



**Success
AfterStroke**

Registered Charity No. 1115016

SAS Newsletter April 2024



The Queen's Award
for Voluntary Service

Message from our Chairman

Wow, that was something else. Congratulations to everyone involved with the Brushstroke Exhibition. It is impossible to name all those who helped, so best to keep it simple and thank one and all who contributed to a phenomenal event.

In this article I am going to talk about two people, Viv and Geoffrey Bourne.

A quarter of a century ago Viv and friends decided to help people they knew who had suffered from strokes. I do not know the full story but what I do know is that through blood and sweat, plus I am sure the odd tear, Viv has devoted so much of her time to ensure that SAS not only exists but goes from strength to strength.

To retain that passion for twenty-five years is remarkable.

When you see Viv at SAS you would think it is her first day not about her two thousandth (2000). Yes, if my maths is right that is about the number of sessions Viv has attended at SAS. I would say that even now (other than when chilling in Ireland with Geoffrey who I will mention in a moment) not a day goes by that Viv does not have some involvement with SAS.

More maths so I will say that on about seven thousand five hundred days (7500) Viv has done something for SAS.

Geoffrey has supported Viv throughout this particular journey, with unwavering support. Geoffrey has been the all-rounder, helper, Chairman and Trustee but over the years vitally as a sounding board for Viv, which excuse me for saying, that may not have always been the easiest role. Small in stature but with the expected feistiness of an Irish lady, Viv has and will always pack a punch.

Viv and Geoffrey you are legends and from everyone who has ever been involved at SAS, we thank you.

Cheers

Haydn

WELCOME

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

Paul Clayton
Nigel Morrison
Peter Halden
John Ellis

Also a big Welcome to Susannah Marsh who has joined our happy band of volunteers

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Message from Sj

Suddenly spring is springing finally, after what we all know was the wettest January & February! According to the gardeners amongst us everything is flowering a few weeks early...magnolias, and the array of blossoms; so on we go with the year.

This term has been dominated by the art group finishing and tailoring their wonderful pictures for our Brushstroke Exhibition which took place in the newly vamped St Peters now known as the Sudbury Arts Centre....causing much concern by the locals! It was a huge success in more ways than just the fundraising with 98% of the SAS art being sold. New members have joined the Art Group too. A HUGE thank you to all involved, fabulous effort!!!

We have mostly escaped the winter lurgy and more importantly covid which still seems to be circulating. The lovely new car park at the Stevenson Centre, which initially caused much stress trying to find somewhere to park, now enables everyone to park safely and unload with proper parking spaces outlined.

As you are aware we have become quite busy of late, ... therefore I ask you to please bear with the team with regards therapies as we continue to find a solution to treat as many of you as possible in the time and space allocated. We are on it like a car bonnet!!!!

Just a huge thank you to the members and volunteers who constantly bring in a wonderful supply cookies and cakes for which we are enormously grateful.

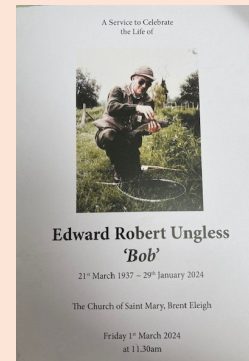
Easter will have come and gone by the time you receive this.....and I hope you have all had a happy time with some family and friends and also loads of chocolate!!!! Here's to a great Summer term with various outings in the planning and the forthcoming AGM etc please keep an eye on the calendar.

I would just like to say a huge thank you to Jo for a fantastic Newsletter. You may not realise the amount of time it takes to put this together, so please enjoy this bumper edition.

Very best wishes,

Sj

Bob Ungless



Bob Ungless was a valued member of SAS and the art group for many years.

His health deteriorated towards the end of last year and sadly he passed away at the end of January.

I remember fondly chatting with him about his love of fishing. He was a prolific maker of his own flies and was buried with his rod and fishing cap.

Sj





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Christmas Party December 2023

We all had a wonderful time at our Christmas Party with Elvis again belting out his popular repertoire with much dancing and frivolity. We also welcomed Wendy, friend of Jeanette's, who demonstrated her magic skills to much wonderment. As usual, the tables were groaning with delicious food and Father Christmas made his entrance. Yet again, another amazing number of raffle prizes were donated with many delighted recipients.



Pancake Day

It is always handy having Shrove Tuesday on an SAS day! SJ and Jo are proving a good chef team in flipping and producing a huge number of pancakes for all to enjoy. Di tried her hand at flipping as did SJ ... Both ended up not where they should be!!



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Two young lovely volunteers who came to help!

Luciana aged six and Florence aged three, our granddaughters, came into SAS at half term as both parents were working. I took in two little chairs and as Jeannette was away I had to take the group exercise class. The girls did them too, sitting on their little chairs. Lulu did all of the 45 minutes. Florence was, by then playing under the tables! Lulu said she liked the star jumps best and even gave me an extra exercise to do with the members when we were on our way home! They both enjoyed coffee time, as you can imagine the biscuits went down well!

When Nick asked her why the members did Exercises she said so that they got their strength back. I thought that was a good answer. It's good to get them involved early!

Viv



Moving & Handling & First Aid

In February, a number of volunteers attended courses for Moving & Handling and First Aid.

Jeannette dvB took our volunteers through a number of Moving and Handling activities to ensure both the safety of our members and volunteers.

Tony from TJ Training yet again delivered a very comprehensive First Aid Course where volunteers were taken through a number of life saving manoeuvres. We very much appreciate the giving of his precious time to come to SAS and deliver this course.



Brushstroke 2024

With months of planning and a very brilliant, hardworking committee, we managed to pull off an amazing exhibition, our best yet!

On Wednesday's set-up day, everybody arrived and started to assemble and transform the new and beautiful Sudbury Arts Centre.

Next came the paintings, they flowed in non-stop for hours under the new system created by Jemma and Bridget, as each painting was unveiled you could feel a real buzz.

I had the excitement of hanging all of the SAS paintings with the help of Pippa, Bridget, Jemma and Pusher. They had been framed before Christmas and hidden away, so this was the big reveal! - Ninety framed pictures and they were all incredible pieces of art!



We worked our magic for two days under the guidance of 'Lizzie Alston's Vision', hanging and moving around 360 pictures until we were happy, while the Bridge Project kept us going with some lovely lunches, by Thursday evening we were done.

Thursday also saw the two judges come in, Frances Christie from Antiques Roadshow and Matthew Hodges from Benton End, when they independently judged the Brushstroke Members' best pictures with background information from our catalogue to give us a first, second and third prize.

First prize going to Christine Stibbe for 'Christine's Dream', This decision brought Bridget and I to tears! Second Prize to Carol Livens 'Lady Sings the Blues' and Third Prize to Ken Newson's 'Mackerel'.

The exhibition had come to life and the venue looked awesome!



Friday night was preview night, What an atmosphere, we had 400-plus visitors! We sold loads of art, raffle tickets, tea towels, and an auction including two of Carol Livens paintings.

The new payment system developed by Jemma was a complete success with everything running smoothly, even though the night was really hectic! I had so many people come up to me and comment about the standard of SAS members' art, and how beautiful their pictures were.

Saturday we had another 400-plus visitors, lots of people coming back from the night before to make decisions on which pictures to buy, the sun was pouring in and the light was perfect!

Sunday, 'Mother's Day' wet rainy and miserable, we thought it would be a quiet day but we had another 400 plus through the door and lots of red dots everywhere!

Monday we closed to the public as we had speaker Lucinda Hawksley giving a talk, and a lovely lunch provided by the Bridge Project and attended by nearly sixty guests, a very successful day and a big thank you to Bridget Allen for finding Lucinda, she was brilliant!



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Brushstroke 2024

Tuesday was our Members' coffee morning, with some lovely cakes and a chance for prizes to be given to all our SAS artists, and time to look at all the paintings again and hopefully gain some new enthusiastic artists from the main group. I have had three so far!

Every day I would see artists from my class come back in to look at their work, I think even they were amazed at how good it all looked framed, their work honestly blew me away and I could have sold their pictures many times over, I feel really proud of what they have achieved, and out of ninety framed pictures, only five remained unsold!

Thursday, Lucy our volunteer from art class, came into the Arts centre and did a creative collage workshop, we had lots of feedback on this and Lucy also donated a picture which raised £300 for us.

The week flew by, people still kept buying right up till the last hour! And every day that you walked around the exhibition you came across a new picture you hadn't noticed before, Maybe it was the light from the church window that shone across highlighting it?

Sunday the exhibition was dismantled, unsold artwork collected, bought paintings collected and everything else packed away until 2026!

A massive thank you to Ali Burke and Gemma and all those at the Bridge project who looked after all our SAS volunteers so well through the week with coffee and cakes, you have been fantastic! And don't forget they are open during the week with their cafe so carry on popping in to see them for a coffee, it's a lovely space to sit and chill.

To all the volunteers who have helped throughout the week, we couldn't do this exhibition without you, so thank you, thank you, thank you!

And to Lizzie for being the driving force and vision for Brushstroke, you absolutely nailed it!

Hope you have had a lovely Easter

Marnie - A very proud art teacher!



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Brushstroke 2024



We were so pleased Davey showed enthusiasm to become involved in our Brushstroke Exhibition documenting the whole event by helpfully taking so many photos. Davey was so inspired by the members artwork that he is hoping to join the art group next term.



Christine nearly fell off her chair when SJ announced that her picture had won Best in Show for the Members Art which was judged by Frances Christie from the Antiques Roadshow and Matthew Hodges from Benton End in Hadleigh. Huge congratulations to Christine.



Also congratulations to Carol Livens who came second. whose picture of a Saxophonist was used as the poster for the Exhibition; and also to Ken Newson who came third with his three fishes.



A highlight of the Exhibition was the well attended talk given by Lucinda Hawkesley followed by a delicious lunch prepared by The Bridge Project.





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Brushstroke 2024

Setting up for Brushstroke with very many thanks to Marnie's husband, Dick, and his many helpers in building the additional fabulous display units (in Richard Furlonger's barn) which were a great success!



On the Tuesday, it was the Member's turn to have a relaxed morning at the Exhibition and view all the fabulous artwork, especially by our very own Members, accompanied, of course, by plenty of refreshments of cake and more cake!



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Brushstroke 2024 "OUT OF THE BLUE" SOCIAL MEDIA PROJECT

Hello Everyone at SAS and Brushstrokes, I'm Davey. As you know by now, I am part of the group to help promote the SAS social media project. I've been busy taking pictures of events that are part of the fabulous SAS, like the Christmas Party and more recently the Brushstroke Art Exhibition and I enjoying making the pictures into videos.

I know I'm far from the best at taking pictures but I do really enjoy making videos although I'm not trained in this part. But it's something that I've always had fun doing.

Since my 2nd stroke in 2020, my first video for SAS was the Christmas party 2023 and taking pictures of members, volunteers, staff and trustees. Thank you to all who took part. I hate my photo being taken, so I'm pleased I'm not in any of the pictures. So thank you for your patience if you see me taking pictures at events.

I have really enjoyed the Brushstroke event. It was very tiring, but well worth pushing myself to make the social media video possible. It's taken a week to get back to some kind of normal but well worth it. It's my hang over without any alcohol involved as it just takes it out of me. But just got to push through it at times.

It's been wonderful getting to know everyone at Brushstroke and the SAS Art Group. I've never been a fan of art but wow you guys have such a great talent and everyone deserves a pat on the back for your amazing work. I promised Marnie in the new term that I would be joining you at Art Group on a Wednesday to see what black splat I can come up with. (Or make something out of the blue - maybe another splash of paint.)

At the Brushstroke exhibition, everywhere I looked I saw new pictures that I must have seen before on other days but it's amazing what catches your eye at different times. I was overwhelmed at what everyone can produce in a different part of their lives and hearing that most people who joined the SAS art group couldn't even draw or paint before.

Thank you to a local artist Melita Denaro. What AMAZING WORK. I wanted to take her work home, but think they would have noticed if it went missing! Just like Marnie's pictures Copper, Chaos, Oxidation, Patina.

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OUT OF THE BLUE” SOCIAL MEDIA PROJECT

And it turns out our Christine Stibbe got overall first prize and she is from our stunning SAS art group. A big Well Done to Christine. To see the amazing pieces of art from our Carol Livens, Fiona Yerofeyev, Antonia McLoughlin, Susan Hume and, the late Dennis Little, to name a few. Everyone has such great talent. I shall look forward to seeing you at the SAS art group. And who knows, I may be up on the wall at the next Brushstroke event in 2026.

I am so enjoying being part of the OUT OF THE BLUE team and doing what I can and experimenting with different sorts of videos so please bear with me as I make more videos. I'm enjoying it so much it's now my new hobby. It has been a long time coming since my 2nd stroke back in 2020 and I look forward to the new challenges.

We now need to get the word out to look at our Facebook page and YouTube social media. Here are the links -

<https://www.facebook.com/SAS.successafterstroke>

<https://youtube.com/@SuccessAfterStroke?si=kjeKeAR2zuBu0m5q>

I would just like to say a massive THANK YOU to everyone making this possible. They are:

Everyone at our SAS TEAM on a Tuesday and Friday and the SAS Art Group sessions on a Wednesday.

Lizzie, Haydn, Richard, Marnie and Jemma (who is my Social IT Star) and Pam for all the help with proof reading and checking it out. Sj & Viv and all for making me feel so welcome.

You are all FABULOUS and THANK YOU.

Big hugs, keep strong and be stronger.

EverlastinDavey



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Speech and language therapy team update

The last term has been pretty busy....

A number of **new members** have joined us for the Conversation groups on both Tuesday and Friday which is great, but we will definitely need a bigger room soon. Welcome to John, Paul and Nigel!

We have enjoyed our usual broad range of discussions, kicking off with one topic but usually ending up talking about something else entirely different and wondering how we got there....but that's the nature of conversation! The groups offer the opportunity to interact with others who experience similar challenges with communication. A relaxed and supportive environment without the pressure of time enables better communication and helps build confidence. Our group members are thoughtful communicators, they give each other time and encouragement which means they get the best from one another, which is just what we want to see!

Wendy Austin, our Speech and Language Therapist who ran the Book club, has sadly moved on to pastures new, but she is pursuing her dream of working in a full time post with adults. She ran the Book club for just under a year. It worked well, enabling a number of members to find useful strategies to help their reading and enjoy discussing the books and articles they read. Wendy put in a lot of hard work in selecting and modifying different texts as well as providing an audio version of the reading materials to make them more accessible. In return she learnt a lot about working with people with aphasia, confirming that this is the direction she wanted to head. Thank you to Wendy!



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Also, the SlT team have been involved in a research project since January with Richard Furlonger, one of our dedicated Trustees. This has been running alongside our normal sessions and in a few weeks time we will be pulling together all the information we have collected and reporting back to Healthwatch Suffolk and the project organisers, Suffolk and North East Essex Integrated Care Partnership Project team.

The **Community Voices in Health Research** project aims to find out why some groups of people, including Stroke Communities, are under-represented in health and care research. To understand the barriers they face in taking part in research and develop a set of principles for researchers to help engage Stroke communities in future.

The project is funded by NHS England. There are 18 local community organisations taking part and engaging with their members to find out what they know about research / have they taken part in research / what could be done to encourage more people to participate?

We have all have been trained up as Research Champions, with the aim of ultimately increasing participation of our stroke community in research. In the short term we have been having conversations with both members and carers in groups and individually to gather information to feed back, which we hope will inform future research and make it more accessible.

If you want to take part in research sign up to "Be part of research" at:

<https://bepartofresearch.nihr.ac.uk>

"Research changes lives. But vital research can only happen thanks to people, of all ages, who volunteer for studies. Whether you are living with a condition or simply want to make a difference for others, you can help"

We will keep you posted!



Finally, we have discussed with the members the inequality of rehabilitation across the country and even within Suffolk and Essex. Our members have had very varied experiences of rehab provision. There is currently a petition supported by the Stroke Association highlighting the value of rehabilitation post stroke. Please see link below if you would like to offer your support.

[https://
www.petitionforrehab.com/](https://www.petitionforrehab.com/)

We hope you have all had a happy Easter and enjoying the break and see you soon.

Chris & Clare

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SummerTerm 2024

Regular activities at The Stevenson Centre **EVERY** Tuesday & Friday commencing at **9.30 - 12 noon**, from **Tuesday 9th April 2024 to Friday 26th July 2024** unless otherwise stated. Please be aware these activities can be subject to change.

GROUP PHYSIOTHERAPY: Every Tuesday & Friday mornings at 9.30 - 10.15 am with Jeanette or Nick.

SALT: Every Tuesday at 9.30 am & Friday at 11.00 am with either Chris/Clare.

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 calendar dates.

ART GROUP: Every Wednesday at The Stevenson Centre starting Wednesday, 10th April 2024 with Marnie, Bridget and others. New members always welcome. (NB Blood Donor Date 29 May ie no Art)

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

ACTIVITIES & BRAIN TRAINING: After coffee on Tuesdays

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

REMINDER: CHANGES TO MEDICATION

Please can we remind all members that if your medication changes at any time, it is important for you to notify either SJ or Jo so we can update your records. We can provide a form on request.

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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Administrator:
Jo Riddleston :
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Please note we do our best to respond to emails as quickly as possible however in an emergency please telephone 07434 931962.

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 DATES FOR YOUR CALENDAR:

Autumn Term 2024

Tuesday 3rd September to Friday 13th December

SUMMER TERM STARTS TUESDAY 9th APRIL 2024

Friday 12th April	11.30 am Theatre Trip to Wolsey Theatre There will be a normal SAS session with theatre group departing Stevenson Centre 11.30 am 9.30 am Carers Meeting
Tuesday 16th April	1.00 pm Croquet at Sudbury Croquet Club All welcome. Sandwich lunch will be provided There will be a normal SAS session
Friday 19th April	Nails 12.00 noon - 2.00 pm Housekeeping Meeting
Tuesday 23rd April	Trustees Meeting 12.30 pm - 2.30 pm
Friday 26th April	12.00 pm—12.30 pm Volunteers Briefing & Q&A with SJ. Please be available
Tuesday 30th April	Nails 11.00 am Gary Simmonds Coffee Caravan 12.00 pm—12.30 pm Volunteers Briefing & Q&A with SJ. Please be available
Tuesday 7th May	1.00 pm Croquet at Sudbury Croquet Club . All welcome. Fish & Chip lunch
Friday 17th May	Nails
Tuesday 21st May	9.30 am for 10.00 am AGM Refreshments will be provided There will be no SAS session
Tuesday 28th May	Nails
Wednesday 29th May	No Art due to Blood Donor Day
Tuesday 11th June	1.00 pm Croquet at Sudbury Croquet Club. All welcome. Sandwich lunch There will be a normal SAS session
Friday 14th June	Nails
Friday 21st June	Carers Meeting
Tuesday 25th June	Nails
Friday 28th June	Aldeburgh Away day with Fish & Chips. Own Transport (to be confirmed)
Saturday 6th July	Health Awareness Day at Sudbury Arts Centre
Friday 12th July	Nails
Tuesday 16th July	9.30 am Carers Meeting Nails
Tuesday 23rd July	Sailing Day at Woolverstone. There will be no SAS session
Friday 26th July	End of Term

Members Committee Meeting: Date to be confirmed

Beginning of Autumn Term: Tuesday 3rd September



Helping you retain your independence

Lynn's

Helping hands



Hello, I'm Lynn and I live and work in the Stour Valley. I support people living locally who require reliable and affordable help around the home or who would enjoy some companionship to overcome loneliness and isolation.



I can help with -

- Cleaning, laundry, etc
- Gardening
- Online and personal shopping
- Preparation of meals
- Transport for appointments and outings
- Collecting prescriptions
- Dog walking and pet care
- Help with hobbies
- Companionship, be that a cuppa and a chat or a cuddle with Barney!



If you or a family member need some personalised support at home, please get in touch with me and I'll arrange a meeting to discuss your needs. **I'm fully insured and DBS checked.**

Telephone: 07552 147547

Email: lynn@lynnshelpinghands.co.uk



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