**.

# NOTICEBOARD

## The National Gallery

The National Gallery continues to run a series of online virtual talks and viewings. For more information go to:

<https://www.nationalgallery.org.uk/>

## Zoom reminders

**Just a quick reminder of our Zoom classes.**

Exercise classes with Jeannette on Tuesday and Friday mornings **9.30—10.30 am.**

Speech & Language Friday **10.30—11.30 am**

Carers meeting will be held once a month. Date for next meeting to be confirmed. For further information contact either:

**Pam : [pam@pamlawrence.co.uk](mailto:pam@pamlawrence.co.uk)**

**Fran: [franwilliams23@gmail.com](mailto:franwilliams23@gmail.com)**

## Equipment loan

The two exercise pedal machines (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. Both are currently in use . Please let either SJ or Shirley know if you are interested in putting your name down.

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

Contact details are:

E Mail : [info@successafterstroke.org.uk](mailto:info@successafterstroke.org.uk)

Website : [www.successafterstroke.org.uk](http://www.successafterstroke.org.uk)

Facebook : **Success After Stroke Registered Charity no 1115016**

Sarahjane Lewis ( Manager) either through the e mail address or phone : **07434931962.**

Shirley Rarity ( Administrator) e mail : [admin@successafterstroke.org.uk](mailto:admin@successafterstroke.org.uk).