



Success After Stroke News Bulletin No 40 Thursday April 29th 2021



Hello everyone,

With the wonderful weather and gentle easing of lockdown restrictions, life certainly seems to be looking brighter and more positive! Pam's article this week talks about returning to 'normal' and is well worth reading, especially if you are feeling some anxiety about stepping back out into everyday life again. But, with the government guidelines in place and the vaccination programme well under way (and exceeding expectations), we are well positioned to take these steps.

Have a great few weeks and I look forward to hearing from you, seeing you on Zoom and hopefully, in the not too distant future, for a catch up face-to-face. **Shirley.**

Favourite Spring recipe

I don't know about you, but I LOVE homemade soups any time of the year and one of my favourites at this time is Asparagus. So, here is one I use frequently, especially as it's now in full flow. **Shirley.**

Chilled Asparagus Soup (serves 6)

Ingredients: 1 bunch asparagus (about 200g)

3 tbsp olive oil

4 large shallots, finely chopped

200g leeks, trimmed and finely chopped

Salt and finely ground black pepper

Chervil to serve



- cut the tips off the asparagus and set aside. Cut the stalks into 2.5 cm (1 inch) lengths
- Heat the oil in a large pan. Add the leeks and shallots and cook gently for 2-3 minutes. Add the leeks and cook, stirring occasionally, for about 10 minutes or until they are soft.
- Add the asparagus stalks and 900 mls (approx. 1.5 pints) of water/vegetable stock and season to taste if necessary. Bring to the boil and simmer uncovered for about 10 minutes or until the asparagus is soft.
- Leave the soup to cool a little, then whizz in a blender or food processor until smooth. Pour into a bowl and leave to cool.
- Add the asparagus to a pan of slightly salted boiling water and cook for 2 minutes. Drain and refresh under cold water. Add the tips to the soup, cover and chill for several hours.
- To serve, stir about 450 mls iced water into the soup to get the required consistency. Season generously with salt and pepper. Ladle into chilled bowls, top with Chervil and serve.

(taken from "Good Housekeeping Soups").

A note from Pam, SAS Well-being Therapist – Getting back to normal



Since I last wrote a piece for a News Bulletin, the rules around lockdown have started to ease and it feels like we are seeing the light at the end of the tunnel. Hopefully too, by the time you read this, you will have had your 2nd vaccination and are feeling at least a little safer when you are out in shops and other public areas. You may even have seen friends and family, albeit outside. Of course, we still need to be careful and keep social distancing as well as wearing face masks, however uncomfortable they are!

However, what if you are feeling anxious and worried about going out and being in more crowded areas, so much so that you are not taking the opportunity to get out when you can? With the restrictions and lockdown having gone on for so long, it is perfectly understandable if this is how you feel.

Whilst being back in the meleé of supermarket shopping may not be the first outing you choose to have, if you really want to go then choose a time when the shops are quieter, because then the risks are so much less, especially once you have your vaccinations.

But perhaps a better option for your first outing would be to go to a local park or green area which, whilst there are likely to be other people about, it will be so much easier to socially distance there. I'm sure you know too that being out in the fresh air is one of the healthy habits that is so good for us. Not only does it allow us to have a welcome change of scenery from the four walls of our homes, however comfortable and cosy they are, but if the weather is bright, it will enhance your levels of Vitamin D which is essential for healthy bones.

If you find yourself still anxious at the thought of going out when it comes to stepping outside your front door, then there are some things you can do to reduce the anxiety, the first being to take some long slow breaths as slow breathing is quite simply the easiest and quickest way to calm yourself down. The chances are that when you are anxious your breathing will have become more rapid and shallow, so by becoming aware of how you are breathing and then taking deeper breaths you will easily and simply be able to feel calmer.

If you travel by car then choose a destination which you know will be quiet and where you know you feel at ease, for example by the coast. We are blessed with plenty of coastline not too far away from most of us and a journey there will give you the time and space to feel calmer at being out in the world again. Then, when you get there, perhaps sit in the car for a while with the windows open. Then, in your own time and at your own pace, take a gentle walk.

There is no need to spend hours outside, unless you choose to of course, but an initial short trip will give you the comfort of feeling that being outdoors is safe and that you are in control. Of course, if it all gets too much then simply get back in your car and return home, building up the time you spend away from your home as and when it suits you.

If going out in public is still too daunting, then maybe spending some time in your garden or in a local green space will help you acclimatise. Also do remember that you can choose when and how often you go out and there is no need to rush it or to force yourself to do it. If you think about the fact that this year or so of lockdown has only been a small proportion of our lives then that may help you get things in perspective for you.

Finally, if you are really struggling with this then please either contact your GP or give me a call and I will be happy to help.

With love, Pam x

Tales from Corner of the Yard, Part 2 - "Terry's Bad dream".

By Bob Williams



Sunday night was the last night of night duty, usual car, usual crew. It was about 02:00 hours and very quiet. The streets of Tottenham Court Road area contained the usual dregs of a good night out trying to catch a cab to get home. I had turned into Goodge Street in order to get to the Middlesex Hospital to check on an injured person that we had earlier dealt with in an accident on Marylebone Lane's patch.

It was then as we crossed the lights at Charlotte Street, we noticed a tall, blonde young lady standing on the corner outside the Newmarket pub. She was wearing a long white ballroom gown and was very well presented. As we passed her, Terry, who thought he was God's gift to women, woke up and asked to go around the block and have another look at the woman. I did as he wanted but this time, I stopped and put Terry out as he wanted to see if she needed any help. After a small conversation, Terry returned and said she was trying to get a cab home. Terry said he would walk her home to Gower Street, which is a one-way street, south towards the West End and a route used by cabs when empty and looking for a fare, whereas she was at a spot where full cabs would be leaving Central London for all parts of the capital.

Terry then said he would walk home rather than find a cab and would call on the PR (Personnel radio) to pick him up when ready.

As soon as he had left us, I caught Chris' eyes in the mirror, and he was gesturing towards his adam's apple and smiling. I must admit, I was smiling as well. It was 15-20 minutes before we got a call to pick up Terry at Gower Street. I had told Chris to leave the conversation to me when Terry got back to the car. He agreed and smiled. I drove around the general area for another 20 minutes or so before going to the location that Terry had given us.

Terry was very quiet for a long time whilst I drove back to our patch. I did ask Terry after a suitably long time of silence. I asked him if he had behaved himself and he said "yes, at one time she sat beside me on the sofa, but the dress didn't cover much of her". I then asked him if he had acted like a gentleman? He said "of course". I then said, "I bet you had a shock?". He looked at me but kept a straight face, but Chris was laughing. The penny then dropped, he said "you knew, you both knew, and you didn't say anything to me!" I smiled, laughed out loud and said, "it's a fair cop Guv!"

Bob



Palindromes



A **Palindrome** is a word, number, phrase, or other sequence of characters which reads the same backward as forward. There are also numeric palindromes, including date/time stamps using short and long digits. (ie: 11/11/11 11:11 and 02/02/2020).

The word palindrome was introduced by **Henry Peacham** in 1638. However, the ancient Greek poet **Sotades** (3rd century BCE) invented a form of ionic meter called **Sotadic or Sotadean verse**, which is sometimes said to have been palindromic. A palindrome was found as a graffito at **The Herculaneum**, a city buried in ash in 79CE. This palindrome, called **The Sator Square (see photo above)** consists of a sentence written in Latin “Sator Arepo Tenet Opera Rotas” and is remarkable for the fact that the first letters of each word form the first word, the second letters form the second word, and so forth.

A Greek poet, in 1802 Vienna, even composed a Carcinic Poem (a form of poetry that accepts a variety of types and styles) in ancient Greek, where every one of the 455 lines was a palindrome.

Some examples of short palindromes :

Pop, deed, kayak, civic, radar, level, rotator, repaper, testset, racecar, madam, minim, noon, refer, rotavator, sagas, solos, tenet, wow.

The **longest single word palindrome** in the English language, according to The Oxford English Dictionary, is the onomatopoeic (which will be in a later bulletin!) “ **tattarrattat**”, coined by James Joyce in Ulysses (1922) for a knock at the door.

Some amusing (and surprising) palindromes:

“Never odd or even”.

“ A nut for a jar of tuna”.

“ Madam, in Eden, I’m Adam”.

“ Was it a car or a cat I saw?”.

“ Murder for a jar of red rum!”.

“Oozy rat in a sanitary zoo”.

“ As I pee sir, I see Pisa!”.

“ Dammit, I’m mad! ”.

“ Do geese see God?”.

And

“ **Campus Motto: Bottoms up, Mac!**”.



NOTICEBOARD



May Birthdays

Mary Squirrel - May 3rd

Christine Stibbe - May 28th

Happy Birthday to you both when they arrive!

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 strenuous 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

Fran: franwilliams23@gmail.co.uk

ZOOM INVITES FOR THESE GROUPS WILL BE ISSUED AS USUAL.

Useful Info

“I wonder if you might like to include this link in the 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

NOTICEBOARD



“You will find lots of local information provided by and supported by Suffolk County Council Public Health”.

<https://onelifesuffolk.co.uk/campaigns/suffolkhowareyou/>

Suggested viewing/reading

Films/TV

“**Murder On The Homefront**” - a jolly good murder/who dunit . A killer uses the backdrop of the Blitz to disguise their crimes. (**NetFlix**)

“**Agatha Christies Crooked House**” - Charles, a detective, is called to solve a murder case. He finds that the victim is his former lover’s grandfather and that most of the evidence point towards her being a potential suspect. (**NetFlix**)

New series of “**Call The Midwife**” - **BBC 1**

Books

“**Dominion**” by **SJ Sansom**. This is a 2012 alternate history novel by British author CJ Sansom. It is a political thriller set in the early 1950s against the backdrop of a Britain that has become a satellite state of Nazi Germany.

“**The Midnight Library**” by **Matt Haig** - the number one Sunday Times bestseller, The New York Times bestseller and shortlisted for The British Book Awards Fiction Book Of The Year.

Between life and death, there is a library and when Moira Seed finds herself in The Midnight Library, she has the chance to make things right. Before time runs out, she must answer the ultimate question.... What is the best way to live?

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

Contact details are:

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