

STROKE GROUP NEWS

April 2018, Issue 21

Welcome to **Stroke Group News**. The dates of our stroke group meetings for your 2018 diaries can be found below.

We will be at the David Rayner Centre every Thursday afternoon from 1 – 4pm.

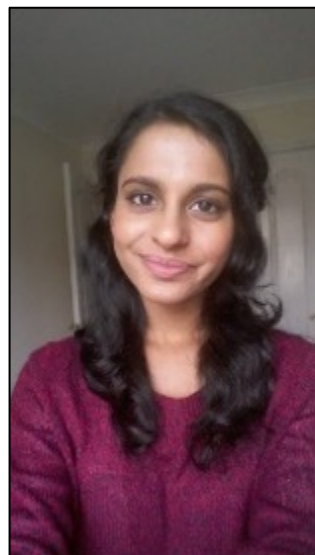
STROKE GROUP – 2018 MEETING DATES

Thursday 17 th May 2018	Tai Chi 1:15pm & talk by Tamsin Wimhurst on Queen Victoria's visit to Cambridge
Thursday 24 th May 2018	Purple Picnic
Thursday 31 st May 2018	Tai Chi 1:15pm & meeting at DRC
Thursday 7 th June 2018	Tai Chi 1:15pm & making stress balls with Anita and Catherine T
Thursday 14 th June 2018	Ladybird Boat Trip (no meeting)
Thursday 21 st June 2018	Tai Chi 1:15pm & Pilates with Dan Cossette TBC
Thursday 28 th June 2018	Tai Chi 1:15pm & flower arranging demonstration by Kate Brown

NEW FACES – WELCOME ABI!

Hello, my name is Abi, and I am from Cambridge. I am a newly qualified Speech and Language Therapist, who graduated from the University of East Anglia, Norwich, last summer.

Over the past few weeks I have enjoyed my time as a volunteer, getting to know group members and providing communication support. I hope to continue supporting members and look forward to meeting more people at the group.



EASTER BINGO

Sharne Collicot joined us on the 29th of March for a lively and competitive round of Easter Bingo. We had some very happy winners, including Roderick, Ray and Sheila (who were lucky last year too!), Mr. Numbers (our faithful treasurer), Brenda, Abi, Danka (who won twice over) and John. Members were treated to some delicious Easter treats. Thank you Sharne for running the bingo session, it was a great way to kick off the Easter weekend!



ARTS AND CRAFTS

Group members enjoyed some relaxing water colour painting on the 26th of April. Thank you, as always, to Anita for helping set up and run the activity. Your creative energy and enthusiasm for art always makes these activities enjoyable for everyone.

John (pictured right) created a beautiful water colour painting with the kind assistance of Marie-Noëlle.



FUN AND GAMES



Ray and Sheila on the hunt for that elusive Wally! Never a dull moment at Stroke Group.

VISITORS TO THE CENTRE

We are very grateful to all of the guest speakers and visitors who shared their knowledge and skills with us in April. This included talks and performances from Dr Ricky Mullis and Sally from the University of Cambridge, Janet Bar (Danka's daughter), Howard Slatter and The Crofters.

MY LIFE AFTER STROKE

Dr. Ricky Mullis attended the Stroke Group, with his colleague Sally, on the 5th of April to gain perspectives from members on their experiences of physical activity post stroke. They were interested to learn about the main facilitators supporting the return to physical activity in addition to the barriers.

Thank you to all group members who participated in this discussion.



HOBSON'S CONDUIT



Howard Slatter, from the Hobson's Conduit Trust, joined the group on Thursday 19th of April to share details about Hobson's Conduit. Hobson's Conduit, or Hobson's Brook, is a watercourse which was built from 1610 to 1614. This project was led by Thomas Hobson and was designed to bring fresh water into the city of Cambridge from springs at Nine Wells. An octagonal monument to Hobson can be found at the corner of Lensfield Road.

Group members could recall seeing the watercourse running overground along both sides of Trumpington Street in broad gutters. We also learnt that the spring water was put to good use filling the pools of College Fellows in times gone by! Howard was a lively and entertaining presenter who taught us a great deal about the Cambridge waterworks!



Hobson's Conduit Monument, Cambridge

Source: <http://www.fotolibra.com/gallery/440067/hobsons-conduit-monument-cambridge/>

DANKA'S STORY

We were privileged to have Janet Bar join us on the 12th of April, to share with us Danka's experiences of World War II in Poland. Janet read aloud 'The Persistence of Memory' so beautifully written by Danka, prior to suffering her stroke. Janet's reading was accompanied by past and present photos of the town where Danka grew up as well as pictures of Danka as a young woman. Janet also kindly shared pictures from her own theatre, dance and music performances which combined elements of Danka's and Janet's personal stories.

Group members were incredibly moved to hear about Danka's past. We admire Danka's strength, courage and kind spirit, especially having experienced such terrible adversity as a young child. It truly is testament to the wonderful person Danka is. We are very grateful to both Janet and Danka for opening their hearts and so courageously sharing Danka's story with us.

Group members who would like to hear Danka sharing her experiences may watch her testimony on YouTube via the following link:

https://www.youtube.com/watch?v=UsmRGuit_bs&t=3260s

More recent footage of Danka sharing her memories in Yad va Shem may be viewed on DVD. Please ask Anita to gain access to the DVD and laptop for viewing.

Janet and Danka have generously shared with us poems written by Danka, which have been included in this newsletter below. Danka's words so eloquently convey her feelings and experiences of war as a young child.



'Still So Vivid'

*Still so vivid
Your voice
I feel my trembling
Hand lifting the black
Receiver to my ear
And your longing voice
Danusia, Danusia and feel
The warm tears of relief on
My cheeks, then bitter
Silence, an agony of waiting
Forwards to soothe my pain
But nothing is coming through
Only silence.
I see you being grasped
By two gendarmes, tugging
At you, leading you away
And I am shouting, Tatusia.
Tatusia, where is Mamusia,
Can you hear me?*

Poem by Danka Binks



'I Wish Someone Had Told Me What War Was Like in 1939'

*I wish someone had told me what it would be like
To part from my mother and father
When not fully grown up*

*I wish someone had told me how you procured
The soup you asked me to eat when you had none.
I wish someone had told me that lying in a pool of tears
Is normal when torn too early from a mother's womb.*

*I wish someone had told me that I would not sleep at night
But lie curled up in a ball and nervous tension
Would be eating me up.*

*I wish someone had told me grief
Does not go away, that it gnaws at you,
and gnaws at you, that no amount
Of stone beating against your chest
Will shift the mental pain.*

*I wish someone had told me
What it would be like
And I never would have separated
To suffer like that.*

Poem by Danka Binks

THE CROFTERS

The Crofters absolutely delighted with a performance on Thursday 3rd of May and had everyone joining in singing and clapping! It was such a feel-good session with a great atmosphere.

Thank you to Richard and Tim for generously giving their time to perform at the group. And of course, a very special mention and thank you to our very own David! It was such a treat seeing you perform David, you put a smile on everyone's faces. The Crofters are welcome back at the group anytime!



BIRTHDAY CELEBRATIONS

At the end of March, we celebrated Hassan's and Sheila's birthdays. It was lovely seeing the big smiles on both of their faces as we sung Happy Birthday.

Everyone enjoyed delicious cake and tea to celebrate. We hope that you both have a wonderful year, filled with happiness and good health. Your warm, gentle and friendly personalities are so greatly valued by our group.



THANK YOU

We would like to say a sincere thank you to the very talented John, who created this lovely piece of artwork and kindly donated it to the Cambridge Stroke Group. John painted this picture as a thank you to Stroke Group organisers and members for making him feel so welcome upon first joining the group. We'll be sure to find just the right spot for the painting, which will brighten our day each time we see it.



SAD NEWS

We are very sad to announce the passing of our beloved Cambridge Stroke Group Member, Iris Darsley. Iris passed away peacefully in the early hours of Saturday 29th of April. She was surrounded by her loving family.

Iris attended Stroke Group meetings regularly over the past three years and had been the one to get Anita involved in the group, for which we are very grateful. Our thoughts and condolences go out to Iris's family and friends, as well as group members. We also send our love to Anita who was a very close friend to Iris for over 10 years. Iris will be dearly missed. Always in our thoughts and hearts.

Iris's funeral will be held on June 4th. More details to follow for group members who would like to attend.





FOR MORE INFORMATION Don't forget to head to our website for information on the group – www.cambridgestrokegroup.co.uk

OVER TO YOU – GET INVOLVED

If you have any ideas to help support the Group, are inspired to organise an event and/or your friends and family would like to be involved as a volunteer, we would love to hear from you. It is a great way to make new friends and be part of a rewarding and fun group of people with a common aim. Please pop in and speak to the team, we are always happy to see you. We can be found at The David Rayner Centre (Scotsdales Garden Centre, 120 Cambridge Road, Great Shelford, CB22 5JT) every Thursday afternoon from 1pm.

We are actively looking for volunteers to support the group on a weekly basis. Please let us know if you know anyone who might be interested & available

STROKE GROUP CONTACT DETAILS

Helen Long (Stroke Association, Support Coordinator).	E: helen.long@stroke.org.uk
Anita Marsden (Group Volunteer)	E: anitamarsden@ntlworld.com
Maria Hamilton (Group Volunteer)	E: maria.hamilton129@gmail.com