



SUCCESS AFTER STROKE SPRING NEWSLETTER 2020

A note from the Chairman, Richard Furlonger

"Very regrettably, we have had to close SAS earlier than planned for the Easter break. Shortly after coming to this decision, the Stevenson Centre closed its door to the public.

Our plans for the near future are to set up a way for all our members to keep in touch and to provide, in the best way we can a means to support them. This is especially important for our members who live alone and who have no internet connection. A band of our volunteers, in true fashion, have put themselves forward to help. In addition, we will ensure that as soon as we are able to resume our twice weekly sessions we will do so. We are retaining our valued therapists and members of staff so that we can fulfil this commitment.

We will continue to incur fixed costs during closure, but fortunately the income from the BrushStroke event will help to cover these costs. We were so

fortunate in the timing of the event - a week later would have meant having to cancel. As it was, on the grounds of safety and prudence, the decision was taken to close the event two days early.

Our thanks go to Liz Alston and her committee, all our wonderful volunteers as well our SAS artists and potters, who, under the tuition of Marnie Bragg and Bridget Allen, produced some outstandingly good art. All round the art on exhibition was of the highest standard yet, and alongside our very successful Atelier Day and Gardening Talk, we raised an almost identical amount to 2018, which under the circumstances was a remarkable achievement.

Whether you need help or can help, please stay in touch."

Best wishes

Richard Furlonger"



At the time of compiling this Newsletter one of our biennial fundraising events, The BrushStroke Exhibition, is well underway and a write-up of the event will appear in the Summer Newsletter but to whet your appetite, here are some photos from this year's festival ...



Christmas Party December 17th 2020



Once again the Success After Stroke Christmas party was a roaring success with probably the biggest crowd attending so far. There was a very jolly atmosphere, David Clapp played the trumpet for us whilst we were waiting for Daisy from the Suffolk Music Therapy Service to arrive. Daisy then accompanied everyone on the organ whilst we sang carols and Christmas songs ... led of course by Fiona and Her Follies (is it just me or does the number of Follies seem to be growing)!



David being presented with the stocking by Geoff Bourne

Thanks of course to Debbie and her team who organised a wonderful buffet which everyone enjoyed. The aroma of mulled wine drifted through the Stevenson Centre, making us all feel very Christmassy! Thank you to those who contributed to the spread, helped to set it out and last, but by no means least, cleared and washed-up!



The raffle was as huge as ever and raised some £323 for SAS funds. Thank you to all who contributed prizes, sold the tickets and handed out the prizes (this last operation has now turned into a finely honed machine)! A massive thank you must be said to Mrs. Lewis (Sj's Mother-in-law) who once again produced the most amazing stocking full of treats. Won by David Bullock he commented that he started opening them on Boxing Day and didn't finish until New Year!



Anne Francis brought along her colourful jewellery

Well done to all those who arrived in either a festive jumper or some natty headgear (or both) ! You looked fantastic!

It was lovely to see so many friends having a great time, it is what makes Success After Stroke such a special place!



And we even had a little elf pay us a visit!



We went to the Pantomime ... Oh yes we did!



The Fairy Godmother
Photo by kind permission of Pamela Raith

Well it's December 3rd and nearly 40 of us boarded the coach to Colchester to see Cinderella at the Mercury Theatre.



This year's panto was held in a big top at Colchester barracks as the Mercury is being refurbished. Reading in the local press over 30,000 people have seen it. How nice it was to share it with so many children and I don't know who enjoyed it more, the children or us so-called adults. The show was excellent and enjoyed by all. The scenery was lovely as were the colourful costumes, especially the Ugly Sisters!

All too soon the show was over and many thanks to "The Liz Greene Fund" whose generosity paid for our tickets, all the SAS helpers and our coach driver, Tom from Suffolk Norse, who dropped us off as close as he possibly could to the theatre (and managed to get us through the Colchester rush-hour traffic afterwards in record time), a very enjoyable day was had by all.

Di and Jim Aldridge



We also received the following letter from David Bullock:

"Thank you Jan and Sj for another great afternoon of fun and laughter. We organised a parking

space and a wheelchair, which arrived as we found our space, with a kind young man to push me to my place in the front row.



Cinderella's Stepmother and the cast. By kind permission of Pamela Raith

We had a lovely view of the stage which was ok until one of the Ugliest Sisters ever seen started winking at me with her one good eye and we loved the way the children in the audience were into the panto. We also loved the ice cream at the interval and what about the swan coming out over us?

Thank you all once again xx"

Focus on a Member

We think it would be great to have an article in each Newsletter about an SAS member. We are kicking off with an article about Pam Epson and how she has created a new 'wheelchair friendly' garden at her home in Glemsford.

Before retirement, Pam worked as an accountant but has always had a love of gardening and, although she says she has no artistic talent, Pam definitely has an eye for design and colour. "Artistic talent" can take many forms!



The Surrey garden

When she and her husband Eric, who was a dentist, lived in Surrey she designed the half-acre garden at their fifteenth century home there. For family reasons, Pam and Eric moved to the village of Glemsford, Suffolk and Pam once again set about designing the garden in their new home, where they remained for 13 years.

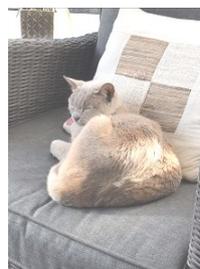


Part of Pam and Eric's first garden in Glemsford which Pam designed.

Following her stroke and Eric's subsequent death, Pam took the sad but sensible decision to leave her house and beautiful garden in order to move to somewhere more manageable. After a long search, Pam found a bungalow, also in Glemsford, which she thought could be made suitable for her purposes and set about renovating both the house and garden. Pam has made the access to her home wheelchair friendly from all outside doors, and internally the floors are all level. Pam then set about redesigning the garden from scratch which she describes as "being derelict"!



The garden wraps around the house and the west facing back garden is rectangular, so that you can see it all from Pam's conservatory, where we sat to have our chat along with her two beautiful cats, a Burmese named Whisper and a tabby, Hollie.



There is a magnificent old oak tree at the back which provides a shady area in the summer and the only other feature which Pam kept are some small established fruit trees to one side of the bungalow. The oak tree, which has a preserva-

tion order, is underplanted with foxgloves, grape hyacinths, primroses, cowslips, ferns and snowdrops. Whilst Pam designed the garden, the geometric layout meant that she did have help with measuring and planning as well as doing all the hard landscaping and planting.



Pam has had a pergola built and at each corner she has planted Vitcella clematis, Betty Corning which have pale lilac bell flowers and Austins roses, with cream flowers to climb up the structure. Each post is surrounded by box hedging and euphorbia. At the centre of the space under the pagoda is beautiful urn which Pam brought from her previous house and there are numerous sculptures dotted around the garden, some of which are hares made from metal and terracotta in various humorous and charming poses by the artist Julia Hulme.



Pam has designed the whole garden to be wheelchair friendly and there are sloping pathways from the kitchen and conservatory doors which lead onto the paved and shingled garden. The shingled areas are set in resin so that it is easy to either walk on or for a wheelchair to access. Pam designed raised beds which are accessible for her to tend from her wheelchair and are currently planted with wallflowers and spring bulbs. It is Pam's intention that these beds change with the seasons, providing year-round interest. In the centre of the geometric beds, there is an Arbutus, or Strawberry tree, which is evergreen and underplanted with herbs, again helping to give year-round interest. Towards the rear of the garden, there are now three silver birch trees, and at the time of writing this article, their beautiful white bark was glistening in the late winter light. There is also a Liquid Amber tree which gives the most magnificent display of Autumn colour and when the leaves drop, pretty little seed-heads remain on the tree, providing texture and interest throughout the winter.

The garden is beautiful and even during late winter, when this article was written, provides many interesting features. Pam is keen to open the garden to Success After Stroke members, their carers and volunteers during the summer ... so look out for the date and time in the Summer term diary. It will be well worth a visit!

Thank you to Pam for telling us about your garden and being brave enough to go first!

I think I have persuaded another SAS member to share some stories from their working life at the BBC for the next Newsletter but have you got something to tell us about your life? It could be before or since your stroke. Did you roam the world on ships (you know who I mean!) or perhaps you have or had an interesting hobby or ride an amazing bike and have adventures you could tell us about (again, you know who I mean!) ? Is there a special place you like to visit or find interesting? I am more than happy to help you get your storey down on paper, so please don't be shy and get sharing!

Jan



Birthday Celebrations!

Never ones to miss an opportunity for an impromptu party, we recently celebrated a very important birthday!

Alan with his daughter Lizzie (left) and volunteer, Viv Bourne.



Member Alan Barrett, turned 90 and his daughter, Lizzie, brought along a delicious cake which we had together with Bucks Fizz at 'coffee' time. Alan is much loved at SAS, and fellow member Judy came armed with a 'Cheeky monkey' cake which, for those of us who know Alan, sums him up very well!



Alan with his lifelong friend and fellow SAS member, Henry Ruse. (right).

We all enjoyed sharing in Alan's happy day and reports are that Alan continued to party for the whole weekend!



SAS has talent!



Challenge yourself (or as we like to call it "SAS has talent"!) open for members and volunteers alike.

Last year I turned 50 and you all had a chance to think of some challenges for me to do this year, which I am working on hard.

So far, I have done a puzzle of 1000 pieces and

did a 3D puzzle of London to go with that just for good measure. I am on book 12 of 50, "Learning to Dance", Season 2 (we are enjoying our new-found feet!). I did my Friday morning class in a tutu and clogs (see Facebook) and by the time you are reading this letter we will hopefully have seen the Northern lights and been dog sleighing!

So, for the year 2020 we would like to challenge you to challenge yourself.

This could be anything, here are some examples:

- Bake a cake, or muffins or mini cakes
- Go fishing with the kids/grandkids
- Grow a moustache
- Read a poem
- Perform a song and a dance
- Cycle a marathon

We are here to help so, for instance, if you wanted to go fishing with the kids/grandkids but getting in/out of a car might be difficult for you then we can practise that with physiotherapy. You want to cycle a marathon? Come and join us in the gym and cycle every time for a few minutes; we will keep a record. Perhaps singing is something you would like to do? In Speech and Language we can support you with breathing techniques etc. Baking cakes? Perhaps occupational therapy could help out. In other words, we will do our best to help you to achieve your goal.

If you do a challenge over the course of the next few months, take pictures and tell us so we can keep a record.

Be creative, have fun and work hard at creating another memory for years to come. To celebrate, we will have a BBQ at the last Friday meeting on the 31st July (details will be available on the Summer term diary). Those of you who have opted for a 'performance' challenge can demonstrate your new-found skills at the BBQ – we might even have a stage!

Whatever you do, let either myself, Viv Bourne or Sj know and we will keep a record and do all we can to help.

Good luck and looking forward to hearing your challenge for 2020!

Jeannette de Vries-Wobbes

Footnote: Jeannette has now been to see the Northern Lights and here are some of the photos from her trip!



From Sudbury to the Sea (well, almost)!



For a long-time I have wanted to canoe the River Stour from Sudbury to Cattawade and it had crossed my mind that it might also prove a good opportunity to raise funds for SAS. When Jeannette told everyone of her idea to do 50 challenges over the course of this year and how she wanted to extend that to all of us at SAS to 'challenge ourselves', it struck me as the perfect reason to put a vague 'something I'd like to do one day' into action! Before I had time to change my mind, I asked Jeannette if she would like to accept the challenge to canoe with me ... which she readily did!

The trip involves leaving Sudbury on Saturday 6th June and canoeing to Nayland (I believe having to navigate a weir somewhere along the way) then camping for the night before carrying on the next day to Cattawade. I think our first challenge on

Sunday morning, after hauling our aching bodies out of bed, will be to carry our canoe over the A134 at Nayland!

We are hoping for great weather and lots of support from anyone who would like to cheer us on along the way - there are several good pubs with excellent vantage points, and of course we will pass by Flatford Mill on Sunday afternoon. All in all, we will canoe about 26 miles.

As well as challenging ourselves, we are hoping that our efforts will raise funds for SAS, so if anyone would like to sponsor us, you can go to www.justgiving.com/fundraising/jan-jeannette1. The site is directly linked to the Success After Stroke fundraising page. We are completely self-funding the trip, so everything donated will go to SAS funds. If you would like to donate directly to SAS, then you can send a cheque made payable to Success After Stroke to SAS, The Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury, Suffolk, CO10 0WD and please put a note with the cheque saying, 'Canoe the Stour'.

If you are able to support us and help raise funds for SAS, then thank you!

We will give the full story of our trip with photos in the Summer Newsletter!

Jan

Living with Aphasia

If you follow the SAS Facebook page you will be aware that we have been posting recently regarding living with aphasia. Our Speech and Language specialists, Chris Clark and Clare Keohane together with the Tuesday and Friday conversation groups would like to share the following useful tips.

A stroke can affect communication. Aphasia is the term used to describe these communication difficulties. It doesn't just affect talking, but may lead to problems with understanding, reading and writing.

The groups have been looking at videos on YouTube about living with aphasia and have each chosen the video that they think best expresses

what it is like to deal with this condition. To watch the video the links are:

<https://youtu.be/rSadGvP-3n4>

<https://youtu.be/XYXSxNu01gc>

When you have aphasia, conversation can be difficult.

You can help the person with aphasia by: ...

- Giving extra time - trying to find words under pressure is really difficult.
- Keep it simple – Use short sentences and stick to topic, but remember you are talking to an adult, intelligence is not affected.
- Don't pretend to understand - sharing what you have understood so far can be helpful.
- Use all communication - facial expression, gestures, drawing, writing and pointing.
- It can be tricky to know where to begin. Try looking at a magazine or newspaper together or flicking through photographs to get your conversation started.

SAS members from the conversation group voted 'giving extra time' as the most important thing to remember for all conversation.

Finally, talking on the telephone can be very difficult for some people living with aphasia, particularly if they do not know who is calling. However, many of our members are helped by having caller identity installed on landlines so they can see who is calling and choose whether to answer or not. Simple but can make a big difference!

Chris Clark, Clare Keohane and the Tuesday and Friday Communication Groups

Carers' Group

This term's Carers' Meeting was held at the Stevenson Centre on 25th February and was attended by 13 people.

The reason we meet is to bring together people who are carers and/or partners of SAS members for an informal chat over a cup of tea or coffee and biscuit. Being a carer of a stroke survivor can be an isolating role and it is good to meet with others who are in a similar situation to share experiences. In addition, information is often shared among group members about all sorts of useful sources of help and advice.

At this meeting however, we talked about the

"Goal Setting" challenge which Jeannette, the SAS lead physiotherapist, has instigated for members, their partners and volunteers. The idea is that people set individual goals to challenge themselves to do something that they either haven't done for long time or alternatively to learn a new skill. The challenges are wide ranging from, for example, baking a cake to writing a piece for a magazine or more physical types of challenges such as learning to play croquet, all to be completed by the end of July. Then at the end of summer term we will all get together at a BBQ to celebrate our success.

So, with this in mind, Pam and Fran have set themselves the challenge of walking a total of 82 miles in a number of stages over the coming months. The routes for the walks will be in Essex and Suffolk and based on existing routes, so for example one of the Essex walks will be along part of the Essex Way. We will update everyone with how many miles we have achieved so far at the next Carers' Meeting in May!

If you are interested in coming along to the next Carers' Meeting on the 5th May then please speak to either Pam or Fran at SAS.

Pam Lawrence

Mandy's Coin Collection

One of the results of the Tuesday and Friday conversation groups is that we find out all sorts of interesting things about SAS members and their carers. During a recent group chat, member Mary Squirrell mentioned that her daughter Mandy is an enthusiastic coin collector. Mary merrily volunteered Mandy to bring in her collection and give a talk to the members, which she has very kindly done.



Mandy said that her father sparked her interest in coin collecting when she was a child, buying her special edition coins from the bank. This lapsed but in 2011 she started collecting again when the The Royal Mint issued twenty-nine different de-

sign fifty pence coins to mark the 2012 London Olympics. The coins were in general circulation and Mandy managed to find all of them.



Mandy's favourite collection is the Beatrix Potter 50p set issued in 2016

Mandy mostly collects coins that are in general circulation, buying collector albums from The Royal Mint in which to keep them and some of her coins are very rare with only a few ever being released into general circulation. However, one can buy BUNC packs from The Royal Mint (which means 'Brilliant Uncirculated Coin' packs) to add to a collection, although this is probably not so much fun as looking out for them in your change! Mandy now has a huge collection, including £2, £1 coins and several different fifty-pence piece collections.



Another of Mandy's favourites is the £2 Mary Rose coin

Mandy has said that if any members find coins they think might be of interest to her she would be happy to take a look. Thank you Mandy for a very interesting talk.

Jan

Thank you from Sjl

Once again, I would like to thank all our wonderful members, volunteers and therapists for their continued joyful contributions (in whatever form they are made) to SAS. It is a fantastic place to work and, on that note, I would like to welcome volunteer Shirley Rarity, Occupational Therapist Wendy Adams and Physiotherapist Jamie Baker, all of whom will make wonderful additions to the SAS family!

I would especially like to thank all those involved in the massive BrushStroke Festival of Art which is about to start as I write this for the Newsletter! The hard work by the Committee and many others involved has been fantastic and I am sure it will be a roaring success.

We are looking forward to a packed summer term (and fingers crossed for some sunshine), not least of which the BBQ on July 31st when we will come together to celebrate all our wonderful challenges. Remember the challenge is personal to you, it really doesn't matter what it is and if you would like some help, please ask!

Sj

David and Maureen Bullock 60th Wedding Anniversary



Member David Bullock and his wife Maureen recently celebrated their Diamond Wedding Anniversary. Many, many congratulations from all of your friends at Success After Stroke!

David writes, "On the 1st March 2020, Maureen and I celebrated 60 years of wedded bliss, we had a lovely family meal at the Brantham Bull which was delicious and enjoyed by all.

We had so many beautiful cards and presents and to see all the family was a treat.

We received a card from the Queen which is now in our sitting room on the wall, taking pride of place!"



David and Maureen celebrating their special day with their family at The Bull, Brantham.



Andy Eilbeck



23rd February 1938 - 11th December 2019

Our much-loved member Andy Eilbeck, sadly passed away in December 2019. His funeral was held at St Lawrence Church, Great Waldingfield on Wednesday 8th January 2020 and was attended by his family and many of his friends from SAS as well as the wider community.

Andy was born in Cockermouth in 1938 and brought up in Cumbria. On leaving school, he joined The Merchant Navy and it was whilst docked at Plymouth that he met a young lady named Dot. The rest, as they say, is history! They married and eventually settled in Sudbury where they brought up their family. Andy had several jobs, one of which was as a (very) long-distance lorry driver – his routes taking him as far as the Middle East.

Having recovered from his first stroke in 1997, Andy had a second in January 2001 and had to give up work. He was one of the original members of SAS when the group first started at The Bridge Project. Andy was quite a serious cyclist and took part in several Thames Bridges Bike Rides, raising £840 in 2012 when he rode alongside SAS physiotherapist, Trudy Cullen. Andy would load his bike on to the train then cycle through London to the starting point. When he came to a pedestrian bridge and had to get off his bike, he would fall off as that was the only way he could dismount due to his painful legs. People would rush to help him, but he laughed and didn't need it of course!



In this photo six medals are shown but the seventh is missing, so Andy designed and made a commemorative plate.

Trevor Green recalls that he and Andy used to do some gardening work in Bures, a time which Trevor remembers fondly. He said that, whilst the work always got done, there was a lot of chatter and laughter. They got on from the first time they met and worked well as team, splitting up the jobs; Trevor used the machinery and Andy enjoyed sweeping and tidying up! Andy was a perfectionist and Trevor frequently found that, after putting all the tools away, Andy would get them out again as he had found something else to do! Andy was also instrumental in creating the SAS raised flowerbed which stood outside The Stevenson Centre until it had to make way for the recent renovations and building work. Trevor recalls that Andy undertook this project with John Rose, a combination that did not always run smoothly; Trevor says it was often like watching an episode of 'Only Fools and Horses'! Andy made a pottery plaque which rested in the flowerbed.



Andy was an excellent artist and potter, and thrived in both the Art and Pottery Groups, producing some wonderful work which contributed to the hugely popular Success After Stroke BrushStroke Exhibition. Sandy Larkman got to know him very well over the years. She says;

"He was one of the kindest men we knew. He adored Dot and his family and talked about them all the time. He thought the world of his grandchildren Steph, Jordan, Ethan and Poppy, and not a session would go by without reference to one or another of his family.



Knowing the real story of his life and having worked with him almost weekly over 12 years, I feel privileged to have known him, and laughed with him, which is what we did a lot of the time. He was always trying to see the best in life, having experienced the very worst. Even when he was in pain or really worried, he would try to put on a brave face and make light of what he was going through. The last and most cruel indignity for him was losing his hearing. It cut him off from the world he loved and robbed him of the ability to communicate, participate, laugh and joke as he always had done. He was a funny, warm, talented, survivor who fought all that life could throw at him to the bitter end. We will all miss you Andy”.



Andy’s wife Dot loves Puffins so he made this vase

Andy was just simply an amazing gentleman, a cheeky-chappy with a cheeky glint in his eye. So inspirational, especially considering his life’s journey and he never gave up. He always looked on the "bright side of life!" making everyone smile, and his cheery “it’s not me, it’s the others” when asked how he was will live long in our memories. Andy was an immensely kind man, a fact which came over clearly in his Grand-daughter Poppy’s beautiful words at his funeral, we were all so fond of him and know he will be greatly missed by all.



Andy enjoying the moment on the beach at Aldeburgh during one of our annual trips!

Thank you for the contributions to this article from Viv Bourne, Trevor Greene, Sandy Larkman and Miranda Cox.

Jan Williamson

And finally ...

Sj has been collecting favourite recipes and tips from SAS members which we will share with you over the course of the following Newsletters. Here are a couple from member Bob Williams and his wife, Fran.

Bara Brith

10 oz mixed dried fruit
 2/3 pint of hot tea (no milk)
 3 oz soft brown sugar
 1 large egg
 Grated rind of 1 lemon
 12 oz self-raising wholemeal flour
 1 teaspoon mixed spice

- ◆ Soak the mixed dried fruit in the hot tea, cover and leave to stand overnight.
- ◆ Next day, set the oven to gas mark 4/180 deg C and grease and line a 2 lbs loaf tin.
- ◆ Strain the fruit and reserve the liquid.
- ◆ Mix the fruit and other ingredients in a bowl and add the liquid a little at a time until a soft dropping consistency is achieved.
- ◆ Pour the mixture into a tin and bake for 45 to 55 minutes until risen and firm to touch.
- ◆ Cool and serve sliced and buttered.

New Zealand Cake

- ◆ Put in a saucepan 1 lbs sultanas, 2 oz glacé cherries and 1 oz chopped almonds (optional).
- ◆ Cover with water, boil for 5 minutes then strain.
- ◆ Add to the saucepan 1/2 lb butter or soft margarine, 1 teaspoon rum OR vanilla OR almond essence, 1 dessert spoon of sherry OR brandy, 10 oz caster sugar, 12 oz SR flour, 3 beaten eggs and a pinch of salt.
- ◆ Mix together then
- ◆ Place in a greased and lined tin and bake in the middle of the oven for 1 3/4 hours as follows;
- ◆ First half hour - 160 deg C fan, 180 deg C conventional or gas mark 4.
- ◆ Remainder - 140 deg C fan, 150 deg C conventional or gas mark 2.

Reminders

Dates for your diary!

**ALL DATES SUBJECT TO AMENDMENT
DUE TO COVID-19**

**During our closure we will be issuing a
weekly News Bulletin to keep spirits up!**

Following the Easter break we return to SAS on
Tuesday 21st April 2020.

SAS AGM - Tuesday 19th May 2020 11am

Blood Donor dates, NO ART:

Wednesday 1st July 2020

Wednesday 21st October 2020

Aldeburgh trip - Tuesday 16th June 2020

Pam Epton open garden (members and vols
only) - *date to be agreed but it will be an after-
noon in July. Please see term diary for details.*

Woolverstone sailing day - Tuesday 21st July
2020

End of term BBQ - Friday 31st July 2020
(details to be advised in the term diary)

Committee Meetings

Members Committee meeting - Tuesday 5th
May 2020. 9.45 am.

Housekeeping Committee meeting - Tuesday
2nd June 2020. 12.15 pm

Trustee Meeting - Tuesday 28th April 2020.
12.15 pm.

**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 infor-
mation.**

Carers' Meeting

The next carers meeting will be held on Tuesday
Tuesday 5th May 2020, 10 am 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 our website which can be
found at

www.successafterstroke.org.uk

Term Dates

Summer term - Tuesday 21st April 2020 to Fri-
day 31st July 2020

Autumn term - Tuesday 1st September 2020 to
Friday 18th December 2020

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 COULD YOU ALL, INCLUDING VOLUN-
TEERS AND THERAPISTS, CHECK YOUR EMAILS/
TEXT MESSAGES OR LISTEN OUT DURING
'NOTICES' FOR ANY CHANGES TO THE TERM
DIARY WHICH WE HAVE TO MAKE OCCASSION-
ALLY.

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.

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