

**Success
AfterStroke**

Registered Charity No. 1115016

SUCCESS AFTER STROKE SPRING NEWSLETTER 2016

A note from Richard Furlonger, Chairman, Success After Stroke

This edition of our Newsletter is full of interesting articles and reports on events, which leaves me to say how grateful I am to all those involved in our wonderfully successful BrushStroke art exhibition.



**BrushStroke was held at St. Peter's Church, Sudbury
between February 29th and March 10th.**

We made a surplus of £16,300, £3,000 of which was generated by our members' art and pottery sales, and a further £700 by those manning the tea and cake stall - nearly a quarter of our profit - well done. I know it means a great deal to our members and their families to help in raising funds for our charity, and I can't think of a better way to do this than through BrushStroke.

Lady Grimshaw, our Patron and Francis Bowyer, the Royal Academician did a lot to raise the profile of the event and we are all very grateful to them for their involvement, along with Liz Alston and her brilliant committee.

BrushStroke

FESTIVAL OF ART



Lizzie Alston writes:-

Dear SAS Members, Carers and Volunteers,

I would like to thank you all for helping to make our third BrushStroke Exhibition such a success. Everything seemed to go to plan and everybody pulled together - what an amazing team. I was overwhelmed by the art and pottery that our members produced and obviously so were the buying public, as we had record sales.

As always, my thanks to the dear ladies who gave their precious time to serve teas, coffees and delicious cakes (my personal thanks to Linda who made the gluten free flapjack). Their work added to the welcome our Exhibition visitors received.

I have had wonderful feedback so roll on Exhibition Number 4 ... no pressure, but I need lots of paintings and pottery.

Thank you all, Lizzie xxx

And a message from Marnie Bragg ...

2016 has seen our third successful exhibition headed and inspired by Lizzie Alston.

Our SAS Art class starts thinking about the next exhibition as the previous one ends and we have been beavering away for nearly two years painting some brilliant pictures. This year we produced some amazing art, so much

so that several people came up to me at the exhibition saying they couldn't tell the difference between the artists who had had strokes and those who hadn't! I think this was reflected in the amount of sales we made, with approximately twenty five framed pictures and the majority of our browser pictures all selling. Plus, our members painted nearly seventy small A5 pictures which were sold in the lucky dip. Some of these were even painted at home, such was the dedication of our members and also huge thanks for all the hard work put in by our lovely volunteers, whom we couldn't manage without.



I felt overwhelmed by the fantastic quality of our members' paintings this year and I know George Sturdy would have loved to see his work hanging in the church, he had a unique style and painted with real passion, we are really going to miss him.

I feel sad that the exhibition has come to an end and all the pictures have come down, however this year I had the opportunity to take part in an art class myself, which was held in the church by Draw East. A brilliant day, which has greatly inspired me and I can't wait to share some new ideas and get started on work for our next exhibition!

I have a feeling BrushStroke 2018 is going to be something to talk about!

Marnie Bragg

BRUSHSTROKE 2016 AND THE SAS POTTERS

Once again the SAS Potters put on an exciting show of work for the Exhibition.

We had everything from dragons to a wolf maiden, birds of prey to hares, plaques, night lights, and beautiful little bowls, to the head of a fawn and Ophelia.



Buyers were seen heading off excitedly to the desk with their purchases under their arms. So many more visitors to the exhibition this year seemed to realise what SAS was all about and made a point of stopping and talking to the potters present about their work. They were truly amazed at the standard of both pottery and painting on show. Many remarked on how talented all the members, whether potters, painters or both, really are and how hard they had worked to put on such a wonderful and varied show.



**Viv Hatfield's intricate ceramic
nightlight**



**A montage of
our Potters hard**

Clockwise from top left: Des working on one of his pieces, with other examples in the background; Viv and Shirley deep in thought; Andy starting to make a cup; Diane working on her beautiful plaques; Louise at the potters wheel making one of her lovely pots; Shirley working on her hare; Viv and Andy making pots on the wheels.

The Potters sold at least 25 pieces of work; we have a small number left but are already starting work for 2018!

Sandy Larkman

The BrushStroke Café!

I had a new book at Christmas, 'Mary Berry At Home', with the most amazing recipes for unusual and delicious cakes. Little did I imagine I would ever make any of them.

Suddenly the BrushStroke Art Exhibition was to happen and I was approached with regard to supplying teas, coffees and cakes at the church for the duration of the exhibition.

Frank has been in declining health for many months now so I was hesitant to say I could do it, but I know I have made many friends through SAS and wondered if I could call on them to help out. Well, I need not have been concerned, at the last Carers Meeting I was able to form a rota covering the eight days the café was to open. All of the carers, old and new ones, enlisted. So, with Frank not able to get about much at the moment I was able to make all the cakes in my new book and old favourites as well. There is a down side though, as my book suggests cakes not made before should be tried to make sure they are palatable, it seems I have spread a bit more!



SAS Tuesday meeting at the BrushStroke Café

We sold out most days, only sparing a few pieces of not-quite-so-fresh slices to the Tuesday meeting at the Stevenson Centre, plus biscuits at the end of the exhibition.

My grateful thanks to; Ann Francis for her flapjacks, Sj for two wonderful chocolate cakes, Shirley for sausage rolls as well as

coffee and walnut cake, Linda for her gluten-free flapjacks, Ruth for shortbread and flapjacks, Chris for biscuits, Sylvia for coffee and donation and Ken, Maureen G for scones, apple cake and walnut cake (especially well done as Maureen's oven was broken), Maureen B for a gorgeous Mothers' Day cake and David, Val for delicious lemon-iced biscuits, cheese straws and Trevor, Sylvia B for two orange cakes and date slices, Mavis who was taken poorly after doing two shifts—and has now thankfully recovered, Rita, Ron and Sheila, Kate, Chris's friend, Christine, Brenda (who recently lost her sister and still managed to smile cheerfully), Heather, who is the daughter of John, a new member and gave up a morning despite having a very young child.

Also, to my two daughters, Natalie and Vanessa who gave up their weekend to help and my great friend Janni who stepped in to fill the breach to cover illness. To my granddaughter Chloe, who stayed with Frank when she could. To Frank for putting up with all the cooking of cakes, xx.

Finally, words can't express sufficient thanks to you all, just to let you know how much we raised:- £683.81 rounded up to £684. Well done everyone!

Angie Phipps, Carer

And our grateful thanks to Angie

Angie has made a super effort to not only bake delicious cakes and treats but also to organise her magnificent team of helpers and co-ordinate the rota to ensure the highly successful running of the café. The cakes on sale looked and tasted tremendous (I'm quite sure that Angie is not the only one who feels she might have 'spread a bit'!)

Without such a dedicated team of volunteers so ably organised the café would not have been the success it was and our thanks go out, not only to Angie of course, but to everyone who put in the effort and raised so much money. **A HUGE THANK YOU TO YOU ALL.**

Sj

Anesta Newson



Grateful thanks to Anesta Newson and her team including "Our own Anne Francis" for both organising and running the catering for the member' morning on the Tuesday.

Anesta is retiring from The Bridge Project after 20 years and Viv thanked her for all her efforts on our behalf and for the fact that if it had not been for her, and indeed Ken's stroke, there might never have been an "SAS". Des Rodziewicz presented her with a piece of his own sculpture which he had created on the theme of 'caring' and this seemed so apt for Anesta.

Diane Bayly at BrushStroke

Diane had a very beautiful stand at the BrushStroke Exhibition which showcased her wonderful skills in making cake decorations.



Viv Bourne and her sister, Diana, admiring Diane's work.

Di says, "it was a wonderful opportunity to show people how the flowers are made and then put together to make the decorations".



Examples of Diane's beautiful decorations

An Unusual Hobby!

On Tuesday 15th March Mrs Nicci Baslington from Earls Colne gave us a fascinating talk about wood carving. This started as a hobby when her four children were young, and over the years developed from her being given a piece of pine and a chisel and told to practise zig-zag lines, to recently accepting her first commission.



After attending a course on 'Love Spoons' led by expert Sharon Littley, Nicci became interested in the history of these spoons and the significance of incorporating links, chains and balls into the carvings. Once Nicci has decided to make a spoon she finds out as much as possible about the person so that she can personalise each individual design. She showed us some of the beautiful examples that she has carved for her family and friends and she likes to call them her 'Friendship spoons.' She also draws inspiration from family holidays abroad.



Among other exquisite examples, we greatly admired her intricate carving entitled 'The Flea Market,' copied from a painting by Dutch artist Anton Peake, which took Nicci seven years to complete.

We all thoroughly enjoyed Nicci's talk and looking at the amazing examples of her work. We would love to hear more, and would welcome another visit by this very talented lady.

By Peter and Chris Cornell

Typed by Chris Tanner

Coffee Caravan

On Tuesday 8th February, Gary Simmonds visited in his 'coffee caravan'. As usual he had some interesting and helpful information and also told us about a forthcoming tea party being held to celebrate the 90th birthday of Her Majesty the Queen on Friday 10th June. Please see the diary for when this event will take place. Gary will be visiting again on Friday 22nd April to speak to the Friday Group.



A Member's View ...

In this newsletter Joan Lynton talks about the SAS Art Group.

Success After Stroke is a fantastic organisation that has helped many people who have suffered from this debilitating complaint and has given them hope, especially the Art Group which meets once a week under the expert guidance of Marnie, Bridget and the two Lornas. There is no patronising here, or boundaries, just art in whatever medium you choose to use. Advice and encouragement is given when you need it, all with a smile.

This is lovely social gathering which we all enjoy, and there is always hope that our next painting will be a masterpiece—although I don't think Rembrandt has anything to worry about yet—but one never knows!

Art can be in many forms, whatever the artist chooses, taking its beauty from a wide variety of subjects. In a sometimes very ugly world it can lighten the day and bring pleasure to us all. It is therapeutic, a joy to admire and we are all, as members of the SAS Art Group, very privileged to belong.

Thank you SAS.

SAS has many groups and activities - would you like to write something about one which is close to your heart? We can then publish your article in a future newsletter. If so, please speak to Jan.

The Perennial Mr Potter



Bryan Thurlow arrived at coffee time to give us a talk on perennials and unfortunately Jan demolished his display before he started! Bryan began with a story about the coronation in a Suffolk dialect. The coronation he was speaking about was of King George V in 1911.



The talk was very funny and we sat entranced. Bryan's story reminded me of the tales my Grandad used to tell. This was a wonderful witty talk which a lot of us could probably relate to and we listened in silence except when Bryan made us all roar with laughter. Bryan was given a huge round of applause and we all hope that he will come and speak to us again.

Jean Pilgrim

I recently asked the Members if you had been somewhere interesting or had a tale to tell about your life that you would be willing to share. Here Bryan Moss writes about his annual trip to the Western Front Battlefields and Jean Pilgrim tells us about her life. Thank you to both of you.

TRIP TO WESTERN FRONT BATTLEFIELDS

Every year in May since 2007 (apart from one year when I was recovering from an operation to remove a blood clot on my brain) my friend Gary, his elderly father Charles and I have visited France and Belgium. Although we regard it as a short holiday, we also see the trip as an opportunity to pay our respects to those lost in The Great War with visits to various war memorials and cemeteries, which are beautifully maintained by the Commonwealth War Graves Commission.

We usually stay for 4 nights and some of the highlights in The Somme area have been Thiepval, Newfoundland Park, Vimmy Ridge, The Sunken Lane and Lochnagar Crater. However, we enjoy Belgium and tend to spend longer there. We have always found the people very friendly and make a point of staying in Ieper (Ypres or 'Wipers' as it was affectionately known to the British troops who had difficulty in pronouncing its name!).

On each visit we make a point of seeing the Last Post ceremony at least once. This moving tradition, with The Last Post being played by buglers from the local Fire Brigade in Ieper has been held at 8:00pm sharp every evening under the Menin Gate since 1928 in honour of the memory of the soldiers of the former British Empire and its allies, who died in the Ypres Salient during the First World War.



The only exception to this was during the four years of the German occupation of Ieper from 20 May 1940 to 6 September 1944. The daily ceremony was instead continued in England at **Brookwood Military Cemetery, Surrey**.



The above picture shows Charles and I at the Menin Gate, Ieper before The Last Post Ceremony. The Menin Gate Memorial itself stands on a road that the troops used to march out of the town towards the front line. It bears the names of **54,389** officers and men from United Kingdom and Commonwealth Forces who fell in the Ypres Salient before 16th August 1917 and who have no known grave. The traffic under the Menin Gate is stopped and the ceremony is conducted in silence.

It is interesting to note that when we first saw the ceremony 9 years ago there were only a handful of people in attendance whereas now we have found that we need to arrive by about 7:15pm in order to be able to see properly.

There are many school children present which is good to see as it is important that we all remember those who sacrificed their lives for our freedom.

In addition to attending The Last Post, we have visited numerous other memorials and cemeteries in Belgium including Tyne Cot Cemetery, Passchendaele, Talbot House at Poperinghe, Hill 60 and several preserved trenches.

Gary plans the trips and always looks to find somewhere different to visit; there are many smaller memorials and cemeteries which may be less well known but are equally as important of course. Last year I had an extra incentive to visit The Somme area. My nephew has researched our family tree and about 18 months ago he told me that I had a relative who was killed during WW1.

Gary did some additional research and discovered that my great uncle, Leonard Frank Huffey (on my mother's side) was killed in action on 9 August 1918 - just 3 months before the war ended. He is buried at Villers-Bretonneux military cemetery, which is one of the loveliest I have seen. After checking the register we managed to find his grave quite easily. Born at Tostock near Bury St Edmunds on 29 September 1895 he was just 22 when he died. He gained the rank of Sergeant and it was a special moment to find his place of rest and to pay my respects.



The picture shows me standing beside the grave of my great uncle, Leonard Huffey, who was killed on The Somme on 9 August 1918.

We look forward to many more enjoyable trips to France and Belgium in the future.

Jean Pilgrim talks about growing up in and around Sudbury

I was born in 1951 and originally lived on a farm in Lavenham which was then developed as the Evette Make-up factory. Whilst living at the farm, I had one or two scrapes including managing to climb on top of the roof of the pig-sty – in an effort to find my Dad! I also walked through a large patch of stinging nettles towards the river; somehow I didn't get stung!



In 1953 we moved to a tithe cottage in Cross Street, Sudbury as my Dad then worked on a farm in Middleton. I went to Tudor Road School and then, aged 7, to North Street School. After that, I went to Sudbury Girls High School leaving at 14. My birthday was in the Summer holidays and at 15, I started work – in the same school, training as a cook in the school kitchen. I have had several different jobs; a playgroup assistant, butchery assistant, assisted people who have learning disabilities, a cook in Hazel Court Care Home and also at a children's home in Bury St. Edmunds and lastly I worked at a sandwich bar that also delivered hot lunches to the elderly in their own homes.

10 PIN BOWLING

On Wednesday 23rd March, 30 members and carers played. Everyone seemed to be enjoying themselves with many shouts and laughter being heard.



Happy with their shots - Linda and Louise!



The winner of the members competition was our newest member, Roger with a score of 126, well done Roger and the carer with the highest score was Ron with an impressive 130, well done Ron.



Vic and Sheila



Dorothy and Brian Hart

Everyone had some very high scores many in the 100s. Well done everyone.

Many thanks to SJ and Jan for coming and taking photos to record the event.



Francis and Joyce



Spectating can be tense work!



Eventual winner, Roger Murrell

I will let you know the date in August for the next session as soon as I have organised it.

Di Bayly, Member

George Sturdy



1936 - 2016

It seems a long, long time ago that I went to see Margaret and George. They were an amazing couple, both had their problems but made very little of them.

George had become very emotional after his stroke but mastered this quite quickly and helped others who suffered from this very common trait.

He was a real trier and the most appreciative and generous man in the world. At Christmas he gave ALL the volunteers and therapists the most wonderful leather diary with his own Christmas card. This year he had written them all and wrapped the diaries before he went into hospital. They will be a real reminder of him as we go through the year.

George was a terrific communicator and always encouraged a new member who was rather hanging back. He sensed if someone needed nurturing and built up many friendships over the years.

He was the most amusing man and could actually be quite naughty! He would come out with some outlandish remark with a small smile on his face!

George had many hobbies. Stamps, jigsaws, football and of course, his art. His painting really took off after Marnie joined us and nearly everything he donated for the first two BrushStroke Exhibitions was sold. This year it was very emotive seeing his paintings hang-

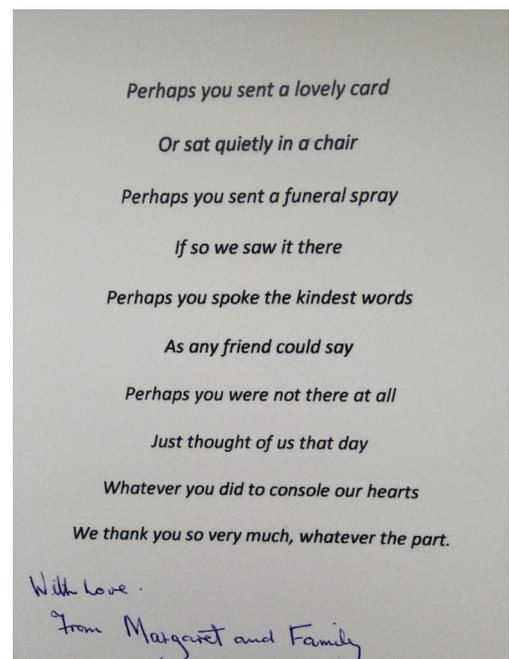
ing even though poor George was no longer with us.

Margaret and their family gave George the most incredible send off and the church was packed. George left the church to the sound of "We are the Champions" by Freddie Mercury bedecked in The St. George Cross flag. It was so right for him.

What a terrific man he was, what a terrific couple he and Margaret were. We will miss you George and thank you, Margaret, for sharing him with us.

We hope you will come and see us.

Viv Bourne



Reminders

The Success After Stroke AGM will be held on Tuesday 19th April, 2016 at 11am. Refreshments will be served after the meeting. Please come and support this event, we look forward to seeing as many of you as possible.

The Perennial Mr Potter will be returning to talk to the Friday group on Friday 8th April.

For those of you who wish to use it, or have friends or relatives who might; SAS has a 'Just Giving' page. This can be accessed via our website, www.successafterstroke.org.uk. Thank you so much to all of you who have used this facility.

Save the date ...

This year's Fun Run and Walk is to be held on Sunday July 10th. Details and sponsorship forms will be available nearer the time. You can also enter on-line via www.nice-work.org.uk where you can also download a sponsorship form. Those of you who have been before will know what a great event this is and we look forward to seeing you there.



DIARY: **SUMMER TERM 2016**

PLEASE MAKE A NOTE! (TRIPS/TALKS OPEN TO PARTNERS AS USUAL)

Tuesday 5th April	SAS RE-OPENS
Friday 8th April	The Perennial Mr. Potter
Tuesday 12th April	Members Committee Meeting
Friday 15th April	Jenny McBride – computer games/mind training
Tuesday 19th April	AGM 11am (refreshments to follow). We look forward to seeing you and your partners on this important date.
Friday 22nd April	Gary Simmonds – Coffee Caravan
Tuesday 26th April	Henrietta Drake talk - Mount Kenya and South East Asia
Friday 28th April	Jenny McBride – computer games/mind training
Tuesday 3rd May	Carers Meeting/Jenny McBride – computer games/mind training
Thursday 5th May	Theatre trip to Norwich – Guys and Dolls!
Friday 6th May	Nails – book with Jan
Friday 13th May	Jenny McBride – computer games/mind training
Tuesday 17th May	Jenny McBride – computer games/mind training
Friday 27th May	Henrietta Drake talk - Mount Kenya and South East Asia
Friday 3rd June	Nails – book with Jan
Friday 10th June	Queen's Birthday Party celebration with Gary Simmonds
Friday 17th June	Trip to Giffords Hall - TBC
Wednesday 29th June	Blood Donor Session – hall not available for Art Class
Friday 1st July	Nails – book with Jan
Friday 8th July	Talk by Brian Carline TBC
Tuesday 12th July	Talk by Brian Carline TBC
Sunday 10th July	Fun Run
Friday 15th July	Trip to Fullers Mill - time to be confirmed
Tuesday 19th July	SAILING DAY at WOOLVERSTONE
Friday 29th July	SAS CLOSSES FOR THE SUMMER BREAK AFTER SESSION
	<u>NEXT SESSION – TUESDAY 6th SEPTEMBER</u>

WHEN CALLING TO SAY YOU ARE UNABLE TO ATTEND, PLEASE CALL OR TEXT A MESSAGE ON THE SAS

MOBILE NUMBER: 07434 931 962

SAS meets at

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Great Cornard**

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S.A.S

(Success after Stroke)

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
- Basic nail care & massage therapy

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

Thursday mornings:

- Swimming and exercise
- Riding at The Shelley Centre for Therapeutic Riding (RDA)

Thursday afternoons: Pottery

Friday mornings: the group meets at The Stevenson for;

- Physiotherapy
- Speech and language therapy
- Reading and discussion groups
- Nordic Walking
- Basic nail care & massage therapy – first Friday of each month.

ACTIVITIES SUBJECT TO AVAILABILITY