



**Success
AfterStroke**

Registered Charity No. 1115016

SAS Newsletter August 2023



The Queen's Award
for Voluntary Service

Message from our Chairman

We have reached the end of another year at SAS, number 23, I believe.

This year, like every one before, we can only operate, because of the amazing volunteers who support our members, staff and therapists. From September to July our vollies (to quote Viv) flock in their numbers to the Stevenson Centre regardless of whether we are facing, sun, rain or snow on a Tuesday, Wednesday and Friday.

I have been directly involved with SAS for two years and not once has there been anything but positivity from our volunteers. They ask for nothing, give their time for nothing and their humility is hard to comprehend.

On behalf of the Trustees, staff, therapists and most importantly our members **THANK YOU** and enjoy your summer.

SAS 22/23 has flown by and we have been delighted to welcome new members and sadly we have also lost some who will not be forgotten.

See you in September.

**Haydn Hertz
Chairman**

WELCOME

A very big welcome to those members who have joined our happy throng in the past few months:

Kate Bentley-Walls
David Burrows
Jeannette Finch
Mike Fisher
John Macdairmid

Volunteers

We are delighted that Louisa, is back on her feet after her back operation, and has returned with her winning smile for the Tuesday sessions. As well as Hazel, who had a head-on assignation with a pavement, but is now fully recovered and back with us on Fridays.

Therapists

We welcomed Wendy Austin who is working with our SALT team on Fridays with our new Book Club.

We also welcomed Doug and Mary-Lou who helped in the Physio department as part of their work experience.

Message from Sj

Having completed the summer term without too many hiccups we have as we always try to do, create some happy memories, and hopefully adding some improvement to the members quality of life.

Whilst welcoming new members to our fold we have expanded to a maximum capacity in certain areas at The Stevenson Centre with regards SALT and Physio sessions, which means that a new fluidity with regards our space allocation has had to be put in place....so please bear with us next term whilst we manage this.

During the term we've been visited by The Coffee Caravan, and handed out several free items to include slow cookers and other items to help members with the financial crisis, kindly donated by them. Viv and Geoffrey Bourne and myself attended a lovely afternoon tea party at a local school celebrating their 25 years! Delicious sandwiches and cake in abundance!



Amongst other things during the term, we have to keep up with certain protocols one of which is fire practises....this term however we managed to beat our previous record of getting out of the building and rendez-vous-ing at our meeting point in just over 4 minutes! Well done all! To be fair we do tend to arrange good weather on these days!

Members, carers and several volunteers enjoyed an afternoon of croquet with fish and chips organised by Anesta at the Quay in Sudbury and further more some of you have attended since which is lovely. Rematch next year! Watch out for Kate (Bentley-Walls) and (Phill Rietti)!

The SALTS have created a Book Club with the help of Wendy which several members are participating in. It is hoped the group will enlarge as the word spreads, aided with the added purchase of two new tablets.

The ever popular music sessions on a Friday with our Guitar Man continue with the most amazing music making created at great volume! The group has now moved to another room where they can sing their hearts out without disturbing our more quieter actives. Chart buster in the making?!

Haydn, our Chairman, very kindly treated a large number of our volunteers to a delicious lunch at a local café enabling volunteers to meet as the majority don't often coincide at The Stevenson Centre. Thank you Haydn; it was a very enjoyable event.

Alongside our normal sessions, we continue to provide other help where possible. This includes carers meetings, nail care and general support where required.



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SAS Newsletter August 2023



The high light this term was our wonderful sailing day, organised by Barbara Slade with the Woolverstone Project held at The Royal Harwich Yacht Club. The sun shone and everyone had a wonderful day, sailing on the river Orwell, enjoying a delicious lunch from Club's café, intermittently enjoying Jo's flapjacks and Sue's birthday cake! Always a fabulous day and supported well by members and volunteers alike, a big thankyou to Barbara! Already booked for 2024.

As per usual none of our sessions would be possible without the continued efforts of ALL our therapists and wonderful volunteers including the carers group.....**THANK YOU!!**

Sadly, we have lost one or two members for health reasons as well as some who are still struggling with transport issues, so are unable to get to the Stevenson Centre on a regular basis. They know we are here and we look forward to seeing them in the foreseeable future.

Finally, thank you to Jo, who has settled into her role with a firm grip and understanding of how SAS functions and able to support the team.

We are looking forward to next term which will arrive shortly and continue doing what SAS does best!

Hope you have all had a lovely summer!

Sj



Full house at coffee break and listening to notices!

The Bees



Great friends of Sjs, Paddy & Maggie Lawrence, who have rescued swarms of bees for several years, came and delivered a talk to the group which was very well received.

They brought a demonstration box which contained a small swarm and the marked queen moving about. They explained the workings of owning a hive or two and the collecting of swarms which then hopefully leads to a delicious production of honey.

We were all very lucky to get to have a taste!





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SAS Newsletter August 2023



Anyone for Croquet?

The anticipation was high. All those attending were keen to get involved. It was Tuesday 13th June 2023. The sun was out, and the early summer heat was rising. Bring on the hats and suntan cream.

Following on from the usual 'torture' inflicted by Jeanette (our esteemed and much-loved task master - (oops sorry, lead physiotherapist) during the usual Tuesday group session, preparations were made to head off to the Sudbury Croquet club. An event that had been organised by (*please insert those concerned*). With military precision all involved were ferried to the location.

It certainly was a warm day and the welcoming team from the club did themselves proud as they ushered the participants to the shelter provided adjacent to the lawn. There followed a sumptuous fish and chip lunch. Tomato sauce included. And to cap it off we were lavished with fresh strawberries to follow. What a delightful way to start the event. Our thanks to the organisers.

Croquet sticks were laid out and the clubs experts gave us a demonstration of how it should be done, along with 'Queensbury rules' of 'etiquette'.

Then let battle commence. Helmets (sun hats) and protective gear (suntan cream) once donned, the first 2 teams set out with eagerness and high spirits. As the day wore on and the skills of the participants improved with the strike of each ball, it became clear that the term "its only a game" did not apply on this day. The competitive spirit of some players, post stroke or no, was apparent with shouts of 'foul ball' or 'its my go not yours' cried out. As the game drew to a close, certain female players were heard crying out "we are the champions" and, pointing at the dejected team, "losers, losers".

Regardless of who won, we all had a marvellous day under the heat of the sun, and, as we were ferried back to the centre, it was clear that this should become a regular event for SAS, (if it wasn't already!).

The organisers should thank themselves for what was a smashing event, especially as there were no casualties. In turn the participants collectively wish to express their thanks and gratitude for a splendid event, one enjoyed by all those that took part either as a volunteer or a stroke survivor. A big thank you.

Phil Rietti





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SAS Newsletter August 2023



Sailing Day on the Orwell - 2023



Another lovely day's sailing with the Woolverstone Sailing Project at The Royal Harwich Yacht Club, where we had more members and family, than ever before. We all enjoyed, either a picnic on the lawn or used the club house, for what many said, was a delicious menu.

There were three boats this year, and the first sailing boat to go out had an interesting experience, with a seal underneath while following a shoal of fish!

The volunteers went out after lunch, and some members were able to have a second sail. The WSP are writing a piece for the local papers, so we look forward to reading it!

A huge *thank you* to the Woolverstone Sailing Project whose volunteers were amazing in co-ordinating the various boat trips and assisting with everyone getting on the boats together with fitting the lifejackets. And another huge *thank you* to The Royal Harwich Yacht Club for kindly hosting SAS for their Sailing Day. It is always a very special day.

Barbara Slade
Trustee



Editor's note:

A very big *thank you* to Barbara who organised this wonderful day.... An event which is eagerly anticipated every year!

Thank you, Barbara.



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Farewell to Loudon Greenlees, our Treasurer

My contribution to this edition of our newsletter is especially poignant for me, and I suspect all of us, as Loudon Greenlees has announced his retirement as our treasurer having served ten years in the role.

I began as chairman just before Loudon became treasurer and much of what has been achieved at SAS over this time is down to his complete commitment to the role. He has served us so well in the rigorous way he has taken on his responsibilities, consequently, he will leave SAS financially secure and fit for the next chapter.

I suspect we have all benefitted from Loudon's strong point of view on any number of things, especially if those things, by us, involved sloppy thinking or casual homework," take that away and do it again properly" I can hear him say. His great skill, in a voluntary organisation, was making people feel wiser about the case in point once they had reflected on his advice.

Now we have delegated the book-keeping side of the treasurer's role to an outside organisation, the role of any new treasurer will be less demanding, so I feel more comfortable in drawing comparisons by saying that we will never find another Loudon. He has been superb as treasurer and although he stays on as a trustee, we will all miss the dependability he brought in managing SAS.

Thank you very much, Loudon.

Richard Furlonger
Trustee



Rogues Gallery!



Reading the details of his thank you gift from the Trustees—watch out any golfers!



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Registered Charity No. 1115016

SAS Newsletter August 2023



THE REPAIR SHOP

Ken Newson, lifelong inventor, engineer, and clockmaker built this amazing nine-foot-tall bronze and copper Water Clock as part of his rehabilitation after suffering severe brain damage 22 years ago, when a vascular brain tumour bled into his brain and caused a stroke. Emergency neurosurgery saved his life, but sadly left him unable to see to the right in both eyes; or to understand what people were saying or the ability to read and write, he was also left with a right-side weakness and an end to his working career. After four months rehabilitation at Addenbrookes and a year at home practicing speech and language skills, Ken decided that he needed to challenge himself further by undertaking several complex projects, including the water clock. He was able to start to use his hands creatively again, albeit with limited vision and he was beginning to understand basic conversation in 1-1 situations. But what was becoming apparent was that amazingly his problem-solving abilities and seeing in fourth dimension had not been affected by the stroke.



By stimulating his brain, he was able to calculate measurements and slowly regain lost skills. He built the nine-foot Brass and Copper water clock to the specification of a 13th century design, with tubular bells that chimed every quarter hour. It was built in such a way that people could see the mechanism and how it worked. The clock stood centrally in pride of place in a purpose-built base, within Bradbury Courtyard, home of The Bridge Project Sudbury, and where Success After Stroke was first based. Ken would always be available to answer any questions from numerous enquiring minds, who were always truly amazed at what he had achieved, which in turn gave him such pleasure and a real sense of pride. His confidence soared meeting new people, as he was able to highlight that there was a way forward after surviving a severe stroke.

Making this wonderful time piece was a major part of Ken's rehabilitation. The brain damage he sustained from the stroke robbed him of his perfect eyesight, essential speech and language skills and not knowing who he was or what his life had been. During covid /pandemic times the clock was stopped running and several years on it was necessary to move the clock to our home, where it has safely been standing in our garden.

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SAS Newsletter August 2023



Unfortunately, Ken does not have the manual dexterity or visual ability to restore it to its original splendour. So, we contacted the TV programme 'The Repair Shop'. After telling them how repairing the Water Clock would positively reinforce the memories of how Ken designed and meticulously made it by hand; the mental and physical challenges he set himself, carefully balancing the height of the tank, the weight of the pivot and diameter/angles of the tubes to generate the required volume and flow rate through the mechanism, and the tones of the tubular bells, which played 'Girls and Boys come out to play', we were lucky enough for them to be very interested in the water clock and agreeing to repair it.



The Water Clock was couriered to the Repair Shop Barn, and last week Ken and I travelled to the barn for filming the first part. Jay Blades and Steve, the clock repairer, met us and together we stood by the Water Clock. Ken did so well, surrounded by numerous cameras, he answered questions and spoke a little of his past and how and why he built the clock. At the end of our first filming session, Jay gave Ken the biggest hug and called him a 'Legend'. Ken was really chuffed! Whilst it was wonderful for him being in the barn, it was total magic for Ken to be amongst many of the talented craftspeople who are part of his favourite programme. Jay Blades, Steve, the producer, and everyone on site were lovely to be with, so welcoming and friendly. We look forward to the second visit after the clock is repaired. After that, we should know when the new TV series will be, that will include Ken's Water Clock. It's all very exciting and emotional at the same time.

Ken says seeing the water clock come 'alive' again will be such a great joy. To see the working complexity of something that he had made during difficult times of challenging both his mind and hands, continue to work, will be truly wonderful. Hearing the tubular bells chime and seeing the clock working again will give him so much pleasure and boost to his confidence. As a family, we are enormously proud of our Ken and his remarkable recovery and the incredible journey he has travelled to regain lost skills.

Anesta Newson

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Dennis Little



SAS Golf Day: Enjoying lunch!

Kate and Dennis loved the sun. They would soak it up whether at home in the garden or on one of their numerous holidays. Legs out, glass of red wine, their idea of bliss. Dennis would wear shorts at every opportunity showing off those long nut-brown, lanky legs!

The “Boys Table” at coffee won’t be the same without you Dennis. We will all miss your sense of humour and even occasional grumpiness! You have left a void at SAS and we will think and talk of you often.

Thank you for being a large part of Success of Stroke.

Viv Bourne
Trustee

Newsflash

In the past few days we have learnt the sad news that Stella Thornton has passed away due to Parkinsons. She was a very valued member of SAS and we will always remember her for being so elegant and stylish; and never without her lipstick!



There are so many things at SAS that will not seem the same now that Dennis is no longer with us.

Dennis was such a huge part of The Speech and Language class and built up great friendships among both members, volunteers and the Therapists. In years gone by, Dennis, Alf and Frank Phipps were a hard trio to keep in check. The banter that went on was full of leg pulling, laughter and fun. When the chips were down though, the support that came from within the group and the whole of the SAS family was tremendous.

Dennis had been a terrific sportsman and post stroke kept up his fitness by walking for miles around Halstead and here at the Stevenson Centre around the recreation ground. In latter years he “cycled for Britain” on the exercise bicycles. He was an extremely accomplished golfer and tennis player. He did try to play golf again but found it too frustrating. He and Kate went with SAS to the Sudbury croquet ground and spent a happy couple of hours each week being extremely competitive. We used to have a ten pin bowling outing every year for which we had an SAS Shield. It was always a great day out but again competitiveness came to the fore!

Kate, many years ago would occasionally come to the Centre and take the group physio in the mornings. Laughter was the main theme that ran through the session.



After much persuasion Dennis joined the art class. He became an extremely accomplished artist and Tim and Martin were amazed by his exhibits at Brushstroke, as were we all.



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SAS Newsletter August 2023



Physiotherapy

The physiotherapy has had a very busy period and thank goodness for some extra hands that helped along the way. A huge thank you to:

Firstly, obviously, the volunteers that seem to be coming back for more is a huge help. Without you we might as well pack up and go home. Your energy and joy help us and the members to keep on pushing ourselves and them. Thank you for being patient with us and for all the extra bits like tea/coffee, setting up breaking down and cleaning up, besides the direct involvements with the members.



Secondly we had Doug, our student physio, who showed up and stole some members and volunteers hearts, who made us laugh and work along side us and thank you Utti for guiding Doug and us through this trial. It was a pleasure working together with the University and we hope we might find more students interested in neurology and spending time with the best group ever!!

Thirdly to all the others, like SJ, Jo, Pam, the SALT team and the Trustees! We love working with you, and together we are truly stronger and better.

Most of all though, you the members, thank you for being so patient and willing; we know we put you through some tough exercises but we believe in you and we hope you feel happy, better and stronger for it.

Thank you for those who raised money so we could buy a plinth it is a welcome addition and you will most likely see us use it more in the new term as we are spicing things up for the next term.

All the equipment we use can and will help you all in setting out a new regime for September!

The physiotherapy team loves to come to SAS and we never have a bad day with you. It is a pleasure going to work and play, may it long continue!

Nick Marson and Jeannette de Vries Wobbes
Physio Team



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SAS Newsletter August 2023



Speech & Language Therapy

Speech and Language Therapy continue to run Conversation groups on a Tuesday at 10:30 am and Friday at 9:30 am, with a discussion group at 11:00 am on a Friday open to all. We have about 6 members in the Conversation Groups which makes for a more comfortable environment to speak and build confidence. A broad range of topics and interests are discussed with a large dose of humour, which is very therapeutic. This term we have welcomed new members, who seem to have settled well and enjoy the group..... they keep coming back, which is a good sign!



June was **Aphasia Awareness** month, as Speech and Language Therapists we are keen to raise the profile of Aphasia so that our members are met with greater understanding and as a result have a more positive experience communicating with others.

Many of you will have personal experience of aphasia. A person with aphasia has difficulty their thoughts into words, they may find it hard to say the exact word they want and they often express that they know what they want to say but can't say it. This can be very frustrating, so we highlight the strategies that help people with aphasia to communicate better. Everyone is different, some of our members use gesture or writing alongside their speech, some can draw and others refer to word lists or communication books, most important is that they need time. The members are acutely aware of this and give each other space and time and are very supportive of each other.

The Stroke Association provides great resources for family, carers and those with aphasia, in accessible formats. Some of the publications are now available to view at SAS or you can send off for a Stroke Support pack. The Stroke Association has also filmed a documentary, 'When the words away went' which describes the personal experiences and journeys of stroke survivors with aphasia. It can be found on the Stroke Association website on the link below.



<https://www.stroke.org.uk>

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SAS Newsletter **August 2023**



Speech and Language Therapy



An Aphasia Book Club has been trialled over the last 6 weeks. Wendy, a Speech and Language Therapist who has been joining us on a Friday since Easter, had run an online book club before, which tied in nicely with members expressing an interest in working on reading, after our reading theme in December last year.

Post stroke reading can be a challenge as concentration levels are often reduced and physically holding a book and turning the pages, if you can only use one arm, can be tricky. With aphasia the words on the page don't always make sense, some people can get the gist of a text using keywords, others need to read sentences a couple of times to make sense of them. Wendy worked with a small group, finding out what helped each individual and they explored the text together. Most benefited from a line guide, others from highlighted keywords or having a summary sentence. The feedback was positive, the support enabled better understanding and enjoyment of reading!

Research: We were pleased to collaborate with a research project being carried out by a SLT student at the University of East Anglia. She has recruited a few members and is exploring the experience of the stroke pathway for members with aphasia. We hope those who have signed up are benefitting from the experience and look forward to feeding back on the results in due course!



The Speech and Language Therapy team really appreciate the ongoing support and commitment of the SAS volunteers.

We hope all involved with SAS enjoy the summer break and we look forward to seeing you again in September.

Chris Clark & Clare Keohane
Speech and Language Therapy

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SAS Newsletter

August 2023



'Swinging the lamp' a talk by Alison Wilson

During one of our Tuesday sessions recently we were entertained by Alison talking to us about her 26 years as a servicing police officer. Her talk coincided with the recent report on the Metropolitan Police which criticised heavily the culture within the force, and it was interesting to hear her perspective on the changes that have occurred over the years.

Alison shared with us her experiences as a young officer joining at 24 years old, where the force then allowed her to move jobs every two or three years enabling her to get a variety of experiences within the force. Equality and diversity are big challenges for today's forces and Alison recalled how on joining the force all women officers wore pencil skirts whilst on duty, which could be challenging when chasing criminals! Over the years she saw the uniforms change from women 'making do' with men's fit trousers and boots, to uniforms designed for women. Nowadays, all officers wear the same uniform. She recalled the low numbers of women and how they were spread across shifts to ensure there was 'a token woman' on each one - often the first person on shift to be asked to make the tea, and how numbers have now increased even to having women in senior positions.

Alison told us tales of her time working in the riot police, where the officer in charge noted that equality needed to prevail and she found herself on the frontline in the thick of the action. She noted that although toilets were provided for women officers on firearm training, these would frequently be moved whilst occupied by male officers as a joke.

Alison noted how in the early years the police were regraded highly by the general public and were respected. This often led to an 'imposter syndrome' way of thinking for a young officer. Alison recalled how in the 1970s, the police force was typified by white men but how consultations with the general public began and public engagement grew. She recalled the Stephen Lawrence case and how in the aftermath, the police were labelled as 'institutionally racist' and were hit by intense training in diversity.

In her opinion, the training made people aware of racism and differences in culture, but did not necessarily change individual beliefs on these issues. She noted that cultural changes don't happen quickly but require a 'gently gently' approach over many years.

Alison recalled how over the years, cut-backs to policing meant that backroom staff such as crime analysts disappeared, that training and recruitment became largely online, diversity training disappeared and police stations closed. This led to a decrease in trust in community policing by the general public. More recently recruits require A levels and degrees which has seen a loss of recruits with more 'life experience' e.g. lorry drivers or carers as used to be the case. She noted that qualifications are not always what is needed when faced with a crime scene requiring good communication with the public and the ability to quickly analyse a situation. This has in part led to police officers stating 'they can't do what they used to do'

Despite the changes seen, Alison noted how much she had gained from being part of the police force. She had opportunities to further her career, to work as part of teams where everyone trusted each other implicitly as well as experiencing a broad range of roles from walking the beat to firearms instructor.

Thanks to Alison for an interesting and thought provoking talk!

Clare Keohane
Speech & Language Therapist

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**Success
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Registered Charity No. 1115016

**SAS Newsletter
August 2023**



The Queen's Award
for Voluntary Service

Craft Fair

Sunday 15th October

at Whatfield Village Hall

Rectory Road, **SAT NAV IP7 6QU**

10am - 4pm

**HOT & COLD REFRESHMENTS
SERVED ALL DAY**

Lots of stalls selling a wide variety of crafts

Come along, bring your friends and family

Shop for Christmas, birthdays or just treat yourself

BUMPER RAFFLE - lots of great prizes!



All proceeds to -



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Pancake Day

On our arrival at SAS on Tuesday 21st February we were greeted by a wonderful smell wafting around the Stevenson Centre.

Of course it was Pancake Day! SJ and Jo made us all the most wonderful pancakes which we ate during our break. Some had more than one!



There was great entertainment afterwards when our Chairman Haydn was seen tossing pancakes extremely high in the air and catching them successfully.

Many thanks to everyone for giving us a splendid Pancake Day.

Christine Stibbe



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Jeannette's talk on managing Stroke

By Davey Lewis

In April our lovely Jeanette gave us stroke survivors, family and loved ones a talk on strokes. Each and everyone of us is so different and how a stroke can affect us. We are so lucky to have such amazing help and guidance from everyone at SAS; the support team, physio team, well-being, and SLT, amazing volunteers.

I've been a member of SAS since the New Year. I live in Ipswich so it's a bit of a journey but soooo worth making the journey; it's opened my eyes up on how stroke impacts our daily life and struggles. At SAS everyone makes it possible. I get a lift from wonderful Clare on a Friday so I can make it to Jeanette's exercise class.

I am over the moon we have SAS. I've made new friendships out of it, helping me with confidence, making me have a purpose of looking forward to new adventures and possibilities in the coming years.

As we know, once you leave the hospital care you are kind of on your own, mental well-being, what to do next, etc. Myself and loved ones were in a waiting game waiting. It was very frustrating.

My mum, Roger and myself were blown away from the information we were given in a short two hours. We could have stayed there all day learning about things. Roughly 60 people turned up.

We know that stroke affects everyone differently but if the stroke is on the left that affects the right side of the body and the right side of the brain affects the left side. It could be a clot on the brain or a bleed. Very important to get medical attention ASAP.

Each part of the brain represents parts of the body including speech, movement and cognitive skills. The part I learned the most was the word Neglect. After stroke is a condition that causes lack of attention and spatial awareness; when someone is approached from their side, for example, they may not notice or respond to you. Before I knew this I was wondering why this was happening; I was getting frustrated with myself.

Jeannette's talk also gave answers to my frustration on clutter and mess. For example, when my 8 year old niece is around; we have all the toys and mess on the floor. It takes my mind so long to process it all. Washing up with a whole sink full of dirty washing up. I just cannot do it so I have to empty the sink and do one item at a time.

Jeannette stressed how important it is to give yourself small goals to build up to and build up to. It's important you don't beat yourself up if you couldn't make it. There is always tomorrow. Try and do this with family and friends.

My goals are to travel around Suffolk and get to the coast for a trip out. I need to be less a prisoner to my own comforts. Another goal is a trip to London Liverpool Street station, a meal out then return to Ipswich with my dear friend Steph. And my final big goal is to go on the Elizabeth line underground to pay my respects to our late HM The Queen with my dear friends Robert and Dan. I am so looking forward to making these goals. To build more goals to complete my journey.

The main thing we got out of the session was we are not alone.

**We can. We will. Just do it.
Keep safe keep positive keep strong.**

Lifelink

Wendy Kingfisher - Sudbury Social Prescriber

Wendy came to talk to SAS about her role as a Social Prescriber in Sudbury. She works for Lifelink, an integrated neighbourhood team which includes Social workers, Adult social care, physio, Occupational Therapy and District Nurses.

They can help you to do the things that are important to you, working with you to improve your health and well being, ensuring your care needs are met. They can connect you with groups, activities and services in your local area.

They accept referrals from professionals, with your consent, or you can self refer. (There are copies of the self referral form at SAS). They will contact you within 4 weeks from the receipt of your referral and an appointment will be made for a home visit. They will talk through what you'd like the team to do to improve your care and establish what matters to you. As a patient led service you will jointly develop a support plan.

Social prescribers liaise with voluntary, charitable and not for profit organisations to help set up your support plan. This might include,

- Befrienders to call you weekly or visit you at home
- Someone to pick up your prescription
- They offer a specialist benefit and advice service to help you with Lasting Power of Attorney (LPA), checking that you are getting all the benefits/allowances you are entitled to, such as carers allowance
- Liaise with Good Neighbourhood schemes like those in Long Melford, Lavenham, Waldingfield, which have volunteers who can phone, visit, organise lifts etc
- They can liaise with Suffolk family carers or Adult services who can review care packages to ensure your needs are being met.
- They might refer to the Bridge project or SAS. They are all trained in health and motivational coaching. They have a broad knowledge of the resources available in your area and they can visit you as many times as they need to in order to set up your support plan. They visit you at home and can even accompany you to a new group. Social connection is as important as care needs.
- Wendy is currently pursuing an equitable transport for wheelchair users in the area as current resources are very low making access to community services like SAS difficult.



Lifelink was set up in 2019 so is a relatively new service and though it was severely impacted by the pandemic, with restricted face to face meetings, it is now very busy. It's existence will depend upon how many people use it!

There are also GP aligned Social Prescribers, who your GP can refer you to, if they think that you would benefit from social intervention rather than medical. This service is limited to a maximum 6 sessions. You may be referred on to Lifelink by the GP social prescriber if they feel you would benefit from more input. This service will continue until the end of 2024, when it will then be the choice of the GP practice as to whether they continue to fund this service.

Wendy has worked as the Sudbury Social Prescriber since October last year. She previously worked as a probation officer. She is incredibly passionate about her role and is keen to make a difference. Should you wish to talk to her or make a referral please see contact details below:

email:

wendykingfisher@snee.nhs.uk

Phone: 07971 595016



Physio Provision

Physios: Jeannette de Vries-Wobbes and Nick Marson with Pam Lawrence - well-being specialist.

On Tuesdays and Fridays the Physios are available to members on site from 9.30 till 12.00 noon.

Tuesdays

On Tuesday in the Main Room there is a Keep Fit class from 9.30 -10.15 am followed usually by Pam from 10.15-10.30 am with relaxation techniques. During this time there are also 1:1 sessions available with Nick and volunteers in the Physio Room.

Coffee/Tea break from 10.30 to 10.55 am.

After coffee upper limb group meet in Room 2 led by Nick and Georgina (volunteer), Physio 1:1 sessions continue in the Physio Room led by Jeannette and volunteers till 12.00 noon.

Fridays

On Fridays in the Main Room there is a keep-fit class from 9.30 - 10.30 am. During this time there are also 1:1 sessions available with Nick and volunteers.

Coffee/Tea break from 10.30 to 10.55 am.

After Coffee Physio 1:1 sessions continue in the Physio Room led by Jeannette and Nick and the volunteers until 12.00 noon.

Depending on physio-therapist and volunteers on site, members will be seen as frequently as possible.

AUTUMN TERM 2023

Regular activities at The Stevenson Centre **EVERY** Tuesday & Friday commencing at **9.30 – 12 noon**, from **Tuesday 5th September to Friday 15th December 2023** unless otherwise stated. Please be aware these activities can be subject to change.

PHYSIOTHERAPY: Every Tuesday & Friday mornings at 9.30 - 10.15 am with Jeanette, Nick and volunteers.

SALT: Every **Tuesday at 9.30 am & Friday at 11.00 am** with either Chris/Clare. **Book Club** every Friday 11.00 am—12.00 noon with Wendy.

WELLBEING THERAPY: 1-1 Sessions, with Pam every Tuesday, plus group meditation at 10.15 am. (Tuesday). Appointments can be made for Fridays with Pam. Also Carers meetings organised with Fran and Lynne—see below for dates.

ART GROUP: Every Wednesday at The Stevenson Centre starting Wednesday , 6th September 2023 with Marnie, Bridget and others. New members always welcome. (**No Blood Donor Dates** this term)

GUITAR MAN – Richard: Every Friday from 11.00 am – 12.00 noon.

BRAIN TRAINING & COGNITIVE THERAPY: with ipads etc when requested on Tuesdays.

NAILS: Please book your slot with either SJ or Jo so that your name is on the list and in the diary.

Other dates for your Diaries:

Friday 8th September: Nails with Sam
 Tuesday 12th September: Carers Meeting 9.30 am—12.00 noon. All welcome
 Trustees Meeting
 Tuesday 19th September: Nails with Sally
 Friday 22nd September: Member's Committee Meeting 11.00—12.00 noon
 Tuesday 26th September: Outing to Newmarket Stud & Museum
 NB: THERE WILL BE NO SAS SESSION ON THIS DAY
 Tuesday 3rd October: Nails with Sally
 Friday 13th October: Carers Meeting 9.30 am—12.00 noon. All welcome
 Sunday 15th October: Whatfield Craft Fair—see details in Newsletter
 Friday 20th October: Nails with Sam
 Tuesday 24th October: Talk: My Life as a Headmistress—Debbie Buckenham
 Tuesday 7th November: Carers Meeting 9.30 am—12.00 noon. All welcome
 Nails with Sally
 Friday 24th November: Nails with Sam
 Tuesday 5th December: Carers Meeting 9.30 am—12.00 noon. All welcome
 Friday 8th December: Nails with Sam
 Tuesday 12th December: Trustees Meeting
 FRIDAY 15th December: End of Term—Christmas Party

**END OF TERM FRIDAY 15TH DECEMBER 2023
 SPRING TERM STARTS TUESDAY 9TH JANUARY 2024**

Some activities are subject to staff availability. Prior notice will be given wherever possible if changes have to be made. For any further information please don't hesitate to get in contact

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PLEASE REMEMBER IT IS VITAL THAT ALL MEMBERS/CARERS/VOLS/THERAPISTS & VISITORS SIGN THE REGISTERS. THIS IS FOR FIRE SAFETY & ALSO PROVIDES US WITH CONTACT INFORMATION. BUT PLEASE RESPECT OTHERS SHOULD YOU FEEL UNWELL & STAY AT HOME.

**IMPORTANT DATE FOR YOUR
 2024 CALENDARS:**

**BrushStrokes Exhibition
 8th—17 March 2024
 St. Peter's Church, Sudbury.**