



Success After Stroke Summer Newsletter (incorporating Bulletin 46)

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

A note from the Chairman

We returned with a “bang” on 27th July. Post Lockdown, this was our first chance for us all to get together at the Woolverstone Sailing Day, and for our volunteers to be presented with the Queen's Award for Voluntary Service by the Lord Lieutenant. It was a tremendous day and probably the best since I have been involved with SAS. It was wonderful to see so many of you there.

The trustees and therapist meet on 9th August to make our final plans for our return to the Stevenson Centre on 7th September. All being well, we should be able to provide our usual range of therapies and activities, and although the Zoom classes of physiotherapy and Speak and Language have been so valuable during lockdown, there will be nothing like a hands-on approach to helping our members and for them to meet up with their friends, some of whom they won't have seen for over a year

Those I have spoken to can't wait for life at SAS to get started again; it will be rather like returning to school after a long summer holiday with any number of stories to tell

Not long now!

Richard Furlonger



Some of the articles in the Summer Newsletter 2021/News Bulletin No 46....

The Woolverstone Sailing day - page 2

Presentation of The Queen's Award for Voluntary Service (QAVS) - page 4

A note from Pam, our Wellbeing Therapist - page 6

'Touching Base' - from our Manager, Therapists and Carers group - page 7

Marathon Fundraiser - Lisa Cole - page 9

Tales from Corner of The Yard (part 4) - Bob Williams - page 10

Communication Access - an important initiative - page 11

WOOLVERSTONE SAILING DAY JULY 27th 2021

On Tuesday 27th July, after much breath holding and organisation, SAS were finally able to meet up for the Woolverstone Sailing Day, and what a fabulous day out we all had!

It was wonderful to see so many members, volunteers and staff and we were very fortunate to have good weather (only a few showers) and relatively calm waters.

A big thank you to everyone for all their hard work organising this event, especially Barbara, and to the sailing club for their time, efficient and considerate assistance and much admired boat handling!



(additional photos can be viewed on FaceBook page :<https://www.facebook.com/successafterstroke>)





Presentation of The Queen's Award For Voluntary Service (QAVS)

As you all know, in June we were honoured to be chosen to receive **The Queen's Award For Voluntary Service (QAVS)**.

The QAVS is the highest award for voluntary service, is equivalent to an MBE and given to volunteer groups across the UK.

To be nominated they should do work that:

- Provides a service and meets a need for people living in the local community.
- It is supported, recognised and respected by the local community and the people who benefit from it.
- Is run locally.

The winners get a certificate signed by the Queen and a domed glass crystal. Representatives from the group may also be invited to attend a royal garden party.

Viv (Trustee and Volunteer) and Richard (Chairman) both received the award on behalf of SAS on Tuesday at the Woolverstone Sailing Day event.

It was indeed a momentous occasion and a true acknowledgement of the dedication and hard work of all our SAS volunteers. Well done all!!





The award was presented by **Clare, Countess of Euston, Lord Lieutenant of Suffolk.**

Deputy Lieutenants supporting her Majesty's Lord Lieutenant were:

Deputy Lieutenants: Mrs Judith Shallow, DL and her husband.

Mr Tim Bridge, DL.

Mr Roger Finbow, DL.

Chairman of Suffolk County Council, Mr Graham .

A Note from Pam, SAS Well-being Therapist



At last a return to meeting in person is on the horizon for us all, the SAS family, and we will be back at the Stevenson Centre in September – fingers crossed. So with that in mind and knowing that Shirley has plenty to fill this News Bulletin, I thought I would spare you one of my long articles .

I have thoroughly enjoyed writing on a regular basis and, in fact, have surprised myself about how many words I have written since Jan Williamson started the News Bulletins way back in February 2020! What is it they say? “Time flies when you’re having fun!”

I will, of course, be back at the Stevenson Centre on Tuesday mornings to see any Member or Carer who wishes to have some 1:1 time. As some of you know, I offer a range of therapeutic techniques which can help, but mostly it is to lend a listening ear at any time to anyone who is feeling overwhelmed by worries and anxieties and life in general. If you aren’t sure whether how you are feeling comes into those categories, then come and see me anyway!

Although I don’t usually come to SAS on Friday mornings, I will always do so if you let me know in advance that you would like to see me. In the meantime, enjoy the rest of the summer and get out and about in the fresh air as much as possible. I am so looking forward to seeing you all and am sending my grateful thanks to Jan for starting the News Bulletins and to Shirley for continuing them in such fine form and for the way their hard work over the many months has kept us all in touch.

With love

Pam x



'Touching base' - messages from the Manager, Therapists and Carers Group.

A message from SJ - Manager



Hi **EVERYONE**,

I just wanted to say a **BIG thankyou** for all the support the volunteers have been giving the members throughout this unusual time, and well done to you all for receiving the Queens Award! Wear your badges with pride! Some of us have been benefiting from Zoom classes with Jeanette and will want to thank her for her continued energy and enthusiasm....**thankyou Jeannette!**

Also, a **BIG thankyou** to **Chris and Clare** for their continued SALT Zoom sessions, which have been well attended too.

Many of you haven't met **Shirley** (who took over from Jan) as yet, but we/I owe her a big **thankyou** for joining us at a very difficult time and picking up the reins of admin queen, which she has been dealing with brilliantly...newsletters don't even cover it!

Thankyou also to **Pam and Fran** for all their wonderful support to the carers and members during the pandemic. Hopefully many of you have received both vaccines, so are confident to return to The Stevenson Centre early September, which we are itching to do!

Please stay well and safe and enjoy the summer so we can all meet up again **VERY SOON!**

Much love to you all

Sj xxx

A message from Jeannette - Neurophysiotherapist



To the SAS team,

Here we are and summer has arrived, finally (or has it?). I have to say to all of you who attended the exercise classes with me, you are **amazing**. You persevere and do what I ask you to do and I hope you are equally nicely surprised that you can do a lot and have gotten stronger and fitter as you went along. I am hugely proud of your attendance and positive attitudes.

For those who I talk to every now and then via phone, messages and WhatsApp, thank you for sharing your experiences about your life. I really like talking and listening to what you have to tell me.

So, a little break for now and back to the grind stone come September. Have a wonderful time away from the SAS family.

Stay active and keep hydrated !

Love to all,

Jeannette

A message from Chris and Clare - Speech & Language Therapists



Speech & Language Therapy round up

As we approach the end of the summer term for SAS it's time to reflect on the past few months. The conversation group have continued to meet weekly...whether by zoom or face to face. Many of us have enjoyed the last few weeks particularly, where the weather has been kind to us and allowed us to meet outside at the Stevenson Centre. Much as technology has enabled us to connect in these difficult times, nothing beats that face to face interaction, where we can pick up from each other's body language so much more than what just words can convey.

Thinking about the many ways we communicateOne of our projects is to promote Communication Access locally, increase awareness of communication and what we can do to support it in local shops, restaurants and other public places.

We have taken some small steps to start the process with some individual contact with local independent shops and in making contact with local business organisations to seek their support. You will have seen the link in the last news bulletin and we attach it again...please support us by doing the free online training and sharing it with others in your area....maybe there is a favourite local shop or pub you can talk to about it?

[Communication Access UK – Inclusive communication for all \(communication-access.co.uk\)](http://communication-access.co.uk)

We hope you have a lovely summer break and look forward to seeing you all, in the flesh, back at the Stevenson Centre in September.

Best wishes all
Clare & Chris

A message from Fran and Pam - Carers Group



On Tuesday 13th July we held, what we hope will be the last online 'Zoom' Carers' meeting. Unfortunately owing to the short notice for the meeting and prior commitments, only Pam and Fran actually made the chat! We had a quick chat about Covid, meme ears and what we hope will be the way forward from Septemberand then put the world to rights!

We hope that we will see many people in person for the sailing day at Wolverstone on 27th July and keep our fingers crossed for an 'in person' get together in the autumn term. We will watch the easing of lockdown with interest and will arrange another date in late September.

Fran Williams and Pam Lawrence

Tales from Corner of the Yard, part 4 – the natives are restless!

Member - Bob Williams



I was the van driver on late turn (2pm-10pm), which is a good posting as you are based at the station and only go out as required.

About 4pm I was required to go to see the 'harbour master' at the Kings Cross basin of the Grand Union Canal, to pick up some property that was believed to be stolen. I attended within ten minutes and found the guy I was meant to see.

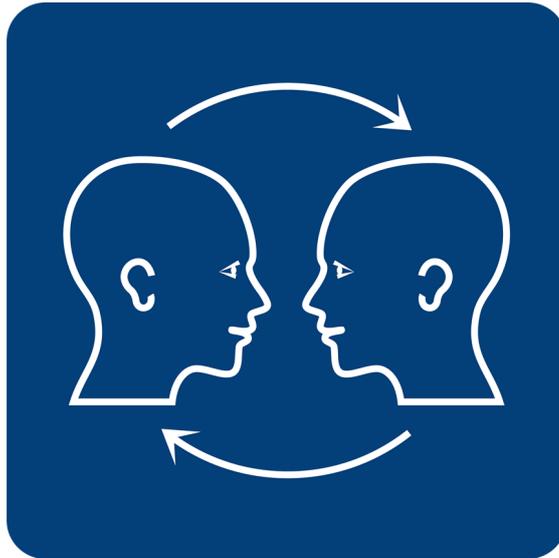
He told me that they had found some arrows in several boxes, that looked expensive and very professional. He took me to the spot that they were found so I could have the boxes for prints. They appeared to have been thrown over the corrugated fence surrounding the location, next to the 3 gas holders; a good spot for a criminal to dump the proceeds of crime when they don't want to be seen! I got the guy to sign for the goods and I took them, to take back to the station so they could be booked in so that the CID could take over.

I drove back to the station and into the underground car park, to park the van in its allotted bay. While I was filling in the vehicle log book, I had an idea. Although I was not a practical joker, I did like to make up a joke that would create a laugh from a given situation. As I was in the gloom of the garage, I took two arrows from a box and pushed them in the ventilation holes on either side of my flat hat, to give an appearance of a Tommy Cooper joke.

I carried my hat, unseen by anyone, up to the front station office, where I knew Bob Gibson, the older Sergeant who liked a joke, would be as he was station officer for that shift. I was in luck – one glance through the door and I saw that he was talking to two elderly ladies at the front counter. I put my flat hat on and made sure that the arrows were sticking out from either side of the hat.

I walked into the station office and said the usual salutation to the station officer. I said, "all correct Sarge". The look of astonishment was on all three faces, and I knew I had cracked it! Before anyone could say anything, I followed up by saying "OK Sarge, the natives are a bit restless"! The Sergeant said, "OK 418 (my shoulder number), go and get yourself a cup of tea and then we'll have another job for you".

Communication Access - an important initiative



The Communication Access Symbol for the UK

Communication Access UK is an initiative developed in partnership by charities and organisations that share a vision to improve the lives of people with communication difficulties.

Led by the Royal College of Speech and Language Therapists, the partnership includes The Stroke Association (among others) to whom SAS is affiliated.

Together, they have developed the Communication access symbol above, a new disability access symbol underpinned by a **completely free training package and standards**.

Communication Access has been developed for both **organisations** and **individuals**.

Anyone can sign up and complete the training package. Individuals will receive certificates confirming they have completed the training, while organisations will receive accreditation as communication accessible once they have committed to deliver the training and adhere to the standards.

Organisations will then be placed on a **National Directory** and can then display the Communication Access symbol.

Both certificates and accreditation are valid for **12 months** and will need to be reviewed annually.

It is anticipated that the SAS team will get on board with this important initiative as it is a fundamental part of our everyday lives as well as the work we do with our members.

For more information, please refer to the link below.

<https://communication-access.co.uk/about/#about>

Obituaries

Peter Keogh



I never had the privilege of meeting Peter personally, but these are just some of the lovely comments that the SAS family sent to me upon learning of his sad passing.

“Yes, that is sad...you are right about remembering his cheekiness and his cap he wore in all our sessions!!

He was missed when he stopped coming to SAS and will continue to be”. x (SALT)

“Very sad to hear Peter has passed away. When he started SAS he was very quiet and didn't really want to be there, but as time went on, he was very funny, a great tormentor, so kind and helpful and made sure nobody was left out”.

“When I saw him in Sainsbury's cafe he was with his family and he introduced them to me with great pride. A lovely man and when I think of him it's always with a smile. My thoughts go out to Diane and his boys and their families”.

“Thank you for informing us. That's very sad news, a cheeky smile indeed from under a hat! We used to enjoy a bit of banter about the football, especially when Diane was in the group too. At the mere mention of the sport, she'd be saying “oh no, no, no!” Please pass on our condolences. We haven't seen him at the group for a while now, but remember him fondly”.

Peter Phillips



“Peter and Jane owned a small haulage company and Peter travelled to Europe (one week at a time) and the Middle East (6 weeks at a time). They had three lorries and Jane did the office work for the company. Jane often went on the trips with Peter and when their children were young and in the school holidays, they often took them along too.

They had a very happy marriage and Peter planned to work until he was 70 to give them a comfortable old age. However Peter's stroke happened a few months after he was 65 and Jane then looked after him for the next 7 years. Peter realised that Jane was finding it increasingly hard physically to care for him and they took the decision that he would go into a care home. Even though he was in care Jane saw Peter everyday and was able to take him out on trips and bring him to SAS where he especially enjoyed Jeannette's physiotherapy sessions. Of course, the Covid lockdown rules meant that Jane couldn't visit him until the last few months when the rules eased. But they spoke on the phone every day, often several times. Peter and Jane lived in Gosfield in their early married life and latterly in Halstead, Peter residing in Colne View Care Home”

NOTICEBOARD

Confirmation of return to meetings at the Stevenson Centre and term dates, etc.

A reminder that a brief bulletin will be sent out to all members and volunteers towards the end of August. This bulletin will contain confirmation of return/term dates for the remainder of 2021 and any other relevant information, including the latest Covid guidelines and how they will affect us. **Thank you in advance for your understanding and patience as we have a lot to organise prior to our intended return on Tuesday September 7th, but we will endeavour to provide you with all the relevant information and updates as they become clear to us.**

Notice of Administrator annual Leave

Please note that Shirley Rarity (SAS Administrator) will be away on Annual Leave from:

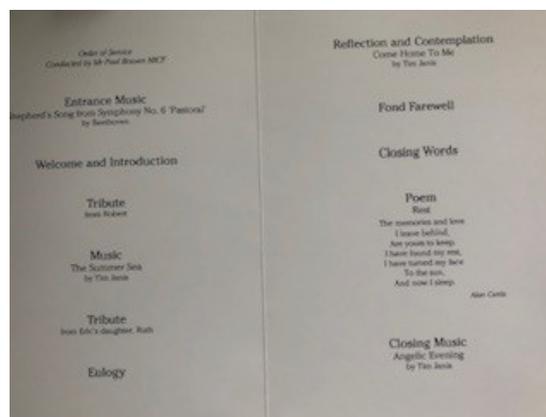
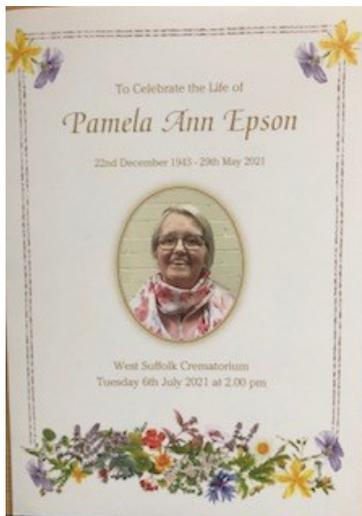
Monday August 9th - Monday August 23rd .

During this time, any enquiries or communications should be sent to **Sarajane Lewis (SJ - Manager)**.

SJ can be contacted via : E mail sjlewis.sas@outlook.com or Tel: **07434 931962**

Thank you.

Pam Epton



SJ attended the recent funeral service of Pam Epton. It was a lovely service, celebrating the life of a member who will fondly be remembered as having a sharp mind and vibrant personality.

Latest update on Lisa's marathon training and fund raising

Lisa continues to make great progress with her physical training and so far has raised **£350** for SAS!

Fantastic work Lisa and we are very grateful that you have chosen to represent our organisation as your charity of choice. I will be posting regular updates of Lisa's training/fundraising.

THE LINK FOR LISA'S FUNDRAISING PAGE IS: <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=LisaCole16&pageUrl=1>

NOTICEBOARD

Royal Harwich Yacht Club sailing opportunities

For those of you who missed the sailing day trip or simply wish to repeat the experience, sailings are available on Mon - Thurs each week at a cost of £10 per person wishing to sail. Advance booking is required.

The details are:

The Royal Harwich Yacht Club, Woolverstone, Ipswich, Suffolk. IP9 1AT

Tel: 01473 780319

Website info: <https://www.royalharwichyachtclub.co.uk/>

A message from the Administrator

It hardly seems possible that it is rapidly approaching a year since I started the job of SAS administrator and I can honestly say it has been a very steep learning curve in extraordinary circumstances!

But, it is my absolute pleasure and privilege to work with such a great team and I have enjoyed getting to know you all, albeit via Zoom, home visits, phone calls, and e mail and finally, meeting several of you face-to-face last week at the sailing day.

I am very much looking forward to seeing you all at the Stevenson Centre when we are finally able to resume our twice weekly meetings and am excited to see how SAS continues to evolve and grow its service provision in the future.

Rest up (but not too much!) and see you all soon.

Shirley x



For any enquiries or further information, please don't hesitate to get in contact.

Contact details are:

E Mail : info@successafterstroke.org.uk

Website : www.successafterstroke.org.uk

Facebook : **Success After Stroke Registered Charity no 1115016**

Sarahjane Lewis (Manager) either through the e mail address or phone :
07434931962.

Shirley Rarity (Administrator) e mail : admin@successafterstroke.org.uk.