



**Success After Stroke
News Bulletin No 27
Thursday October 29th 2020**

Hello everyone,

It hardly seems possible that we are at the end of October and with the clocks changing, we are now contemplating the Winter months ahead.

I am in the throes of dusting off some of my cookbooks, in particular slow cooking (and slo-cooking!) and soups and am determined to master the art of biscuit baking and confectionery..... not sure my waistline will thank me for it but never mind!

If you have a favourite family recipe (including Christmas cake/pudding and apologies for mentioning that time of year already) then do drop me a line.

Meanwhile, keep warm and stay safe and well.

Shirley

PARAPROSDOKIANS

PARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected.

Some examples:

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. In filling in an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
9. I didn't say it was your fault, I said I was blaming you.
10. Women will never be equal to men until they can walk down the street with a bald head... and a beer gut, and still think they look sexy.
11. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
12. A clear conscience is the sign of a bad memory.
13. I used to be indecisive. Now I'm not so sure.
14. Nostalgia isn't what it used to be. Nor is there any future in it.
15. Change is inevitable, except from a vending machine.
16. I am not arguing with you, I am explaining why you are wrong

Finally: I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

A note from Pam, SAS Well-being Therapist

Nature On TV Benefits



Rather than write a fresh article based on this one about the benefits of watching nature programmes on TV, I thought it would be better to let you read it for yourselves! The online link to the article is at the end.

Watching high quality nature programmes on TV can uplift people's moods, reduce negative emotions, and help alleviate the kind of boredom associated with being isolated indoors, according to a new study published in the *Journal of Environmental Psychology*.

The research has also shown that experiencing nature in virtual reality could have even larger benefits, boosting positive feelings and increasing people's connection to the natural world.

Under laboratory conditions, researchers from the University of Exeter first induced feelings of boredom in 96 participants by asking them to watch a video in which a person describes their work at an office supply company. They then experienced scenes of an underwater coral reef in one of three different ways: on TV; in a VR headset using 360o video; and in a VR headset using computer generated interactive graphics.

The team found that all viewing methods minimized negative feelings such as sadness, as well as significantly reducing boredom. However, only the interactive virtual reality experience led to increases in positive feelings, such as happiness, and strengthened how connected people felt to nature.

Nicky Yeo, lead researcher on the study, believes the findings could have important implications for populations facing extended periods at home. She said: "Our results show that simply watching nature on TV can help to lift people's mood and combat boredom. With people around the world facing limited access to outdoor environments because of COVID-19 quarantines, this study suggests that nature programmes might offer an accessible way for populations to benefit from a 'dose' of digital nature."

The team worked with the BBC Natural History Unit to create their experimental conditions, which featured several scenes from the *Blue Planet II* series, including unseen 360o footage. Their findings support initiatives seeking to bring the therapeutic potential of nature to people at home, such as BBC Four's recent *Mindful Escapes* series.

Dr. Mathew White, co-author of the study, said: "We're particularly excited by the additional benefits immersive experiences of nature might provide. Virtual reality could help us to boost the wellbeing of people who can't readily access the natural world, such as those in hospital or in long term care. But it might also help to encourage a deeper connection to nature in healthy populations, a mechanism which can foster more pro-environmental behaviors and prompt people to protect and preserve nature in the real world."

<https://medicalxpress.com/news/2020-10-nature-tv-boost-wellbeing.html>



The language of flowers

Having recently received a delivery of a beautiful bouquet of flowers from a dear friend (thank you, Janet) that are still looking lovely two weeks later, I started to think about the meaning of individual flowers and so turned to the internet and found a wealth of information there - of course! I thought I would select a few of the most common flowers used in bouquets and put them in this article which I hope you find interesting.

Floriography is the official name for the language of flowers and every flower carries its own meaning or symbolism. According to the Interflora website, the language of flowers was developed here in Great Britain during the reign of Queen Victoria (1837-1901) when flowers were used to communicate feelings that the strict etiquette of the era would not allow to be openly expressed.

In Japan too, flowers are more than pretty decorations. Within the age-old tradition of Hanakotoba, flowers become visual poetry and can express emotions that sometimes words cannot.

So here is a short list of some flowers that are often found in bouquets and their meanings or what they symbolise:

Red rose – most often associated with Valentine’s Day and meaning enduring passion.

Yellow rose – symbolises friendship and joy.

Pink rose – symbolises, happiness, joy and gratitude.

Chrysanthemum – a symbol of optimism, joy and long life.

Pansy – a good flower to show someone that you care.

Alstromeria – also known as Peruvian lilies, these long-lasting flowers mean a happy life and the bonds of affection.

Gerbera – these daisy-like flowers mean cheerfulness, loyal love, innocence and purity.

Pink Stargazer Lily – these symbolise wealth, prosperity, honour and aspiration.

Iris – named after the Greek Goddess, Iris, they symbolise faith, hope and wisdom.

Tulips – the meaning varies according to the colour, but white tulips mean worthiness and forgiveness.

Stocks – their meaning is lasting beauty, a happy life and bonds of affection.

Carnations – their meaning varies slightly dependent on the colour but white carnations mean pure love and good luck.

I have no idea who created all these meanings! But it is fun to check them out and next time you receive a delivery of a bouquet you could look up the meaning of the individual flowers. But a word of caution, the person sending them may not be aware of what the flowers symbolise, so don’t read too much into the meaning. But of course, do be grateful for the kind thought!

Pam Lawrence

NOTICEBOARD

A message from Gill Buckles daughter

"I hope you are well and managing in these really strange times. I am not sure if you remember me or not but I am Jo, Mrs B's/Gill's daughter. Fortunately I was able to get over from Canada to see her for a few days before she died and James and I were able to have a family funeral at Nedging Church for her. My family unfortunately could not make it over. I luckily have a UK passport which made it much easier and the airports were so quiet.

I just wanted to say thank you so much for making our mothers time at Success After Stroke so enjoyable for her.... to be more specific the coffee and biscuits!!! You never know which way life is going to take you and I know that everyone at Nedging really enjoyed their little jollies together to SAS School as Mum would call it!!!. Your organization is a real lifeline to so many, giving everyone a sense of purpose and not being alone. I hope everyone will be able to get together again before too long for such a valuable morning out. Please thank Viv as well for her amazing support.

Take care, all the best".

Jo (Thomson)

Daughter of Gill Buckle.

Member update

As many of you may already know, Janet Harrington was in Colchester Hospital for a couple of weeks before being transferred to Halstead Hospital for rehabilitation. Despite Janet making it home briefly, she is now in Broomfield Hospital, Chelsford with a plaster cast as she has sustained a foot fracture. But she is in good spirits and being very well cared for by the hospital team. Do give me a call for her number if you would like to call Janet.

Pam Lawrence

Equipment reminder

The two exercise pedal machines (normally located in the physiotherapy room at the Stevenson Centre) are available for loan. The loan period will be for 8 weeks and operate on a first come first served basis. Both are currently in use and a waiting list is filling. Please let either SJ or Shirley know if you wish to put your name down.

Zoom Classes

Exercise class with Jeannette **Tues & Fri 10.30—11 am.**

Conversation group with Speech and Language therapists **Fri 10.30—11.30 am.**

Jenny McBride still has a few tablets for loan if anyone needs one, just contact SJ or Shirley.

Carers Zoom meeting

The next carers Zoom meeting will be:

Tuesday 3rd November at 10.30

If you would like to join and/or be on the carers mailing list please contact :

Fran: franwilliams23@gmail.com

Pam: pam@pamlawrence.co.uk

Book & film suggestions

After asking you for any recommendations, here are some of the suggestions I received. (obviously its very much down to personal taste).

Films

Saving Joan.

The beautiful Fantastic.

Green Book.

Peanut Butter Falcon.

Notting Hill.

Invictus.

Quartet.

Fishermans Friend on Amazon Prime.

The Water Diviner (BBC iPlayer).

Romeo & Juliet (BBC iPlayer).

The Da Vinci Code, Angels and Demons and Inferno (NetFlix).

Emily In Paris (NetFlix series..very much Chick Flick material).

Books

Where The Crawdads Sing by Delia Owens.

The Constant Gardener by John Le Carre.

Becoming by Michelle Obama.

A Single Thread by Tracy Chevalier.

The Killings At Kingfisher Hall by Sophie Hannah (the new Hercule Poirot).

The Beekeeper Of Aleppo by Christy Lefteri.

The Evening And The Morning by Ken Follett (prequel to Pillars Of The Earth).

Pelosi by Molly Ball.

A Time For Mercy by John Grisham.

Coronavirus alert levels

If you are finding the government guidelines around the Coronavirus somewhat confusing then I found the following page to be informative and clear. (It also contains a link to locating your local alert level). See the link below:

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/local-lockdown-tiers/>

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**.

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