



The Queen's Award
for Voluntary Service

Success After Stroke News Bulletin No 44 Thursday June 24th 2021



Registered Charity No. 1115016

Hello everyone,

I hope you are all keeping well.

Obviously it has been a big disappointment that we were unable to proceed with the Bar-B-Q but the good news is we had confirmation from the sailing club so we are all systems go for a super day out on Tuesday July 27th (subject to the Covid restrictions).

PLEASE NOTE THE ANNOUNCEMENT FROM VIV ON PAGE 9 AND THE UPDATE ON PAGE 11 PLUS THE FLYER ON BACK PAGE REGARDING INSTRUCTIONS FOR RETURNING THE FORM IF YOU WISH TO ATTEND. Thank you.

As always, have a great couple of weeks and keep in touch.

Regards. **Shirley.**

A Note from Pam, SAS Well-being Therapist



For this week's News Bulletin article, I thought I would write something on a slightly different theme to well-being for us as individuals, by looking at things in a wider context for us as human beings, who are just one of many species inhabiting this world we call the Earth.

I am sure we all know from watching TV programmes, reading newspapers, listening to the radio, or reading articles online that this wonderful place that we inhabit is in serious trouble primarily due to the impact of the way human beings are living. There are many dire warnings of more animal species becoming extinct such as gorillas, tigers, the blue whale and of the polar regions becoming warmer and ice melting such that sea levels are rising and placing us all in danger or, perhaps more accurately, future generations.... our children and grandchildren. Science shows us that it is irresponsible human behaviour (for example, by not caring about how much rubbish we discard thoughtlessly) which negatively impacts the Earth. We all know this and yet it still happens, although I am in no way suggesting that anyone in our SAS family behaves this way! Perhaps I will write another piece for a future NB about with some ideas about how we, as individuals, can improve what is known as the "negative footprint" we leave on the Earth. But in the meantime, I thought it worth taking a brief look at an ancient culture - the **Australian Aboriginals** - and their beliefs about the Earth.

Australian Aboriginals have one of the longest continuous cultural histories on the earth and are believed

to have lived in Australia for at least 50,000 years. To put this into some context, the modern form of humans evolved around 200,000 years ago but civilisation, as we know it, is only about 6,000 years old. Australian Aboriginals have known for as long as they have walked the land that everything in the natural world leaves its mark on the earth and have lived their lives accordingly by respecting and caring for their land.

“**Dreamtime**” is the spiritual and cultural foundation of the Aborigines and comprises the knowledge, faith and practices resulting from the stories of the creation and history of Australia. It is believed that every meaningful event and activity leaves behind a **vibrational residue** and Aborigines talk of “**seed power**” which, when deposited on the earth, generates all natural life. It is also believed that Ancestor Spirits created the land and everything on it and so everything in nature contains a memory of when they were created that also vibrates with the same energy. As plants leave an image and vibrational energy of themselves as seeds, so does all creation, including the oceans, the mountains and the smallest pebbles. Science demonstrates that everything on Earth and beyond, including humans, has a vibrational energy. The Law of Vibration states that everything that exists in our Universe, seen or unseen, consists of pure energy and has a vibrational energy so that even those things that appear solid are actually made up of particles which are vibrating against each other. So, with that fact in mind, maybe the Aboriginals view of the world isn't so fanciful.

Aborigines know that they do not own the land but are part of it and, as such, it is their duty to look after and respect the Earth. Dreaming acknowledges that Ancestral Spirits still reside in the natural world and their imprints resonate everywhere, meaning that the past is still alive, and it will be in the future.

What does this mean for us? Maybe the belief of ancestral spirits is not one as individuals we can subscribe to. But can I offer the suggestion that just as many people have a religious faith which uses stories and metaphors to explain and understand the tenets of that faith, so perhaps ancestral spirits are not so different but are the Aboriginal way?

Of course, I have given a very brief overview of the Aboriginal culture and you may be wondering if and how this applies to us in the western world today. So, may I respectfully suggest that, even if you don't believe in ancestral spirits having an impact on the earth today, then living a life which respects the Earth and does not damage it makes total sense? After all, logically, the Earth is our home and if we do not take care of it, where else will we and our descendants live?

I hope you have found this article of interest and would love to hear your thoughts/feedback. In the meantime, I am grateful to **Madisyn Taylor** whose original article set me thinking and who sends out a daily thought-provoking email under the title of “**Daily Om**” which is available via a free subscription.

Just for interest, I am attaching photo of a painting (see under article heading) which I bought in Australia several years ago and which is in the style of much Aboriginal art. It is by an acclaimed Aboriginal Artist named **Anna Peryarre** and it is entitled **Yam Flower**. The women of Utopia, Northern Territories, where the artist comes from, look for the Yam plant when it is flowering as that is the best time to harvest the leaves for its medicinal properties which are especially helpful for women.

With love

Pam x



From Essex girl to Suffolk Carer



I was born in Hornchurch, Essex (Yes, I am an Essex girl and no I don't have any white stilettos!) in 1959 and lived there until I was four when my parents bought a brand new, centrally heated house in Barnet, Herts. By then, I had two brothers, Paul and Richard and then in 1967, had another brother Robert. As was common in those days, we were all born at home, and I remember hearing Rob cry for the first time at 01:30 in the morning. Dad was a senior Civil Servant, and my mum was a housewife and then part-time library assistant.

A seemingly fairy tale childhood existence of picnics, playing in the garden, holidays and family visits, I grew up a serious and responsible child as befitting the eldest of four. I breezed through primary school and went to Queen Elizabeth's Grammar school for Girls in 1971 where I studied (sometimes) for O' and A' levels. Results were perhaps not as good as they should have been after spending much of the glorious summer of 1976 at the local lido!

For most of my teenage years, I was a member of a youth organisation called the Woodcraft Folk, which was much maligned by the press for being communist, which it wasn't. I was motivated to contact local press on several occasions to dispel this idea and to promote the organisation which provided a multi-creed, multi-racial approach to children's groups rather than the single-sex ones of the time. I spent almost all my waking hours with friends from the group, hiking, climbing, camping and learning about nature and the great outdoors. I often had a rucksack on my back that was as big as me and thought nothing of walking for 25 miles a day, even completing a one hundred mile stretch of the Pennine Way in a week. My children were also members of the Woodcraft Folk, and I eventually became a leader for 6-10-year-olds.

My dream from almost day 1, was to be a nurse. From flour and water plaster casts on my teddy to drawing cuts complete with stitches on my dolls, I achieved a place at the Royal London Hospital to start training in 1980. Much to my parents' disappointment, I then declined the place (I think I got scared) and started work with the Metropolitan Police Service Civil Staff.

I got married in 1982 and briefly lived in Sheffield, North Finchley and then back to Barnet when we purchased a house from my then in-laws. After two periods of maternity leave (with a daughter Lucy, followed three years later by a son, Corey) I finally took a four-year career break to undergo my nurse training at Hertfordshire University. With practice placements in Edgware, Barnet, learning disability and mental health settings in addition to maternity and community, plus long hours in the classroom and practice laboratories, I qualified as a registered nurse in 1999. The process of my training unfortunately led to the break-up of my marriage but we both continued to be full-time parents to our children to ensure their happiness and well-being.

During my career, I worked in acute surgical and medical units, orthopaedics, a brief spell as a bed manager and a year as a ward manager and then specialised in pre-operative assessment and Outpatients. Having retired in 2020, I am now participating in the mass vaccination programme for Covid-19. I never returned to work for the Metropolitan Police service but did meet Bob there as he worked out of our office for the last couple years I was there.

Bob and I moved in together and got married in 2005. He chose St David's Day (1st March) so that he would not forget it, being a good Welshman and me being number 3! We travelled extensively for several years, mindful of the age gap (14 1/2 years), visiting Australia, Malaysia, Singapore and the Caribbean in addition to many places in Europe. Bob had retired from the police in 2000 and then continued in a part-time capacity as a court usher until early 2009.

During 2009, Bob was fitter than ever although awaiting a knee replacement after years of rugby and the allotment having taken its toll. We visited Barcelona with friends for a week to celebrate my 50th birthday and he managed to tear the cartilage on his other knee! The consultant agreed to do both knees together but unfortunately, he then had a major brain haemorrhage on 10th October. Initially he wasn't expected to survive, but being tough, he did despite anaphylaxis (with antibiotics) and then pulmonary emboli (blood clots) in both lungs.

After 6 months in hospital, including four months of rehabilitation, he came home to downstairs living complete with hospital bed, turner frame and wheelchair. To say life was tough is an understatement, especially as I carried on working. Over the years, it has got easier for Bob following two knee and one shoulder replacement plus 2 heart surgeries and a gallbladder removal! He has had significant physiotherapy input since his stroke but still nowhere near what he required.

Life changed significantly for the better when we moved to Suffolk. Bob had been living in one room downstairs in a small, terraced house for several years. Barnet was becoming busier and busier, and we wanted to move to the countryside for a better life. My mother was from Suffolk and still has sisters living here. In 2015, we moved to Elmsett, and our lives began to improve as I then worked fewer hours and enjoyed the calmer lifestyle.

Bob joining SAS in January 2016 has literally been a life saver, especially during Covid-19 and lockdowns. It has become a family, providing friendship, help, support and advice as well as physiotherapy and company. Zoom exercise sessions are tough for both of us but help to keep us active and more supple in times of restricted outdoor exercise and activity. I have been involved with the Carers' group for some time now and look forward to meeting with others whenever we can, be it in person or via Zoom.

I have made the most of the beautiful countryside around Elmsett, to walk either alone or with the permitted number of people from the village and have made many new friends. Both my children now live in USA (one in Washington DC and one in Connecticut) so I have not seen them for eighteen months but enjoy our weekly Facetime sessions. I have worked in our village post office and shop for about three years, and it has been an integral part of my involvement in village life and the community around. I am so grateful that we took the plunge and moved to Elmsett when we did because Suffolk has been so kind to us.

Fran Williams

SAS Conversation group

With the recent lovely weather our Friday conversation group decided to meet up outside. This was the first face to face meeting since March 20 since when we have only been able to meet online! It was great to see familiar faces who have not been able to join the zoom meetings but were able to come and catch up with everyone! The group met on the field at the back of the Stevenson centre and we were joined by a number of members partners who Chris and I have got to know better since the online zoom sessions started! It was a wonderful meeting with lots of conversation and helped along by some delicious cakes Chris had baked!



Coincidentally our meeting has coincided with Aphasia Awareness Month. Our conversation group members are only too aware of the difficulties they can face as a result of communication challenges following their stroke. However, we noted that others are not so aware - including shop and restaurant staff, GP receptionists and many others. We want to help increase others awareness of Aphasia and so are asking if you all can do one of the following – and/or ask a friend or family member to do so!

Experience what it is like to have Aphasia by following the link below and engaging in some of the simulation activities.

These are some of the experiences our members face everyday!

[Aphasia Simulations | Voices of Hope for Aphasia \(vohaphasia.org\)](https://www.vohaphasia.org)

Look out for the communication access symbol in shops/public places. It is there to show staff can and will support people with communication challenges. Do you know people working in public places – do they display the symbol? If not, can you ask them to think about doing the training so that they can proudly display the symbol to show they are able to support communication challenges, whether they be aphasia, communication difficulties associated with other neurological conditions such as MND or those associated with learning disabilities where a signed communication system might be used e.g. Makaton.

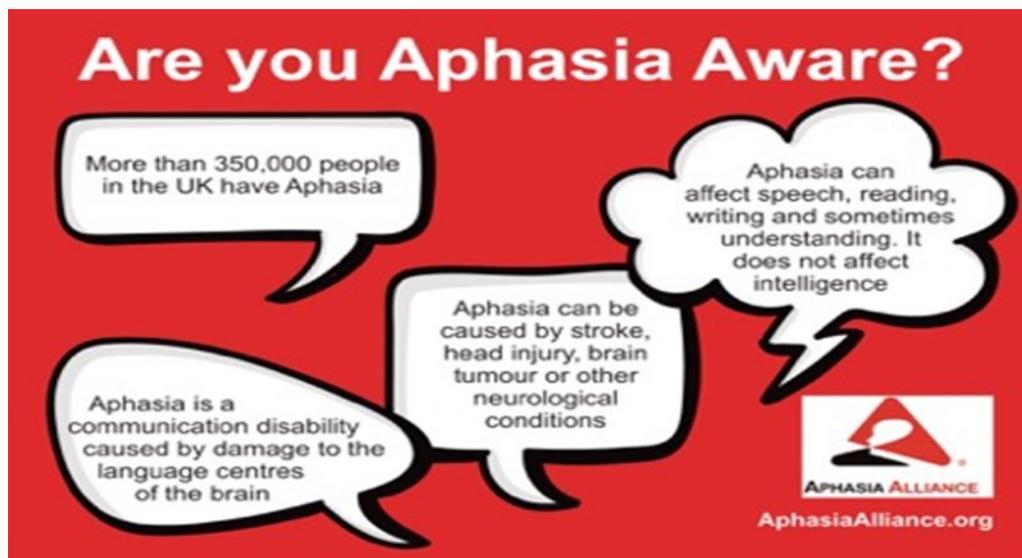


Communication access symbol

Follow the link to communication access free training online – or pass the link onto people who are working in a public facing role – even if one person in an organisation did this the message would soon spread!

[Communication Access UK – Inclusive communication for all \(communication-access.co.uk\)](https://www.communication-access.co.uk)

Print out or share the postcard below which suggests ways to help support people with Aphasia – give one to someone you feel would be helped by this.



“I have Aphasia. I know what I want to say. I just can’t find the words.”

Help make my conversations easier

- ✓ Reduce distractions, make eye contact
- ✓ Ask what helps
- ✓ Speak clearly, use short sentences
- ✓ Write key words, draw, use pictures or gestures to help
- ✓ Allow time for a response
- ✓ Check we both understand
- ✓ Be positive and encouraging

Support Aphasia Awareness on Twitter - #Aphasia



We would be interested to hear any experiences you have of using the above!

Clare and Chris

Speech and Language Therapists

Obituaries

Marsha Rose



“ Marsha Rose was married to John, one of our earlier, very influential and lovely members. She became treasurer when Geoffrey was Chairman and Val Scott was his PA, with Marsha and Val going on to become good friends.

Marsha and John had a Scottie dog they both adored and Marsha had been a dancer and was really rather glamorous.

Sadly she suffered with Arthritis for many years and finally cancer. I am sure quite a few of our long standing members will remember her.”

Viv

Pam Epton



I'm sure you were all very sad to hear of Pam's passing on May 29th. Pam had been a member of SAS for several years and was well known for her quick wit and sharp mind, having successfully qualified and worked as a Chartered Accountant before retirement.

Pam and her husband Eric (who was a dentist) originally lived in Surrey where she designed the half-acre garden for their fifteenth century property. For family reasons, Pam and Eric moved to the village of Glemsford, where once again, Pam set about designing the garden in their new home, where they remained for 13 years. Following her stroke and Eric's death, Pam made the decision to relocate to somewhere more manageable and so moved into a bungalow (in Glemsford) and set about renovating both the house and the garden in order to make it wheelchair friendly .

Although Pam always said she had no artistic talent, she clearly had an eye for colour and design and her garden was used for several open garden events, including one for the “My Wish Charity”.



“ With thanks to you all for all you did for Pam after her stroke and for the phone call contact through the lockdown”.

From Susan, Janet, David and all of Pam's family.

EXCITING ANNOUNCEMENT!



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

Big excitement! The Lord Lieutenant, Clare, The Countess of Euston is going to come to our sailing day on **Tuesday 27th July** and present us with our award. **This award is for the Volunteers so please can as many of you as possible come.** You do not need to sail but just let **Barbara** know as she has to let the Sailing Club know numbers.

It would also be wonderful if we had a good show of our members and families. Again, **you do not need to sail but need to pay £1 on the day and let Barbara Slade know .**

I hope you are all ok and can't wait to see you.

With love

Viv

NOTICEBOARD

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 reviewed 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.

Ideas for IT upgrade and speakers

SAS continually reviews its service provision and to this end, are currently looking at the IT side of things.

We are fortunate enough to employ Jenny McBride who is available to assist any member with IT issues (setting up Ipad/tablet with e mail, basic Apps, etc) and have several volunteers who are 'IT literate' and happy to help as well.

If you, our members, can think of any particular IT information or ideas, which you feel would be particularly useful to you and/or your fellow members, please let either SJ or Shirley know and we will put them forward for consideration.

Also, with the proposed return to meetings in September (subject to the lifting of Covid restrictions), we are currently getting our thinking hats on with regards to potential speakers.

If you have any suggestions or ideas on topics which may be of interest to our members, please let us know.

Thank you.

NOTICEBOARD

A Correction

Sylvia would like to correct a statement in the last Bulletin. The Royal Wedding dress made by Norman Hartnell was the Queen's in 1947. Other designers created the Royal Princess's in following years.

Get Well Messages

All of us at SAS would like to say that **Diane and Ray (Sears) and Stella (Thornton) and family** are very much in our thoughts and we send our love and best wishes to you all.

Also, get well wishes to **Sheila Kent**. Hope you feel better soon!

AMENDMENT TO RETURN OF FORMS FOR WOOLVERSTONE SAILING DAY.

PLEASE NOTE THE CHANGES FROM THE ORIGINAL FLYER THAT WAS SENT OUT LAST WEEK.

ANYONE WISHING TO ATTEND SHOULD RETURN THE FORM TO BARBARA SLADE (ADDRESS ON FLYER).

FORMS ARE AVAILABLE ON REQUEST FROM SHIRLEY.

APOLOGIES FOR ANY CONFUSION!

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**.

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

WOOLVERSTON SAILING DAY

TUESDAY JULY 27TH 2021

AT 10am.

COST: £10 for ALL sailors (SAS members/carers/family/guests)

£1 membership fee for anyone attending but not wishing to sail

- You will need to bring your own picnic lunch and drinks (unfortunately the club are unable to guarantee food will be available to purchase at this moment in time).
- MEMBERSHIP/REGISTRATION FORMS ARE AVAILABLE ON REQUEST FROM SHIRLEY BY EITHER:

admin@successafterstroke.org.uk or tel 07375841729 .

(NB: if you have already replied by mail to Barbara as per last weeks flyer, don't worry as she will let Shirley know).

ALL COMPLETED FORMS MUST BE RETURNED TO :

BARBARA SLADE

WHITE LODGE

MARKET PLACE

BILDESTON

SUFFOLK

IP7 7EN

FORMS MUST BE RETURNED NO LATER THAN JULY 20TH.

Payment will be made on the day - please place the **correct** money in an envelope, which should be clearly marked with the names of all those within your group.

Further information about this event, including directions, what to bring on the day, general advice and reminders, etc will be published in the News Bulletin at regular intervals.

It is a great day, whatever the weather, so please join us!

With my best wishes

Barbara Slade