




Stroke Working Age Group Suffolk

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 swagsswags1010@gmail.com

 SWAGS



XMAS MEETING !!

Georgina, Phil, Elaine, Tony, Adi, Steve, Sylvia and James.

We had our Xmas Meeting in December. Together we had enough food and drink to last us through the meeting.

Den brought the crackers, (we thought we were crackers enough ???)

There was a quiz, and a raffle which added to the "excitement"



Christmas at 'Hillside'

Den & Georgie



*We mentioned
crackers ???*

"Together we are Strong"



Stroke Working Age Group Suffolk

"Together we are Strong"



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SWAGS

SWAGS Newsletter

I hope you are well recovered from the festive season and are all keeping well as the year swiftly marches on. The past three months have been a mixture of fortunes and emotions, just before Christmas we gathered to bid a fond farewell to Claire who will be sorely missed by us all. She was a valued member of SWAGS from the very beginning, supporting both the Bury St Edmunds and Ipswich meetings. When the two clubs came together in Stowmarket, she became a valued and active committee member. The New year sees Pam coming onto the committee to help steer this crazy ship forward.

Our Christmas bash at the hall saw a good gathering, both the raffle and the "ad hoc" auction raised a good few pennies for the money box

January saw a good meeting with a presentation from Gary from the Warmer Homes team, this month also saw our first venture fielding two teams for the Mayor of Stowmarket's Charity fundraiser. A great evening was had, and with well over twenty teams from across the town, both of our teams finished respectably in the top half at the final whistle. Hopefully an experience we can repeat next year.

I am glad to report that we are busy planning and swiftly filling our programme for 2020. Again, I will reiterate that if there are any topics you would like us to include please talk to me or any of the committee and we will do our best. Building on the success of last years outing, we are planning to re-visit the Museum of Daily Life in Stowmarket for our August trip. As part of the deal this year we are hoping to incorporate a voucher for a free cuppa and slice of cake.

Just a reminder to members in the east of the county, there is a monthly "drop in" session at the Ipswich Hospital on a Tuesday afternoon, next on is on the 11th Feb. These are informal gatherings where you can come and get your blood pressure checked. There are Nurses from the Stroke ward available to chat to if you have any health concerns. Also present are representatives from the Stroke Association plus on occasion other organisations that support and provide services to stroke survivors.

We try and get there to spread the word about SWAGS. It is a good forum to share information and get advice both medical and otherwise.

Terry Stannard-Smith (Chairperson)





Stroke Working Age Group Suffolk

"Together we are Strong"



Our teams from SWAGS with the Mayor.
Mayor of Stowmarket's Charity fundraiser.



AGM

With March quickly approaching we must remind you all of the AGM.

All current committee members are standing for election to the five committee posts available.

If you wish to stand yourself please let me know by the **10th March**, and also advise to which post you wish to stand for. This is to enable the preparatory paperwork to be done before the AGM on the 13th March 2020.

Current Committee :

Chairperson:	Terry Stannard-Smith
Secretary:	Marie Dawson
Treasurer:	Adi Stannard-Smith
Sponsor Liaison	
and Printing:	Georgie Lusher
Subs. Secretary.	Pam Beatty



Stroke Working Age Group Suffolk



"Together we are Strong"

Our journey started on 8th December 2016. Tony had been to work as a hospital porter, he came home, had his dinner. I went out at 5.30 and came home at 7.20 and found Tony laying on the living room floor. ***That was the day that changed both our lives.***

Tony said 'I am ok just help me up, I need a drink of water'.

I couldn't get Tony up and suspected he had had a stroke as he was not able to get himself up.

I phoned 999 and the fast response paramedic arrived less than 5 minutes later, followed by the ambulance. Tony was blue lighted to hospital where it was confirmed that he had suffered a large bleed on the brain.

He was in the HASU unit for 11 days and didn't open his eyes for 8 days. He also got pneumonia during this time. Once he was stable enough to be moved to a ward physio started. Tony was unable to sit up without support and the only way to describe him was like a new born baby. After 3 months of care and physio Tony was allowed home.

*'The day Tony came home was the day it flooded in, emotionally, **it was the day it all hit me.***

His speech and memory were not affected by the stroke but it has resulted in a left side weakness and he is only able to walk short distances at present.

After the support and care of the stroke team, the shock of having to care for Tony was overwhelming, To say it was a difficult time would be an understatement. Tony had to have a hospital bed and a commode in the lounge as he wasn't able to do the stairs, and carers came in 4 times a day. It was a very hard time, for both of us, as Tony needed help with everything.

Because Tony was downstairs and I was upstairs at night, he had a bell to call me, so I was up and down the stairs during the night and was exhausted. **If I ever hear another bell it will be too soon.**

There was a lot of *tears and feelings of hopelessness* in the first few weeks.

The only times Tony went out was for hospital or physio appointments as, due to where we lived (It was very hilly), I was unable to get Tony in or out of the house independently.

The thought of this, being our life, was very depressing.


Luckily, we were in a position to move, so we sold our house and moved into a bungalow. Once we had the shower room knocked out and a wet-room installed Tony was able to have his first shower in over a year. Things have improved so much since then, we are able to get out and about as a couple again. He has been able to join a stroke group and from there we have joined other groups together. Now, the support and friendships we have received has been a *godsend*. We now have friends who understand what we have been through, and are there if you need to talk.

Hopefully we can help others also. We are now looking forward to our 2nd short break away with friends and hopefully we will have many more years ahead to enjoy.

With thanks to Pam & Tony



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"Together we are Strong"

Ipswich & District Stroke Club.

We are a very friendly club that meet on the second Monday of each month at the St Mary at Stoke Church Hall, Belstead Rd, Ipswich.

The age group is mainly over 50.

Partners and carers are welcome also.

We have interesting talks, musical afternoons and quizzes. Also we have coach outings, fish and chips at Felixstowe and a Christmas meal.

We have a subscription of £10.00 per year and a raffle every meeting.

Contact: Pauline Cheeseman - Tel: 01473 743934

Email: polly.cheese@gmail.com

Brecks Stroke Club



BSC runs on third Thursday once a month, in Mildenhall. Members are from the north-west of Suffolk. We have had three meetings at the time of writing this newsletter. Subs are collected monthly and there is a raffle. It is a generic club, and we welcome Stroke survivors and their spouse's and carers. Peer support, and membership led activities.

Contact: brecksstrokeclub@gmail.com or speak to Terry/Adi

Affiliated to the
Stroke
association



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SWAGS

Stroke Drop In

The Ipswich Hospital,
Shotley Ward.

1.30—3.00

14th January 2020

11th February 2020

10th March 2020

14th April 2020

12th May 2020

09th June 2020

The Community Centre, Hillside,
Stowmarket, IP14 2BD

*11.00am to 1.00pm Second Friday of the
month*

10th January 2020

14th February 2020

13th March 2020

17th April 2020

15th May 2020

19th June 2020

Contact : Marie 07531 155568

Email: swagsswags1010@gmail.com

Ipswich & District

Stoke Church Hall,
Belstead Rd, Ipswich

2.00-4.00

13th January 2020

10th February 2020

9th March 2020

6th April 2020

11th May 2020

8th June 2020

Kinds of things WE like to do:

We have heard from ours members, 1 or 2 things we would like to do...

Motorbikes, Computers, Cinemas

Angling, Swimming, Theatres, Gym.

And anything you wish us to organise, (within certain guidelines) we will try, **with your help**, to arrange that.

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