



SUCCESS AFTER STROKE SUMMER NEWSLETTER 2020 *(incorporating News Bulletin No. 15)*

Copies of the weekly Success After Stroke News Bulletins, which have been helping to keep our members and volunteers in touch during our closure due to Covid-19, are available on our website, www.successafterstroke.org.uk/news.

A note from the Chairman of Trustees, Success After Stroke

This is our first Newsletter without Success After Stroke (SAS) being in full swing. I know how difficult that must be for many of us. However, if one looks closely at the articles in this Newsletter by Terry Waite, SAS well-being therapist Pam Lawrence and SAS member Christine Stibbe, there are a lot of good motivational ideas to benefit from. The articles contain helpful guidance and advice which should inspire us all to make the best of the current situation.

From 4th July, when some of the lockdown rules are relaxed, life will hopefully begin to feel less restricted, and I hope that you will all be taking small steps to resume some of the more pleasurable activities we have all been missing.

The brilliant work of Jeannette (physiotherapist) and Chris and Clare (Speech and Language) in

holding their groups using Zoom is keeping us active and alert. This, together with the invaluable work of Pam Lawrence and our volunteers, who have formed a telephone network to help support SAS members, means we are probably working at 50% capacity but we do miss the twice weekly social contact at the Stevenson Centre. There is light at the end of the tunnel and, although none of us can predict precisely when we will get back together, we have put in a lot of hard work in to date so let's keep going.

Our finances are in reasonable shape, although our reserves are slipping a little. SAS trustee, Viv Bourne's initiative for a fundraising challenge will help reverse this, so please get involved (see page 8). Thank you Jan for all your brilliant News Bulletins, they are very helpful in keeping the team spirit going.

Best wishes to you all and see you one day soon.

Richard Furlonger

Some of the articles in the Summer Newsletter 2020/News Bulletin 15 ...

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A Message from Terry Waite to Success After Stroke Members and Volunteers

Today I have been doing a seminar online for some 1400 people from across the world. All of them are working from home and many are anxious about their own mental and physical health and also about the future. In several cases their jobs are threatened and what they thought was a secure position has vanished literally overnight. We never know what is around the corner do we?

Many years ago I went with my wife and my young son to visit my sister-in-law who lived in San Francisco. We did the usual touristy things and before we left we took a boat out to visit the former prison Alcatraz. That one time jail is now a tourist attraction and can only be reached by taking a small boat and walking up the steep pathway to the jail itself.

It was a pretty formidable place. At the best of times San Francisco can be plagued by mist and fog and the island jail had more than its fair share of such conditions.

We were shown around and at one point we were asked if we would like to go into the punishment cell. A few of us stepped inside and the door closed leaving us in total darkness. We had been told that some errant prisoners were put in here for up to five days. I remember thinking that I would never be able to put up with being in the dark and alone for such a period of time. How wrong can you be? Three weeks later I was taken hostage in Beirut and was kept in solitary confinement for almost five years, much of the time in darkness.

We never know what lies around the corner. One moment we are living what seems to be a perfectly ordinary life and the next we are struck down with a stroke or some other illness. For all their faults, human beings have a remarkable capacity for survival. As I said, I never thought that I would be able to live in solitary for years. I thought that I would lose my mind or become seriously ill from some physical condition or other. As it was I survived and, looking back, in fact I gained a great deal from the experience.

When something quite radical happens in our lives and we are faced with making a dramatic change we can, understandably, become very

frightened. That is a normal reaction. We know that we have to make many changes to our way of living and that we might suffer some hardships. As we think about this we wonder if we will be able to make it.

Well, I can say from my own experience, and from listening to many hundreds of other people who have faced a life changing situation, we all have gifts and abilities within us that we never knew we had. It can take a crisis to bring them to the fore and for us to recognise them.

Life is not fair and some suffer more than others. However, in most cases something creative can emerge from suffering. We don't need to look for suffering, it will find us, but when it does it need not be a total disaster. It may seem as though it is at the time but it can be, and often is, a time when gifts and abilities that have lain dormant for years can be given expression.

We can be surprised at the people who are around to offer help and support. We can get to know others who have faced a similar difficulty and risen above it. Yes, a new and often very different world will open up if we let it.

The human spirit is strong and all of us can draw on that strength that lies within. If for a moment you don't feel that you can, then there are others who are around to offer their strength to you.

Life is never totally certain and, whether we know it or not, we do live with uncertainty every day. Part of the secret is to live for now. To recognise that we still have life and that life needs to be lived to the full.

Keep as well as you can and more than anything else, keep hope alive.



2020

Well dear members, we did it! We managed to



pull off the BrushStroke Exhibition just before the lockdown and we have managed to secure some revenue for the coffers. I think that this time the members' art was exceptional and once again, nearly every piece was sold. A huge

pat on the back and a massive thank you to dear Marnie and all her helpers. Our local artists also came up trumps with some absolutely beautiful work.



Opening night and Loudon with Barbara working on the book-keeping!



Opening Night and Loudon with Barbara working on the book-keeping!

One of my favourite parts of the whole exhibition was going to Suffolk Radio to speak about Success After Stroke and the forthcoming event with SAS member Fiona. What a truly inspirational woman!



Chairman Richard Furlonger and Sudbury Mayor, Robert Spivey and members, Fiona, Judy and Sue with SAS artwork



I was pleased with our new colour scheme and the little gardens that added a three dimensional look to the exhibition, I would like to thank Geoffrey and Viv for organising this part of the exhibition.



The mini gardens and Charlie Hart giving a very informative gardening and well-being talk



Members' Coffee Morning at the exhibition and Mandy who won the most beautiful cake made and donated by Rob Hedderwick of Flower and Flour



Special thanks to Sue McDiamid, Jennie Tanner and Anesta Newson together with their volunteers for organising the pop-up café (and to everyone who baked cakes and biscuits), which is crucial for collecting extra revenue.



Talking of revenue, Loudon must not be forgotten. His attention to detail is incredible and he keeps us all on track with budgets and figures.

Finally and by no means least, my particular and huge thanks to my dear committee; Barbara, Bridget, Sally, Jono, Marnie, Sj, Viv and dearest

Geoffrey, not to mention all our volunteers. They worked so very hard for many months and also organised extra events during the week of the exhibition. Without them and the leadership of Richard, the exhibition could not happen so, my final words are thank you, thank you and please keep safe and well (I need you all)!



Committee Chair, Lizzie Alston with Marnie Bragg and Bridget Allen (left) and members of the committee together with other volunteers on opening night



Biggest hug and love,

Lizzie

View from the BrushStroke Café

Thanks to Anesta, Ken and Angie's excellent guidance, we were able to take on running the café in St. Peter's Church for our BrushStroke Art Exhibition. We managed to get our heads around the strict hygiene requirements thanks to help from Jan and Sj.

A big thank you to everyone who made very tempting and delicious cakes, and to all the volunteers who helped run the café. Thank you Ken and Tim, who trained us to use the coffee machine!

Our members morning was a great success and we were busy. Unfortunately, for the rest of the week trade was up and down and, sadly, we had to close just before the end due to lockdown.

Finally special thanks to The Bridge who kindly lent us their equipment as well as excellent coffee and for ferrying all of it to St. Peter's.

It was great to be part of this important event for Success After Stroke.

Keep well everyone,

Anesta, Jenny and Sue

Christine's Story

I am delighted to have been asked if I would write about my experience of living with a stroke and the role that SAS has played in my recovery and rehabilitation. In order to do this, I thought I would give you some background on my life prior to the stroke as it will give some insight into how I lived and the subsequent impact the stroke has had upon my day to day living.



I was born in 1949 in Merton, Surrey and then aged 11 months, moved to Jersey with my parents where I undertook the majority of my formative schooling and where the roots of my lifelong passion with horses began. Aged 11 years, I relocated back to the UK, living in High Easter, near Dunmow, a transition I found exceptionally difficult, but one that was made easier when I was fortunate enough to win 50 pounds in Premium Bonds. With my windfall and the kind offer from a friend with stable space and pasture, I was able to buy my first pony. In addition, I also found I had a talent for woodwork and so my love of horses and carpentry was cemented!

I met my husband aged 17, married in 1967 aged 18 and at the age of 19 was running a large manor house and stud/stables, supporting my husband and caring for our newborn daughter. I lived a very active and full life but in 1989, I found myself widowed and having to undertake various different jobs in order to support both myself and my daughter Paula until she moved to Austria.

These roles were;

- Receptionist and PA at The National Stud in Newmarket where I processed all national and international equine stock that arrived, in order to ensure all documentation and health requirements were met.
- Office Manager for Equitrack Newmarket - the first company in the UK to produce artificial tracks for official racecourses. I was

fortunate enough to spend 1 month in Japan on an all expenses paid trip during my tenure.

- Secretary for an equine veterinary practice until my retirement.

Upon retirement, I spent 5 years caring for a close friend and became a professional dog walker (in addition to caring for my own wonderful dog, Eppie). So, as you can tell, I was always exceptionally active, enjoyed the great outdoors and lived independently in my cottage in Stoke By Clare, surrounded by all my close friends.

In July 2018 my life changed when I had my stroke. My stroke involved my brain stem which physically left me with an impaired sense of balance, residual ataxia in my right leg and arm (lack of voluntary coordination of muscle movement), an altered gait (manner of walking) and a temporary loss of mobility and independence. Psychologically I felt I was staring into a black void, that my life as I knew it had changed in the most unimaginable way in a split second, leaving me feeling vulnerable and scared of what the future would bring. Initially I spent 8 weeks in hospital and then 6 weeks convalescing with a friend with the assistance of carers three times a day. I then attended a neuro/stroke rehabilitation centre in St Neots, Huntingdonshire where I underwent an amazing re-enablement "bootcamp". Following this course of intense treatment I managed to return home to my cottage.

Unfortunately, within three days it became apparent that living in my 2 storey cottage with stairs was not viable. I fell, broke my wrist and then spent 14 weeks in Devonshire House Care Home whilst waiting for my brand new single storey accommodation in Long Melford to be completed. After I moved into my new home, I underwent 9 months rehabilitation therapy at Icanho, a highly specialised rehab centre for adults with acquired brain injury, including stroke. Despite making considerable progress, at the age of 69 I found myself having to completely rebuild my life in a new home and a new location. Without the ability to drive, seeing my old friends relied on them driving to see me and my only living family member lived in Austria (and still does). I was left feeling very vulnerable, lonely, depressed and uncertain of what to do next. All up, I felt

very overwhelmed and unsure of my ability to cope with the changes in my life. I was grieving for the life I had lost.

Fortunately, in November 2019 I was introduced to Success After Stroke (SAS) by staunch supporter Diane Skrine and I can honestly say that it was a real turning point in my life. I started attending SAS meetings 2 mornings a week with the help of Long Melford Good Neighbours who provided transport, and quickly found a new community of friends. In addition, I had ongoing support and advice, help with accessing local resources that I had not been aware of and physiotherapists who challenged me and gave me the confidence to explore and adapt to the physical impact that my stroke imposed upon me, which is never the same any given day!

If I am asked "what has SAS done for you?", my answer would be that it has given me structure to my life, a feeling of belonging to an extended family, confidence and the ability to adapt to my new way of life with resilience. It makes me feel stronger and more in control and most importantly, it makes me feel more optimistic about my future and being able to remain independent. It enables me to feel a sense of normality, despite my new normal being something I had never envisaged.

In addition, I have also started a weekly art class which I love and have started to read my favourite books again. One of the things that SAS encourage us to do is to set ourselves goals and so I have decided that I am going to work towards regaining my driving licence, walk further and explore more of the local 'off road' paths and ride a horse again, even if only once!

Unfortunately, due to the current Covid-19 virus situation, all meetings and classes have temporarily been suspended. This has presented a new set of challenges to me, with social isolation once again being at the forefront. But, despite these extraordinary circumstances, SAS continues to be a presence in my life. Jeannette, our physiotherapist, runs twice weekly Zoom exercise classes (which are by no means a breeze!) and this in itself provides a means of touching base with fellow SAS members.

I have regular contact with both committee members and volunteers who either phone or pop in

to visit me (whilst socially distancing of course). Jan sends out a weekly news bulletin to us all and Pam, our well-being therapist, keeps a weathered eye on me. All in all, SAS provide me with peace of mind as I know that there is always someone there who can answer any questions and help me out if I have any particular concerns. They are a lifeline, they are my family and my comfort in these unpredictable times. But above all, they have allowed me to say "I am a stroke survivor".

Christine

Disabled Sailing at Alton Water and Woolverstone Marina

July usually sees the Success After Stroke annual trip to The Royal Harwich Yacht Club, Woolverstone for our sailing day. Sadly, we are unable to go this year because of Covid-19 but Barabara Slade, who organises this brilliant event every year has written a piece about The Woolverstone Project, the charity that provides the boats and crew to take SAS members on the water and how our wonderful sailing day came to be.

The Woolverstone Project was started exactly twenty-five years ago by Simon Tozer, after he retired from the city. Sadly, they cannot celebrate because of the coronavirus.

I knew Simon and his wife Liz, who was also a great supporter and, following Simon's death, carried on visiting The Woolverstone Project every week to help and support both the members and volunteer instructors. With the money raised at Simon's funeral, they built "The Hut" in which they kept all their safety equipment and also used as their office.

One day Liz asked me if any of our SAS members would like to join, so I went down to Alton Water the following week to meet the instructors and some of the members; a very jolly and competent crew of people, who have dedicated their lives to giving a huge amount of fun and skill to many disabled sailors.

I also talked to the SAS members to get their reaction, all of whom were SO enthusiastic, and said it made them feel normal. I persuaded three of our members to give it a go, one of which was

Arthur, who was thrilled with it all and kept going for many years thanks to a loyal friend who drove him there every week.

The following year, and I cannot remember which (!) one of the instructors asked me if SAS would like a day's sailing at the Royal Harwich Yacht Club at the Woolverstone Marina. We have never looked back, and it has become one of the highlights of our social calendar, with members asking if I have booked for next year almost a year in advance!!



I still hope to persuade more people to join us at The Royal Harwich Yacht Club. We bring a picnic lunch or buy lunch there and all sit on the lawn together. Not only do we all enjoy seeing each other but we are often joined by members' families and so get to meet them as well. We have been blessed with wonderful sunny weather all but one year, which luckily did not put anyone off coming the following year!



All photos taken from past happy times at the SAS Sailing Day...

For the last three years, the Crew from The Woolverstone Project have brought a wonderful new boat that we can wheel a chair straight onto, so that there is no need to winch anyone on ... a rather uncomfortable experience. They have out-board motors, but also put the sails up if at all possible, so that you can sail up or down the river in peace!

Good news ... I have booked for next year, 2021 for Tuesday 27th July.

Barbara Slade

Bob Bunt
11th October 1931 - 17th April 2020



Bob joined SAS in the Summer of 2009 after suffering a stroke following major heart surgery. By this time, Bob and Sylvia had moved to Suffolk to be near their daughters and grandchildren. Bob was much travelled during his time in the RAF and he and Sylvia enjoyed both foreign travel and visiting different parts of the UK throughout their married lives.

Bob quickly became a well-loved character at SAS, summed up in Ann Brignull's words first published in News Bulletin 5 shortly after he passed away, "I started at SAS in the summer of 2009, two weeks later Bob came and he was as overwhelmed as I was. We soon got to know to one-another, he told me how he met Sylvia, of his time in the police force and about his love of playing and watching rugby. He was well travelled, and we often had the maps out so he could show me where he had been and lived.

When we had a quiz, I always sat with Bob as he had a great sense of humour. Whenever he saw me, he would say "OH NO!", wave his stick at me and chuckle - even when his illness took its toll.

Dear Bob, a true gentleman and a dear friend. He always left me with a warm glow."

Bob and Sylvia met in London on a blind date, organised by Sylvia's sister, when Bob was on leave from his RAF barracks in Cornwall. Love blossomed and they were married in 1956. Very soon after the wedding and a honeymoon on The Isle of Wight, Bob was posted to Habbanya. It was 18 long months before they saw each other again when Sylvia was allowed to fly out to be with Bob for the last five months of his tour.

After serving in the RAF for twelve years and by now with their two daughters, Carol and Jane, Bob decided to leave the RAF and joined the Kent Constabulary. Bob retired from the Police Force

after twenty-five years with a Long Service and Good Conduct Medal.

Both Bob and Sylvia have been great supporters of SAS over the years and Sylvia gave talks about her working life at The House of Hartnell, one of which raised over a £1,000 at a coffee morning held by Maggie Pownall.

We all miss Bob greatly and the cheery twinkle in his eye. Rest in peace, dear Bob.



A message to the members and volunteers of Success After Stroke from Sylvia Bunt ...

"I wish to express my gratitude and appreciation for all the wonderful support my dear husband Bob received whilst a member of Success After Stroke for more than ten years.

The lovely tribute that Ann Brignell wrote made an eloquent recollection for me of the early days, when Bob was so unsure of going anywhere from home, he had much fatigue and a serious lack of confidence. I recall needing the help and encouragement of our daughter to take us both at first. It was a tremendous help my being able to stay for with him the first three weeks.

We soon formed some lasting friendships and enjoyed meeting for meals. We also had some memorable holidays together, which often boosted confidence. Bob had earlier overcome his fear of heights and was very happy to board a mountain cable car for the summit of Ben Nevis, Frank came too with Angie and I!

Bob benefitted greatly from the help of the speech and language therapists and made progress with the mobility exercises. Bob's doctor felt that the SAS physical exercise group was the most important thing for Bob to attend. Sadly, this prevented him from joining the conversation group, as both happen at the same time on Friday mornings and aphasia was a problem for Bob after his big stroke.

We enjoyed and appreciated the trips to the theatre, the sailing days at Woolverstone and the memorable excursions to Aldeburgh with the delicious fish and chips lunches! I was especially grateful to the kind volunteer who pushed Bob in his wheelchair.

It just remains for me to say a very big THANK YOU for all the support, love and kindness that Bob and I have received when attending Friday morning sessions at Success after Stroke.

With gratitude and love,

Sylvia Bunt

Viv's Success After Stroke 'High Five' Challenge

PLEASE SUPPORT AND HELP us by carrying out a CHALLENGE of your own making and donating £5 or a multiple of £5 to SAS, then ask 5 others to carry out their own challenge and the circle should increase quite quickly. **SAS members and volunteers please try not to send to other members so that our Challenge does not come to a full stop.**

The important thing is to keep it simple. We do not require proof of participation, but it would be fun to know what you have done. There will be a post on the SAS Facebook page, go to Facebook and look for Success After Stroke, Reg Charity: 1115016 where you could post a picture, or send an email to admin@successafterstroke.org.uk.

To donate to Viv's Success After Stroke High Five Challenge, please go to <https://www.justgiving.com/successafterstroke> (and please leave a message with your donation) or send a cheque to Success After Stroke, The Stevenson Centre, Stevenson Approach, Great Cornard, Sudbury, Suffolk, CO10 0WD.

There are so many things you could do as your challenge, but here are a few ideas;

- * Walk or jog 5 metres, 50 metres or 5 km.
- * Make some 'portrait' cupcakes that resemble your own pet or other animal.
- * Complete 5 jigsaws.
- * Have a home cinema sofa evening with a choc ice, probably not 5 of them though! A £5 entrance fee of course, donated to Suc-

cess After Stroke!

- * Paint, draw or make a collage of the view from a window in your house.

If you would prefer not to take up the challenge, we would urge you to pass the idea on to five of your friends and family, but please still donate £5 to Success After Stroke. The essence of the idea is simply to help Success After Stroke keep thriving in these difficult times.

Geoffrey and I have set ourselves the challenge of walking 5 km, five times and we will both be passing it on to five others. Either that, or I have to keep silent for 50 minutes. I think I will walk and talk!

Good luck one and all!

Thank you in advance for your kind support.

Viv Bourne, Trustee

A Note from Pam, SAS Well-being Therapist

Mindfulness

As the weeks of lockdown go by and even with its gradual easing, we are still all feeling the effects one way and another. So my intention in writing these weekly articles is to perhaps provide you with some ideas and resources to help you get through this challenging time more easily.

This week's topic is mindfulness, which is a word I am sure you will have all seen and maybe read about, although you may not be exactly sure what it means. One definition of mindfulness, and there are many variations, is a practice which helps us live in the moment, rather than constantly reflecting on the past and wishing we could change it or thinking and worrying about what might or might not happen in the future. Simply by spending 15 minutes a day in a mindfulness practice we can calm an anxious mind and begin to appreciate life as it is now, in the moment.

There are many books and online resources which can help you learn how to do this and some exercises may work better than others for you. But to start this off, I am going to give you a step-by-step guide to a routine that those of you who have been part of the Tuesday SAS group

have heard me go through during my 15 minute guided meditation. I hope that by giving you some familiar steps, you will find it easy to do on your own.

For those SAS members who haven't heard me guide people through this meditation, I hope you will find the steps easy to follow and before long, and with practise, you may not need to keep referring to the list.

To start, sit in a comfortable chair that allows you to keep your feet flat on the floor and your back straight. It doesn't need to be ramrod straight, just enough to be able to fill your lungs. Your hands can lie comfortably in your lap, maybe with your palms facing upwards, although this isn't essential.

- ◆ Now, take a long slow breath in to a count of 3, 4 or 5 – whichever is comfortable for you and then breath out for the same count, i.e., 3, 4 or 5. Repeat this for one minute, increasing this to two minutes or more as you get used to doing it – but there's no rush!
- ◆ Focus on your feet and imagine that there are roots or cords going out from the bottom of your feet into the earth to anchor you energetically. This is a simple form of grounding and helps to connect you to the earth and also to get out of the thoughts rushing around in our heads.
- ◆ Bring your attention to the upper part of your feet and ankles; then onto your shins and calves and then your thighs.
- ◆ Focus on your pelvic area and gradually work all the way up through your body, down your arms and into your neck and up through your scalp, relaxing any tension in any area as you go.
- ◆ Take some more slow, easy breaths.
- ◆ Imagine yourself in a place where you would like to be – imaginary or somewhere you have been and love. You are in the role of observer here so no need to engage with anything other than your senses.
- ◆ In your mind's eye, see yourself in this place. What can you see around you? Are there strong colours or muted ones?

- ◆ What can you hear around you? Soft sounds of the breeze in the trees? Noisier ones of traffic or aircraft? The waves in the sea?
- ◆ What can you smell? Flowers, the sea, cut grass, blossom on bushes?
- ◆ What can you imagine you are touching? The rough bark of a tree? The smooth stem of a flower? The grains of sand? Blades of grass?
- ◆ Just enjoy being in this place in your imagination for as long as you wish – 10 or 15 minutes, although it can be less. You can do this exercise indoors or out – the choice is yours.
- ◆ When you are ready, gently come back to this time and place. Slowly open your eyes if they are closed and take a few deep breaths. How do you feel? Has that helped calm you and restore you? Simply by focusing on these steps you have released worrying thoughts of the past or the future and have been in the moment. In doing so you have given yourself a restorative break.

Well done if you got all the way through it without losing focus and if you didn't, then don't worry! You may find it easier the next time you try it – just be kind to yourself and persevere another time or two or more. It will get easier, I promise!

I'll write more mindfulness exercises as weeks go by, but in the meantime, I would love to hear how you get on and whether you have noticed any benefits.

For more info go to;

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Pam x

SAS Carers' Group

I am writing this during the 2020 National Carers week (June 8th-14th), having read Pam Lawrence's article in this week's News Bulletin and absorbing the powerful and thoughtful words it contains. Having been a carer for over 10 years, there are times when I need reminding to be kind to myself or make time to look after my own

physical and mental health, and to understand that I am not alone. Trying to find new ways to keep ourselves occupied at times such as these can be a challenge but the benefits of mindfulness can reap huge rewards in our role as carers.

Bob has been coming to SAS for over four years and we can honestly say it has changed our lives immeasurably in terms of our physical and mental well-being; with the socialisation, new companionship and sense of family. When I was asked whether I would be prepared to join Pam in helping with the SAS Carers group, I wasn't sure how much I had to offer but thought it was a great way to get to know others better (Pam still does most of the organisational stuff but I try to help however I can). Whilst it's lovely to meet other halves, family and carers on SAS days out, it is also nice to spend a couple of hours just chatting to each other without our caring responsibilities for that period (carers' group takes place alongside the SAS session), and just be ourselves.

The group usually meets about once per term (when not in lockdown) at the Stevenson Centre and we also have a WhatsApp phone group should anyone need other forms of support or contact. It's a useful forum to exchange ideas regarding requests for help or advice, for example local hairdressers, chiropodists or how to access/resolve IT issues as well as the opportunity for a nice cup of tea or coffee and cake or biscuits. It is also nice to discuss various issues we experience as carers so we can understand and learn from each other about our role. Whilst the session allows plenty of time for catching up, we have also had visits from an aromatherapist (which involved oils and hand massage!) and a dietician. We hope to expand on these ideas going forward. It has been lovely to see some men join the sessions in more recent times and listen to their slightly different issues with caring. It helps us all to understand that whilst we have our own unique experiences as carers, there are common themes to all our stories.

Who knows when we shall next be able to meet in person, but it gives great comfort to realise that we're not alone coping with the demands of being a carer and can call upon peers for support, help and advice. Social media and online forums such as Zoom provide a much needed visual input to our socialisation but can never replace meeting

in person, so let's hope that we can safely come out of lockdown in the not too distant future. Having said that, if anyone needs help with IT issues or would like to be added to the Carers WhatsApp group for support during this difficult time, please do not hesitate to contact either Pam or myself through either the SAS phone number or admin@successafterstroke.org.uk.

I would like to thank everyone for their valuable contributions to the Carers group sessions. I hope that everyone continues to come along to our meetings (once we are back together again) and keenly participate with their advice and support.

Fran Williams

Quiz Time!

Answers to NB 14 logo quiz (available on www.successafterstroke.org.uk/News)

1. Finish
2. Cadbury Dairy Milk
3. Lucozade
4. Mr. Kipling
5. Pepsi
6. Amoy Soy Sauce
7. Walkers Crisps
8. Whiskas
9. Uncle Ben
10. Pringles
11. Pedigree
12. McCain
13. Kit Kat
14. Dolmio
15. Britvic J20
16. Andrex
17. Coca Cola
18. John West
19. Maltesers
20. Nescafe
21. PG Tips
22. Weetabix
23. Warburtons
24. Schwepps
25. Muller
26. Lurpak
27. Persil
28. Tetley
29. Heinz
30. Cathedral City

NB 14 Riddle Answer

A deck of cards.

NB 15 quiz (answers will be available in News Bulletin 16 at www.successafterstroke.org.uk/News on 10th July 2020)

The Essex and Suffolk Quiz!

- 1 Where in Essex did Billy Butlin open his second holiday camp in 1938 following the success of his first in Skegness?
- 2 Name the county town of Essex?
- 3 Which poet is quoted as saying "the Pier is Southend, Southend is the Pier"?
- 4 Which principal port for London is located on the River Thames in Essex?
- 5 Which two new Essex towns were designated to help alleviate the housing shortages following the Second World War?
- 6 When you enter Chelmsford, the welcome signs says : "Welcome to Chelmsford, the birthplace of ...", what?
- 7 The Essex coat of arms comprises of three what?
- 8 The artwork called *A House for Essex* was created as a concept by which Essex born Turner Prize-winning artist?
- 9 In 2003, in preparation for a road-widening scheme, what was excavated at Prittlewell, north of Southend-on-Sea?
- 10 *The Battle of Maldon* took place on 11 August 991 beside the River Blackwater in Essex, during the reign of which king?
- 11 Which island became the fastest growing seaside resort in Britain between 1911 and 1951?
- 12 The British reality television series *The Only Way Is Essex* is based in which Essex town?
- 13 Which forest and area of ancient woodland lays just north of Wanstead, straddling the border between Essex and Greater London?
- 14 In the 2012 London Olympics, Hadleigh Farm played host to which sort of races?
- 15 Which former England football manager was born in Hayes but grew up in Harlow?
- 16 Suffolk has exactly twice as many round churches as it does rivers. Is the number of rivers 7,11,15 or 19?
- 17 What is the highest point in Suffolk?

a) Dunwich heath coastguard cottages, b) Beacon Hill, Martlesham, c) Newmarket Ridge, d) the trig point at Little Blakenham, six miles NW of Ipswich.

- 18 Which concrete structure 43 metres high and built to a design approved by the Royal Fine Art commission featured in the 1987 Cold War drama, *The Fourth Protocol* ?
- 19 How many islands are there in Suffolk?
- 20 To the nearest 50, how many Suffolk Punches are there in the UK?
- 21 On which island in the USA is Suffolk County?
- 22 Is the correct spelling Hazlewood Marsh or Hazelwood Marsh?
- 23 What is the name of the official Suffolk county flower?
- 24 The latin name for a tree often seen growing alongside our rivers is *Alnus*. What is its English name?
- 25 What is the largest lowland forest in the UK, centred on Thetford and stretching almost down to Bury St Edmunds?
- 26 When was the Jubilee Hall in Aldeburgh built?
- 27 Whose elder brother died over Blythburgh on August 12th 1944 when piloting an American 'Liberator' bomber on a top secret mission. What was the name of the famous younger brother?
- 28 During which King's reign was Orford Castle built?
- 29 What R was a famous agricultural machinery construction business based in Ipswich for 200 years until bought by the US conglomerate Textron in 1998?
- 30 In which year was the Ipswich southern bypass, including the Orwell Bridge, opened?

NB 15 Riddle

Take away my first letter and I will sound the same. Take away my last letter and I will sound the same. You can even take away my middle letter and I will sound the same. I am a five-letter word. What am I?

Reminders

Dates for your diary!

SAS meetings are currently suspended due to COVID-19

During our closure we will be issuing a weekly News Bulletin to keep in touch

Physiotherapist Jeannette, is hosting twice weekly physio exercise classes on Zoom

Chris and Clare, Speech and Language Therapists, are running their groups via Zoom

Pam, SAS Well-being therapist, is publishing weekly guides in the News Bulletins to help maintain your mental well-being

SAS volunteers are maintaining telephone contact with members

**Blood Donor dates therefore NO ART:
Wednesday 21st October 2020 (if SAS is back at The Stevenson Centre by this time).**

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

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!

Whilst SAS meetings are suspended, please send any copy for the News Bulletins to Jan at admin@successafterstroke.org.uk

Committee Meetings

Housekeeping Committee meeting - Tuesday 6th October 2020 via Zoom (unless we are back at The Stevenson Centre).

SAS meets at

The Stevenson Centre

Great Cornard

Contact us:

Telephone

07434 931 962

Post

Success After Stroke

The Stevenson Centre

Stevenson Approach

Great Cornard

Sudbury

Suffolk

CO10 0WD

E-mail

info@successafterstroke.org.uk

Webpage

www.successafterstroke.org.uk

Facebook Success After Stroke,
Reg Charity: 1115016.

Success After Stroke - Activities

(SAS meetings are currently suspended due to Covid-19)

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