



**Success After Stroke  
News Bulletin No 39  
Thursday April 15th 2021**



## **Notice from the Trustees**

The Trustees met on 29th March, part of the agenda included prospects for a return to the Stevenson Centre later in the year and approval of the accounts for 2020. Below is a summary covering these two issues for your interest. Please do get in touch if you would like to discuss either of these items and if there is strong demand, we could hold a Zoom meeting for members and volunteers. There won't be an AGM this Spring and the accounts will be filed at the Charity Commission to comply with deadlines.

### **The Stevenson Centre**

The Government's Road Map to lifting restrictions includes meeting indoors for six people as from 17th May, and for all restrictions to be lifted on 21st June, subject to no set backs to national levels of infection.

The Trustees feel that it will be impracticable to operate in groups of six in the Stevenson Centre from 17th May, besides some of our staff and volunteers will not have received their second jab. It is more realistic for us to consider a return on 21st June, however, we can't guarantee at this stage full immunisation and besides we hear from a number of our members that they would not wish to return to our normal format at the Centre until **September, after the summer holidays in August.**

The Trustees have decided that all those who will take part in our future activities at the Centre should be fully immunised, however, there is scope to arrange some outside activities. Barbara Slade has booked the **Woolverstone sailing day for 27th July**, and earlier in **July** we could arrange an **outdoor lunch at the Stevenson Centre.**

It would be very helpful to hear from you all as to your attitude to all or any of these events\ timetables.

### **SAS Accounts year ending 2020**

Below is a summary of the financial results and activity for 2020. If you would like a copy of the accounts, please contact Shirley and she will send you a copy.

The accounts for the year ended 31 December 2020 have been reviewed by our independent examiner, Hilary Spivey.

As our two main fund-raising events (the Brushstrokes Art Exhibition and the Carol Service) normally happen in the even-numbered years, we have in the past managed to generate a financial surplus in those years. In 2020, the country went into lockdown in March for 3 months forcing us to close the Brushstrokes Exhibition two days early. The country then then went through an extended period of zonal

restrictions followed by another lockdown forcing us to cancel the Carol Service completely. We did however send out Christmas cards advising supporters of the closure and inviting donations.

In the year we achieved total income of £93,067 and total expenditure of £86,723 for a net surplus of £6,344. The Brushstroke Art Exhibition recorded gross sales of £35,751 with costs, including payments to exhibitors, of £22,102 thus generating a net contribution of £14,219 including Gift Aid.

Overall, excluding the income from Brushstrokes, our income fell to £56,740 from £65,765. This total included £29,959 (2019: £41,061) of donations with significant receipts from the Harebell Trust (£10,000), Sudbury Mayor's Fund (£2,000) and Sudbury Rotary Club (£1,800) as well as a number of very generous donations from individuals. Two relatively low key fundraiser events were the "High 5" challenge which raised £1,260 and the Christmas card appeal which raised £8,900. In addition £8,357 in salary furlough payments was received.

In summary, excluding the costs of the Brushstroke Exhibition, our total payments amounted to £64,621 (2019: £73,236). In addition to the saving of nine months' rent (£6,770) when Great Cornard Council waived our rent payment from 1 April, we reduced the activities of the therapists to keep-fit sessions and Speech & Language both carried out over Zoom on a twice-weekly basis. Our Mental Well-being therapist has also been available when required. All our other therapies and activities such as Art & Pottery, computer training, and outings and events have been suspended until we are able to meet again face-to-face. All members have been sent a twice monthly news bulletin either electronically or by mail. In late 2019 we upgraded our computer systems at a cost of £3,945 to make our member records more secure and to facilitate the handover of roles between volunteers in future.

### The Trustees



**Richard Furlonger**  
Chairman



**Loudon Greenlees**  
Treasurer



**Barbara Slade**  
Trustee



**Geoffrey Bourne**  
Trustee



**Viv Bourne**  
Trustee

### Hello everyone,

Welcome back to term 2 ( well, almost!) and I hope you all enjoyed a peaceful Easter with family and friends.

With the slow easing of restrictions , we are now finally able to contemplate catching up with each other, albeit well wrapped up outdoors! But, there is most definitely light at the end of what has been a very long tunnel.

As always, we aim to keep this news bulletin light hearted and informative and over the coming months, we will endeavour to keep you up to date with any news and updates as they become relevant to you.

**Shirley**

## A note from Pam, SAS Well-being Therapist - Reflections on the pandemic

I am writing this on the one-year anniversary of the UK lockdown and reflecting on what a different and challenging year it has been for us all. Although this article won't be in the News Bulletin until after Easter, I thought it was worth spending a little time on thinking about the past year and all the good things that happened as well as those losses and events that have brought us sadness.

Of course, the one of the main memories which may linger long after life becomes normal again (whatever that is like) is of those whose lives have been lost and those whose lives will never be the same again because they have lost close family and friends. I doubt that there is anyone amongst us who has not been affected in this way and, even if you were fortunate enough not to lose someone close to you, you will no doubt know of someone who died as a result of Covid-19 or who continues to deal with the after-effects of it.

As with any grief, particularly the loss of a loved one, it takes the passing of time to process and deal with the feelings of sadness and loss, and maybe even anger, and there is no set amount of time for these feelings to subside. It is important though to remember that there is always help available to provide support while dealing with those feelings. That help can be accessed via your GP or via a specialist grief counsellor or through me. The books of **Elisabeth Kübler-Ross** may be helpful and she describes the stages of grief, noting that the stages don't necessarily come in a set order. Do contact me if you would like more information.

But, of course, the last year has not only been about sadness and grief and whilst there have been some events which have made us angry and frustrated, there have also been plenty of acts of kindness and maybe you have been the recipient of these. Maybe a neighbour has been able to get shopping or prescriptions for you; maybe you have been able to see family or friends via Zoom or maybe you have found an opportunity to be kind to someone else? It is these seemingly little acts which can make such a difference.

One of the highlights of the year has been Sir Captain Tom Moore's fantastic effort at walking 100 lengths of his garden in the run-up to his 100th birthday with the goal of raising £1000 for NHS Charities Together. To have exceeded his goal and raised in excess of £33 million, become famous around the world, written a book, been part of a recording of a number 1 hit song as well as receiving a Knighthood, would have seemed almost impossible a year ago and yet it happened! What a wonderful example that it is never too late in life to do something for others.

Also, whatever your opinion of how the pandemic has been handled by government and others, the success of the production and roll-out of the vaccines has been phenomenal, with vaccine centres across the country working effectively and efficiently.

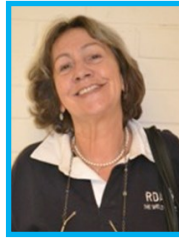
You will naturally have your own memories and reflections of the last year and of course, we still have some way to go before we can all meet again at the Stevenson Centre. But that is a good thought to hang on to and what a great day it will be when we can get together again. In the meantime, stay safe and well.

With love

**Pam x**



## SAS Intro - "A bit about me!" - by Viv Hatfield



Born and bred in Liverpool, I attended grammar school and commercial college, leaving with a diploma and then went on to work for the Psychology Dept at Liverpool University, then on to temping (more money). I had some hilarious jobs, including Garston Gas Works where the workers would sneak into my office and give me a swan ashtray they'd made. I ended up with 8 of them and Mum didn't know what to do with them

I left Liverpool at 18 for London (much to the distress of my parents) and continued temping there (masses more money). I started temping at the Beeb in the Newsroom, working hard and fast for 20 minutes up to the bulletin, then mucking about for the rest of the hour. Night shift was also fun, playing cricket in the room and breaking one of the lights! Sleep break involved sleeping on a crusty old camp bed with an even crustier blanket.... Yuk! (I gave the sleep break up in the end as it wasn't worth it). A lot of time was spent in the news crews pub - the Crown and Sceptre - every department had their own drinking hole. I then went on to the Correspondents office - also much time spent in pub and great fun, then on to The World at One and PM which involved meeting the celebrity interviewees, meeting several of my heroes, including Stewart Granger! I got friendly with Joan Bakewell and Robin Day (lovely man) and Joan informed me I wouldn't like Mr Granger as he was a big game hunter in real life. I thought she was joking until I went to meet him in reception and he was fully kitted out in big game hunter gear, although still very fanciable though in his 70s. I moved on from Radio 4 to Radio 1 working as Tony Blackburn's PA. (Unfortunately he was going through his very public divorce at the time and I shall say no more). Radio 1 was frenetic as we were constantly going to launch parties in posh hotels etc..... these included great goody bags, free tickets to top gigs and riotous Radio 1 days out.

Temp work fell off when I was working in Talks and Docs - I'd been asked to go permanent several times and finally agreed, though the pay was not good but the work was. I was later headhunted by Harry Thompson at Light Entertainment in 16 Langham St, and spent 10 years working mostly on Radio 4 quizzes, sketches and the odd comedy play, one of which was recorded with only female studio managers. When I asked why, I was told to wait and see. Although I had booked all the actors I didn't know any of them and when a young Hugh Grant walked in as the main character, I fully understood why all the staff were female.... They had worked with him before and my goodness, he was gorgeous. I always swore to Dick that I wouldn't work for our Radio 2 programmes - all tits and bums as far as I was concerned - then we were given The News Huddlines to produce and it changed my mind completely. Roy, June Whitfield and Chris Emmet were a joy to work with, as were the writers and Roy would invite us all round a couple of times a year for drinks and nibbles. His wife Debbie and I got quite friendly and she invited me to her inauguration and banquet as Lady Rat at the Dorchester. It was a wonderful experience.

Harry was a brilliant producer and working with him involved some very strange practices, like me having to distract the commissionaire chap on reception while Harry smuggled his potbelly piglet into our office! His name was 'Lunch' and spent most of his time under my desk nibbling my feet and if you spoke to

His name was 'Lunch' and he spent most of his time under my desk nibbling my feet and if you spoke to him, he would grunt back. One of my brother's was on the phone and I told him to talk to Lunch (not telling him what it was) and Lunch grunted back to him. He swore he was going to get one and of course, didn't. After Lunch got too big to smuggle in, he went to stay in primary school during the day where he was well looked after. Then came Harry's fancy champagne rats, which surprisingly I didn't object to until they wanted to snuggle into me all the time and the two of them ended up in each cup of my bra to sleep. You can imagine the surprise when the writers came in to find them waking up and moving around inside my jumper.

Finally, most of our programmes were produced at the Paris Theatre in Lower Regent St. They had recently installed a running light board over the entrance and the Commissionaire on duty told me to go out and see what he'd written. It was in large letters saying GUESS WHO - VIV DREW (my maiden name) so I've had my name in lights in the West End. Dick used to pick me up after the recordings as there were no parking restrictions then and he would take me back with the programme tapes and sound effects to BH and the canteen to have dinner, (which wasn't too bad at the time) and then his big treat was the Sound FX room in an attic at the top of BH. He got to play with the wind machine, door locks, boxes of stones for marching feet, umbrellas for the sound of birds taking off and plastic bags full of milk bottle tops used as the sound of fire - he loved it. I accepted voluntary redundancy when things changed and moved to Suffolk to be near Dick's motor racing work, bought our 1st house, and then went to work with a firm of accountants until I had my stroke in 2005. Unfortunately, Harry died of lung cancer while I was in hospital, even though he'd never smoked. I missed all the hustle and bustle of the Beeb and it's extraordinary propensity for alcohol in nearly every department, each with their own drinking establishment, but the way things have changed there and from the friends who still work there, it's completely different and the atmosphere and fun has been lost along with many other things. Anyway that's me..... I could go on but it would turn into a book.

**Viv Hatfield.**

### **Some April Facts**

We know April as the fourth month of the year, but that is only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julien calendar.

The word April comes from the Latin word Aperire, which means 'to open'. This is in reference to the many flowers that bloom in the month.

The two flowers of April are the Daisy and the Sweet Pea. The birthstone is the diamond.

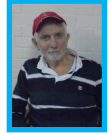
It was on April 6<sup>th</sup> 1896 that the first Olympics of the modern era were held. They took place in Athens after a break of 1,500 years.

It was on 12<sup>th</sup> April 1961 that the first human went into space, the Russian called Yuri Gagarin and travelled 187 miles above the earth in the spacecraft Vostok I.

26<sup>th</sup> April 1986 was when the Chernobyl nuclear plant exploded. The radioactive cloud created forced a 300 mile radius to be evacuated.

April marks the birth of arguably the most influential writer of all time..... William Shakespeare. Born on the 26<sup>th</sup> in 1564 he went on to write 36 plays and 154 sonnets.

## Tales from Corner of the Yard – Part 1- “A fair cop Guv ” By Bob Williams



“It had been a relatively usual week of night duty and I was again driving the R/T (Radio Telephone) car. My crew were the usual suspects – Terry on the R/T and Chris, the observer, in the back.

It was about 06:30 hours when we received a call to a burglary at a premises in Charlotte Street, W1. Charlotte St is a long street of Edwardian tall houses; the ground floors usually used as cafes, restaurants and the like. Charlotte Street was famous for this as it ran parallel to Tottenham Court Road on the west side from Oxford Street at the south end to almost Euston Road in the north.

We arrived at the scene within a few minutes and spoke to the informant, a café owner on the ground floor. He advised us that he had heard noises above his place and said that there should be nobody above him as they were all offices working 9-5, Monday-Friday, and it was too early for them and it was a Saturday! Terry and I went out through to the bottom of the stairs and sure enough, we could hear someone walking about above us. The footsteps were very heavy, as though the person was wearing boots. We hid under the stairs and waited for the burglar to appear. When the suspect reached the ground floor, we stepped out and spoke to him, which gave him the fright of his life! So much so that I thought he was going to have a heart attack.

The man was short, about 70-80 years old, wearing a flat cap, scruffy old coat, baggy trousers and very large, heavy boots. He appeared to be about the same age as my grandfather. He was carrying a black sack which was only missing the word ‘swag’ thereon! I asked him what he was doing here and what was in the bag, which was half full of items that you’d expect to see on an office desktop in the 1980s (staplers, hole punch, pens, etc.). I immediately informed him that he was being arrested, cautioned him, to which he replied, “it’s a fair cop Guv”! Terry who was still under the stairs, started to laugh when I said, “You can’t say that as you’ll be laughed out of court”. He insisted on his statement and refused to say anything else, when given the opportunity to do so. We took him to the car and put him in the back with Chris, who wasn’t very happy as he stank of BO and beer.

We took the old boy to Tottenham Court Road police station, where he was charged and his prints and photo taken, put in the cell and made comfortable, until Monday morning when due to appear at Bow Street Magistrates’ Court.

Monday came and at 09:45 hours, I was with the old boy waiting for our turn on the court list. The court we were in didn’t have a bench of JPs but a stipendiary magistrate, who is an expert professional magistrate. I had since the arrest of this comic old boy, spent a lot of time arguing with him about changing his reply to caution along the lines that it was embarrassing, and he would look foolish and that it was only said in TV and films as a laugh line. He still refused to change his mind. We were eventually called on and I made my way to the witness box and the accused was brought up from the cells and put in the dock. I noticed that Terry was sat in court, still with a smirk on his face. He had refused to act as witness to my evidence, which I must admit, had annoyed me as he gave no reason for it. The charge was put to the accused and he pleaded guilty. I started to give my evidence and came to the part of the arrest and caution of the accused. When I came to the caution, I hesitated as I could feel myself blushing. As I came to his reply, I somehow managed to say, “it’s a fair cop Guv”. The whole court, including the magistrate and Terry, burst into laughter. It took a few minutes and a lot of gavel banging by the clerk and magistrate before we could resume.

On Monday evening when I went to work to drive the R/T car at 23:00 hours, I was not amused when some of the relief including our Inspector, pointed out to me a small paragraph in the London Evening Standard for that day that was headed “it’s a fair cop Guv”. Luckily no names were mentioned.

The old boy was remanded in custody to prison due to his previous, which included previous burglaries over the years for which he had also been imprisoned. He was remanded pending probationary reports, to take into consideration, his living circumstances”.

# NOTICEBOARD



## April Birthdays

Dorothy Hart April 2nd

Antonia McCloughlin April 10th

Sheila Kent April 18th

Viv Hatfield April 22nd

Will Eagle April 22nd

We wish you all a very Happy Birthday.

## 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 strenu-

ous 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](mailto:pam@pamlawrence.co.uk)

Fran: [franwilliams23@gmail.co.uk](mailto:franwilliams23@gmail.co.uk)

ZOOM INVITES FOR THESE GROUPS WILL BE ISSUED AS USUAL.

Further information available on request.

## SPECIAL MENTION!



" Over the course of the last year, I have been so impressed with everyone's efforts in the Zoom classes but what has delighted me the most is the very visible improvement in your strength and flexibility! You have all made such progress and have worked your way through increasingly more challenging exercise routines. I couldn't be more proud of you all.

Well done, keep it up!"

Jeannette

# NOTICEBOARD

## LOCKDOWN ROADMAP REMINDER

STEP 1 8 March	29 March	STEP 2 No earlier than 12 April
At least 5 weeks after Step 1		
<b>EDUCATION</b> 8 MARCH • Schools and colleges open for all students • Practical Higher Education courses	<b>EDUCATION</b> 29 MARCH • Rule of 6 or two households outdoors • Household only indoors	<b>EDUCATION</b> • As previous step
<b>SOCIAL CONTACT</b> 8 MARCH • Exercise and recreation outdoors with household or one other person • Household only indoors	<b>SOCIAL CONTACT</b> 29 MARCH • Rule of 6 or two households outdoors • Household only indoors	<b>SOCIAL CONTACT</b> • Rule of 6 or two households outdoors • Household only indoors
<b>BUSINESS &amp; ACTIVITIES</b> 8 MARCH • Wraparound care, including sport, for all children	<b>BUSINESS &amp; ACTIVITIES</b> 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)	<b>BUSINESS &amp; ACTIVITIES</b> • 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)
<b>TRAVEL</b> 8 MARCH • Stay at home • No holidays	<b>TRAVEL</b> 29 MARCH • Minimise travel • No holidays	<b>TRAVEL</b> • Domestic overnight stays (household only) • No international holidays
<b>EVENTS</b> • Funerals (30) • Weddings and wakes (6)	<b>EVENTS</b> • Funerals (30) • Weddings, wakes, receptions (15) • Event pilots	<b>EVENTS</b> • Funerals (30) • Weddings, wakes, receptions (15) • Event pilots



For any enquiries or further information, please don't hesitate to get in contact.

Contact details are:

E Mail : [info@successafterstroke.org.uk](mailto:info@successafterstroke.org.uk)

Website : [www.successafterstroke.org.uk](http://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](mailto:admin@successafterstroke.org.uk).