



**Success After Stroke
News Bulletin No 43
Thursday June 10th 2021**



HUGE CONGRATULATIONS TO ALL OUR VOLUNTEERS



**The Queen's Award
for Voluntary Service**



AND A BIG THANK YOU TO YOU ALL!

A Message from our Chairman - Richard Furlonger



The Queen's Award for Voluntary Service

"I think you will have heard our good news, that SAS has been given a Queen's Award for Voluntary Service (QAVS). The key word is "Voluntary" and so the award goes collectively to all our volunteers.

Congratulations and thank you to everyone for all you are doing on behalf of our wonderful charity; this recognition is richly deserved.

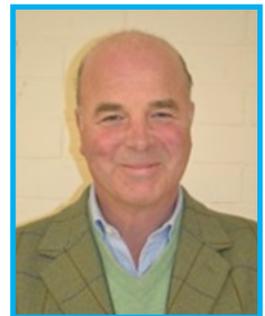
When beginning to count the number of our volunteers, starting with those who help at the Centre week in week out, including the art class, pottery, swimming and then those who help with BrushStroke, and the Carol Concert, there are too many individuals to name.

The other important members of the team who deserve recognition are the people who provide professional expertise, our therapists and our two staff members. They provide a structure within which our volunteers can most effectively help our members. Without their commitment our level of community benefit would not have reached a standard to justify the QAVS.

Well done to everyone".

Thanks

Richard



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

Contact details are:

E Mail : info@successafterstroke.org.uk

Website : www.successafterstroke.org.uk

Facebook : Success After Stroke Registered Charity no 1115016

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

Historical Royal acknowledgement of SAS existence

After the announcement last week of SAS winning The Queen's award for Voluntary service, I received a lovely e mail from Sylvia Bunt, telling me about the letter she had received in 2012 from Susan Hussey (Lady-in-Waiting) in response to a letter she had written to Her Majesty.

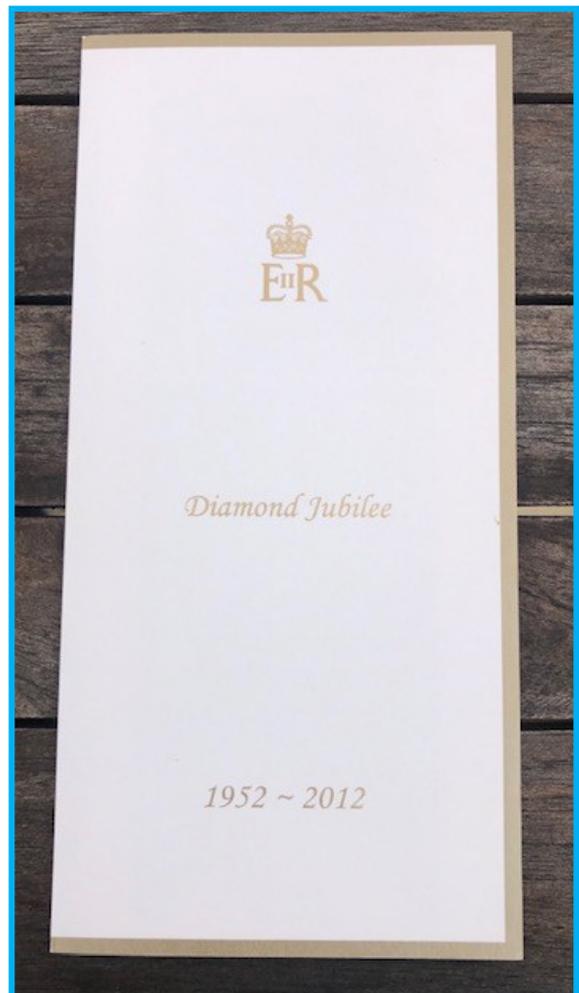
With no more ado, I was invited to partake of a slice of delicious almond cake and coffee at Sylvia's, where she explained the background to the letter she had written and then kindly permitted me to take photographs of the reply.

Sylvia had written to Her Majesty on the occasion of her Diamond Jubilee, passing on her congratulations and to explain her connection to the late Sir Norman Hartnell and her role in the making of several outfits for members of the Royal family (Princess Margaret's wedding dress, attire for King George VI funeral) during her tenure. Sylvia also explained that her husband Bob had suffered a stroke and how SAS had been a support to them both and the background to the charity.

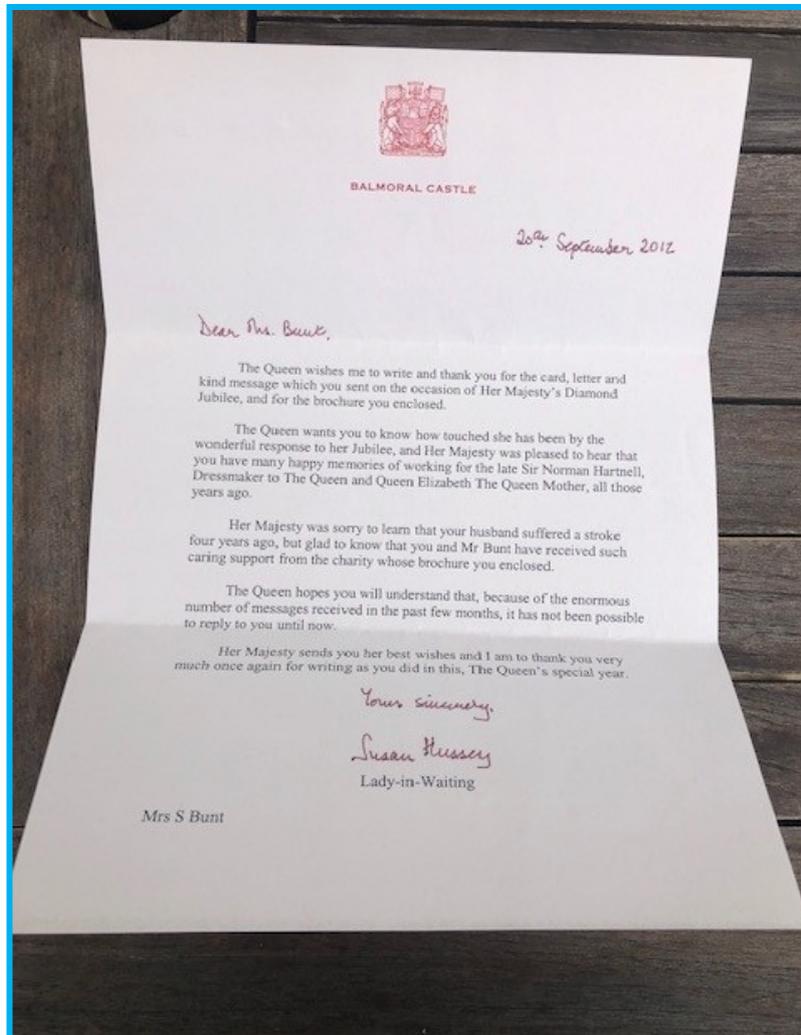
Sylvia was both honoured and delighted to have such a personal reply and is keen to share what she feels was an acknowledgement by the Royal household of SAS's role in her and Bob's life.



Sylvia Bunt



Royal Thank You



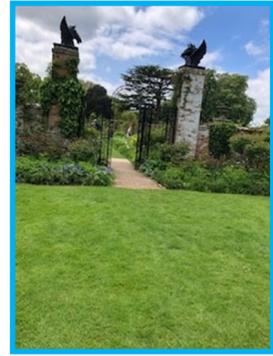
“ From small beginnings a wonderful organisation has grown, much like parable of the Mustard Seed”

- Sylvia

(“ The Kingdom of heaven is like a mustard seed planted in a field. It is the smallest of all seeds, but it becomes the largest of garden plants; it grows into a tree and birds come and make nests in its branches” - parable of the Mustard Seed).

Shirley

Helmingham Hall



What excitement we are allowed out!

So, thanks to Jeanette's idea some of you met at Helmingham Hall last Thursday and the one before. We had such a lovely couple of hours wandering the beautiful gardens and of course, a little bit of retail therapy followed by a delicious cuppa and a naughty slice of scrumptious cake!

**Lovely to catch up with a few of you and a huge thankyou to Nancy and Jeanette!
Very spoiling for us all.**

SJ

In search of a Dragon on St George's Day!



Fran Williams and I promised ourselves that we would meet up as soon as we could once lockdown rules were easing and go for a long walk. So finally, we agreed to meet on 23rd April (by coincidence on St George's Day) and decided that Bures would be a good place to see if we could find the dragon which is etched on a field on the edge of Bures. Thankfully the weather was glorious, and a clear blue sky was evident for the whole time we were walking.

The story of a Dragon in the Bures area was first recorded in 1405 by a local monk and recounted several times later. The dragon apparently terrorised the local people, breathing fire and killing a shepherd and his flock.

The town was panicked and so the local men tried to kill the dragon with arrows but they bounced off the monster's hard skin. More men were called in from across the country and although the dragon was not killed it fled down river to the village of Wormingford where it was slain or escaped -no-one was sure – and it was never seen again!

The local knight at the time was Sir Richard Waldegrave and a distant relative of his, Geoffrey Probert, now owns the land in that area. So, in 2012, the year of the Queen's Diamond Jubilee, Geoffrey Probert along with Dennis Ambrose, Adam Norton and David Cowlin, decided they would create a dragon outline in a field as part of the Jubilee celebrations. The Dragon was constructed using 10 tons of chalk, and measures 75m by 95m with the perimeter extending to nearly half a mile.

It is on private land so it isn't possible to go into the field where it is, but it is clearly visible from nearby and especially so from St Stephens Chapel where you can look across the valley to it.

So having parked on the road near Bures Community Centre (because the centre car park was full) we set off following the directions which I found online and which came from a local newspaper. Helpfully Fran had been given a paper copy by a friend.

About a mile and half into our walk we were already climbing steadily out of Bures Village on the Asington Road when we came to Fysh House Farm. From there it is a short walk to St Stephen's Chapel from the south of which you can clearly view the dragon. It is possible also to park at Fysh House Farm, (a parking place is designated), should you just want to have a short walk up to the Chapel.

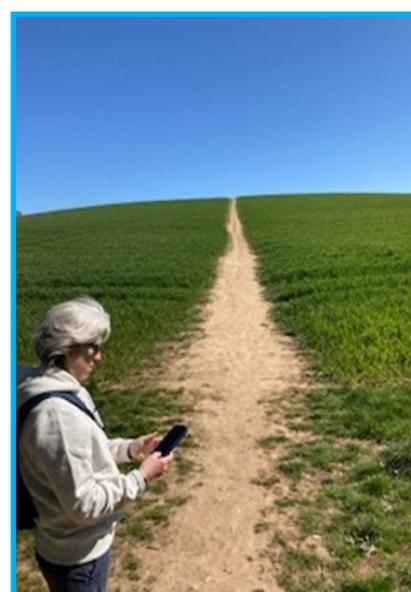
There is a bench overlooking the field so you can sit and take in the view of the area as well as the dragon.

The Chapel itself is worth a visit before walking on further, as it was consecrated in 1218 AD and is standing on the traditional site of the coronation of St Edmund on Christmas Day in 855 AD. It was also used as a hospital during the plague in 1739. The day Fran and I visited we were able to go into the chapel and it is apparently open during the day on most days.

Following the instructions that Fran had, we took the footpath and crossed Assington Brook where there are two tricky stiles and I was very glad to have Fran's help over them! The path climbs steadily and eventually you reach Suffolk Wildlife Trust's Arger Fen which is a woodland nature reserve which you can stop and explore.

But we continued the footpath, as directed, and finally came back down into Bures and back to our cars. In all the 5-mile circular walk took us around 2½ very pleasant hours, even if I did puff a bit when we were going uphill! It is certainly a walk I would recommend to those more energetic ones of you so do get in touch with me if you would like the directions.

Pam Lawrence & Fran Williams



NOTICEBOARD



June Birthdays

Stella Thornton June 13th

Ken Chatters June 15th

Ken Newson June 17th

Henry Ruse June 19th

Diane Aldridge June 21st

Happy birthday to you all!

ZOOM REMINDERS

JEANNETTES EXERCISE CLASSES:

Tuesday 9.30 - 10 am Question time followed by the formal exercise class at **10 - 10.30/45 am**.

(NB: use the Tuesday invite to enter Zoom at any time 9.30 - 10.45 am).

Friday 9.30 - 10.15am.

HIT ZOOM EXERCISE CLASS

A **Higher Intensity class** with Jeannette for SAS members and volunteers starts:

Tues - 11.00 - 11.30/45am

Jeannette strongly suggests you join one class or the other, but not both.

A note from Jeannette - "as Summer and accompanying warmer weather is approaching, this class will be re-

viewed as we go, as undertaking more strenuous exercise during heat is not always a good plan. I will keep you updated accordingly".

SPEECH AND LANGUAGE

Fridays from 10.30am for approximately an hour.

CARERS MEETING

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

Fran: franwilliams23@gmail.co.uk

ZOOM INVITES FOR THESE GROUPS WILL BE ISSUED AS USUAL.

Bar B Q/ Picnic reminder

Just a quick reminder that any member/carer/volunteer/'plus one' wishing to join us on **Tuesday 22nd June** at the **Stevenson Centre**, please let **SJ** (**either by e mail: sjlewis.sas@outlook.com or tel: 07434 931962**) know by tomorrow **11th June** please as we need final numbers. Thank you.