



SUCCESS AFTER STROKE SUMMER NEWSLETTER 2019

A note from the Chairman,

We held our AGM in May which was well attended. We were able to report a strong set of accounts, thanks to our treasurer Loudon Greenlees, and a busy and fulfilling year, thanks to our staff members Sj Lewis and Jan Williamson, our therapists and volunteers. There were good contributions from the floor which was nice to see, and at the end of the meeting there was a definite feeling that SAS continues to move in the right direction, and that we are able to keep everyone active and involved, which is our main aim.

Richard Furlonger

Members' Committee

We would like to give a warm welcome to the new Members' Committee which was ratified at the AGM in May. Standing on the Members' Committee for the year 2019/2020 are Janet Harrington, Bryan Moss, Judy Davey, Fiona Yerofeyev, Sue Hume and Bob Williams.

The Committee meets once per term and facilitates a link between the SAS members and management. As well as being a vehicle for discussing members' views, ideas for trips or talks are discussed. The idea for a Christmas visit to the pantomime was put forward at a committee meeting, as was the forthcoming visit from the Citizens' Advice Bureau.

On behalf of all at SAS, we would like to thank Linda Jackson and Peter Cornell who stood down from the Members' Committee

this year. They have both worked hard and made valuable contributions for several years.

Group Physio Session!



Jeannette's 'boot camp' - sorry, group physio sessions are getting everyone fit in readiness for our 'Summer Fun/Activity Day on July 20th! We look forward to seeing as many members, their families and friends at the event as possible. Flyers available at The Stevenson Centre or ask Sj or Jan for details.

Aldeburgh 11th June 2019



Didn't we have a lovely time, the day we went to Aldeburgh. A beautiful day, we had fun on the way... (These words seem familiar somehow!)

Despite a late start, following a mix up with coaches and a pick up in Hadleigh, doubts about the weather soon evaporated once on the coach and en route to the seaside. With sweets circulating to keep hunger at bay, we eagerly watched when the clouds parted as we neared the coast.

The sun was warm and cagoules remained in bags as we made our way to meet Sj and Jan at our usual spot along the front, close to the bandstand where we could listen to local schools perform as part of the Aldeburgh Festival. The number of electric buggies suddenly increased dramatically along the prom, causing temporary traffic chaos (especially with Bob running people down)!



Spread out along the wall, we chatted and enjoyed the music whilst eagerly awaiting lunch which was being collected from a nearby chippie by the two 'trolley dollies' Sj and Jan. Fish and chips were swiftly consumed without incident (no seagulls stealing fish this year), followed by ice cream whilst

we enjoyed the sunshine and the breeze. Lovely brownies completed the repast, courtesy of Sj's mother-in-law.



After lunch, members took to the local shops or public houses, to sample coffee, beer or more ice cream, or just to enjoy window shopping. Time was somewhat limited thanks to our late arrival in Aldeburgh so purchases were light.

Back on the coach (and with more sweets



circulating) we watched as the clouds gathered ominously once again, as we returned from another fantastic day at Aldeburgh with SAS.



We were so grateful that we didn't need to take advantage of the hall kindly arranged as shelter in case of inclement weather for another year.



Many thanks to Sj (and her mother-in-law), Jan, volunteers, carers, members and Suffolk Norse for another enjoyable trip with SAS. Here's to the next trip!



Fran and Bob

In the Footsteps of Lawrence of Arabia – A Journey Down the Hejaz Railway in Western Saudi Arabia

A talk by Jim Tanner

In 2006 Jim and Jenny Tanner were posted to Saudi Arabia. Jim was then serving with the British Army and the posting gave them a great opportunity to explore the Kingdom. In 2009 they travelled with friends down the line

of the Hejaz Railway in the west of the country, experiencing its history and wonderful scenery.



The area had been witness to the exploits of T E Lawrence – Lawrence of Arabia – when, in 1917 and 1918 he helped lead the Arab Revolt against their Ottoman Turkish rulers. The railway, that serviced the pilgrim route from Damascus, had been completed just a few years before the Great War and never recovered from the Arab attacks. The track has long since disappeared but all of the Turkish stations and forts, while derelict, still stand, along with the occasional wrecked locomotive. Amid the stunning landscape there are also abandoned caravanserais, in the form of medieval castles, and the astonishing ancient Nabatean city of Mada'in Saleh.



Few westerners and few Saudis visit the area today so it was a huge treat to be able to explore this forgotten landscape.

Masons Donation to SAS

Success After Stroke (SAS) was lucky enough to be one of several charities benefiting from the generosity of a donation from The Phoenix Lodge, Stowmarket. On Tuesday 14th May, 2019 Roger Florey, Master of the Lodge, Colin Davis, Charity Steward and Paul Page, Senior Warden visited SAS to present a cheque for £500. Whilst visiting, Roger, Colin and Paul were shown around, seeing group and individual physiotherapy sessions in pro-

gress and getting the chance to chat to members.



Roger Florey presenting Bryan Moss with the cheque. Also in the photo from left to right, Colin Davis, Paul Page and

Colin Davis explained that charitable giving is very much part of the Masonic ethos and that the vast majority of the funds raised is via the personal donations of the Masonic members themselves. External fundraising events are kept to a minimum.

Roger Florey then presented the cheque to Bryan Moss, SAS member who received it on the charity's behalf. Bryan, who has been attending SAS since it began some 18 years ago is a Stowmarket resident and has been making the arduous journey via public transport twice a week. Bryan begins his journey very early in the morning (in all weathers) and takes two buses, changing at Bury St. Edmunds en route, before often being met by another member and driven the last few miles from Long Melford. He still manages to arrive at SAS in a remarkably cheerful frame of mind ... and gasping for a cup of tea!

Roger Florey commented that he, Colin and Paul had very much enjoyed their visit to Success After Stroke and that he had found it very humbling. The members, volunteers and staff of Success After Stroke would like to thank the Phoenix Lodge for their kind generosity, without such donations we would struggle to continue to provide the current level and quality of support.

The 3 Counties Committee Sale

Louise Beamish of The 3 Counties Committee contacted Success After Stroke earlier in the

year kindly suggesting that we should be one of the recipient charities of their 2019 fundraising campaign. The organisation, based near Newmarket, exists to raise funds for deserving local causes, choosing different focus charities each year.

In April The 3 Counties Committee held a magnificent pop-up clothes and plant sale, from which SAS recently received a donation of £1,000.



Clothes, plants and cakes for sale - all helping to raise a significant amount for deserving local charities.

All at Success After Stroke would like to thank Louise and her team for the enormous effort that they put in to this very successful event.

Brain Training Becomes Evermore Popular



Our popular 'Brain Training' group is proving evermore popular. Jennie McBride has been running the group for some years and with a mix of maths, word and logic games, members can challenge themselves with whatever type of game they find most fun. Jennie welcomes newcomers and you don't have to have your own tablet, although if you do, Jennie can load the games on to it so that you can practise at home.

Golf Day

In March, Hadyn Hertz organised a round of golf followed by lunch and a quiz on the Gainsborough Course at Stoke by Nayland Golf Course. The event was very well attended and Dennis Little was treated to a trip out onto the course in a golf buggy to see how things were shaping up!



**Dennis and Kate
with Haydn**

Lunch in the carvery at Stoke by Nayland was excellent and the event raised a magnificent £1,640 for Success After Stroke. A very big thank you to Haydn and all who attended.

Audley End



On a cold and blustery April day we boarded the coach at Sudbury and set off in anticipation of an enjoyable day out at Audley End House and Garden.



Finding the coach entrance to Audley End proved something of a challenge and we had tantalising glimpses of the stunning house and landscape from the main road as we

passed by twice in the search for the right turning, the sign having been obscured by a thoughtlessly parked van on our first pass!



By the time we arrived, our first thought was to find the loos, swiftly followed by a warm drink in the restaurant! Restored, some made for the house and wandered around the interesting rooms and exhibits. The attic still houses a beautiful rocking horse and one can imagine the children playing on it whilst looking out of the window. The gardens are beautifully laid out with a large lake in front of the house and a winding path up to the ornate stable block. Some of us watched as a horse was being schooled for carriage driving.



On the way to the stable block, you pass by a secretive looking boathouse and there is a small river leading down to another, smaller lake with a decorative shelter at one end.

The vegetable garden is amazing and looked immaculate!



Hadleigh Choral Society Concert

Sometime ago two of our volunteers, Sue Macdiarmid and Louisa Symons suggested that the Hadleigh Choral Society, with whom they sing, give a fundraising concert on behalf of Success After Stroke.

The evening of Saturday 8th July saw this idea come to fruition and we gathered at Lavenham Village Hall to hear the Choir perform its 'Summer Light - by arrangement' programme, conducted by Chris Phelps with accompanists David Mitchell and David Butcher.



All too soon, it was time to make our way back to the coach and meet our driver to go home. Almost immediately, the sun came out - a shame it wasn't just a little earlier in the day! We were treated to a scenic route home through the villages of north Essex which was a very pretty drive and much enjoyed by everyone as we thawed out from the chilly wind!

Following the concert Sj, Debbie and the team served tasty canapés which were very well received, together with fizz and homemade elderflower cordial. All in all, a fun and uplifting evening which also raised over £1,500 for our much loved charity.

Lavenham Hidden Gardens

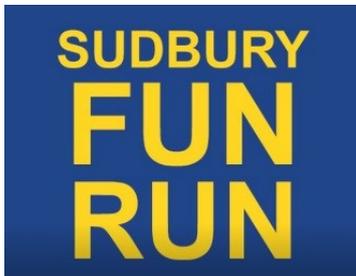
We are once again grateful to member, Geoff Heald and his wife Sue for donating part of the proceeds from the sale of refreshments in their beautiful garden to SAS. After some seriously grotty weather, the day was sunny and business brisk. Sj reported that when she visited late morning, Sue and Geoff had already received eighty visitors!



Thank you to all who helped on the day or baked cakes.

Success After Stroke would like to thank The Hadleigh Choral Society members for their time and support, together with all those who helped make the event possible and finally, to all who came and enjoyed the evening.

Sudbury Fun Run



We were delighted to hear that The Sudbury Joggers, who organise the Sudbury Fun Run, had decided to make Success After Stroke and Go Start joint beneficiaries of the monies raised by this year's event, held on Friday 19th April.



The annual five mile run and sponsored walk, which has been held since the early 1980's, attracted some 600 runners this year and is part of the 2019 Suffolk County Championship Road Race Series.

SAS member Jacques Forrest, who had family members running in the event, was kind enough to go along and represent our charity at the finish in Belle Vue Park.

We have recently been told that SAS will shortly be receiving a donation in the region of £3,000 which is wonderful, and we would like to thank everyone involved in organising the run.

Sudbury Joggers meet at The Kingfisher Leisure Centre on Wednesday evenings and have a website, www.sudburyjoggers.club for anyone interested in finding out more about the club.

Coffee Caravan



A warm welcome was given by the members to the new incumbent of The Rural Coffee Caravan, Diana Patrick, who visited SAS in March. Diana brought lots of useful information and spent an hour in conversation with SAS members.

Fiona's been at it again!

"SAS does Brexit" or "The Secret Seven and The Famous Five sort out Brexit"

Sj and Jan are a great team!

We reckon they'd sort out Brexit

Give them a week ...

And copious amounts of tea and biscuits!

Pam could counsel from afar,

And with her skills and meditation

People wouldn't care if we were in or out ...

They'd create their own federation!

Ann would get the parliament

Up and doing the 'Macarena',

Till they would agree to do anything ...

Including making Fiona a Tsarina!

Jeannette would take them on a route march
To get their house in order!
Trouble is, knowing Jeannette ...
She'd take them over the border!

Sue and Louise would get them singing
Songs from the stage and screen.
While Fiona and Her Follies ...
Murder a song by Queen!

Marnie could keep them occupied
With promises of portrait painting.
They'd be so busy finding their best sides ...
They'd have no time to go campaigning!

Halcyon could take them out on canoes
And they she would skedaddle!
And leave them like they left us ...
Up a creek without a paddle!

So, when shall we march on parliament?
Well, next Tuesday they speak of rain
So, tea and biscuits anyone?
Perhaps our plan was misconceived?
Yes please, we might as well stay where we
are!
We might as well remain ...
Or leave!

Fiona Yerofeyev

Thank you!

It continually amazes me how wonderful all our volunteers, therapists, trustees and supporters are! SAS has benefitted hugely from various fantastic fundraising efforts and donations over the last few months and, on behalf of the members and myself, I would like to thank each and everyone of you who have helped to raise so much for Success After

Stroke. A huge and continued thank you to all our volunteers, without whose help SAS could not function. Welcome to our newest volunteer, Mandy, who has quickly made herself indispensable to the physiotherapy team.

Thank you to the members who constantly help to keep up the supply of biscuits and also for the lovely cakes which appear on various birthdays. We enjoy them all enormously - although Jeannette might have something to say about the effect on our waistlines!

Speaking of 'waistlines', Jeannette has been working us all extra hard during the physio group sessions to get us ready for the forthcoming Fun/Activity Day to be held by kind permission of Mrs. Gillian Buckle at Nedging Hall on Saturday July 20th, 11 am to 3 pm. The day is for members, their families and friends and promises to be a good humoured test of our fitness levels after all our hard work! Flyers with details have recently gone out, please let us know if you and your family are going to attend. Bring a picnic to enjoy in the beautiful grounds and enjoy a slice of cake from the Tea/Cake stall. (After joining in the 'Olympic (!)' style games you will thoroughly deserve it)!

We are all looking forward to our annual Sailing Day at Woolverstone Marina, kindly organised by Barbara Slade. She does a magnificent job and we are keeping our fingers crossed for great weather ... although even if it isn't so good, the day is still great fun.

On a sad note, Halcyon Mandelstam, Physiotherapist has recently let us know that she has decided to leave SAS. She has been a valued and caring member of our team for several years now and we will all be sorry to see her go. From all of us, I would like to wish Halcyon well for the future and we very much hope that she stays in touch.

Finally, our summer term draws to a close at the end of the session on Tuesday 30th July. Have a safe and enjoyable break over August and we look forward to seeing you all again on Tuesday September 3rd.

Sj

Reminders

Dates for your diary!

NB: NO ART - Wednesday 31st July, 2019 and Wednesday 20th November, 2019.

Saturday 20th July, 2019 - Members, families and friends are invited to take part in a fun walk/run and activity day at Nedging Hall. Please get details from Sj or Jan.

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

Pantomime - Cinderella at The Mercury Pop-up Theatre, Abbeyfields, Colchester - Tuesday 3rd December, 2019. Coach from the Stevenson Centre car park at 12.30 pm. Performance begins at 2 pm. Flyers will go out in September but you can reserve a place now with Sj or Jan.

Committee Meetings

Members' Committee meeting - 10th September, 2019

Housekeeping Committee meeting - 22nd October, 2019

Trustee Meeting - Tuesday 5th November, 2019

Carers' Meeting

The next Carers' meeting will be on Tuesday 24th September, 2019 at The Stevenson Centre at 10 am.

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

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.

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!

Term Dates

Summer Term - Ends after the session on Tuesday 30th July, 2019.

Autumn Term - Tuesday 3rd September to Tuesday 17th December, 2019 (inclusive).

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.



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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