



TOE-NAIL CUTTING SERVICE

BY APPOINTMENT ONLY

AGE CONCERN ESSEX offers a Toe-Nail cutting service to people who are unable to cut their own toe-nails. We aim to help you remain mobile and active. Our staff and volunteers are trained by a professional Podiatrist / Chiropodist registered with the Health Professions Council, to standards set by The Society of Chiropodists and **AGE CONCERN ENGLAND**.

Do you qualify for our service? The service is available to people who are unable to cut their own toe-nails.

Where is the service available?

Tendring Specialist Stroke Services
85 Frinton Road, Holland on Sea

**On Tuesdays:
18th October, & 6th December
10am – 3pm**

Is there a charge for the service? There is a £11 charge for this service plus a one off fee of £5 on your first appointment

Please note:

We are unable to trim your nails if you suffer from diabetes or certain circulatory disorders.

For more information or to make an appointment

Please telephone between 9 am and 4 pm Monday to Friday
01245 423333 or email us at info@ageconcernservices.co.uk

TENDRING SPECIALIST STROKE SERVICES

85 Frinton Road, Holland-on-Sea CO15 5UH

01255 815905



AUTUMN NEWSLETTER OCT / NOV / DEC 2011

Email: tendringstroke@yahoo.co.uk
www.tendringsspecialiststrokeservices.org.uk

Registered Charity No. 1054049



Carers' Group Meetings

Carers' Group Meetings - 2pm - 3.30 pm
To be held at our centre in Holland-on-Sea at:
85 Frinton Road, Holland-on-Sea CO15 5UH

This group has been invaluable to carers. Many subjects are covered and often people pick up a piece of information that has made a significant change to their daily life of living with a stroke. The support and understanding of others can be so beneficial. The group also give people a chance to talk about lots of other aspects of life and interests.

Workshops on the Caring Role are also available.

For more information and dates and times of meetings please contact:
Linda Eliot - Stroke Carers' & Family Support
01255 815916

EDITORIAL

*Hello everyone and welcome to our
Autumn Newsletter.*

For those of you who went away on holiday, and for those of you who stayed at home, we hope you all enjoyed a restful summer.

It's that time of year again when we have to say good-bye to Summer and the warm sunshine, and get ready to brave the colder weather ahead. But, as the season changes, take a minute or two to stop and look and the wonderful colours of the leaves on the plants and trees, and feel the crispness of the morning air - what a wonder nature is!

Daily Christmas Parties commence on the 12th December, 14th December, 15th December, with the last one being held on the 16th December. The group closes on the 16th December, and will re-open on Wednesday 4th January 2012.



We hope you have a lovely Christmas.

If you are going away on holiday, please let us know so that we can cancel the transport.

Warmest Wishes to you all....

Rosemary Garrey

TENDRING SPECIALIST STROKE SERVICES

TSSS is a local independent charity caring for the community of Tendring.

Our aim is to assist in any way possible during recovery, rehabilitation and in the long term.

We offer support in various ways to stroke survivors, their families, carers, friends and professionals involved in their care.

We offer the opportunity to meet and share experiences and concerns.

We constantly press for improvements in services for stroke survivors and strive to increase public awareness of stroke survivors and resulting trauma.

We offer education through information and training.

STROKE CARERS & FAMILY SUPPORT

Stroke Family Support is a visiting service, which provides information, literature and emotional support for stroke survivors, their families and stroke survivors living alone.

Strokes can bring about many changes for the stroke person and their family. The Stroke Family Support Adviser is available to help support families both emotionally and practically during these changes. It can be very beneficial to talk things over in a supportive, empathic and confidential environment.

Individuals or health professionals can access our service at any time after a stroke.

We offer a free confidential counselling service for stroke survivors and/or their carer(s).

Tel: 01255 815916

THANK YOU TO

Recent Donations from:-

Mr & Mrs A Fuller
Weeley Post Office
Tony Carrotte
Mrs H Beckham
Shirley Webster
Edna Alexander
Bruce Jones
Mr E Ruddock
Weston's Taxis
Mrs J Feasey
Miss S A Shiplee
Mrs Goldsmith
Thorpe Ladies Bowls Club
Anonymous
Mr R Felgate
Betty Marich
Mrs M Booker
Emma Tresadern
Mrs M Duke
Mr Brittain

Various donation cheques in memory of Mr L Woodward (RIP)

Various donation cheques in memory of Mrs Iris Clark (RIP)

Due to lack of space in the newsletter, it is absolutely impossible to name and thank all individuals who donate to TSSS. If your name is not in the above list, please do not be offended. ALL donors have TSSS's sincere and grateful thanks.

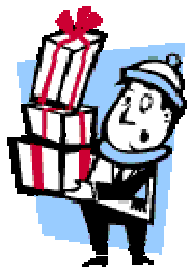
Did you know that our Hall in Holland on Sea is full of leaflets and information that may be of use for you i.e. healthy eating, exercise, local services available, adult education, carers' support services, allowances, transport as well as stroke prevention. Why not pop in and see if there is anything we can help you with.

COMING EVENTS FOR 2011

Autumn Jumble Sale
Saturday 8th October



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Christmas Fayre  
Saturday 19<sup>th</sup> November



*Don't forget to tell friends and relatives  
about these events!!*

### **Welcome new attenders –**

John Davidson (Wednesday Attender)  
William Appleton (Wednesday Attender)  
Harry Hattemore (Thursday Attender)  
Colin Mycroft (Thursday Attender)  
Brian Shears (Dovercourt Group Attender)  
Leslie Cox (Thursday Attender)  
Molly Ince (Thursday Attender)  
Eileen Pritchard (Thursday Attender)  
Harry Webb (Thursday Attender)

### **Goodbye to –**

Shirley Webster (Support Worker, Holland-on-Sea Group).  
Shirley will no longer carry on in her role as support worker,  
but will continue in her role as housekeeper for the  
organisation. Many, many thanks to Shirley for her  
dedication and commitment over the years, she remains an  
important and valued member of the team.

### **Obituaries -**

Vera Wright (Dovercourt Group)

Vera will be missed by all who knew her.

***If anybody would like any information  
about our organisation and our daily  
groups, please ask Rosemary Garrey  
our Co-ordinator***



Imogen Witt from the Primary Care Trust (PCT) gave a talk and a chance to ask questions about medicine storage, ordering and waste.

Attender; Malcom Nixon stated, "I was amazed at the stockpiles of drugs that some people have. Imogen showed us some photos of drugs worth £1500 which had been over ordered by one person alone".

The group learnt that the annual drug budget for North East Essex is £50 million, of which £5 million is wasted. This would pay for 7000 cataract operations and 1000 knee operations.

The group also learnt that it is not good practice to put all of your tablets for one day into a container that could mistaken for sweets. It is best to dispense them into a daily or weekly specially designed pill box. Medication should not be stored in the bathroom because it could react with the steam from a shower or bath and for the same reason, it should not be stored near a kettle, oven or radiator.

Imogen advised that it is best to speak to your pharmacist or GP for further advice.

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On Thursday 21st July 2011 a gentleman called Sid Chumbley (volunteer at Holland on Sea group), came to the Dovercourt Group to speak to us all about fuchsias. The talk was very interesting, and at the end Sid gave us all a plant as a gift.

In the group that day we were so happy to learn how to look after them, how to take cuttings, and how to produce new plants for next year.

*Many thanks to Malcolm Nixon and Gill Wyke
(Dovercourt Group Attenders), for these articles*

Chocolate and Prune Cake



Ingredients

125g ready-to-eat prunes, chopped
2 tbsps Armagnac, or orange juice if you prefer
225g self-raising flour
1 tsp baking powder
25g cocoa powder
200ml buttermilk
Few drops vanilla essence
100g butter or polyunsaturated margarine
125g caster sugar
3 large eggs, beaten

Method

Place the prunes and Armagnac or orange juice in a small bowl and set aside for at least 30 minutes, preferably overnight.

Preheat the oven to 180C, gas 4. Grease and flour a 23cm cake tin.

Sift together the flour, baking powder and cocoa powder into a bowl. In a separate bowl, stir together the buttermilk and vanilla essence. In a third bowl, cream together the butter (or margarine) and sugar until light and fluffy, then add the egg a little at a time, beating between each addition.

Into this bowl, gradually fold in alternate spoons of the flour mixture and the buttermilk mix. Gently stir through the soaked prunes, then spoon into the prepared tin.

Bake for 35-40 minutes until a skewer comes out clean when inserted. Leave to cool in the tin for 10 minutes, then turn out on to a cooling rack.

*This wonderfully squidgy cake from Diabetes UK is
delicious with afternoon tea, or a little yoghurt or ice
cream for a special dessert.*

My Stroke in Detail.....

I thought I would tell you about my stroke. I went to see the Doctor, and she said that my blood pressure was very high, but did not give me any medication to get it under control.

My Daughter came to visit and was making some rolls for my tea, and realized something was wrong when she couldn't understand what I was saying to her. I stood up, but collapsed to the floor. Concerned that I had had a stroke my Daughter called for an ambulance. I was rushed to hospital.

The Doctors confirmed that I had suffered a stroke. I was in hospital for some considerable time, everyone there was so kind. I remember having to have thickening ingredients added to all of my drinks. Sadly I suffered with pain in my left arm and leg which reduced me to tears. I was sent to Colchester Hospital for a scan which revealed that I had a thrombosis in my left leg. I was prescribed medication to ensure that my blood didn't thicken.

I used to get very weepy if I couldn't do something and felt useless. Sadly I didn't go home straight away. I went to a Residential Care Home for a short while. I wasn't happy there and would sit and cry, which made me ill. My Daughter was so concerned that she helped me get back to my own home. I was so pleased. After a short spell at home, I was using my wheelchair one day and I forgot to take the brakes off, and as a result, had my first fall. I cut my forehead open. My Daughter-in-Law arranged for carers to call in to help look after me.

The carers have been fantastic, and I enjoy their company. I was determined to walk again, and I am pleased to say that I am getting there. It has been a long road, but I will get to the end of it. I go out three times a week which I enjoy. Dial a ride pick me up and take me to my club, and then take me home again. People are so kind, and always offer their help. I think it's a bit like the war days when people all pulled together. When I get better I would like to help other stroke survivors as I understand how they feel.

***Thank you to Elizabeth Radley (Holland on Sea group attender)
for sharing her story with us.***



Fairy-Tale Quiz

1. Which fairy-tale character do you associate with;
a) Glass Slipper
b) A Wolf
c) A Cat
d) A Lamp
2. What was the name of the magician at the court of King Arthur?
3. Who owned a belt on which were the words; "seven at a blow"?
4. Who has skin as white as snow, lips as red as blood and hair as black as ebony?
5. Who asked her father to bring her back a red rose from his travels and so met a strange beast?
6. Who has a friend called Tinkerbell?
7. Who let her golden hair down?
8. Who has a magic horse called Falada?
9. Who found a gingerbread house in a forest?
10. Who pricked her finger on a spindle and slept for 100 years?
11. Who demanded to know his name as payment for spinning straw into gold for a queen?
12. Who opened a magic cave by saying the words "open sesame"?

Please return your answers to the Dovercourt Group via Rosemary Garrey by 8th December 2011. Entries with all the correct answers will be entered into a prize draw and one lucky entrant will receive a prize. The winners name will be published in the next edition of the newsletter.

Many thanks to Gill Wyke (Dovercourt group attender) for this article.

Collecting Tins from

Remnant Shop - Town Centre
Carousel Newsagents - Town Centre
Top Nosh – Town Centre
The residents of Westcliff Court
Bradleys on Frinton Road
Moss Chemist on Frinton Road
Lawrence Desmond, Hairdresser, Gt Clacton
Weston's Taxis
Mrs Jean Twiss
Mrs D Blunden
Mrs Gainsford
Mrs Andrews
Mr Alistair Keeble, Solicitors
Harwich Dysphasia Group
James Taxis
Weeley Village Bakery
Weeley Village Post Office

DONATION BY STANDING ORDER

Please contact Rosemary if you would like to donate in this way or if you would like a collecting tin for your home to collect your loose change

Doctor Doctor.....



*Will I be able to play the violin after the operation – of course!
Great! I never could before!*

*My daughter has just swallowed my pen – what shall I do?
Use a pencil.*

*I think I'm a cat. How long has this been going on? Oh, since I
was a kitten I guess.*

I feel like a pack of cards. I'll deal with you later.

I think I'm a bell. Take these and if it doesn't help give me a ring.

I think I'm a pair of curtains. Pull yourself together man!

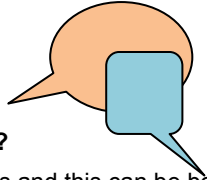
*What can I do, everybody thinks I'm a liar. I find that hard to
believe!*

*You've got to help me, I just can't stop my hand shaking. Do you
drink a lot? Not really – I spill most of it.*



We hope these made you smile.....

Health note: Communication problems



Q: Is it common for a stroke to affect communication?

Yes, about a third of stroke survivors have some difficulties and this can be both frustrating and frightening.

Q: What's the most common problem?

Aphasia is the most common language disorder caused by stroke. This condition can affect how you speak, your understanding of what is being said, and your ability to read and write. Aphasia can be mild or severe. Some people may not be able to understand what other people are saying, whereas others can understand exactly what is being said, but are unable to find the words to express what they want to say in response. Some people are unable to speak at all.

Q: I've heard of dysarthria and dyspraxia – what do these terms mean?

Dysarthria is a speech problem, which is caused when the muscles around the jaw and mouth are weakened by a stroke. It may affect the muscles that you use for speaking. It doesn't affect your ability to understand others, but is more likely to affect the tone of your voice or your ability to speak clearly.

Dyspraxia, on the other hand, affects movement and co-ordination. When it affects your speech, it may mean that you are unable to pronounce words clearly or say them in the correct sequence.

Q: Are there other issues that can affect communication?

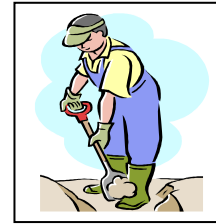
Yes, it is natural to feel very tired after having a stroke, both physically and mentally and having a conversation may take more effort than it used to. Some people experience short-term memory or concentration problems and this can make communication slower and more difficult. Other effects of stroke such as pain can also be a distraction.

Q: Will I get better?

The amount of recovery and the time it takes is different for everyone.

Many thanks to Stroke News for this article.

Should you have any questions in connection with this article, please do not hesitate to contact us. Our Wednesday group concentrates on Communication problems.



....jobs to do in the garden

October

Prune large bush roses – large bush roses benefit from being lightly cut back to prevent Autumn wind damage.

Ripen late tomatoes – too many green tomatoes? Put a few in a drawer with a banana, to encourage them to ripen, or make green tomato chutney.

Avoid digging backache – if you're planning to dig over your beds or vegetable patch, make sure you take care of your back. Warm up before starting to garden by gently stretching your muscles. If it's cold, wait until later in the day when it's warmer.

November

Protect patio plants – move tender plants into a sheltered place, such as a porch or cold greenhouse, to help get them through the worst of the winter weather.

Plant winter baskets – line wire baskets and fill them with early flowering bulbs for a spring display.

Harvest carrots – pick carrots as soon as they're big enough to eat. Choose undamaged roots, and store in a cool, dry place..

December

Prune clematis – cut back summer-flowering clematis to a pair of strong buds to be sure of good growth in the summer.

Take root cuttings – take cuttings of plants with thick fleshy roots, to make new plants for the following year.

Maintain ponds over winter – during the winter months ice may form, trapping methane gas which is released from submerged decaying vegetation, which is potentially lethal to fish. Ice also exerts pressure on the sides of concrete ponds, often causing them to crack. Ensure the pond remains free of ice by floating a ball on the pond surface. Should the pond freeze around the ball, move it to reveal the water, therefore allowing the gases to escape.

Happy gardening!



Some time ago, Lead Support Worker Gladys Lavell visited Portsmouth Harbour at the time when the Round the World boat race was taking place. Amongst the many trade stands and various attractions, Gladys spotted some pretty handmade doorstops.

The door stops had been made from a normal building brick, covered in thin foam to soften the rough edges, which had then been covered in material, and made to look like small sofas.

Thinking that this would be a very good therapeutic activity, Gladys researched the idea further, and suggested that some of our Monday Group Attenders have a go at making them.

The idea and activity proved to be a great success, and produced some exceptional work, for which the attenders should be very proud. Their imagination, needlework skills, and dexterity proved to be excellent. Some of the doorstops have been on display in the hall for all to see, and admire.

Very well done to all of those who took part in this activity.



No Mountain too high!

Raymond Kelly, from Dunloy in Northern Ireland, is used to facing challenges in his life. Four years ago, he had a stroke at 38 which left him with very little speech. Worse than that was the depression that followed, leaving the former electrical foreman, used to the powerful position of directing others, very low on confidence. "At that stage, my life was looking very dark", admits Raymond.

The turning-point for Raymond and his family was when he attended a stroke event, where he met others in a similar situation. He found listening to their stories, and seeing how far they had progressed since their strokes, inspirational. One lady he met there was a stroke survivor called Anna. "That's when my life really started again – meeting Anna and the rest of them was a life-changing experience," says Raymond.

Raymond went from strength to strength. Eventually, Anna suggested that they could climb Everest to raise money for charity. Raymond agreed, but while out training he broke his hip – just ten months before the climb was due to take place! He wasn't deterred, and despite having a permanent metal plate fitted into his hip, Raymond successfully reached Base Camp with Anna and other fundraisers in May 2010.

"The high at the top was incredible. Believe it or not, snowflakes started to fall just as we made it. I burst into tears. I couldn't believe what I'd achieved. Never give up – that's what I'd like to tell other stroke survivors. We all have our own mountains to climb but there's help out there for us. I now consider myself a very lucky man."

Raymond's next goal is to get back to work: "that's something I would love and I'm determined to do it."

Many thanks to Stroke News for this story.