



**Success After Stroke
News Bulletin No 38
Wednesday 31st March 2021**



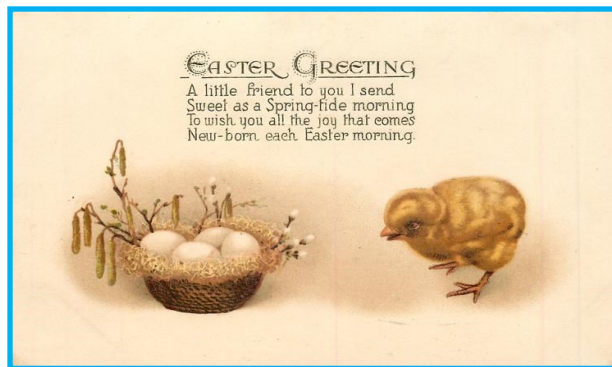
Dear Members and Volunteers

I wish you all a very happy Easter and look forward to the time when we are all together again at the Centre.

Chris, Clare and Jeannette have been wonderful in keeping us all active and involved through their Zoom sessions, alongside friendly contacts by our volunteers, with Sj and Shirley keeping the engine running. Everyone has been making a contribution and it has been fun reading a wide variety of articles in the NB - keep the messages coming, it doesn't matter what the subject is.

Getting there!

Richard (Chairman)



Dearest All,

As we approach the mini Easter Break, I feel it's only fair for me to say a huge thankyou to Shirley for her wonderful work putting the bulletins together for us to enjoy. As little or as much you like writing about yourselves, it would be really lovely for some more of you to contribute the odd story or recipe, quiz, joke or gardening tip.....anything and everything is acceptable.....well within reason!

Thankyou also to **Pam, Jeanette, Chris and Clare** and all the **volunteers** for their continued support, contributions, zoom sessions etc. I know everyone is very grateful! Certainly my waistline needs Jeanette's hit classes!!!! Anything to help shift some "lockdown lard!".

Please continue to stay safe and positive, we are definitely getting towards the end of the tunnel.....in more ways than one.

Wishing you ALL a very Happy Easter, and you can start to see some of your families, and we will meet up very soon!?

Much love

Sj xxxx

The rabbit has a charming face
Its private life is a disgrace
I really dare not name to you
The awful things that rabbits do!



A note from Pam, SAS Well-being Therapist - A Walk down a Culinary Memory Lane!



Maybe it was the lone lemon sitting in the fruit bowl or maybe it was a video call conversation with my sister, who lives in Australia, that prompted me to think about making a lemon meringue pie – something I hadn't done for years! But whatever triggered the thought, a few weekends ago I decided I would make one and, despite the fact that I couldn't find the original recipe, I seem to have remembered it properly as it turned out to be delicious, even if I do say so myself.

My Mum first made lemon meringue pie in the late 1950s, at which time she used a packet mix made by Greens and which had a tiny soft capsule in it which was filled with concentrated lemon oil to give it that distinctive lemon flavour. That memory encouraged me to look up when it was first popular and I came across some facts from a US website called www.Mobile-Cuisine.com and I have copied the following fun facts directly from that site and which I hope is of interest:

Lemon Meringue Fun Facts:

The Quakers generally receive credit for inventing lemon custard in the late 1700s. Philadelphian Elizabeth Coane Goodfellow, a pastry chef, businesswoman, and cooking school founder, who arrived in Philadelphia in 1806, expanded on lemon custard and invented lemon meringue pie.

August 15th is National Lemon Meringue Pie Day in the USA.

Lemon trees bloom and produce fruit year-round. Each tree can produce between 500 and 600 pounds of lemons in a year.

Add the juice of one lemon to an equal amount of hot water for an anti-bacterial gargle.

Food historians say lemons have been in cultivation around the Mediterranean from as early as the first century A.D.

High in vitamin C, lemons prevent scurvy, a disease that causes bleeding gums, loose teeth and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day.

California and Arizona produce 95% of the entire U.S. lemon crop.

Since making the pie, I have been reminiscing with my sister about our favourite foods from our childhood like Bread Pudding (I've never made or bought any as good as my Mum's!) and Rice Pudding with a skin of nutmeg! I am sure that you will have your own favourite foods that maybe you haven't eaten for a long time or maybe you still make and enjoy? Shirley and I would love to hear about your food memories and it would be great if you could share the recipe?

With love, Pam x

My recipe for Lemon Meringue Pie (serves 4 to 6)

Ingredients:

Enough shortcrust pastry, homemade or shop-bought, to line an 8" flan dish

1 large lemon

½ pint water

3ozs caster sugar for filling

1½ oz cornflour

2 large eggs

2 oz caster sugar for meringue

Base:

Line an 8" flan dish with shortcrust pastry and bake it blind removing the baking beans or dried pulses 10 minutes before the end of the cooking time. (I use scrunched up cooking foil instead of dried pulses.)

Filling

Pre-heat the oven to 180C/350F/Gas 4.

Remove the peel from the lemon, discarding the white pith.

Put the lemon flesh and the peel into a blender along with the water, sugar and cornflour and blend until smooth.

Strain the blended mixture into a saucepan using a sieve and then heat gently over a low heat.

Once the mixture has come to the boil, then simmer it slowly for 1-2 minutes to thicken it and then remove the pan from the heat.

Separate the whites of the eggs from the yolks and set the whites aside to use for the meringue.

Then, once the filling mixture is slightly cooled, add the egg yolks and beat until smooth and blended. The heat from the mixture will cook the egg yolks.

Turn mixture into the cooked flan case and set aside.

Whisk the egg whites until they reach soft peak stage & then gently add the sugar a little at a time, beating in between additions.

Top the filled flan with the meringue, spreading it right to the edges to seal the mixture.

Return the pie to the oven to cook and brown the meringue, which should take around 15 minutes.

Serve & enjoy! This can be eaten either warm or cold and with or without cream.



“An Exceptional Man “ - a story - from our Chairman Richard Furlonger

Dear Members

It is long overdue for me to contribute to our news bulletin. As has been the case for most of us, life has been a little dreary and so I don't have anything that interesting going on in my own small world to write about, so I have lifted a story from elsewhere.

I am drawing a rather tenuous link between Sj mentioning her travels in Burma in a recent bulletin, Henrietta and Edwina Drake's assault on Mount Kenya a few years ago, and my connection, which was prompted by me working through family paperwork from my mother's house. Where on earth is he going with all this I hear you say.

My father was a gunner in Burma during WW11. The Medical Officer in his battery was a man called Charles Evans. He wrote several books, chiefly about mountaineering, but one was entitled "Being a Doctor in the 14th Army". In these memoirs he describes leave when he would use every opportunity to travel by train from Burma to the Himalayas; he was from north Wales and a keen mountaineer.

His experiences then led to an extraordinary chain of events which I have extracted from his obituary. I wish I had known this story when I was young, as it would have helped put things into perspective in overcoming disappointment in life when not quite making it. Not being made captain of my prep school football team was probably the most significant! Funny what seems important at the time. Anyhow.....

"When Edmund Hillary and Sherpa Tenzing reached the summit of Mount Everest on 29 May 1953, shortly before noon, Charles Evans was recovering from an attempt to reach the top a few days earlier. On 26 May, in company with Tom Bourdillon, another redoubtable mountaineer, Evans had reached a point barely 300ft from the 29,029ft peak in what came to be known as the first assault the expedition made on the mountain.

The pair were on the South Summit and the ultimate peak was clearly visible. But they calculated that the oxygen in their cylinders was about to run out and that there was too little daylight to reach the top and descend safely. Wisely, they turned back; the information they supplied to Hillary and Tenzing proved invaluable.

As the expedition's deputy leader and quartermaster Evans made an enormous contribution. He was a courageous man; during the approach march to the mountain he narrowly escaped death when the undertow of a river dragged him down and threw him against submerged rocks. But he fought his way to safety.

Evans was trained as a surgeon and later became Principal of the University College of North Wales, Bangor. However he will be particularly remembered for his contribution to the exploration of the high places.

One of a small group of promising climbers immediately after the Second World War, he made three visits to Nepal in the years preceding the conquest of Everest. In 1950 he took part in an attempt on Annapurna, reaching a height of 24,000ft. He was a key member of a party which attempted Deo Tibba in 1951 and in 1952 he climbed with Eric Shipton on Cho Oyu. The Everest expedition, an achievement

which set the seal on Coronation Year, stands out as one of Evans's greatest achievements. However to many he eclipsed that in 1955 when he led a successful assault on Kangchenjunga, the third highest Himalayan peak, which was climbed for the first time. The summit, said by the people of Sikkim on whose border it stands to be inhabited by gods, was never actually attained. Evans had given an undertaking to Pandit Nehru, the Indian prime minister, that the sacred spot would not be desecrated. He promised not to climb beyond a point five feet short of the summit - a position from which the top could have been reached with ease.

Evans was born in the village of Derwen in North Wales a few days before the end of the First World War. He was educated at Shrewsbury School and University College, Oxford, where he read Medicine. After qualifying in 1943 he joined the Royal Army Medical Corps and was posted to the Far East. During his service he was mentioned in dispatches and acquired an abiding interest in the Himalayas.

On demobilisation in 1947 he became surgical registrar at Liverpool Regional Hospitals. After the Kangchenjunga triumph of 1955 he undertook a number of other Himalayan climbs but his physical abilities began to diminish and when multiple sclerosis was diagnosed his career as one of the world's leading mountaineers drew to a close.

The high places were denied to him, but he regularly attended the reunions of the Everest expedition held every five years at the Pen-y-Gwryd Inn which nestles on the slopes of Snowdon and was the headquarters for the expedition's initial preparations. The inn with its showcase of Everest memorabilia and a panelled "Everest room" is a Mecca for climbers and those who continue to marvel at one of the 20th century's most inspiring feats.

In 1957 Evans, a native Welsh-speaker, became Principal of UCNW, Bangor. He fought his disability with courage but eventually was forced to take to a wheelchair. Bangor was not the most placid of colleges. There were tensions between Welsh-speaking students and their monoglot classmates. In February 1978 the Welsh speakers invaded Evans's office, superglued lecture-room locks and occupied part of the campus, which overlooks the Menai Straits. The occupiers said they were concerned at plans to expand student numbers which they claimed would hasten the "Anglicisation" of the college by attracting more non-Welsh speaking undergraduates. A few days later the files of 3,000 students disappeared and some were later found by police in a public lavatory at Dinas Dinlle, a village on the coast 15 miles away.

Evans's leadership was questioned by some of his staff. In 1979 Dafydd Wigley, the Plaid Cymru MP for Caernarfon, called on the then Education Secretary Shirley Williams to institute a public inquiry into the running of the college, but eventually fences were mended. Evans retired in 1984.

He achieved a string of honours stretching back more than 40 years. He was appointed Hunterian Professor by the Royal College of Surgeons in 1953 and for three years served as president of the Alpine Club. He was awarded the Cullum Medal of the American Geographical Society in 1954, the Livingstone Medal of the Scottish Geographical Society in 1955 and the Founder's Medal of the Royal Geographical Society in 1956. The author of three books - *Eye on Everest* (1955), *On Climbing* (1956) and *Kangchenjunga - the untrodden peak* (1956), he was knighted in 1969. His wife, Nea, also achieved success as a mountaineer".



Charles Evans on the left and Edmund Hilary on the right.



Richard Tomlinson



It is with much sadness that we announce the recent unexpected passing of Richard Tomlinson.

“Richard was a lovely man, we will miss him. He was quite reserved, until he got going! He was a great asset to our group discussions, always keen to find out what we would be talking about and a font of knowledge, great to have on your side in a quiz. Both interesting and interested!” - Chris Clark and Claire Keohane.

On behalf of the SAS family, we would like to pass on our deepest condolences to Jennie and the family at this difficult time.

NOTICEBOARD

Term dates reminder

The final day of term one is **Thursday April 1st**, with term recommencing the week beginning **Monday April 19th**.

This means the **final Zoom class** will be with Jeannette on **Tuesday March 30th** and Zoom classes will recommence **Tuesday 20th April**.

Dates and times of Zoom classes for next term will be sent out by the therapists/ group organisers in the first instance and then appear in the news bulletin as usual.

April Birthdays



Dorothy Hart April 2nd

Antonia McCloughlin April 10th

Sheila Kent April 18th

Viv Hatfield April 22nd

Will Eagle April 26th

Happy Birthday to you all!

Useful link for Aphasia

I wonder if you might like to include this link in the next bulletin. Guidelines for getting online for people with aphasia, but nice and clear for anyone to use. Also covers sending photos by email, accessing apps etc.

<https://www.stroke.org.uk/what-is-aphasia/communication-tools/getting-online-people-aphasia>

Christine Clark

Speech & Language Therapist



Stroke Association Message

“You’ll see the Stroke Association on BBC1 at the end of the month. We’re proud to have been chosen as a BBC Lifeline Appeal partner, and we’ll feature in their appeal on Sunday 28 March. Unfortunately, we don’t have confirmation of the time slot yet, but please do still tell your friends and family about the programme. For the first £15,000 donated through the BBC Lifeline Appeal, ISS UK (a leading workplace experience and facility management company) will generously give £1 for every £1 donated – meaning even more money can be raised for stroke.

Also, Public Health England’s **FAST** campaign launches, and you’ll see adverts on TV and hear them on various radio stations and podcasts. To amplify the **FAST** message as much as possible, we’d love everyone to show their support by sharing our Facebook, Twitter and Instagram posts. We want people to learn the **FAST** test and share it with their friends and family, to help others to save lives and improve the chance of a better recovery for those who experience stroke”.

Juliet Bouverie—CEO Stroke Association.

NOTICEBOARD

LOCKDOWN ROADMAP REMINDER

STEP 1 8 March	29 March	STEP 2 No earlier than 12 April
EDUCATION 8 MARCH • Schools and colleges open for all students • Practical Higher Education courses		EDUCATION • As previous step
SOCIAL CONTACT 8 MARCH • Exercise and recreation outdoors with household or one other person • Household only indoors 29 MARCH • Rule of 6 or two households outdoors • Household only indoors		SOCIAL CONTACT • Rule of 6 or two households outdoors • Household only indoors
BUSINESS & ACTIVITIES 8 MARCH • Wraparound care, including sport, for all children 29 MARCH • Organised outdoor sport (children and adults) • Outdoor sport and leisure facilities • All outdoor children's activities • Outdoor parent & child group (up to 15 parents)		BUSINESS & ACTIVITIES • All retail • Personal care • Libraries & community centres • Most outdoor attractions • Indoor leisure inc. gyms (individual use only) • Self-contained accommodation • All children's activities • Outdoor hospitality • Indoor parent & child groups (up to 15 parents)
TRAVEL 8 MARCH • Stay at home • No holidays 29 MARCH • Minimise travel • No holidays		TRAVEL • Domestic overnight stays (household only) • No international holidays
EVENTS • Funerals (30) • Weddings and wakes (8)		EVENTS • Funerals (30) • Weddings, wakes, receptions (15) • Event pilots



Recognize the signs of stroke **F.A.S.T.**

<p>FACE Ask the person to smile. Does one side droop?</p>	<p>ARMS Ask the person to raise both arms. Does one arm drift downwards?</p>	<p>SPEECH Ask the person to repeat a simple sentence. Are the words slurred?</p>	<p>TIME If the person shows any of these symptoms, call 911 immediately.</p>
---	--	--	--

Learning the signs of a stroke can HELP SAVE LIVES

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.