



The Queen's Award  
for Voluntary Service

## Success After Stroke News Bulletin No 45 Thursday July 8th 2021



Hello everyone,

As we move into July we are now all keeping our fingers well and truly crossed for the lifting of restrictions and a return to a greater degree of 'normality'.

Once again, please note the message from Viv on **page 3** regarding the presentation of our QAVS award on the sailing day, and **notices on pages 4 and 7 for your attention**.

As always, don't hesitate to contact either SJ or myself if you need any further information.

Take care and look forward to seeing as many of you as possible on the **27th**.

Regards  
**Shirley.**

### July fun facts

July is named after Roman dictator Julius Caesar ( 100BC – 44BC). Caesar developed the precursor to the Gregorian calendar we use today.

**July 1<sup>st</sup>** is **Canada Day**, a Canadian federal holiday that celebrates the creation of the Dominion of Canada.

**July 4<sup>th</sup>** is **US Independence Day**, celebrating the adoption of the **Declaration of Independence in 1776**.

**July 14<sup>th</sup>** is **Bastille Day** which commemorates the storming of the Bastille and the start of the French Revolution.

### “FUN DAYS”

**July 8<sup>th</sup>** – **International Town Criers Day**.

**July 17<sup>th</sup>** – **World Emoji Day**.

**July 22<sup>nd</sup>** – **Spooner’s Day** (where you switch the first letters of words around as you talk. For example “a blushing crow’ rather than ‘a crushing blow’).

**July 27<sup>th</sup>** – **Take Your Houseplants For A Walk Day** (yes, really!!).

### OTHER FACTS

**July 5<sup>th</sup>** is the time of **Aphelion**, when Earth is the farthest it will get from the sun for the entire year.... specifically we will be 94,510,886 miles away from our bright star!

July birth flowers are the **Larkspur** and **Water Lily**. The white Larkspur generally indicates lightheartedness whilst the pink, fickleness and purple, first love. The Water Lily symbolises purity of heart..

The July birthstone is the **Ruby**, derived from Latin Rubeus, which means red. The Ruby is widely considered the king of gems and symbolises love, passion, energy and success.

July's zodiac signs are **Cancer** ( June 21 - July 22) and **Leo** ( July 23 – August 22).

## A Note from Pam, SAS Well-being Therapist



As you know from previous articles, I am keen to extoll the virtues of being outside in green spaces, not only for the physical benefits but the mental ones too. So as the weather has (mostly!) been warmer of late, I do hope that you have been able to get out and about as much as your personal circumstances allow.

Having read a recent article in a well-being periodical about the benefits of being amongst trees, I thought I would share some of the information with you and hope you find it as interesting as I do!

For centuries, at least as far back as Hippocrates in BC 400, it has been known that being in green spaces, forests and gardens benefits us by helping us be calmer mentally and to relax physically. There have been scientific studies to prove what we intrinsically know about the calming impact of being amongst trees. A more recent study has shown that the scents which each tree emits as you pass, whether you can actually smell them or not, are loaded with natural compounds that benefit us. These compounds are known as phytoncides and their purpose is to help the trees protect themselves from harmful insects and germs. Science shows that as these compounds help protect the trees, they also are beneficial to us too.

To quote **Stefan Batorijs\*** who has studied trees for many years, “It’s no co-incidence that the defences a tree has developed to protect itself from attack has this protective effect on humans. We evolved within the forest environment over many millions of years and we carry an average of 15% tree DNA within us.” Perhaps this explains too why we have such an affinity with trees!

Of course, not everyone has easy access to woodlands and forests and so one way to feel the beneficial impact of the aromas that some trees emit is to use essential oils, many of which can be readily obtained in pharmacies and health shops. Here are just a few examples of the tree compounds and tree-based oils which are beneficial and some which you may already be familiar with:

**Pine:** these trees seem to produce one of the highest amounts of beneficial compounds which can provide anti-oxidant and anti-inflammatory benefits for the respiratory system. They also emit anti-microbials which is a chemical which kills micro-organisms or stops their growth. Think of how many disinfectants have a pine scent!

**Eucalyptus:** Although these grow predominantly in Australia there are increasing numbers growing here in the UK and in fact Markshall Estate at Coggeshall has an area where many grow. In any case, most of us are familiar with the smell of eucalyptus and its use in helping relieve congestion in the airways. It can be found in many over the counter products but one I am sure you will be very familiar with is Vicks Vapour Rub, which also contains Camphor Oil as well as Eucalyptus.

**Camphor:** Camphor oil has a variety of uses and, as well as in vapor rubs, it has anti-inflammatory properties and is used in liniments and pain-relieving balms. It is also believed to be anti-viral and anti-microbial.

**Cedar:** The cedar tree emit large amounts of beneficial phytoncides and its essential oil is said to be anti-septic, anti-inflammatory and antifungal. Apparently to get the best effects directly from the tree, then visiting in early Spring either early in the morning or late in the evening is the best time.

There are doubtless many other species of trees which have beneficial effects for humans as do many plants, so these are but a few.

I would just add a word of caution though about the use of essential oils, many of which are derived from trees, and that is to please take care when using them and follow the instructions on the bottle or packet or the advice on use given from the seller when you purchase them. Some essential oils are very strong and need to be diluted, usually with a carrier oil such as olive oil or almond oil, before being used on the skin. Essential oils can be used in diffusers and oil burners so that you get the benefit of the aroma without going outside.

With love

Pam x

**Stefan Batorijs is the founder and director of Nature and Therapy UK and a lecturer at Plymouth University. You can find more information at: [www.natureandtherapy.co.uk](http://www.natureandtherapy.co.uk)**

## QAVS AWARD PRESENTATION REMINDER

The Lord Lieutenant, Clare, The Countess of Euston is going to come to our sailing day on Tuesday 27th July and present us with our award. This award is for the Volunteers so please can as many of you as possible come. You do not need to sail but just let Barbara know as she has to let the Sailing Club know numbers.

It would also be wonderful if we had a good show of our members and families. Again, you do not need to sail but need to pay £1 on the day and let Barbara Slade know .

I hope you are all ok and can't wait to see you

With love

Viv



## WOOLVERSTONE SAILING DAY

TUESDAY 27TH JULY 10AM ONWARDS



### REMINDERS

**£10 for ALL sailors ( SAS members/carers/family/guests.**

**£1 membership fee for anyone attending but not wishing to sail - no form needed.**

**You will need to bring your own picnic lunch and drinks.**

**MEMBERSHIP/REGISTRATION FORMS ARE AVAILABLE ON REQUEST FROM SHIRLEY BY EITHER:**

**admin@successafterstroke.org.uk or Tel: 07375841729**

**ALL COMPLETED FORMS MUST BE RETURNED TO :**

**BARBARA SLADE at White Lodge, Market Place, Bildeston, Suffolk. IP7 7EN.**

**FORMS MUST BE RETURNED NO LATER THAN JULY 20TH.**

**NOTE THAT THE FORMS ARE NECESSARY FOR INSURANCE PURPOSES... NO COMPLETED FORMS MEANS NO SAILING.**

### PLEASE NOTE

**Anyone attending but NOT sailing must still let Barbara know please.**

**Payment: the CORRECT money must be brought on the day in a sealed envelope, clearly marked with the names of those in your group.**

**Wheelchairs: the boat for those in wheelchairs will be there from the start but sailings will be staggered. If you are intending to arrive for a later sailing, please let Barbara know before hand please.**

**There is no leaving time but it can be as soon as you have sailed onwards. Please remember that the QAVS presentation is taking place. (time to be confirmed).**

**A further memo will be sent out to everyone before the day with updates, etc.**

## Limericks

A **Limerick** is a humorous poem consisting of 5 lines. The first, second and fifth lines must have seven syllables while rhyming and having the same verbal rhythm. The third and fourth lines should only have five to seven syllables: they too must rhyme with each other and have the same rhythm.

One of the most well known is by the famous British poet **Edward Lear**, considered the ‘father’ of limericks and writer of literary nonsense. He didn’t write the first limerick... these came about in the early 1700s and are often preserved in folk songs.... but he popularised the form. More importantly, he wrote some of the best!

His limericks often consisted of stories about an old man:

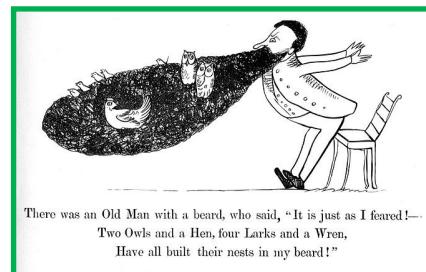
**There was an Old Man with a beard,**

**Who said “it is just as I feared!**

**Two Owls and a Hen,**

**Four Larks and a Wren,**

**Have all built their nests in my beard!”.**



There was an Old Man with a beard, who said, “It is just as I feared!—  
Two Owls and a Hen, four Larks and a Wren,  
Have all built their nests in my beard!”

A famed poet and humourist, **Dixon Lanier Merritt’s limerick “A Wonderful Bird is the Pelican”** is often misattributed to poet Ogden Nash.

**“ A wonderful bird is the pelican,**

**His bill holds more than his belican,**

**He can take in his beak,**

**Enough food for a week,**

**But I’m dammed if I see how the helican!”**

A couple of amusing ( and anonymous) ones:

**There was a young lady named Yanker,**

**Who slept while her ship lay at anchor,**

**She awoke in dismay, when she heard the mate say,**

**“ Now hoist up the topsheet and spanker”.**

And finally.....

**The limerick packs laughs anatomical,**

**Into space that is quite economical,**

**But the good ones I’ve seen,**

**So seldom are clean,**

**And the clean ones so seldom are comical!**



## NOTICEBOARD



always a good plan. I will keep you updated accordingly".

Birthdays this month are:

**Sue Sanderson 4th July**

**Brenda Fretwell 14th July**

**David Bullock 20th July**

Many Happy Returns to you all!

### 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 : [pamlawrence.co.uk](mailto:pamlawrence.co.uk)

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

**ZOOM INVITES FOR THESE GROUPS WILL BE ISSUED AS USUAL.**

### 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**

**PLEASE NOTE THAT THE FINAL DATE OF TERM WILL BE:  
FRIDAY JULY 30TH 2021.**



# NOTICEBOARD

## Important notice

### CHANGE IN NEXT NEWS BULLETIN RELEASE DATE

As you know, the News Bulletins are published fortnightly.

The next and final News Bulletin will be published in **early August**, slightly later than usual, as it will be combined with the **Summer Newsletter** and allow for coverage of the **Woolverstone Sailing Day** and the **presentation of the QAVS award**, as well as any other articles of interest and information relevant to our proposed return to the **Stevenson Centre** in **September ( subject to Covid restrictions)**.

In addition to this, a shorter Bulletin will be released towards the **end of August** which will contain up-to-date information about our return to meetings at the Stevenson Centre.

### Useful information



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).