



SUCCESS AFTER STROKE SPRING NEWSLETTER 2019

A message from the Chairman ...

I am pleased to say that our Carol Concert in December broke all records, and yet again we received many compliments from those who attended, congratulating all those involved in its production. The last Newsletter went out just before the concert, so I haven't had an opportunity to thank our committee led by Susie Fenwicke-Clennell, Amanda Huddleston and Loudon Greenlees, as well as our SAS members who read or sang so well at the service. It was a wonderful occasion, thank you all very much. There is a good article below covering the event.

The refurbished Stevenson Centre looks very smart and has given everyone a boost. There is now more space to carry out our therapies in better surroundings and with the option of more 'one to one', or discreet group sessions, which will help our members considerably.

This year, the trustees will concentrate on attracting third party funding to cover the cost of increased rent and therapy fees, this is because neither of our two main fundraising events fall in 2019, which normally replenish our coffers.

SJ, Jan, our volunteers and our therapists have produced an exciting programme for 2019, and I am sure we will have a rewarding year.

Thank you all for your continued support.

Richard Furlonger

In this Newsletter ...



**2018 Christmas
party photos!**



**Pottery at The
Bridge Project**



**News of our
very own "SAS
Olympics"!**

Carols by Candlelight Tuesday 4th December 2018



Our popular bi-ennial fundraising event, Carols by Candlelight, was held at the Holy Trinity Church, Long Melford on the evening of Tuesday 4th December, 2018.

Thanks to our flower ladies the window sills and font looked beautifully festive and on the evening of the service, the Church was bathed in the warm glow of the many candles.

This year we were treated to the incredible St. John's Voices choir from the University of Cambridge, directed by Graham Walker, together with Terry Waite who read 'Christmas in Captivity', an extract from his book, 'Taken on Trust' followed by John 1: 1-14. Both the choir and Terry Waite's readings stirred deep emotions, making the event very memorable indeed. We also had heartfelt readings by SAS member, Henry Ruse and volunteers, Viv Bourne and Henrietta Drake. The fabulous, fun performance of 'Walking in a Winter Wonderland' by 'Fiona and Her Follies' (Fiona Yerofeyev, Judy Davey, Sue Hume and Diane Sears) lightened the mood and was rapturously received. Special thanks go to Sheila Bunt, who made Fiona and Her Follies some wonderfully glamorous fur hats and stoles which really set the scene!

We are extremely grateful to Robins Row of Long Melford for being our main sponsor for this year's event together with the companies who took out advertising space in the Order of Service. The members, volunteers and staff of SAS would also like to thank the organising committee, The Rev'd Matthew Lawson, Church Wardens and Stewards, St. John's Voices Choir, Graham Walker, Hugh Crook

and Shana Hart (organists), Terry Waite, Henry Ruse, Viv Bourne, Henrietta Drake, Fiona and Her Follies, Indigo Ross, Robins Row, TGA Mobility, Jane and Patrick Kohler, Gryphon First Aid Unit, Flower Ladies, Car Parking Attendants and LBG Machinery for the last minute supply of the lighting tower.

Finally, thank you to all who attended on the evening or donated in lieu. Your contributions have been gratefully received and we are pleased to announce that the 2018 Carols by Candlelight event raised £18,604 for our much-loved charity, Success After Stroke.

Footnote: Our deepest sympathies go to the family and friends of Patrick Kohler who has sadly recently passed away. His kindness and support in the smooth running of the Carols by Candlelight events over the last few years has been immeasurable, and we will miss him enormously.



Christmas Party 2018



We held our Christmas party at The Stevenson Centre on Tuesday 18th December and we were pleased to see so many members, their families and friends attend the fun and frolics!

Once again, Sj and Debbie did a wonderful job of organising the food and the raffle was as huge as ever! Sj's Mother-in-law worked very hard and made a wonderful Christmas stocking full of useful and fun gifts which we raffled separately - thank you Mrs. Lewis.

We sang carols accompanied by Jeannie Ratcliffe on her organ and 'Fiona and Her Follies' treated us to a rendition of 'Walking in a Winter Wonderland' which was very well received.

Everyone went home with a 'Secret Santa' gift and full of Christmas cheer (otherwise known as mince pies and mulled wine)!

I think you'll agree, the pictures tell the story and show off some amazing jumpers and headgear!!



Debbie at the 'coal face'!



Judy, Fiona and Sue gently persuading us to buy raffle tickets!



Bryan guarding the tickets!



The amazing raffle!

The Christmas Stocking raffle prize donated by Mrs. Lewis.



Anne Francis brought along her jewellery for those last minute gifts.



Everyone joining in the carol singing



Jeannie Ratcliffe accompanying us.



We were joined by a 'little elf' who munched his way through the carol sheet when Mummy was distracted!



Some group shots





Carolyn Olvera leaves SAS



Sadly, the Christmas party was also the time we bid farewell to Carolyn Olvera who has decided to retire from SAS. Carolyn, a Neuro-Physiotherapist, has been working alongside Halcyon and Jeanette to help all our members make the best possible recovery after stroke.

We are very sorry to see her go and will miss her positive and encouraging presence on Tuesday mornings. We all wish Carolyn well and hope that she pops in to see us from time to time.

Suffolk Music Therapy Service

Ray Travasso paid another visit to SAS in November, once again bringing with him his bottomless bag of musical instruments! This time his jamming session produced some new verses to an old favourite of SAS members.

To the tune of 'Always Look on the Bright Side of Life' ...

*You're always welcome at the door,
Coffee and biscuits galore.
They help to bring you back to reality
Always making new friends, that's the key.*

So...

*Always look on the bright side of life, do, do,
do, do ...
Always look on the light side of life, do, do,*

**And finally ...
Fiona and Her Follies!**



do, do ...

The most important thing
*About SAS,
Is to help you get your confidence back.
Painting, pottery, swimming and bootcamp,
Even when the weather is damp!*

*Always look on the bright side of life, do, do,
do, do ...
Always look on the light side of life, do, do,
do, do ...*

*Fish and chips in Aldeburgh,
Sailing up the Stour,
All the staff are really wonderful.
They work from hour to hour,
Just to help us get out
They help to take us on lots of outings,*

So ...

*Always look on the bright side of life, do, do,
do, do ...
Always look on the light side of life, do, do,
do, do ... !*

As usual when Ray comes to SAS, much chatter and laughter was heard and everyone finished the session humming!

National Police Air Service

Jim Le-Cornu



Jim Le-Cornu visited SAS in January to talk about his work with The National Police Air Service (NPAS) which came into being in October 2012 in phased stages and was com-

pleted in January 2015. NPAS was created to reduce the cost of police air support and now provides air support for the 46 police forces of England and Wales 24 hours/day, 365 days/year from the national network of 14 bases.



NPAS is delivered by West Yorkshire Police on behalf of British Policing. All calls for police air support are routed through the national operations centre in West Yorkshire.



The air support aircraft consist of EC-135, EC-145 helicopters which are typically crewed by one pilot and two TFOs (Tactical Flight Officer which is usually a police officer, however they can be a trained police staff member). All police helicopters are typically fitted with a stabilised camera, nitesun (which is a powerful torch) and downlink antenna for transmitting camera images and/or film to the control rooms and it is the job of the crew to operate this equipment together with the mapping systems and radios. At present NPAS is awaiting the delivery of four fixed wing aircraft (P68) which will be operating out of Doncaster airport.



Jim's talk was very interesting and gave us an insight into a world most of us know very little about.

Wiltshire Farm Foods

5th Feb 2019

We welcomed Vanessa Hale from Wiltshire Farm Foods who talked to us about the company and the ready meals they provide.

Established in 1991, Wiltshire Farm Foods is, as the name might suggest, based in Wiltshire and provide a menu of over 300 dishes which are delivered frozen to your door. The meals are developed and produced in Wiltshire before being shipped out to the local delivery networks. Ingredients are sourced as locally as possible and, wherever possible, sustainable – the company is a member of the Ethical Trading Initiative.

Vanessa stressed the level of service provided by the company is paramount to its business ethic and was keen to explain how all the delivery drivers are police checked and will deliver the meals either to your front door or pack them away into your freezer if you are unable to do so. Enough time is allocated to the round to enable the drivers to attend to each customer as necessary. Meals are available in three sizes to accommodate all appetites and can be cooked either in the microwave or oven directly from the freezer.

Vanessa brought along some meals for us to sample - and they were excellent. As she said, home cooking from scratch is always the best option, but this is certainly a tasty and nutritious alternative for those times when you can't do that.

Seated Dance with Sharon Massey



Sharon and her dance partner visited us in February and members enjoyed a lively

demonstration before getting the chance to join in and have fun with some seated dance moves!



Despite the cold weather outside, members were soon feeling warm, proving that even when seated, dancing can be a great exercise.

Exciting and Very Happy News!

Val Scott who is now a Friday volunteer, but many of you will remember as the former Success After Stroke administrator, came in with some very happy news in February.

Val caught us all by surprise and turned up 'three stone heavier' - wearing a beautiful engagement ring. Of course, not missing an excuse to celebrate, Sj rushed out to buy some fizz which we all enjoyed during our 'coffee' break! Val is pictured below with Ray Sears, another Friday volunteer who kindly did the honours of popping the fizz, and celebrating with 'the girls'!



We all wish Val and her fiancé Malcolm every happiness for their future together.

With love from us all at SAS.

**Success After Stroke
Summer Olympics!
(Fun Run/Walk and Activity Day)
20th July, 2019**

No need to buy train, plane or boat ticket for far away destinations this summer. SAS Olympics are being held locally!

Preparations are now well under way for our Fun Run/Walk and Activity Day which has been inspired by Success After Stroke physiotherapist, Jeannette de Vries-Wobbes.

Jeannette returned to work at Success After Stroke after Christmas and has lost no time in putting us ALL through our paces in a huge effort to inspire us to get a little fitter and shed those extra pounds we put on during the long cold winter months.

During January and February the physiotherapy team has been busy testing members and volunteers alike. Exercises are now being developed for everyone so that the good work done during the group exercise and individual physiotherapy sessions on a Tuesday and Friday can be continued at home. Jeannette says, "We in the physiotherapy department can help you get the exercise right and guide you in becoming fitter". The culmination of all this hard work will be the Fun Run/Walk and Activity Day on Saturday 20th July, 2019 (although we hope, of course, that this is not seen as an end to your fitness regimes, merely a preliminary goal)!



Members being put through their paces!

By kind invitation of Gill Buckle, we will be holding the event at Nedging Hall, Nedging. We are planning a short cross country course for runners and walkers, about 1 mile in length. For those who wish to run/walk further, we hope you will be happy to do laps of the course. Jeannette is also setting individual challenges for members and volunteers alike! In addition, we will be having games to encourage co-ordination and strength skills.



The beautiful gardens at Nedging Hall last summer.

The event will not be open to the general public but SAS members, their families, friends and SAS supporters are welcome to join in. Nearer the time we will ask you to let us know if you are coming along and hopefully gain some sponsorship for whatever challenge you can manage. Funds will go to maintaining and improving the services we offer at SAS.

Above all, we are hoping that this will be an inspiring and fun event and suggest you to bring along your own picnic to have in the beautiful gardens at Nedging Hall.

Please put the date in your diary now and watch our Website and FaceBook page for further information. We will be handing out flyers to members and volunteers in the next few weeks.

And finally, Jeannette's motto for the event is

"Join in - because you can!"

Pottery at The Bridge Project

The weekly pottery sessions in Bradbury Courtyard at The Bridge Project, Sudbury on Thursday mornings are proving a great success.

Des and Andy have been concentrating on sculpting, and Des's hare looks amazing. Louise and Viv have made some lovely bowls and Louise has really enjoyed using the newly installed potters' wheel.

Brendan, the tutor, has proved a star. He is full of ideas and always on hand to help when needed.

The pictures below show a very happy group. Pottery is a very relaxing thing to do, engaging both mind and body. If you feel like having a go, there is room for one or two more members and/or carers to attend so please speak to Sj for details.

Anesta Newson



Thank you!

Once again, I would like to thank all the members, volunteers, therapists, trustees and Jan for your continued support and contributions. It really is a team effort, with everyone playing their part to bring such a positive and vibrant attitude to Success After Stroke. I would also like to welcome on board our new volunteers, David, Adele and Margaret, your time is very much appreciated.

Welcome back to physiotherapist, Jeannette de Vries-Wobbes, who has returned to work for us and who, together with Halcyon and the physio volunteers, has been putting us all through our paces in readiness for the forthcoming 'SAS Olympics'! Jeannette's motto for this event ... "Join in - because you can!" ... is so very true and applies as equally to all our group activities as to the 'SAS Olympics'!

The 'SAS Olympics' is not the only event on the horizon. We have been lucky enough to attract support from various organisations and there are several fundraising activities taking place on our behalf in the next few months.

These include a golf day at Stoke By Nayland Golf Course organised by Hadyn Hertz.

The Sudbury Fun Run will be held on Friday 19th April (Good Friday) and is organised by the Sudbury Joggers Club. This year, the funds raised by the event will go to Go-Start and Success After Stroke. Details can be found on the Sudbury Joggers website; <https://sudburyjoggers.club/races/sudbury-fun-run/>.

The 3 Counties Committee are holding a Spring Sale on Monday 8th April at Brinkley Village Hall, the proceeds will be split between Success After Stroke and Turn2Us.

Saturday 8th June will see The Hadleigh Choral Society in concert at Lavenham Village Hall. The concert will be followed by canapés and fizz, and we hope it will prove a very suc-

successful fundraiser. Tickets are now on sale, priced £15.00. To buy them please speak to either Sj or Jan, telephone 07434 931 962 or email info@successafterstroke.org.uk. I am currently organising the canapés and if you are able to help, please would you let me know. Thank you!

The following day, Sunday 9th June, Sue and Geoff Heald will be opening their garden as part of the Lavenham Hidden Gardens Scheme. Profits from the sale of refreshments will be donated to Success After Stroke and Lavenham Dementia Alliance. We will need cakes for this event, so I would be extremely grateful if the cake-makers amongst us could volunteer their services! At the last garden open, we were asked several times for a gluten-free option, if anyone can help with this, please let me know.

Sj

“In the Footsteps of Lawrence of Arabia: An adventure along the Jezaz Railway in Western Saudi Arabia”

Jim Tanner, the husband of SAS volunteer Jenny, will be giving a talk on the above subject on Tuesday 28th May, 2019. The title sounds fascinating and as usual with talks, other halves and/or carers are most welcome to attend. The talk will commence at 11 am after our coffee break.

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!



Hadleigh Choral Society

in concert

Saturday 8th June, 2019

7 pm

Lavenham Village Hall

In aid of

Success After Stroke

**Tickets £15.00 to include post concert
canapés and fizz**

**To purchase tickets please email
info@successafterstroke.org.uk
or telephone 07434 931962**

Tickets are non-fundable and will not be available on the door



Reminders

Dates for your diary!

NB. NO ART Wednesday 10th April, 2019, Wednesday 31st July, 2019, Wednesday 20th November, 2019

Spring Pop-Up Clothes Sale in aid of SAS and Turn2US at Brinkley Village Hall, CB8 0SF. Monday 8th April, 2019 - 10 am - 2 pm.

Sudbury Fun Run - Finishing at Belle Vue Park, Sudbury - Friday 19th April, 2019. Success After Stroke and Go-Start are the chosen charities being sponsored by the event this year.

AGM - Tuesday 21st May, 2019, 11am followed by buffet lunch. All members, volunteers and therapists welcome.

Saturday 8th June, 2019, 7 pm - Hadleigh Choral Society Concert, Lavenham Village Hall in aid of Success After Stroke. Tickets available from SAS at £15.00/ticket.

Sunday 9th June, 2019 - Sue and Geoff Heald's beautiful garden in Lavenham will be open as part of the National Open Gardens Scheme. *Cake donations needed please!!*

Saturday 20th July - Members, families and friends are invited to take part in a fun walk/run and activity day at Nedging Hall. Details to follow.

Tuesday 23rd July, 2019 - Annual Sailing day at Woolverstone Marina.

Term Dates

Friday 12th April - Close for Easter break after the session

Summer term - Tuesday 30th April to Tuesday 30th July (inclusive).

Autumn term - Tuesday 3rd September to Tuesday 17th December (inclusive).

Committee Meetings

Trustee Meeting - Tuesday 30th April, 2019

Members' Committee Meeting - Tuesday 11th June, 2019.

Housekeeping Committee Meeting - Tuesday 25th June, 2019

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.successafterstoke.org.uk

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.

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:

- 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