



SUCCESS AFTER STROKE SPRING NEWSLETTER 2018

A message from the Chairman ...

At the time of writing, we are half way through the BrushStroke Art Exhibition and it has gone tremendously well, with an excellent turnout on the evening of the private viewing. Thank goodness we missed the 'Beast from the East' by three days, otherwise the committee would have had a lot of Prosecco to drink!



I will be able to report more fully on the event in our next Newsletter, however, in the meantime, I cannot thank enough all those who have helped make this such a special event. We are all two years older, but find the energy to construct an exhibition that has found wonderful local support.

Happy Easter!

Richard Furlonger

And from Sj

"I would like to add my personal thanks to that of our Chairman to each and everyone of you for all your help with the BrushStroke Ex-

hibition. Please pass on our thanks to your friends and family who have also given up their time to help with this amazing event".

Lloyd's of London Charity Award

Chris Harman, the Chairman of Lloyd's of London Charities Trust recently presented our Chairman, Richard Furlonger, for the benefit of SAS, with an award and cheque for £2,000. Willie Lewis put forward SAS for the Lloyd's annual awards. From many applications, we were one of 30 to be selected in 2017. It was a grand event held in the prestigious Adam Room.



Dame Inga Beale, opened the ceremony and spoke of all the good work being done by charities nationwide, and how pleased Lloyd's of London is to help in this work. A big thanks to Willie and Sj for putting together our application.

Christmas Party Tuesday 19th December, 2017

Our annual Christmas Party took place on a Tuesday which, we appreciate, is difficult for many of you to attend, but there was still a great turn-out and fun was had by all.



This year, we had the children from Pot Kiln Primary School who delighted us with their carol singing whilst adorning glowing Christmas hats!



We had a lovely surprise visit from Sir Terry Waite, who spoke briefly to us all about a few of his experiences whilst in captivity. Thank you to Anesta and Ken Newson for the introduction.



As per usual, the tables were groaning with all sorts of edible delights contributed by members and volunteers and there was not



much left over this year! A huge thank you to Debbie and here team of elves.



The raffle was, as ever, amazing and a beautiful Christmas cake which had been donated by Angie Phipps was one of the key prizes. It was won by Sheila Frampton who reports that it was very nice ... and her Grandson ate the lot!



The main prize was a bottle of Champagne, kindly donated by Ray and Diane Sears and won by Sam and Norleen Wright. This has a lovely story attached to it which you can read about in a following article by Ray. The raffle raised approximately £250, so thank you to all who donated and/or bought tickets.





We finished with 'Secret Santa' gifts for everyone and, all in all, a happy morning to end the Christmas term!

Sj

A Heart-warming Tale!

Diana and I were standing in the drinks aisle at Sainsbury's Supermarket, very unfamiliar territory for us, staring at the vast array of champagne on offer, trying to decide which bottle we should purchase to donate to the SAS Christmas party raffle.

As we contemplated, a gentleman stranger approached and proceeded to place numerous bottles of champagne into his shopping trolley. I noticed this and politely asked him if he was knowledgeable about champagne and if so, which brand he could recommend to us.

He recommended the brand he had selected especially as there was a multiple purchase discount offer on at that time. He went on to say that we could add our bottle to his ones which would then attract the discount and we could pay him at the checkout.

I thanked him and proceeded to tell him why we were buying the champagne in that it was for my wife's stroke club Christmas raffle and that I volunteered there. He went on to tell me that he himself had suffered a minor stroke a few years before and had been lucky that it had not left him with any permanent mobility/speech impairment. He said he was now retired and had previously been the CEO of Herberts Ltd, a large equipment manufacturer based in Haverhill. We then spoke of both our jobs involving international travel around the world without really discovering any of those places except airports, hotels and offices!

We got to the checkout, I got out the money to pay him, but he then turned to us and said he thought such a charity as SAS was to be applauded and congratulated me on my involvement there. To our amazement he then blankly refused to take any money from me.

This brought tears to both Diane's and my eyes and we thanked him profusely and promised that we would give the equivalent cost of the champagne as a raffle prize to SAS as well as the bottle itself, which he concurred with.

We shook hands and agreed that there are many nice caring people in the world still.

Ray and Diane Sears

Outing to Perrywoods Garden Centre, 5th December 2017

We departed on time to Perrywoods from Sudbury. The coach was fairly full, with people happily chatting about the forthcoming visit.

We arrived at a very full car park but were able to disembark close to the entrance and enter the Winter Wonderland of Perrywoods! There was wonderful array of Christmas decorations in every colour that took your fancy, adorned with glitter and sparkles.

The majority of us headed for the spacious café for a warm drink and snack. Huge scones and slices of cake were consumed by all ... which, to be fair, is a major part of any outing that we do!! Then shopping ...



We were, on the whole, a little disappointed with the shopping for the oncoming arrival of



Christmas, rather expensive and low on certain items ... crackers, candles etc. Various fun items of headgear were purchased, soon to be seen at the Christmas party ... see previous pictures of the Christmas party!

Safely back on the coach and thankfully out of the bitter cold, we returned to Sudbury. All had gone well, except for a little hiccup with the coach lift (which is becoming a standing joke) again!

Sj

'Pop-up' Shop!

'Kitty and Em' is a pop-up boutique based in Hadleigh. I first met them at The Hadleigh Show and thought they were just what we needed for our members to buy presents for their other halves for Christmas.

They set up shop at one end of the Chamber

and then at coffee time we all enjoyed looking through sweaters, scarves, gloves, handbags and lots more. They have a system that they keep a record of what you have bought and once you have spent 8 x £25 you then get £25 off your next purchase.



They will arrange for the Boutique to pop up in anyone's home or office. We had Sue behind the counter and she was very enthusiastic and could, I am sure sell coals to Newcastle. I hope we can persuade them to come back another year. They loved being with us and thought what a wonderful Charity we were.

Viv Bourne

Pottery Group with Sandy Larkman

It is with a very heavy heart that Sandy has decided to give up her role as tutor to the SAS pottery group. The group have been meeting at Sandy's beautiful Edwardstone Studio since 2008, although Sandy had been involved with SAS long before that as the SAS art tutor.

Various SAS members have gone to the pottery group over the years, but the stalwarts are Andy, Des and Viv who were amongst Sandy's first potters and continue to create the most amazing pots and sculptures. Sandy has been a key figure in the BrushStroke Exhibition and encouraged the potters to exhibit and sell their work, raising funds for SAS.

The current group presented Sandy with an Acer for her wonderful garden, and Shirley and Lou made a gorgeous strawberry cream gateau, very nearly eaten by Sandy's dog Nellie, before any of the humans could get a look

in! Sandy's quick reactions saved the day and the cake was absolutely delicious.



Thanks must also go to Ivan, Sandy's husband, for the never-ending encouragement and technical support he has given with many of the incredible sculptures over the years.



Sandy's warmth and beaming smile will be sorely missed and we hope that you will stay in touch with all your friends at SAS.

Jan

Ps. There will more to come about Sandy's time with SAS in the Summer Newsletter when we report on the BrushStroke Exhibition.

Antarctica

Henrietta Drake gave a fascinating talk about her trip to the South Atlantic which took in the Falklands and the south Antarctic onboard the Russian ship, The Akedemik Loffe. Sadly, the video to accompany the talk wasn't available due to a Gremlin in the works, but nevertheless, we spent a fascinating hour with Henrietta's lively talk along with slides.



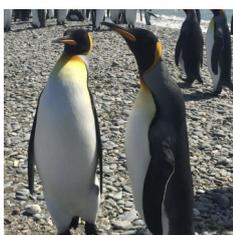
The trip was also to the Battlefields of the Falklands, especially that of the Tumbledown where the Scots guards fought bravely. Henrietta told us that the Argentine occupying force had cookers in place, while our forces were less provided for. This reminds me of the tales of the German WW1 trenches, wherein their trenches they even had wallpaper, ... obviously the Argentinian forces were equally in for the long haul. But that was not to be, whatever side of the fence you sit, one cannot fail to be in awe of the men that fought bravely and kept the Falklands in British hands. It is certainly a place where Margaret Thatcher is universally loved.



Other places mentioned that we came to know from the events of the war, were Port Stanley... and less well known, the Shackleton

Waterfall. Port Lochary, the southern-most post office, is run by Scottish girls, only they are hardy enough.

Of wildlife there was plenty, Gentoo penguins, King penguins, whales, but sadly the whaling took its toll on the mighty Blue whale, it has never returned. Fur Seals, those lovely doe eyed creatures here in this part of the world, are particularly vicious, Henrietta was told of one man being bitten and subsequently dying of blood poisoning ... which gave a whole new meaning to Seal Lullaby.



Apparently, a local inhabitant opens-up her home to tourists and provides welcome sustenance for them. Henrietta's talk was very interesting and certainly gave us some food for thought! Thank you, Henrietta.

Fiona Yerofeyev

(Henrietta will be back to talk to the Friday group on the 20th March ... fingers crossed that the Gremlins are left at home!)

SAS Trip to the Regent Theatre (alt. title: My Day out with SAS!)

It was a bright and sunny morning and the mood of the group certainly matched the weather as we boarded the coach, ready to set off for our trip. Before too long we were all aboard and ready to go. Our destination was set (Ipswich, not Norwich, as Sarah, was pleasantly surprised to find out!) and so off we went. Our coach driver (who prefers not to use a sat nav) remained remarkably calm

under pressure, as five women gave him instructions on how to navigate Sudbury's one-way system and we were soon on our way, with sherbet lemons and Werther's Originals being passed around (thanks Sue and Maz



and Di and Jim!).

Upon arrival in Ipswich we entered the Regent Theatre where it was all systems go for SJ to organise ticket distribution for 32 people – no easy feat! Thankfully we had arrived in plenty of time and when the theatre doors were open we were ready to take our seats for the performance of the romantic comedy musical 'Crazy for You'.

The show is based on a book by Ken Ludwig, with lyrics written by Ira Gershwin and music by George Gershwin. Described in the programme as 'high energy, high kicking and gloriously glamorous', it certainly did not disappoint us! The actors and actresses maintained an extraordinary pace as they simultaneously combined dancing, singing and acting with playing their instruments on the stage. By the interval we were quite exhausted from watching them – thankfully nothing that a traditional theatre ice-cream and a few Maltesers couldn't fix!



The musical tells the story of reluctant banker Bobby Child, whose dream is to be on the

stage, and his valiant efforts to save the run-down Gaiety Theatre in Nevada, to which he has been sent by his family to foreclose. With plenty of humour and romance, eventually the theatre is saved, and Bobby has fallen in love with the girl of his dreams, Polly Baker, the only woman left in the Nevada town. After overcoming several obstacles, the townspeople rally together to ensure Polly and Bobby are united in a spectacular rousing finale.



After the performance it was back to the coach, where our friendly coach driver, Jonny, was ready and waiting to help us board for our return journey. Once again, the sweets were passed around as we chatted about the performance and we soon arrived in Sudbury, tired but buoyant after an excellent afternoon's entertainment.

A special thank you to Sj for organising the outing, to our volunteers and members who attended and to Jonny for safely transporting us there and back. Also, a big thank you to SAS from me for inviting me along when there were some last-minute cancellations – you all made me feel so welcome and I had a thoroughly enjoyable time!

Helen Williamson

“Evening All”!

With trepidation we were expecting the arrival of an ex-prison officer and his drugs detection dog! Enter Alfie, a twelve year old golden Labrador, a beautiful dog and his very friendly handler, Kevin who is now retired, but was a prison officer for thirty years. The relationship between dog and owner - the trust, loyalty, love and respect for each other is remarkable.

Kevin worked at Chelmsford Prison with young offenders for fourteen years. There are two types of dog used; ‘passive’, which means that the dogs search visitors for anything illegal that might be being brought into the prison and ‘proactive’ which means action and result. Alfie is trained to search for all illegal drugs.

Now, me being me, I raised my arm to say that I had my medication with me, but Alfie is trained to detect illegal drugs only - not prescribed medication. Can you imagine the millions of ‘scent buds’ that differentiate between different drugs? Alfie can even alert Kevin to someone who has been in the proximity of someone smoking, for example, cannabis by behaving in an excitable manner. When Alfie has done his job he receives a treat - a tennis ball!



Kevin told us about how people smuggle drugs and mobile phones (which can be worth about £500) in various parts of their body.

Detections dogs can be trained to detect some cancers, diabetes onset and even seizure alert. I experienced this when in hospital and a lady was admitted with severe diabetes and her dog was allowed to stay overnight. He didn't move or take his eyes off his ‘mummy’. I was in awe of this dog and all service dogs. It takes six weeks to train a drugs puppy, however as drugs become more refined, training is on-going.

Wow! How amazing, and their partnership is unbreakable ... but only if ‘daddy’ has a tennis ball! Thank you for a very interesting talk!

Sue Hume

Mark Kiddy's Story



Mark at the 2017 Christmas Party

The new chapter of my life, living after a stroke, commenced at the end of August 2010, the previous weekend I had been enjoying myself at a 1940's weekend at Ramsey, near Huntington; it was Tuesday night after my second shift, and I wasn't due back to work for another two days. Living alone, I might not have been missed by family or friends for one or more days, so I was lucky that my girlfriend at the time, Caroline, recognised something was wrong; slurring speech on our daily telephone call, just before bed.



Mark before his stroke

I spent ten nights in Addenbrookes Hospital, not the happiest of times, but I was alive with no immediate issues, even though initially I was paralysed for three days down my left side and thus my muscle memory had to be encouraged to know how to walk again. After Addenbrookes I spent four nights in The West Suffolk Hospital, Bury St. Edmunds, before being allowed to go home.

Three nights later I had a regress and moved back to live with my parents for what was to

be a very painful and difficult three and half months. It was at the beginning of this period that I had a visit from Barbara Slade of Success After Stroke (who invited her or how she knew, I never did find out) but over the next few months, I realised that I was to be very grateful for her visit.

At the time I was suffering from permanent headaches and restricted body movement, together with increased body density and stiffness of joints and I was prescribed Statins; however, I was lucky that I only needed a walking stick for a few months. In those days, I believe Success After Stroke (SAS) did something Monday to Friday, but due to my condition I realised that, initially, I would only be able to attend for just one day, that being Tuesday mornings 9.30 to 12.00.

Today I look forward to an afternoon Tea Dance or an evening of dance, also an occasional midweek walk with the Sudbury rambblers, but in those days, a Tuesday morning was all I could manage, and I knew I would be in a world of members and volunteers who would have an understanding of how I was feeling. All the other members had their own struggles but were willing to give the support that I wanted.

Before I joined for my first day, I was mistakenly under the impression that the people there would be sitting around, feeling sorry for themselves, bemoaning why it had happened to them; but the members were quite different, some were quiet, some a little louder and others very loud! Just what was required, all were different, but all made the club what it was.

I remember talking to friends who had heard the statement, "What you have after 6 months, is what you will have for ever more" but with the help of my family and friends together with the dedicated team of volunteers and members at SAS that state-

ment was disproved! But there were times during the exercise classes with Anne Francis, one witnessed members who could have tried harder but appeared to be happy with their lot; however, others who had more difficult issues would push themselves and were encouraged to do so, not only did it improve their quality of life, but it also had the effect of improving their family's quality of life.

A good example was the late Nick Athorne from Boxford, who suffered quite badly and who, before his stroke rode a bicycle and played the piano, but all that stopped overnight. However, with his will power, the support of his family and friends from SAS, he did play piano again, not to the same heights, but he did it. I remember one day when I went back during a day off work in the spring of 2011, Nick got up from his seat to see the manicurist; I noticed as he started to cross the room, the talking got quieter, until the whole room was silent except for Nick's shuffling feet, then as he passed through the double doors, a great cheer rose from his friends. I was told later that they had noticed he walked across without his sticks.



Mark enjoying life now with the Sudbury Jive Club and at the 2017 Sudbury Carnival

At the present time, even though I'm lucky enough to have retired, I don't come down to the club very often, as generally after a busy weekend, I use Monday and Tuesday to rest and recharge my batteries. However, I'm happy to have the option of going to the club: most people like to believe they might have an idea of what I'm going through, but I know only the members and volunteers really understand.

To this day, I still believe I have been very lucky to recover so well, and I shall always be grateful for that visit from Barbara and the invitation to go along to the best regional stroke club. Fortunately for me and others that it is in Great Cornard and what we know as "Success After Stroke".

Mark Kiddy

Footnote: Last autumn, Mark unselfishly asked his guests at his 60th birthday party not to bring presents but to donate to SAS, over £600 was raised ... thank you Mark.

Carers' meeting 20th February 2018

It was good that so many carers were able to attend the recent SAS Carers Meeting and I do hope that if you did come, you enjoyed it. I certainly did!

As you know, my friend Tonia Hall, who is a very skilled Chef and Nutritionist, spoke to the group about some healthy eating principles with particular emphasis on vascular health. She also brought along some samples of treats and several people asked for the recipe for Apple and Pumpkin Seed Flapjack, which is printed below.

We will arrange a date for next term's Carers' Meeting soon but, in the meantime, please contact either myself or Fran Williams if you need help or support in your role as a carer.

Pam Lawrence

Apple & Pumpkin Seed Flapjack

*180 gms oats *2 tbsps Pumpkin Seeds
*2 tbsps Goji berries *2 apples *2 tsps cinnamon
*2 tbsps honey or maple syrup
*2 tbsps coconut oil

Whizz raw apples in processor to a purée.
Melt coconut oil and honey. Mix all ingredi-

ents together. Bake for 30 mins in moderate oven.

Aids heart health.

Recipe by Tonia Hall, Chef & Nutritionist

www.tasteofgoodness.co.uk

Email: atasteof_goodness@yahoo.co.uk

Mobile: 07825912001

Jean Morton



Jean only joined SAS in September 2017 and was sadly taken ill in November, so we did not have the chance to get to know her as well as we would have liked. However, Jean immediately impressed us with her ready smile and positive outlook on life. Sadly, whilst Jean was ill in hospital, her beloved husband John passed away unexpectedly, and Jean did not recover from the shock.

Jean was born in East Ham in 1932 and, following attending a teacher training college in Lincoln, moved to Sudbury where she taught at The Sudbury High School for Girls. Jean was introduced to a young man, John Morton, at a New Year's Eve Young Farmers dance in 1954 and they married four months later in April 1955. Jean and John lived in and around Sudbury, eventually having their own small holding. They brought up four daughters, Anne, Ruth, Barbara and Valerie, in what sounded like an idyllic childhood for the girls. Jean worked hard alongside her husband, producing and selling all manner of produce from the smallholding until their retirement when they moved to a bungalow in Cat's Lane.

Jean had many hobbies over the years; bell-ringing, she belonged to the Sudbury Choral Society and attended several of the local WI groups in the area, depending on where they were living at the time. On retirement, both she and John volunteered at Melford Hall, Jean as a room guide and John helping in the gardens.

Jean and John will be sadly missed by their family and the very-many friends who attended the funeral at St. Gregory's Church, Sudbury.

Flower Festival



There will be a Flower Festival held at All Saints Church, Little Cornard on Saturday 12th May and Sunday 13th May 2018, 11 am to 4 pm both days. Proceeds from the sale of refreshments and plants will be shared between the Church, Little Cornard Village Hall and SAS.

Please come along and support this event.

Sue Macdiamid

And finally ... We can only apologise to you all that we had to cancel a couple of sessions this term, but the white stuff caused chaos for everyone. Your safety, and that of the volunteers, is paramount and confirmation from The Stevenson Centre enforced the cancellation.

Apologies again.

Sj and Jan

Reminders

Forthcoming events!

NB. NO ART Wednesday 9th May, Wednesday 5th September or Wednesday 12th December due to blood donors.

Tuesday 8th May, 2018 - **SAS AGM**

Saturday 12th May and Sunday 13th May 2018 11 am to 4 pm both days, Flower Festival at All Saints Church, Little Cornard - proceeds from the sale of refreshments and plants will be shared between the Church, Little Cornard Village Hall and **SAS**.

Tuesday 24th July 2018 - Sailing at Woolverstone.

Sunday 2nd September 2018 - Garden open at Leaven Hall, Leavenheath 2 pm—5 pm . Refreshments sold in aid of SAS.

Tuesday 4th December 2018 - Carol Concert at Long Melford Church

Term Dates

Friday 23rd March, SAS closes for Easter AFTER the session.

Tuesday 10th April, SAS re-opens.

Tuesday 31st July, SAS closes for Summer AFTER the session.

Tuesday 4th September, SAS re-opens.

Tuesday 18th December, SAS closes for Christmas after the party.

Members' Committee Meeting - Tuesday 22nd May, 9.45am at The Stevenson Centre.

SAS and social media

You can view recent highlights and photographs on our Facebook page; Success After Stroke, Reg Charity: 1115016.

Please take a look at the new website which is now up and running!

www.successafterstroke.org.uk

Ideas please ...

If you have any suggestions for talks, events, outings or just general thoughts about things you would like to do during our meetings, then please do not hesitate to let us know. Ideas are always welcome so don't be shy!

Please remember to inform Sj or Jan if you change your medication or contact details. In the event of an emergency, it is vital that we have accurate information.

PLEASE COULD YOU ALL, INCLUDING VOLUNTEERS AND THERAPISTS, CHECK THE DIARY THROUGHOUT THE TERM FOR ANY CHANGES WE HAVE TO MAKE.

FOR THOSE OF YOU WHO WOULD LIKE A PAPER COPY OF THE DIARY, NEWSLETTERS ETC, THERE SHOULD ALWAYS BE SOME IN THE CLEAR TRAYS BY THE MEMBERS' PIGEON HOLES. IF NOT, OR IF YOU TAKE THE LAST ONE, PLEASE LET US KNOW AND WE CAN MAKE SOME MORE COPIES.

SAS meets at

The Stevenson Centre

Great Cornard

Sarahjane Lewis:

07434 931 962

By Post:

Success After Stroke

The Stevenson Centre

Stevenson Approach

Great Cornard

Sudbury

Suffolk

CO10 0WD

E-mail:

info@successafterstroke.org.uk

Web:

www.successafterstroke.org.uk

Facebook: Success After Stroke,
Reg Charity: 1115016.

Success After Stroke - Activities

Success-after-Stroke is an active and motivated self-help support group where the members are helped by dedicated volunteers and therapists in their efforts for rehabilitation, independence and confidence.

Monday mornings: sailing at the Woolverstone Project.

Tuesday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech & language therapy
- Reading and discussion groups
- Well-being therapy
- Brain Training
- Basic nail care & massage therapy

Wednesday mornings: Art, drawing and painting at The Stevenson Centre – beginners welcome

Thursday mornings:

- Swimming Group
- Riding at The Shelley Centre for Therapeutic Riding (RDA)
- Pottery

Friday mornings: the group meets at The Stevenson Centre for;

- Socialising
- Physiotherapy
- Speech and language therapy
- Reading and discussion groups
- Well-being therapy - by appointment
- Brain Training
- Basic nail care & massage therapy - alternate Fridays by appointment.

ACTIVITIES SUBJECT TO AVAILABILITY