



Aphasia
Re-Connect

Registered Charity Number 1176125

Welcome to the summer edition of the Aphasia Re-Connect newsletter!

We have had an exciting few months filled with lots of **activities and events**. We would like to share **what we have been up to** over the last few months in this exciting summer edition of our **newsletter**. For those of you who are not familiar with us, **welcome!** Aphasia Re-Connect is an **organisation** which works with people with **aphasia and other acquired communication disabilities**.

Our mission is to bring people with aphasia together

– we welcome those with broader acquired communication disability too!

What you will find in this edition of the Aphasia Re-Connect newsletter:

- What our many **groups** have been up to.
- **News and events**.
- An **article** on **old pubs** in our **local area**.
- Guest corner: an **article** by a **volunteer**.
- **FAQs**.
- Spotlight on a person with **aphasia**.
- What is aphasia... and what is **not** aphasia: a **glossary of confusing terms**.

This edition of our newsletter is absolutely **jammed**. If you would like to get involved or contribute to future editions, please email Sally. You can also reach us via **social media**:



Aphasia Re-Connect



@Aphasiareconne1



info@aphaisareconnect.org

Some of the Groups of Aphasia Reconnect

Aphasia Re-Connect offers many different social groups which are becoming increasingly popular. From listening to music to appreciating art, there's a group for everyone!

Re-Connect at City

A lively **afternoon Drop-in** for people with aphasia living **North of the Thames**. It is supported by **volunteer speech and language therapy students at City**, University of London.

It gives a **great opportunity** to have many different conversations. There is always **'news of the week'** or you may prefer to talk about your **experiences** and **passions**. Paper and pen at the ready, maps, iPads and **good supported communication** throughout.

When: Every Wednesday from 28 August

Time: 1 pm to 3.30

Where: The Roberta Williams Centre, Tait Building, City, University of London

In the **autumn** we are also **setting up:**

- a **six-week conversation group**
- **Wednesday mornings** 10am to 12pm
- **Let us know if you want to get involved.**

Contact: Sally McVicker 07885 288943

or Sally@aphasiareconnect.org



Conversation group

More **structured**. A good welcome and **support to feel at home** quickly. **Fun** to meet up with friends. Then one, two, three, four groups with **support for writing, drawing, pointing and communication by any means**. Topics resourced by wonderful students but **chosen by group members**. A round-up at the end!



Every Tuesday, 10.30 am to 12.30 am

Christchurch, 27 Blackfriars Road, SE1

8NY

Want a group in your local area? Please let us know:

Sally@aphasiareconnect.org

or 07885 288943

Music Group

A feast of very different music. **Bring your CD's or tell us your musical choices!** Jazz, opera, rock, pop, soul, blues, folk, hip hop...anything goes! **Great resources** to tell us **your feelings and views, share memories, discuss composers, artists, and history.** Peer facilitators with good support from students and trained volunteers. **Great fun, lots of laughter!** A perfect to end the week!



Every Friday, 10.30 am to 12.30 am
Christchurch, 27 Blackfriars Road, SE1
8NY

Drop-in

A lot of **conversation**, a lot of **talking, drawing, writing, gesture!** Great topics of the week, books and things to look at. Many conversations, all **flowing** very naturally. Very **welcoming**, lots of **laughter** and a **wonderful atmosphere.**



Every Thursday from 10.30am to 1.30pm
60a Rowland Hill House, Union Street,
SE1.

Women's group

Every month we have a get together of women in **Young Vic Theatre.** We talk about what happened when we saw each before. Perhaps you saw **good films, play or exhibitions or went on holidays or took up a new hobby.** Maybe you started **exercising** or a **sport** or something about **cooking.** Or maybe something **useful for people with aphasia.** If you are new in the group, we all want to hear your story, about your experience with aphasia and what happened to cause it. **We support and encourage you to tell your story.**



Meetings in the **Club room (first floor)**
Young Vic every third **Tuesday** of month,
1 o'clock to half past two!
Tuesday 17th September 2019
Tuesday 15th October 2019
Tuesday 19th November 2019

Fundraise for us!

Aphasia Re-Connect **depends on donations and volunteers,** both with, and without aphasia. Please help **support** our organisation and the work we do:

Donate online via Go Fund Me

Donate online via BT my donate

News and Events

Summer Parties

The **hottest** July day on record! Thursday **25th July 2019**. Aphasia Re-Connect had a party! This was the **South London party** at **Rowland Hill House**. We had three absolutely star **volunteers** for the day, Katie, Yashvini and Hassan (all from UCL studying radiography, engineering, and politics). They set up shade in the garden, buttered sandwiches, made refreshments and thoroughly entered into the spirit of the occasion. They even carried an exhausted Sally's bags to the station!

People with aphasia and visitors formed teams and entered into a quiz, drawing game and all sorts! A thoroughly good time was had by all, with many thanks to all who contributed.



We also enjoyed a **summer party at City Drop-in** on the **7th August**. Cooler but an unexpected fire alarm in the middle! Lots to eat, drink with a music and general knowledge quiz to keep us busy!



Welcome to the Re-Connect Team!

This Quarter we have trained people with aphasia:

- 10 new trainers
- 5 new co-facilitators
- 4 new befrienders in Bromley



Our Local Area: Old Pubs in Southwark

From **London Bridge** down to **Borough High Street** there are many **sites of old pubs and inns**.



Tabard Coaching Inn was originally established around **1300**. During the medieval period, **Southwark** was a **lawless** suburb of London and **drinking establishments** such as the Tabard would have been filled with **criminals, prostitutes, drunkards...** and perhaps occasional **bear bait or cock fight** in the outside courtyard!

As **Southwark** grew through the **15th and 16th centuries**, more **coaching inns** sprang up **around the area**. There was **major fire** in **Southwark** that **destroyed** many of these **inns**, including the **Tabard**. **Luckily**, their popularity meant that **many were rebuilt straight away**, including the **Tabard**, although it was subsequently renamed the **Talbot Inn**

The George is London's only **surviving galleried coaching inn**. **The George** was rebuilt in 1676, after a **devastating fire** swept **Southwark**.

Some of these pubs are gone but their memory is honoured. **The Tabard Inn** maybe gone but the site still remains as it is now called **Talbot Yard**. **The Queen's Head** is also gone, but the site is still called **Queens Head Yard**.



<http://www.british-history.ac.uk/>

The White Lion, formerly a **prison** (till **1695**) and an **inn**! The same house was called **Baxter's Chophouse, No 19 High street**. The house next to it was formerly called **The Three Brushes**. This was **justice-room** in which her **Majesty's justices sat** and held their **sessions**.

Written by Basia

Guest Corner: An article by Sarah Batchelor



Sarah Batchelor writes about her experience with Aphasia Re-Connect.

I became involved with Aphasia Re-Connect last September, as a final year student studying speech and language therapy. I thoroughly enjoyed my six week placement, supporting various groups and meeting many fantastic people who shared their stories and experiences of Aphasia with me.

When my placement ended, I decided to continue working with Aphasia Re-Connect as a volunteer. Sally has allowed me the opportunity to get involved whenever and wherever I can; I regularly attend the conversation group in Bromley and I am a communication partner for a lady who lives locally to me. I am also lucky enough to have been involved with the Ark Walworth Academy Project, playing a part in raising awareness of Aphasia amongst young people.

I am passionate about the vital role Aphasia Re-Connect plays in providing opportunity, support and empowerment for people with Aphasia and I love my role as a volunteer. I am continually learning about Aphasia and its impact from the people I meet, as well as improving my own communication skills. In the past year, I have made genuine friendships with some wonderful people whom I feel privileged to have met. I cannot recommend highly enough the personal benefit of volunteering with Aphasia Re-Connect.

If you are interested in volunteering with Aphasia Re-Connect, please visit our website or email Sally.

Frequently Asksed Questions

Where can I find help with my PIP, ESA and UC claims?

Understanding what you are entitled to can be **confusing**. However, there is **support available**. *Benefits and Work Guides* offers **comprehensive guides** on: what you are entitled to, what to expect during a medical assessment, how to prepare for an appeal and challenging questions on forms. For a **yearly subscription fee** of £19.95, you can access their comprehensive guides. They also offer a **free fortnightly** newsletter with updates on: **PIP, ESA and UC**.



I need help with an appeal, who can I get in touch with?

Zacchaeus 2000 Trust (Z2K) is a Westminster-based **charity** which is currently running a tribunals project for **working age adults** who are entitled to means tested benefits (PIP, UC or ESA) support.

They provide guidance for those going through a **first-tier tribunal** appeal by offering guidance on: **written submissions, attending the tribunal hearing and general advice**. Please contact 0207 259 0801 or visit their website <https://www.z2k.org/> for guidance.

Top Tip!

Are you **frustrated** with your **bank's customer service**? Would you like to talk to an **actual person** and **not a robot**?

Jayne, who is one of our **lovely co-facilitators**, recommends **First Direct Bank**.

They are very **patient** and **understanding** if you need to call them.

Spotlight on ... Colin



I am an Islington boy born and bred. I grew up in Islington where my father owned a newsagents and tobacconist shop. Before my stroke I was an actor, appearing in many well-known shows such as The Bill, Holby City, Call The Midwife and Eastenders. I have also done some acting work on stage in the west end. I spent a lot of time in Paris and Italy and thoroughly enjoy Italian cuisine and the Italian lifestyle!

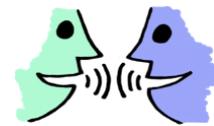
I had my stroke in June of 2017, since then I have been coming to Re-Connect and have met lots of different doctors and healthcare professionals along my journey. Re-Connect has helped me get up and out of bed on the days where perhaps I wouldn't want to. It has enabled me to meet lots of people who understand how I feel, and has introduced me to lots of kind and interesting people.

Confusing terms

Aphasia impacts a person's ability to **communicate**. It can lead to **challenges** with **spoken and written communication**. **Aphasia** can be and is often **confused with other conditions**.

Here's a **glossary** of **terms** which are often **confused** with **aphasia**:

Dysphasia means partial loss of language. We use the term **Aphasia** (total Loss) as an **umbrella term** to include all different types of **Aphasia**



Dysphagia refers to issues with **swallowing**.



Dysarthria is a weakness in throat and mouth muscles.



Apraxia affects **coordination** such as planning activities and performing actions.

Dyspraxia is another word for **apraxia**.

