



## Message from our Chairman

It's the start of a new year and this year is a very special one as it is our twenty fifth anniversary year. We are looking forward to having a great celebration party on Tuesday 24th at Nedging Barn courtesy of James Buckle. More details to follow.

Looking back to last year our Carol Service was a great success not only because it raised over £26,000 for our charity but also because it was such a lovely happy community event. The organisers of the event get a very special thank you from us all as do all those that took part. Of course, £26,000 sounds like a big number but we do have to remember that our running costs are close to £100,000 per year.

Big thanks to all our fundraisers who raised so much money for us in 2024, this includes Paul Foster of Allium Gardeners who did a sponsored ironman (triathlon on steroids) in Italy over the summer, Mary Squirrel with the Whatfield Craft Fair, Janki Ghelani (fundraising in memory of her grandfather), the Thorpe Morieux Art Fair and the many other people who donated to us over the year. Not forgetting all the wonderful photos and videos that Davey does for us for the website and our facebook page.

Sadly, Pam Lawrence (our well being counsellor for many years) needs to help her very unwell husband so she may not be able to return. We hope she can return but in the meantime we are looking to recruit a counsellor to act in her place. Pam has volunteered her time with us for more years than many us can remember and she will be sorely missed. We all wish her and her husband the very best in these difficult times.

The conversion of SAS to a Charitable Incorporate Organisation is progressing, we have set up the new SAS and it now has a bank account. We will have formal members meetings to approve the transfer of old SAS to new SAS in late March and then will we start the actual transfer process which I suspect will take at least three months and probably considerably more.

Finally we are looking forward to welcoming new trustees to add to our CIO, Edward Mason, Susie Fenwicke-Clennell and Henrietta Drake. They all bring their special skills to SAS and it is wonderful that they can join us.

All the very best from Hilary and the Trustees

Hilary Spivey

## WELCOME

A huge welcome to new members

David Hodges  
Darren Webb  
Clive Wilson  
Andrew Brader

A big welcome to our new volunteers:

Sam Beven  
Bex Lecompte

And.... We welcome back Rosie Green who has returned as part of her degree in speech therapy. She will be working with Clare and Chris with their SALT Friday sessions.

We should also mention that Sam has been accepted to do his Masters in Speech Therapy at Essex University in the Autumn. Congratulations!

## Pancake Day





## Message from Sj

2025 begins at SAS with distant memories of last year ending with our annual Christmas party with 'Elvis' bringing the house down! So much so that we've booked him for this year!! Thankyou to everyone for their help and contributions to a bulging food feast. We also decided to collect and donate for our local food bank instead of the usual Secret Santa which was a huge success and they were extremely grateful for our contributions to struggling families in the area.

Several events took place last year raising substantial amounts for SAS, Mandy Squirrel's Whatfield Craft Fair for one, with her amazing family plus several SAS 'volunteers'. A hugely successful day, we can't thank you all enough!

Another event, was organised by a friend of mine, was an Art Exhibition which also raised over £2,000, all from the sale of refreshments! ...Thank you Rebecca Guyver.

Our main fundraising event was the Carol Concert at Long Melford which from the feedback was the best yet! Thank you to the chief organisers Henrietta Drake and Susie Fenwicke-Clennell... a phenomenal amount of work and...not to mention all the volunteers...you know who you are.....! Thank you!

Whilst we are still accepting new members, we strive to ensure everyone is safe and receiving the support they need. Finally let's hope 2025 brings lots of happy times for the SAS family album.

Pancake day was a popular 'break time' with only one member refusing a pancake and 2 successful tossers! Last year they landed on the floor!

Alongside the usual running of SAS it wouldn't be possible without the support of our team of volunteers, several newbies who assist wherever they can with the therapists and members. We held a lengthy training day which hopefully everyone found useful.

Thank you very much to all therapists, volunteers and also the trustees and Jo for your continued support.

A very Happy Easter to you all and thank you Jo for a great newsletter.

SJ

## Vic Nicholls

What a character he was.  
What a couple they were!  
When we went to Vic's funeral he was 'piped on board' as he would have been in his Naval days, with his cap on the coffin.

Vic had so many interests, too many to mention however his love of steam trains, bowls and darts were most evident. His love for his ever increasing family shone through and his beloved Sheila looked after him, in later years as if he was a King.....King of The Nicholls family.

Sheila was always smiling and I never once heard either of them complain. They were an example to us all.

Vic will be greatly missed at SAS and I hope that Sheila will pop in occasionally to see us.

The end of a chapter.







**Success  
AfterStroke**

Registered Charity No. 1115016

## SAS Newsletter Spring 2025



### Whatfield Craft Fair

The Whatfield Craft Fair was held last October and proved hugely successful making lots of money for SAS.

SJ, Jo and I made and sold bacon rolls from the moment it opened to the end, which was very popular! The Fair made 2,800-00, a £1000.00 more than the fair held in 2023 which was a fabulous result.

It is a great day out and is one of the very best in this area, due to the sterling work of Mandy Squirrell and many Squirrell relations, plus others from the village. Many of our members won raffle prizes, which were beautifully wrapped and presented.

Well done and thank you, Mandy.

The Craft Fair this year is on Sunday 5th October 2025 so do put in your diary. The target for this year is hopefully £3000-00 which would be amazing.



### And a special mention to

Mandy Squirrell yet again amazes us with her fund raising skills. Each year she organises the Whatfield Craft Fair and each year it seems to get bigger and bigger.

This year she raised pretty close to £3,000 which is a record. Many of our people help at this event but it is Mandy that makes it happen. We could not exist without our fundraisers and all our generous donors. Huge thanks to you Mandy from all of us at SAS.

[www.successafterstroke.org.uk](http://www.successafterstroke.org.uk)

Tel: 07434 931962



## SAS CAROL SERVICE 2024

On Thursday, 5<sup>th</sup> December we held our biannual carol service in Holy Trinity, Long Melford to raise funds for SAS. The day before the service lots of volunteers came along to the church to decorate the windows with greenery, berries and candles. Debbie Buckenham provided us all with the most delicious mince pies and warming coffee and tea.

On the day of the service the weather took a turn for the worse. The wind howled and the rain lashed down. This didn't stop 550 people coming to the service which was sold out. Two Pipers gallantly stood in the porch to welcome everyone with their music and the church soon filled up with windswept and wet people. The lights went out and the service began in candlelight with a solo of the first verse of Once in Royal David's City.

The choir from Robinson College, Cambridge sang their hearts out and all the Readers read beautifully. Barbara Pilkington did brilliantly, as did our own Follies with Richard, and everyone was very moved by their performances. The Capella group added a bit of zing to the end of the service which was fun.

We managed to raise over £26,000 thanks to everyone's' generosity.

## Sudbury Foodbank

CHRISTMAS FOOD BANK- STOUR VALLEY- STOREHOUSE  
SUDBURY



VIV & RYAN 1ST COLLECTION



OUR 2024 SECRET SANTA



A MASSIVE THANKYOU



HILARY & RYAN 2ND DROP OFF

## Trip to Sleeping Beauty at the Wolsey Theatre

The annual SAS theatre trip to see Sleeping Beauty at the Wolsey Theatre was all very jolly and the children around us all enjoyed themselves especially as their poor teachers were taken on to the stage and mocked by the actors which the children loved!! The plot passed most of us by !! For those of us who went on the bus, it was a shame there was a hiccup with the bus arriving late at the Stevenson Centre but these things happen and everyone was very helpful and we all had a very good day.

I would certainly go to it again. Roll on next year!!

Barbara Pilkington







**SAS CAROL SERVICE 2024**

**LONG MELFORD**



**HOLY TRINITY CHURCH**



**SET UP DAY 4-12-2024**



**THANKYOU TO EVERYONE WHO MADE IT POSSIBLE**



**THE FOLLIES & RICHARD**



**SINGING - I HAVE A DREAM**



**GUITAR BY RICHARD  
SAS MEMBERS & SAS VOLUNTEER  
JEANNETTE & ANNA DE VRIES-WOBBS  
SAS PHYSIO & DAUGHTER**



**SOME PHOTOS OF THE FABULOUS NIGHT**



**BARBARA PILKINGTON - SAS MEMBER**



**READING - A LETTER FROM THE BRAIN**



**READING - LUKE 1: 26 - 36**



## Christmas Party December 2024

Everybody had their Christmas jumpers, hats and dresses on.

A good time was had by all. Elvis was in the building for a lot of dancing and singing!

Then there was a lovely lunch followed by the raffle. This year SAS decided to support the local food bank which members gave generously in place of the usual mammoth raffle!

Judy



**ELVIS**



**IN THE BUILDING SINGING WITH THE LADIES**

**TEA & COFFEE DRINKS**



**ANY ONE FOR A MULLED WINE?**



**SOME OF THE HOSPITALITY TEAM**



**THANKYOU SO MUCH FOR A WONDERFUL SPREAD**



**DANCING WITH SAS FAMILY**

## A big shout out to

Fundraiser Paul Foster who completed a gruelling ironman in Italy to raise over £3,000 for us.

And here is a picture of him after 15 hours spent swimming 2.4 miles, then cycling 112 miles and then running 26.2 miles. That is some achievement and what looks like a very very relieved Paul as he finally crosses the finish line. His father-in-law is a member with us and when Paul is not out raising money for charity he runs Allium Gardeners in Hartest.

A really great result and huge thanks from all of us at Success After Stroke.







## REGULAR ACTIVITIES

Regular activities at The Stevenson Centre **EVERY** Tuesday & Friday commencing at **9.30 am - 12 noon**, unless otherwise stated. Please be aware these activities can be subject to change.

**GROUP PHYSIOTHERAPY:** Every Tuesday & Friday mornings at 9.45 - 10.30am with Jeanette or Nick.

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

**WELLBEING THERAPY:** While Pam is on extended leave we are exploring some positive leads for counsellors to come and meet members and carers. We will keep you updated. In the meantime if you any difficulties, please do speak to either SJ or Jo.

**ART GROUP:** Every Wednesday at The Stevenson Centre with Marnie, Bridget and others. New members always welcome.

**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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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.



## Spring Term 2025

<b>Tuesday 7th January</b>	<b>Term starts</b>
<b>Wednesday 8th January</b>	<b>Art starts</b>
Tuesday 14th January	Carers Meeting 9.30 am—12.00 noon. All welcome
Friday 24th January	Friday Member's Committee 9.30 am
Tuesday 4th February	Tuesday Member's Committee 9.30 am
Wednesday 12th February	Training Day for Volunteers 9.15 am—4.00 pm First Aid, Safeguarding, Moving & Handling, Stroke Awareness
Friday 14th February	Carers Meeting 9.30 am—12.00 noon. All welcome
Tuesday 25th February	Housekeeping Meeting 12.00 non—2.00 pm
Friday 7th March	Trustees Meeting 12.00 noon—2.00 pm
Tuesday 11th March	Carers Meeting 9.30 am—12.00 noon. All welcome
Friday 21st March	EGM for approval of CIO transfer (10 minutes)
Tuesday 25th March	EGM for approval of CIO transfer (10 minutes)
<b>Friday 11th April</b>	<b>End of Term</b>

## Diary Dates

<b>Tuesday 29th April</b>	<b>Summer Term Starts</b>
<b>Wednesday 30th April</b>	<b>Art Starts</b>
Tuesday 20th May	AGM
Tuesday 3rd June	Croquet
Tuesday 24th June	SAS 25th Anniversary party
Tuesday 1st July	Croquet
Tuesday 15th July	Sailing Day at Woolverstone
<b>Friday 25th July</b>	<b>End of Term</b>
<b>Tuesday 2nd September</b>	<b>Autumn Term Starts</b>
<b>Friday 12th December</b>	<b>Christmas Party &amp; End of Term</b>