

The clocks go forward next weekend. Not sure how far forward but I think 4 months should do.

## Success After Stroke News Bulletin No. 1 Friday 27th March 2020

Welcome to the first of our 'News Bulletins' which we are issuing to help keep all those involved with SAS in touch and hopefully to lift our spirits in these strange times. It is hoped that you will respond to things you see in this News Bulletin and send in ideas and contributions of your own. Big or small it doesn't matter. It could be a photo that has made you laugh, a recipe, offers of help or requests for help, poem, book/programme/film recommendation or whatever else you can think of. We have had some great contributions for the first News Bulletin, so here goes ...

### **BrushStroke Festival of Art Results are in ...**

The Committee is delighted to announce that the preliminary figures for this year's Exhibition show a surplus of about £15,500 although we are waiting for some final figures. Whilst this is a little down on the 2018 Exhibition, it is an astonishing result given the current climate and the fact that we had to close two days earlier than expected.

Thank you to everyone who was involved; the committee, the artists, those who volunteered to help in whatever way and lastly but by no means least, all who bought pictures, pottery, cards and tea towels, consumed cake and coffee, came to the talk on gardening and the art atelier day! All at Success After Stroke thank you from the bottom of our hearts. There will be a full write-up with pictures of this year's exhibition in our Summer Newsletter.

### **Sailing Across the Atlantic**

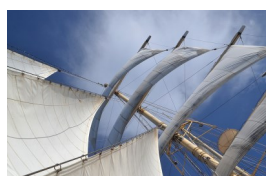
Last October David and Rita Guthrie sailed across the Atlantic in a tall ship. Here are some photos with explanations that David has very kindly sent. He has promised to come and give SAS members a talk when we are back up and running ...



Obviously not my photo, but a marketing one from the Swedish company, owners of the Star Flyer that took us from the Canary Islands to Barbados. 16 days in total. Actually, it is a terrible picture, badly processed in Photoshop (or similar) and with at least three technical mistakes! One is that there is a good wind blowing that has filled all 16 sails, so why is the ship stationary in the water? Can you spot the other two - another little puzzle?



The netting alongside the bowsprit is to enable the crew to work on the sails in safety. But, perhaps surprisingly, passengers were allowed to scramble (and it is a scramble) down onto the netting as long as there was not more than half a gale blowing. Just two rules – don't go near the edge (obviously!) and no more than five passengers on each side.



I took this photo lying on my back on the netting. Being actually off the ship (a strange feeling) it gave an unusual view of the foremast and sails, helped by a nicely positioned cloud.



A member of the crew on the rope ladder used to climb to the Crows' Nest. Again, passengers were allowed to climb the 50 feet (with supervision). Anyone who wanted to try and believed they could manage it was allowed to go. I went up; Rita didn't. 50 feet seems quite high, especially when the 'nest' is making large circles in the sky as the ship pitches and rolls, and there is a strong wind blowing.



A photo taken towards the stern. The concept of a “tall ship” is rather spoiled by all those messy sun loungers scattered about! The big question is “Where is everybody?” It is not too easy to see people down there, but there are not too many visible on the deck. Yet there should be 135 passengers and 75 crew somewhere around. One feature of being on a large sailing ship is that there is far more space per passenger, than on one of the engine-driven cruise ships with 2,000 passengers.

We were lucky and had bad weather! Lots of wind. The first 24 hours of the cruise there was a 60 mph gale blowing and it was great. Ships like that are built for the wind and love it – they are in their element.

In all the 16 days, Rita didn’t lose her balance once! It just shows how well people can recover from serious stroke disability when given the right treatment, which she was, in South Africa.

**David and Rita Guthrie**

### **Useful Information sent by The Stroke Association**

We received the following information from the Stroke Association. It has useful phone numbers and email links/addresses, some of which are for help and others, suggestions for things to do ...

**Stroke Association Helpline;** You can share this number with your members. It’s one way for group members to access stroke support and information 0303 30 33 100.

**My Stroke Guide;** Our online tool connects you to others affected by stroke, and provides free access to trusted advice, information and support 24/7. Direct people to this resource if they are able to use technology, or have family or friends that can support them to access it. You could set up a space specifically for your group and for your members to be in contact.

**Phone calls;** If you do pick up the phone, remember if you want to withhold your number you can dial 141 before the phone number.

**WhatsApp;** group WhatsApp is a great way of communicating - try setting one up between groups of friends and family to share information and news.

### **Further Community Help**

There is lots going on at the minute and the community help changes and increases daily, so here are a few of the common ones;

**Age UK;** Check your local Age UK. At present most are now running a telephone befriending service but they are also offering shopping and food parcels that get dropped to the door – only in some areas though so again please check your local one. Their main number is 0800 678 1602, but local numbers are available too [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Mutual Aid;** This is a Facebook group for every area to help those in self isolation. Put in your local area to see how you may be able help someone locally, particularly those who cannot access social media. <https://covidmutualaid.org/>

**BBC Radio;** Your radio stations are also doing updates on what help is in your local community, so tune in locally for information.

**Online;** Please see below links for all the family on how to be outside while inside during social isolation

Google Arts & Culture

<https://artsandculture.google.com/partner?hl=en>

Amongst other things, this website offers tours of 500 museums internationally!

V21 Art Space

<https://v21artspace.com/exhibitions>  
Virtual tours of a range of art exhibitions

Open Culture

<http://www.openculture.com/freeonlinecourses>  
Offer free online courses in lots of culturally based topics. There’s also audio books, printable colouring in pages etc. as a part of their site.

Museum Crush

<https://museumcrush.org/>  
Offers articles from museum exhibitions, which

serve almost as online exhibitions – lots of interesting write-ups on a massive range of subjects, all of which is engaging and accessible

Show Me

<http://www.show.me.uk/>

Aimed at families - things to read, learn, make, do...

Maintaining Mental Health - Tips:

**Headway;** Some branches are sending out game packs which may enclose puzzles etc. Again you would need to check your local branch. Their main number is 0808 800 2244, but local numbers are available too!

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

**MIND;** Offering telephone support – check your local area. Their main number is 0300 304 7000, but local numbers are available too!

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

**Supermarkets;** Most are offering the first hour of shopping to over 70's, great for those overwhelmed by the crowds.

### And tips from our members and volunteers ...

**From Friday volunteer Margaret** - BBC Radio Suffolk, The Mark Murphy show, Monday to Friday about 8.20 am there is a 'sing-a-long' to a good tune! Margaret says they have people contacting them from all over the world who are joining in and it really lifts the spirits to know you are part of something bigger.

**From Val Green** - Val emailed to say that she and Trevor have taken to watching the Gold TV Channel. It has back episodes of The Vicar of Dibley which as Val reminds us, is a laugh from beginning to end.

**Jenny McBride** has offered to help any SAS member and volunteers with free computer support (not including any purchases of hard wear/bug fixes) during this period of confinement. Her number is 07989 405791. Thank you Jenny.

**Clare Keohane** has kindly offered help with shop-

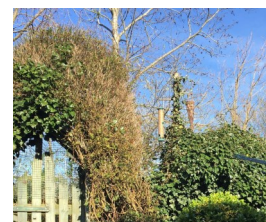
ping or collecting prescriptions for those who live in the vicinity of Sudbury and Long Melford. Please contact her on 07935 331532.

**John Crookenden** was given a website link by the NHS regarding Covid-19; <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

**Sj warns - beware of scams** which are rife at the moment. Beware of people calling at your door, offering to do shopping and asking to take your payment card or cash. There has also been a proliferation of internet scams. If it sounds too good to be true, it is. Never give out your bank account details or pin number ever, in any circumstances. [www.friendsagainstscams.co.uk](http://www.friendsagainstscams.co.uk)

### Watching Garden Birds!

With everything that is happening at the moment and many people faced with a long period of isolation in their own homes, how about helping our feathered friends and making an area in the garden for them to feed and drink. A simple bird table and bird bath placed in a quiet area of the garden will attract a variety of species with not only the common garden birds like the blackbird and the robin but also, if you are lucky, birds like the beautiful goldfinch or the delicate long tailed tit. If you are really lucky you might even get to see the stunning greater spotted woodpecker which in the right location can often be seen visiting our garden feeders. Feeders with mixed seeds will attract the tits and finches with nuts and fat balls particularly attractive to starlings, and thrushes. Mealworms are also a popular snack but beware they disappear very fast.



If you are worried about cats catching the birds why not mount your feeders on a post attached to the garden fence like those in the pictures. Whatever you decide there is nothing better or more relaxing than sitting having afternoon tea

watching our most accessible form of wildlife flitting back and forth from the feeders in the garden.

**Thank you to Rob Giles, friend of SAS**

### **Riddle of the week ...**

What is greater than God  
More evil than the devil  
The poor have it  
The rich need it  
And if you eat it, you'll die?

Answer next week!

### **Quiz**

**This week's quiz has been supplied by David Guthrie. Answers next week. Good luck!**

The quiz answers are items of confectionery: chocolate bars, loose sweets, and boxed sweets/chocs. Also included are names of confectionery manufacturers. Older quizzers may need to think of childhood favourites! The questions are mostly cryptic with a few factual clues thrown in. The cryptic clues can refer to the sound of the name as well as the spelling. All factual clues have been researched thoroughly and I hope that there are no errors. I haunted shops and sweet counters to make sure items are still on sale (and resisted sampling). As usual, there is an easy-peasy to start and finish.

- 1 There was mutiny on this ship
- 2 It's a slower herring (anag)
- 3 Sport of horses and water
- 4 Sounds like a circular oak
- 5 Sticky Chardonnay?
- 6 Medieval ballad singers
- 7 Carting miles (anag)
- 8 Fred, the Daily Mail's hound
- 9 A couple falls
- 10 There are several of these in the universe
- 11 Type of corn sweetener
- 12 Scrooge said this
- 13 Hen music (anag)
- 14 Classy road
- 15 Speak very quietly
- 16 They like this in Ankara
- 17 You hang these around your neck
- 18 Al fresco meal
- 19 Dullard not welcome in an arboretum
- 20 I trip tall fuses (anag)

- 21 Sound when stamping on crisps?
- 22 Condiment, herb & top of the milk
- 23 Montelimar is famous for this
- 24 Events such as anniversaries & birthdays are these
- 25 Quiet nasty laughs
- 26 Sandy ram (anag)
- 27 Help for .....
- 28 Prevaricate; cover up; make a mess
- 29 Spin
- 30 Inter bounder
- 31 ....and between
- 32 Clever people?
- 33 A foul strip (anag)
- 34 Sweet nuts
- 35 Prickly weights
- 36 Little terrier from West Riding?
- 37 You can toast these
- 38 Makes you feel clean
- 39 Nobler toe (anag)
- 40 Not before 20 hours
- 41 It roars
- 42 RNLI & Air Ambulance are this
- 43 A stone's throw in water to get this
- 44 One of the planets
- 45 Wogan's entire precious metal
- 46 Herbs rest (anag)
- 47 London buses are usually this
- 48 Barbi medleys?
- 49 Cooks with oil
- 50 Wobbly infants
- 51 ....dynamics
- 52 No times (anag)
- 53 Comes up smelling of these
- 54 Puss, puss
- 55 Not English margarine
- 56 Settle down comfortably
- 57 Coiled and twisted
- 58 Cheer for error (anag)
- 59 We are in this part of the universe
- 60 Peel away
- 61 Small stream, French town
- 62 26.2 miles
- 63 Thoroughly enjoys parties
- 64 Because the lady loves
- 65 Blades in sale (anag)
- 66 Mexican robber?
- 67 Wealthy alcohol types
- 68 They taunt gangster's girlfriend
- 69 Minimal sprite (anag)
- 70 Too good to hurry

**Stay safe and well. Keep in touch!**  
**Contributions for the News Bulletin to**  
**admin@successafterstroke.org.uk**  
**SAS phone number 07434 931962**