



SUCCESS AFTER STROKE AUTUMN NEWSLETTER 2018

A message from the Chairman ...

Thank you to all of you who have contributed to this colourful newsletter, it is a great credit to you all to come up with so many varied and enjoyable activities, keeping active must be the trick.

Our Carol Concert is nearly here, on 4th December at Holy Trinity, Long Melford. Don't miss the chance to buy tickets as numbers are limited. We have a programme led by St. John's Voices Choir, Cambridge, who have a wonderful reputation. Thank you also to our brilliant committee, who have given so much time and have been so creative in staging this event.

Our online in-house survey which was carried out earlier this year showed an overwhelming interest from the membership to increase our physiotherapy care. Funding is now in place to recruit more therapists both in the more intense work of one to one treatments, but also to run exercise programmes. If you know anyone who is qualified in this area, and would be able to help on Tuesday and or Friday mornings please do let us know.

The newly redeveloped Stevenson Centre has given us all a lift and there is a lot to look forward to in 2019.

If I don't see you in December, have a very Happy Christmas and thank you for all the support and enthusiasm you have given in 2018.

Richard Furlonger

In this Newsletter ...



Emma Harris raised over £1,000 in memory of James MacMillan ...



and selling refreshments at a Suffolk open garden raised more than £500.

Woolverstone Sailing Day 2018



What a wonderful day we all had at Woolverstone, the weather was exceptional, a light breeze enhanced the trips on the water. It was perfect, we were in the motor boat and were taken up to the Orwell Bridge, an amazing structure; we were told that it is in fact two bridges rather than one, you can actually see a gap between the two. Maybe better not to know when driving across!



It was tranquil, the gentle lapping of the water on the boat side, the swans gliding by and looking at the yachts on their moorings, some more loved than others.



We all managed to find shade outside the club house and either enjoyed a picnic or food purchased from the club. Then cakes and cookies seemed to appear from every table, we all had the same idea.



Thanks Barbara for organising such a memorable day.

Liz and Chris Price

BBQ at Nedging Hall Friday 3rd August

We had a wonderful summer's day for our second visit of 2018 to the beautiful home of member, Mrs. Gillian Buckle. This time we enjoyed a BBQ, cooked in the blazing sun by Geoffrey Bourne and eaten in the cool shade of the barn. Poor Geoffrey and lucky us!



The Shire horses were once again there to greet us and several members enjoyed a close encounter.



Thank you so much to Mrs. Buckle and her team for making us welcome once again and to all those who helped with preparing and serving the food and drink. Geoffrey especially deserves a medal!

After our BBQ we were invited to stroll around the tranquil gardens, abundant with glorious flowers and foliage.



August Afternoon Tea Party

The afternoon of Wednesday 22nd August saw members gather at the home of SAS volunteer Angie Phipps. Angie treated everyone to a wonderful spread of sandwiches, cakes and scones, not to mention a glass or three of Pimms, all whilst sitting in her very pretty garden.



Angie took over running this summer event, which coincided with the birthday of her late husband and SAS member, Frank, more than ten years ago and it has been happily anticipated during the summer closure.



This year, Angie arranged for Anne, a harpist and Adrienne, a flautist to play which added a wonderful atmosphere. Anne and Adrienne are professional musicians who provided their services in return for a donation to the charity Crisis, which Angie made in memory of Frank on behalf of SAS.

Once, again the stunning summer weather of 2018 came up trumps and a wonderful time was had by all. Angie has asked that her thanks are extended to Sylvia Bunt and Maureen Garnham who brought along scones and cake and also to her grandchildren, Chloe and Adam for their help on the day.

Going without the 'sweet stuff' raises over £1,300 for Success After Stroke.

Emma Harris, aged 9, the daughter of brain training therapist Jenny McBride, decided to raise some funds for Success After Stroke in memory of her dear friend, James MacMillan, who sadly passed away earlier this year. James had a long association with SAS and was also its Chairman of Trustees at one time.

Emma originally hoped to raise in the region of £200 by going without sweets, biscuits, cakes, ice cream, chocolate, crisps, fizzy drinks and other 'treat' foods for one month. Emma faced many challenges during the month, not least of which was the fact that



she chose to go without ice cream during one of our hottest summers on record!



Emma with the late James MacMillan and below, with her fundraising form



Despite the many temptations put in her way, Emma showed immense determination and stuck to her task, raising over a whopping £1,300. Thank you to all those who supported Emma's efforts but especially to Emma herself for her magnificent achievement. We are all extremely proud of you.

Open Garden at Leaven Hall, Leavenheath

On Sunday 2nd September, Shirley Ellis of Leaven Hall, Leavenheath opened her three acre garden in aid of the National Open Gardens Scheme. Shirley kindly offered the use of her kitchen to provide refreshments during the event to raise funds for SAS.



The stunning garden proved to be a very popular draw and S, Barbara, Sue, Jenny and Jan worked flat out for over three hours pouring tea and coffee as well as serving a vast quan-

tity of cake - not to mention all the washing up!



Shirley has been opening for the National Garden Scheme for five years and before that for local village and charity, Seesaw. Her favourite flowers are the dahlias in autumn. However, this year everyone was asking about the campsis in the walled garden. It flowered earlier than usual because of the heat and was dripping with bean pods at the time of the open garden. Another great favourite is Winter Sweet which flowers just after Christmas and fills the garden with scent in the evening as well as being great for cutting and bringing into the house.



Like most gardeners, Shirley is busiest in the spring and autumn but finds that once the spring weeding is done, the plants come out and keep most of the weeds at bay over the summer. However, there is always something to do, especially in the vegetable patch and cutting garden. One point to note is that the underlying soil is very heavy clay so, even this summer, she did not water anything except for the young plants and only lost a couple of hydrangeas.



Thank you to all who donated homemade cakes or helped on the day and of course to Shirley for allowing SAS to benefit from the sale of refreshments. We raised in excess of £500.

Upstairs Downstairs at The House of Hartnell

By Sylvia Bunt

Eight years ago, Sylvia Bunt gave a fascinating talk about her working life at The House of Hartnell, couturier to the Queen and other members of the Royal Family. Since then, Sylvia has given the talk again at the home of SAS volunteer, Maggie Pownall raising over £1,200 for SAS. We were lucky enough that Sylvia agreed to give the talk one more time for the benefit of the current SAS members.

Sylvia had shown a keen interest in sewing during her formative years and learned many skills from a neighbour, Mrs. Forman who, during the war, used a large room in her parents' flat as a dressmaking studio. At night time, the room returned to its usual use – Sylvia's parents' bedroom! As Sylvia said, during the war everyone helped each other out as

best they could. Sylvia applied for and was given an interview at The London College of Needlework but was disappointed at the interview, not only would she learn dressmaking but also have to do tailoring and furnishing skills amongst other topics that did not interest her. On her way home, she bumped into Mrs. Forman who advised Sylvia that her best course of action was to apply to a Couture House for an apprenticeship ... and Mrs. Forman knew just the one! She had a contact with The House of Hartnell, Sylvia was successful at interview and was taken on in 1950 as an apprentice, earning £1, 2' and 6d a week.



Sylvia with some of her press cuttings and the House of Hartnell dressed for the Coronation in 1953.

Sylvia worked under the tutelage of a "Hand", the name given to fully qualified dressmakers – Madame Emilienne, who was French and apparently quite formidable! In charge of the workroom were two "Seconds", these ladies cut the materials after the mull patterns were made from the sketches. It took Sylvia four years to become a fully qualified Court Dressmaker, with a table of her own and an apprentice to train!

On her very first day, Sylvia was amazed to see a dress in production which was being made for Princess Elizabeth for the Christening of Princess Anne. One of Sylvia's other first jobs as an apprentice was to collect the

model gowns from the model studio for the dressmakers to work from. In the room where these were stored were also lots of accessories – tiaras, shoes, bags, necklaces etc. and Sylvia said that all the apprentices had great fun early in the morning before the dressmakers arrived trying on all the accessories. The evenings were not so much fun – she had to sweep the floor and collect and clean the used pins with offcuts of white cotton. The tables were covered in white fabric and the girls all wore white overalls – not glamorous.



Sylvia on her wedding day, two years after leaving The House of Hartnell. She designed and made the dress herself and it was fitted by Madam Emilienne.

The clients were shown the season's collections in the beautiful and glamorous upstairs salon, often with Normal Hartnell himself peeking out from behind a velvet curtain in order to gauge their reaction! Of course, the Royal Family were given private viewings. The first order from a member of the Royal Family was for two bridesmaids dress for the Princesses Elizabeth and Margaret and Queen Mary personally approved the designs. She obviously liked what she saw as The House of Hartnell was then in constant use by the Royal Family and each Royal client had a dummy padded to her exact measurements. In 1947 Norman Hartnell designed the beautiful wedding dress for Princess Elizabeth's marriage to Prince Philip and in 1952 he was appointed to design the Coronation gown as well as many other dresses for the ceremony. All the employees, which numbered some 500, were given the opportunity to see the Coronation gown at first hand before it left the studio. The Queen knighted Normal Hartnell in 1977.

Sylvia told the story of how she was allowed to borrow the pattern of the Coronation Maid of Honour dress to make the bridesmaid dresses for her sister's wedding – although she said sadly that the fabric she used was not quite of the same quality! Sylvia had many samples of the fabrics she had worked with over the years to make dresses for the Queen, Princess Margaret and the Queen Mother, amongst many other people. She also showed us press cuttings with pictures of the dresses and told numerous stories of fittings for new dresses and refurbishments of ones that had been used.



Some of the many fabrics Sylvia has used to make dresses.

The talk was so interesting, giving us all an insight into such a different world. Thank you, Sylvia.

The United Kingdom Acquired Brain Injury Forum Film Award 2018

The SAS speech and language therapists, Chris and Clare, recently led a project to create an entry for The United Kingdom Acquired Brain Injury Forum (UKABIF) Film Award 2018. Clare tells the story ...

“Chris and I used it as a project for the conversation group to discuss and decide what their key message would be to others to allow them to understand better what would help people living with the challenges of stroke.

The groups all came up with the same message about needing people to give them more time. The groups then came up with ideas of how to get this message across and some of

these were used in the film. There were lots of great ideas and the challenge was fitting something into the 30 second remit!! The making of the film was challenging and not everyone was around for the filming but hopefully their ideas were captured. It was a fun few weeks and hopefully the film will help increase awareness and can be viewed on YouTube!"



Go to YouTube and search for UKABIF Film Award 2018 and click on the Success After Stroke entry. The following is the remit followed;

“The United Kingdom Acquired Brain Injury Forum (UKABIF) Film Award 2018, sponsored by Elysium Neurological, is now open for entries from everyone that has an interest, or experience, in Acquired Brain Injury.

This year’s UKABIF Film Award will acknowledge, recognise and reward a short film, of no more than 30 seconds duration that enhances the understanding of Acquired Brain Injury. It can focus on neurorehabilitation in hospital, and/or in the community, and/or in school, and/or in prison or in connection with sport.

UKABIF is encouraging entries from individuals with a brain injury, their families or carers, students, the general public, care providers and voluntary organisations, as well the rehabilitation multidisciplinary team, doctors in primary and secondary care, case managers, personal injury lawyers and social care workers. The UKABIF Film Award is open to UKABIF members and non-members in the UK.”

Whilst we now know that sadly our entry was

unsuccessful in gaining an award, I think you will agree it was a fantastic effort by all those involved, especially Anna de Vries-Wobbes who made the film.

Thank you.

Footnote: When Anna was putting the film together she asked for 30 seconds of background music. We scratched our heads for a little while and then thought of the recording taken during the first session with Ray from the Music Therapy service - so the whole enterprise was very much a group exercise!

The Suffolk Coastal Footpath A talk by Peter Tatam

On Tuesday 18th September we were treated to a fascinating talk on the Suffolk Coastal Path Walks accompanied by a slide show. Peter began by telling us he had started his walks to aid his recovery from an illness. The Path Walk is 55 miles long, mostly following the coast but occasionally varies away.



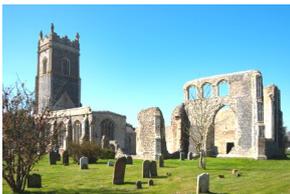
Starting in **Lowestoft** which is a busy port and close to the Alton Broads, it was famous for herring fishing using drift nets for large catches. By 1956 there were no herring left. This was then replaced by servicing North Sea Oil rigs and when that died away wind farms took over. We then moved on to **Pakefield** a popular place with plenty of beach house and a Lighthouse said to be haunted by Crazy Mary. Ancient flint tools have been excavated there.

Next came **Kessingland** where a sea serpent was found in 1912 by the daughter of Rider

Haggard. From there we went inland to **Bena-cre Broad** then on to **Covehithe** where a small chapel still exists in the disused church. **South-wold** came next with its famous pier and Tim Hinton water clock. The Lighthouse is in the middle of the town with a market on Monday and Thursday. Sadly, many of its homes are second homes and therefore empty in the winter. It is famous for its Adnams Brewery. A major fire in 1959 left large clear grassy spaces with canons left from the battle site between the English and Dutch where the English prevailed and saw off the Dutch.



On crossing by ferry to the other side of the mouth of the River Blythe is **Walbers-wick** where many famous people lived including Charles Rennie Mackintosh, the Freud family and Richard Curtis. On then to **Blythe-burgh** and the thousand year old Holy Trinity Church hit by lightning in 1577 rending the church and killing a man and a boy. There are scratch marks on the main door said to be scorched by the devil!



And so to **Dunwich**, lost to the sea over many years and once an important port bigger than Felixstowe. Next to this is **Minsmere** the important RSPB reserve where you can observe many rare and unusual birds such as the bittern.

We continue on to **Sizewell AOB** which strangely enough is twinned with Chernobyl! Then we have Leiston Abbey destroyed by Henry VIII and it's Summerhill School run as a

democracy. **Thorpness** has the house in the clouds built by Stuart Ogilvie. **Alde-burgh** famous for its fish and chips, museum, fresh fish, the Scallop sculpture designed by Maggie Hamblin and where Benjamin Britten started the Aldeburgh festival and Snape Malting for its famous music festivals, art, cafes and bars.



Orford with its Wild Man of Orford and castle remains and **Ness** Atomic Weapons Research Centre which still remains. On we went to **Rendlesham Forest** a commercial forest once home to a US airfield with a UFO trail and mock up. From there to **Shingle Street** and **Bawdsey Manor** experiments with radar began here. Finally, we arrived at **Felixstowe**, the ferry, the beach, the gardens and Wallace Simpson stayed there. Following on to **Lan-guard Fort** a station for landing seaplanes and which once again successfully fought off a Dutch invasion.

With many thanks to Peter for an informative talk enjoyed by us all.

Viv Hatfield, survivor

Footnote: Peter recently returned to talk to the Friday group and once again it was thoroughly enjoyed by all, some members opting to hear the talk again. Peter will return in the new year to talk to us on another topic.

Stevenson Centre Building Work

Members and staff might just have noticed a little building work happening at The Stevenson Centre over the last few months! The Centre has been extended by three rooms and the existing building updated and refreshed. Work has been carried out to the drains under the car park and we are keeping our fingers crossed that this will solve the flooding problem.



Sadly, the raised brick flower bed which stood outside the entrance has been dismantled and will not be replaced. However, we will find a new home for the plaque made by Andy Eilbeck which was sited in the flower bed.



The Trustees are hoping that the extension to the Stevenson Centre will enable Success After Stroke to expand the services it provides and have been in consultation with both the members and staff to find out what would be deemed most beneficial. If you have any ideas, please do not hesitate to make them known.



We would like to thank the members and staff for their forbearance over the last few months. We know it has been noisy, dusty and somewhat chaotic, none of us ever knew quite what we would be faced with on arrival, but we hope that all the upheaval will prove worthwhile in the long run.

SAS Carers Meeting 6th November 2018

The SAS Carers group is open to all those who support and care for SAS Members and we meet three times a year. The purpose of the meetings is to get together in an informal way and to have just a couple of hours out from the day to day responsibilities of being a Carer – some “Me time” – in the company of others who are facing similar challenges.

Our most recent meeting was held in the new part of The Stevenson Centre which was one of the first times the room has been used. It is a light and airy room and accommodates 12 – 14 people around a large oval table.



Our guest speaker was a delightful lady by the name of Linda Rice. Linda is a fully qualified Aromatherapist, aromatherapy being a healing treatment based on the skilful use of essential oils which have the ability to stimulate the body's own healing process, enhance well-

being and relieve stress. Essential oils have been in use since ancient times and are pure extracts from plants, including flowers, trees, herbs and spices.

Linda talked to us about how different oils have different beneficial effects and she explained which are best for different conditions. For example, lavender oil can be used to relax tired muscles and aid restful sleep whilst peppermint oil can stimulate and uplift the mind and body. She also talked about how to use the oils at home in an oil burner or in the bath and for inhalation. It should be noted that apart from a few oils, most essential oils are not suitable to apply directly to the skin.



At the end of the hour's talk, everyone in the group said how interesting and informative they had found the session and appreciated Linda's visit to us and several felt they would benefit from making an appointment to see Linda privately. She works from a treatment room in her home in Boxford and offers Therapeutic Massage (during which she uses essential oils) and the Bowen technique.

Linda Rice can be contacted on 01787 210850 to discuss how she can help and to arrange an appointment.

All Carers meetings are open to partners/carers of SAS members and for more information please contact either Pam Lawrence on 01206 211479 or Fran Williams on 01473 657632.

Pam Lawrence

Ideas please ...

If you have any suggestions for talks, events, outings or just general thoughts about things you would like to do during our meetings, then

please do not hesitate to let us know. Ideas are always welcome, so don't be shy!

Thank you to all members, volunteers and therapists

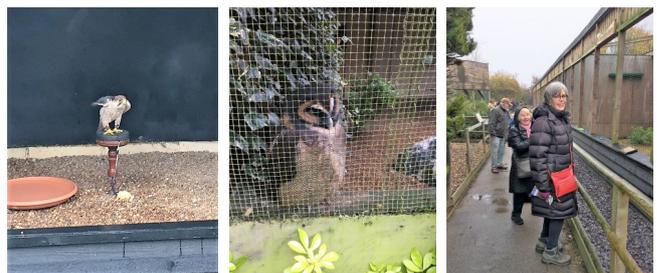
Thank you so much to all of you for your donations of time, biscuits, cakes and to Jan for her continued efforts with her nail bar! The various fundraising activities our members and supporters engage in are very much appreciated - as are those who attend them. Without your generosity, SAS could not function in the way that it does, nor would it have the incredible and supportive atmosphere we have all come to appreciate.

Finally, a huge thank you to the trustees and the many people who work behind the scenes to ensure the smooth operation of SAS and who constantly strive to raise funds, allowing our group to continue.

Sj

Visit to Stonham Barns

We left Sudbury on time on a very gloomy day and headed to Stonham Barns. Thanks to Jonny the coach driver we all arrived safely and disembarked and headed for the Owl and birds of prey sanctuary. Everyone was very helpful and kind in showing us where to go. We wandered around looking at all the beautiful birds which are kept in lovely spacious and clean pens! Despite the weather they were all visible and even performed some spectacular wing displays.





The meerkats caused even more of a delight and we were all quite amazed at how small they actually are. The TV - makes them look so much bigger!



As always with our outings the food is a highlight and we weren't disappointed, all the orders swiftly appeared courtesy of the efficient staff and we enjoyed copious cups of coffee and tea to warm us up. We decided to depart slightly earlier as the weather wasn't too clement, but we all had a fun time and even did some shopping too!

Sj

SAS and social media

You can view recent highlights and photographs on our Facebook page; Success After Stroke, Reg Charity: 1115016.

For information about SAS please go to our website;

www.successafterstroke.org.uk

Reminders ...

NO ART Wednesday 12th December due to blood donors.

2019 **NO ART** (due to blood donors) - 10th April, 31st July, 20th November.

Tuesday 4th December 2018 - Carol Concert at The Holy Trinity Church, Long Melton

Christmas Party - Tuesday 18th December 2018, 10 am (after which we will be closed until Tuesday 8th January, 2019).

Members Committee Meeting - Tuesday 22nd January, 9.45 am.

AGM - Tuesday 21st May, 11 am

Tuesday 8th June - Fundraising Concert, Lavenham

Term Dates

Tuesday 18th December, SAS closes for Christmas after the party.

Re-open Tuesday 8th January 2019

Close for Easter AFTER SESSION Friday 12th April. Re-open Tuesday 30th April

Close for Summer break Tuesday 30th July. Re-open Tuesday 3rd September.

Please remember to inform Sj or Jan if you change your medication or contact details. In the event of an emergency, it is vital that we have accurate information.

PLEASE COULD YOU ALL, INCLUDING VOLUNTEERS AND THERAPISTS, CHECK THE DIARY THROUGHOUT THE TERM FOR ANY CHANGES WE HAVE TO MAKE.

FOR THOSE OF YOU WHO WOULD LIKE A PAPER COPY OF THE DIARY, NEWSLETTERS ETC, THERE SHOULD ALWAYS BE SOME IN THE CLEAR TRAYS BY THE MEMBERS' PIGEON HOLES. IF NOT, OR IF YOU TAKE THE LAST ONE, PLEASE LET US KNOW AND WE CAN MAKE SOME MORE COPIES.



SuccessAfterStroke

Registered Charity No. 1115016

Carols by Candlelight

with the choir

St John's Voices

University of Cambridge

Tuesday 4th December 2018

Holy Trinity Church, Long Melford, Suffolk



Last few tickets available

Kindly sponsored by



To book tickets, please visit our website at www.successafterstroke.org.uk and follow the link to the 'Events' page. Tickets will not be available on the door.

Adults £18.00 / Children £7.50 (5 – 12 years)

No children under five years please

SAS meets at

The Stevenson Centre

Great Cornard

Sarahjane Lewis:

07434 931 962

By Post:

Success After Stroke

The Stevenson Centre

Stevenson Approach

Great Cornard

Sudbury

Suffolk

CO10 0WD

E-mail:

info@successafterstroke.org.uk

Web:

www.successafterstroke.org.uk

Facebook: Success After Stroke,
Reg Charity: 1115016.

Success After Stroke - Activities

Success-after-Stroke is an active and motivated self-help support group where the members are helped by dedicated volunteers and therapists in their efforts for rehabilitation, independence and confidence.

Tuesday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech & language therapy
- Reading and discussion groups
- Well-being therapy
- Brain Training
- Basic nail care & massage therapy

Wednesday mornings: Art, drawing and painting at The Stevenson Centre – beginners welcome

Thursday mornings:

- Pottery

Friday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech and language therapy
- Reading and discussion groups
- Well-being therapy - by appointment
- Brain Training
- Basic nail care & massage therapy - alternate Fridays by appointment.

ACTIVITIES SUBJECT TO AVAILABILITY