



**Success After Stroke  
News Bulletin No 34  
Thursday February 4th 2021**



Hello everyone,

Well, here we are in February, which comes from the Latin word Februa which means 'to cleanse'. The month was named after the Roman Februalia, which was after a month long festival of purification and atonement. February celebrates Chinese New Year, Valentines Day and Shrove Tuesday ( also known as Mardi Gras or 'Fat Tuesday') among other notable events.

So, although we have to find new ways to celebrate these events whilst in lockdown ( my friend knows someone who sets her table in a different room in the house each night and chooses a type of cuisine to cook), at the very least we can get those pancakes flipping!

Stay safe, warm and well.

**Shirley.**



**A note from Pam, SAS Well-being Therapist**

With Valentine's Day coming up next week on 14<sup>th</sup> February, I started to think about what it means to us, if anything. Especially over the last ten to twenty years, when the commercialism of it has grown more than ever, we are bombarded with adverts to send flowers (especially red roses) to our romantic partner and to pay an exorbitant price for them! But of course, not everyone has a romantic partner in their lives, and so does that have to mean that Valentine's Day is totally irrelevant for many people?

During this challenging time of lockdown, I am offering the thought that perhaps Valentine's Day is more relevant than ever with the inherent need that we, as human beings, all need to connect with others and to share thoughtfulness and kindness and love, albeit often not in person this year.

So where does Valentine's Day originate? Apparently, it has its' origins in Roman times and the festival of Lupercalia which celebrated the coming of Spring and included fertility rites and the pairing off of couples by lottery! By the end of the 5<sup>th</sup> Century Pope Gelasius has replaced Lupercalia with St Valentine's Day and it came to be celebrated as a day of romance, with the name Valentine seeming to have come from a priest who was martyred about 270 AD. This priest was said to have defied the emperor's orders and secretly married couples to save the husbands from having to go to war.

Formal messages, or valentines, appeared in the 1500s and commercially printed cards were being used by the late 1700s and commonly depicted Cupid, the Roman god of love. That tradition, of course, continues today.

But now, with the amount of hype around Valentine's Day, many of us have become quite cynical at the mention of it and feel it no longer has any importance to us, assuming it ever did have! So, my suggestion is that instead of thinking about the day as one of romance, we think of it of a day of love and kindness for our fellow human beings. We have all missed the close and often day to day connection we have with others and not only with our families, but our friends and neighbours too. Of course, with the current restrictions we are all under it is difficult, if not impossible, to see people face to face and it is all too easy to think that we will pick the phone up or write a note or email but tomorrow, not today.

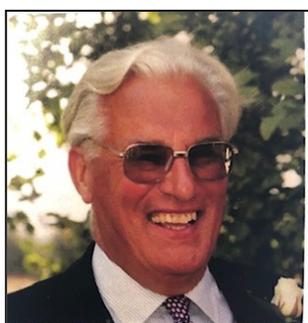
So, my challenge to you all (and myself of course!) is to make contact by phone or letter or email or even text with someone who you have not connected with for a long time, just to say hello. Perhaps you can recall some happy times gone past or simply catch up with them and find out how they are getting on. It is really quite a simple act that may make a positive difference to someone else and I am sure that in doing so, you will feel brighter and pleased with yourself for doing it!

If it just isn't possible to make that contact, then please make sure to say a special thank you to someone who cares for you and supports you day to day.

As always, we would love to hear your stories of how it went when you contacted someone you had not been in touch with for a while. In the meantime, Happy Valentine's Day to you all

♥ and stay safe! Pam x

## Obituary



### Christopher Wilmot Price

**26th October 1938 - 2nd December 2020**

Chris, son of Wilmot and Joan Price, grew up in Kent with his sister Elaine. He attended Milner Court prep school and went on to The Kings Rochester. He was no scholar, having a more practical approach to life. He absorbed newspapers, especially the business pages, which in turn piqued his interest in stocks and shares. As a family, they spent two weeks every year sailing, mostly in the east coast rivers or down The Solent and across to Calais.

The next move in his life was to go into the city. He joined Panmure Gordon Stockbrokers as a junior and through observation, eventually became a partner. He worked in the private clients side of business and gained some lifelong friends.

In 1971 he married Elizabeth Hetherington. Rupert was born in 1971 and they moved to Bretts Farm in 1975 after he left his partnership with Panmures. Chris briefly joined Vivian Grey stockbrokers as an associate but became disenchanted with commuting, so, having read an article in a Sunday paper about changing lifestyle, he purchased a small timber firm in Earls Colne which specialised in Elm and Willow.

This was run successfully for several years, during which Laura was born in 1980. Chris was approached by Carlton Wright of Wrights, the cricket bat Willow specialists and joined as a financial director, taking all his workforce with him from Manns. The cricket bat business took him to India, Pakistan and South Africa, which of course he loved! He worked there until his retirement in 2005.

Chris took up gliding in 1990 and became very involved with the club when it moved to Wormingford. His enthusiasm soon gained him the chairmanship of the club, and eventually he became their president. There were difficult times with some of the locals objecting to the planes but Chris thrived on it. A barrister was engaged and the club got the go ahead. They then acquired funding from The Lottery for a hangar and Chris managed to get The Duke of Edinburgh to open it.

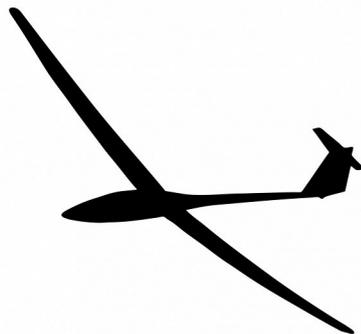
In the meantime, he had become a proficient pilot himself. The trial flight in 1990 led to over 1642 hours in the air over 1800 flights. He always preferred a two seated glider and was lucky enough to be the owner or part owner in three gliders over the years. These gliders were towed to all parts of the UK, Spain, France, Germany and Austria for up to three weeks at a time.

He did manage to organise some wonderful family holidays, but gliding clubs were never driven past! Chris flew over Mount Cook in New Zealand, with Condors in Chile and several destinations in South Africa. In retirement he spent as many hours as possible with his friends at the club.

Unfortunately in 2016 he had his first stroke and the family worked hard to keep normal life going. Lizzie encouraged him to walk as far as possible every day and he joined a club called Success After Stroke. They met twice a week and specialised in rehab, both mental and physical. Peals of laughter would be heard which was marvellous and Chris looked forward to every session.

Then, a second more severe stroke in 2018 on New year's Eve meant that Chris could no longer live at home. He went to Woodland View in Colchester where he was well cared for and died peacefully there. Despite the pandemic we were able to spend time with him for his last few days.

Chris was a font of knowledge and good humour and will be sorely missed by us all. He leaves behind his wife Lizzie, Son Rupert, daughter Laura and his five grandchildren, Charlotte and Henry Price and Ben, Thomas and Lucy Gower.



## SAS Introductions - A little bit about me - SJ ( Manager)



For those of you that don't know me that well, I was born in Hanover, Germany, as my father was an army officer at the time. Every two years my parents were posted which was an upheaval to say the least, especially for my Mother. When I was 9, I was shipped off to boarding school in Dorset/Somerset, which I just about survived. Leaving school at 17, I went to Cookery School, Tante Marie, whereupon I completed a year successfully and then I was off working in various Directors Dining Rooms, The Stock Exchange, (team of 3 of us on the 24th floor, 30 Christmas Puddings in a massive steamer!) Shooting Lodges, Private Houses and events. So many stories to tell but I fear Shirley will make me pay for the paper!

Just one though. I was cooking in a private house for a shooting weekend, having arrived by train with two ice boxes full of my special ingredients. Shortly after I got there, several men appeared and swept through the house doing a security check. None the wiser I carried on prepping the food for a "special dinner" that evening and was unfazed by the fact that the Aga was also supplying the hot water! Anyway, dinner eventually was served, BUT the pudding, which was a passion fruit sorbet was nicely setting in the freezer, or at least so I thought! When it was time to serve it, I realised that the host had been in and out of the freezer getting his champagne and so Passion fruit soup was a better description! Luckily, they were all quite well oiled by his stage and were happy to have the cheese board! (A couple of Royals and other well-known people were the guests!).

I also attended a very successful ski season which was great fun but hard work but hey, I was young then! I did get fired from my first Chalet job, (I was 19) and we were in Andorra. I don't think I have ever worked so hard..... a small hotel and because Andorra is tax free, we were up doing the bar until the early hours and then expected to be on duty again at 7am! Awful bosses but at least I managed to learn to ski! (after a fashion anyway).

I then spent two years working for a well known Ski Company, hiring and firing staff. It was an incredible learning curve with the added perk of cheap ski breaks and getting to meet so many different people. I then got bored and the travel bug beckoned, so off I went with a friend to India, Burma (those were the days when you could only go for 2 weeks and every expense had to be accounted for. Meals and accommodation were paid with cassettes, make-up and whisky!) Malaysia, Indonesia, Bali and then Australia. We worked on the odd station cooking and nannying to fund the next trip. After 6 months I made my way back to the UK via Hong Kong.

Thankfully, I was able to freelance with my catering so returned to London to clear an overdraft!

1989 I got married and we commenced wedded life in London whereupon Freddie (now 29) and Chloe (now 27) were born.

Fortunately my parents were living in Suffolk too which was an enormous help with the children as my husband commuted daily to the city. Once the children were of an age to be at school all day, I returned to part time work as a freelance caterer, PA and general dogs body for whoever wanted help. I ended up working at The Leaping Hare, Stanton for 12 years where I learnt an enormous amount with regards to customer relations, the retail world.....and patience!

Sadly, my dear mother had a stroke. Also, at this stage I had met Viv (Bourne) and as they say, the rest is history

**SJ**



And on the subject of food, apparently the 10 most popular **Valentine's Day recipes** are:

**Steak with peppercorn sauce**

**Dauphinoise potatoes**

**Spaghetti carbonara**

**Cupcakes**

**Quick and easy cocktails**

**Beef Wellington**

**Vegetarian Valentine's meals**

**Strawberry cheesecake.**

And the most romantic foods are :

**Honey**

**Chocolate covered strawberries**

**Chilli peppers! ( not convinced about this one?!)**

**Pomegranate**

**Fondue**

**Oysters**

**Spaghetti**

And last but not least..... **Caffeine!!**



## Collective Nouns



In linguistics, a **collective noun** is a collection of things taken as a whole. Most collective nouns in everyday speech are not specific to one kind of thing, such as the word 'group', which can be applied to people, animals or other things. Some collective nouns are specific to one kind of thing, especially in **terms of venery** ( noun used to denote specific groupings of individual animal species). For example “**pride**” as a term of venery always applies to lions, never to dogs or cows. Other examples come from **popular cultures** such as a group of owls, which is called a “**parliament**”.

Some nouns in the English language make logical sense in referring to a group or collection of animals, like **pack of wolves, herd of bison, school of fish** and all use terminology that, even outside the context of any specific species, refer plainly to groupings of animals or individuals. You could use these phrases more broadly and still be deemed largely grammatically spot on. But in reality, who is to say what is actually correct? A vast majority of collective animal nouns are illogical .... “ **a crash of rhinos**”.... But in the world of English language, where can a line be drawn between what knowledge is standard and what is so unusual that it is considered almost improper to use proper terminology!?!

### Some examples of collective nouns are:

**People:** Audience of many, cast of clowns, company of dancers, jury of peers, gang of bandits, firm of lawyers.

**Animals:** Clutch of rabbits, brood of chickens, tribe of goats, troop of chimpanzees, team of vipers, nest of robins, flight of doves.

**Other things:** bevy of options, galaxy of stars, vault of money, portfolio of investments, pile of garbage, bunch of flowers, box of chocolate.

### Some less well known ones:

A sneer of butlers

A bike of bees

A glaring of cats ( somehow that makes perfect sense!) ... as opposed to a kindle of kittens.

A rhumba of rattlesnakes

A shiver of sharks

A goring of butchers ( very descriptive!)

A hack of smokers

A souffle of clouds

**And my favourites..... An unhappiness of husbands..... An impatience of wives!**

**Shirley**

## Speech & language - conversation group

The conversation group on Friday were able to celebrate Peter's birthday with him – even if virtually!! Everyone bought a coffee, and some lovely cakes appeared too, including coffee cake and a Victoria sandwich – shame it was all online! A chorus of Happy Birthday was sung in true SAS fashion and Peter showed us a lovely watch he had as a present, along with a Harley Davidson snood – the bike was bound to feature somewhere!!

We also watched a TED talk together about a study looking at what makes people happy. The study followed boys from childhood and into their seventies. The main finding was how good friendships and relationships were more important than money or fame in people feeling happy. People who were connected socially felt more content – not necessarily the number of good relationships but the quality was what was important.

Over the last year I think being part of SAS has helped us all in feeling connected and less isolated. Seeing familiar faces every Friday has certainly helped us get through lockdown!

We are looking to explore using TED talks as a way of more of the members getting together to watch and discuss.

### Clare and Chris



Ted Talk in progress during our zoom meeting



**Remember our after-coffee discussion groups at SAS?**

**Anyone interested in joining us for something similar online?**

**Will be listening to short TED Talks on various topics followed by discussion.**

**As always will see where the topic takes us!**

**Date 25<sup>th</sup> February 10.30 a.m.**

**OPEN TO ALL MEMBERS – JUST LET SHIRLEY KNOW IF INTERESTED BY 12<sup>TH</sup> FEBRUARY  
AND WE WILL SEND DETAILS!**

Clare and Chris – look forward to seeing you!

# FREE HOUSE IN MARCHE, ITALY



Some of you may remember **Patrick Nisbett** who was one of our members for some years until he felt that he no longer needed our services... what I like to think of as a success story!

Patrick and Susan have very kindly offered their house in **Mogliano, Marche, Italy** for a week beginning **Saturday 4th September 2021, totally free of charge to any member of SAS.**

The house sleeps 8 over 3 floors( 4 double bedrooms, 3 bathrooms), has beautiful grounds and facilities and has a wonderful outdoor salt water swimming pool. It should be mentioned that the ground floor has a double bedroom with en-suite but the property is **not** wheelchair friendly.

We were lucky enough to stay there some years ago and cannot recommend it highly enough. It would make the most wonderful family holiday or fun week for 4 couples.

You would be responsible for your own travel arrangements but would find the house ready and waiting for you on arrival.

Obviously at the moment, none of us are really thinking about setting off for foreign shores but, if you felt that this was something you might be interested in, please ask **Shirley** to forward you the details which can be found online( or she will print off a hard copy and post it to you).

It is such a very kind offer and hopefully something that will interest you.... First come first served!

Until then, let your imagination take you there and find yourself sipping Rose by the pool!

All the best to you all.

Love

**Viv (Bourne)**



# NOTICEBOARD



## Members Birthdays

Birthday wishes this month go to:

**Linda Jackson on February 5th.**

**Leon Clark on February 6th.**

**Peter Phillips on February 16th.**

Happy Birthday to you all and we hope you get spoilt rotten!

## Make reading easier on the iPad

If you use safari to browse the internet you can make reading easier by using **Reader view**.

This is particularly useful for reading the news.

To access:

- **Open up the website**, eg BBC News
- **Tap** on an article you want to read
- **Tap AA at the top of the page in the search bar**
- **A list of options comes up.**
- **Tap** the first option **Show reader view**.

The page opens up with just this article, in larger text, wider spacing and without all the other news items around it. Removing all the distractions helps you to focus and the larger print means you don't have to concentrate so hard. Plus the BBC news is written in a more straightforward style than newspapers, which also makes it more accessible for those who have difficulty reading following their Stroke

## Get Well wishes

We are sending Get Well wishes to **Pam Epsom**. Hope you are feeling better Pam!

## Thank you

Peter Yaxley and his wife wish to say a big thank you to everyone for the Christmas raffle stocking, which came as a wonderful surprise. They

also want to say how much they enjoy the news bulletins so keep up the good work everyone.

## Christmas Card donations update



As you are aware, due to Covid we had to cancel the Biennial Carol Concert, our main fund-raising event.

Loudon Greenlees ( Treasurer) reports that the Christmas cards in lieu of the carol service have raised **£ 10, 920** in total so far (this does not include costs, so we hope to make £10,000 yet). Once again, we would like to thank **everyone** involved and to all those who have so generously donated to our organisation.

## 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.**

**NB see further on for update on Tuesday class**

### SPEECH AND LANGUAGE

**Fridays from 10.30am for approximately an hour.**

**Please contact us if you require any further information.**

## NOTICEBOARD

### Possible changes to Tuesday

#### Zoom exercise class

As those of you who attend the Zoom exercise classes know, Jeanette is thinking of changing the format for the **Tuesday** session.

Her thoughts for changes include:

**9.30 - 10am** - chat/question time and discussion of any particular issues, including specific exercises for certain conditions/problems that Jeannette thinks relevant.

**10.00 - 10.45am** - normal exercise class.

**Break for cuppa :)**

**11.00 - 11.30 am** - a more 'intense' workout which would focus on challenging balance, core strength and cardio.

**These classes are open to all members, volunteers and Carers.**

The feedback during discussion after class so far has been very positive. Jeannette would welcome any thoughts and interest so please let her know via the e mail address that comes with the Zoom invite or just drop a line to Shirley **(details below)** and she will forward on to Jeannette.

As well as being such an important part of our individual health care programmes, Jeannette's classes are without doubt **great fun** and I think **all** those who attend feel both the physical **and** mental benefits, as well as providing a wonderful opportunity for us to all 'touch base' with each other!

Do come along. We would love to see you, whatever your ability. As Jeannette says "**we do what we can and don't do what we can't - we have something for everyone!**".

#### Seated Pilates Zoom class

**Fran Williams** has a family member who is a qualified Pilates instructor who has said she would be happy to do a series of seated Pilates classes via Zoom for SAS members, carers, staff and volunteers if there is enough interest.

These would likely run until lockdown is lifted as she lives in Edinburgh and will therefore resume her face to face instruction as soon as she is able.

Again, several staff, carers and members have expressed an interest.

**Please let SJ or Shirley know if you are interested.**

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).