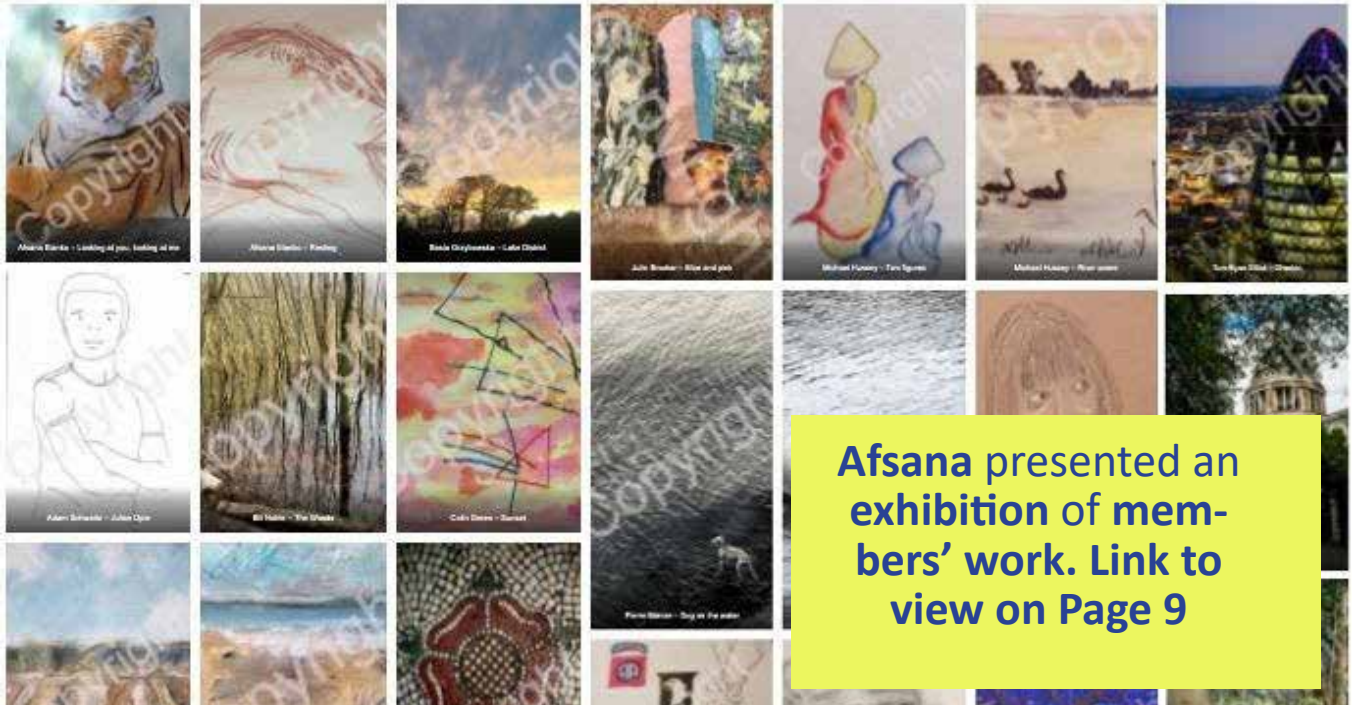


Aphasia Reconnect

Summer Newsletter

August 2021



Afsana presented an exhibition of members' work. Link to view on Page 9

Welcome to the Aphasia Re-Connect Summer Newsletter!

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Support
by donating at:

Phone: 07885 288 943
www.aphasiareconnect.org/

13

GROUPS, 9 weekly and 1 bi-weekly virtual groups, 3 face to face groups

87

VOLUNTEERS
87 volunteers with and without aphasia supporting the work.

43

STUDENTS
on placement from September 2020 to July 2021.

34

BUDDIES
We had 34 buddies and 4 peer-be-frienders.

Updates

Face-to-face groups: We have reopened our **drop-ins** at:
Bromley (alternate Tuesdays, 10.30am)
City University, Islington (Wednesdays, 1.30pm)
Blackfriars (Thursdays, 10.30am)
We'd love to see you at them!

Reaching out:

Increasing our **online community** over the pandemic has meant that we've welcomed new members from **across the country!** Although **most of our members** are still around **London**, we now have members as far afield as the **Isle of Man, Wales, Norfolk, and Newcastle!**



Awards:

Sally was awarded two awards by City, University of London: the **City Heroes Award** for her services to speech and language therapy and the Enhancement of **Student Experience Award** for providing vital placements to students. **Congratulations Sally!**



Tributes

Our thoughts are with the members and their loved ones we have lost

They will be missed and not forgotten



Colin Dent

Colin was a regular at the City Drop-in and Music Group, and always kept us entertained with his stories of being an actor.

Agatha Samuels

Agatha was a colourful lady who knew Bob Marley and loved music. She was a vibrant member of the Music group and drop-in.



Maureen Cain

Maureen was a courageous and remarkable woman who ran the Art Group.

John Pitts

The Bromley Group will miss John. He enjoyed playing dominoes with anyone who would give him a game.



Anne Jones

Anne attended the Conversation Group and was a co-facilitator in Maureen's Art Group. We will miss her and her smiling personality.

Joan Morris

Joan was a member of the Bromley Group and a peer befriender. She will be sadly missed.

Spotlight on a Volunteer: Jayne



Jayne volunteers:

As a Trainer for students and
volunteers

As a facilitator for the Music
group

On the committees.



I **got into volunteering** with Aphasia Re-Connect **for the students**. I help them with **speaking to people with Aphasia**. It helps them get to know **different ways** of being **Aphasia-Friendly**. I also like it because **I meet students** who are **younger** than me and it is always **good** to get the **view of young people**.

When I **first** had my stroke I **spoke gobbledy-gook**, but I can feel myself and I can **do more things**. I can **help people** with their problems, particularly with the internet. I **look things up** for people in the drop-in and Music group. Lots of people tell me they are **glad** to have seen me because I make them **feel better**.

I am a **facilitator** at the **Music group**. The **first time** I did it on my own I **thought** "OH I **CAN'T DO THIS**", but the **second time**, I realised all I needed was **someone else** to help **keep the conversation going** whilst I did the maths.

Aphasia Re-Connect has helped me to **rediscover things I can do**, as well as **me helping others**.

Covid-19 Positives

By **Ginia Clark**

The last 16 months have been challenging and, for some people, filled with tragedy. But there have also been some positives.

The **kindness of strangers; communities** have come **together**, and it would be so positive if that could **continue** post-lock-down.

1

A chance to **enjoy nature**, including the **changing seasons**, which we've seen during our daily **walks** - and enjoying the relative **silence** on the street and in the skies.



2

Reading, writing **journals**, doing **jigsaws**, **sewing**, **knitting** and **cooking** (to the detriment of our waistlines!). **Discovering** hidden **talents** for **artistic skills**.



3

Learning how to use **Zoom** - a relatively **new skill** for most of us. It's allowed many of us to keep **connected** with others which is **vital**.

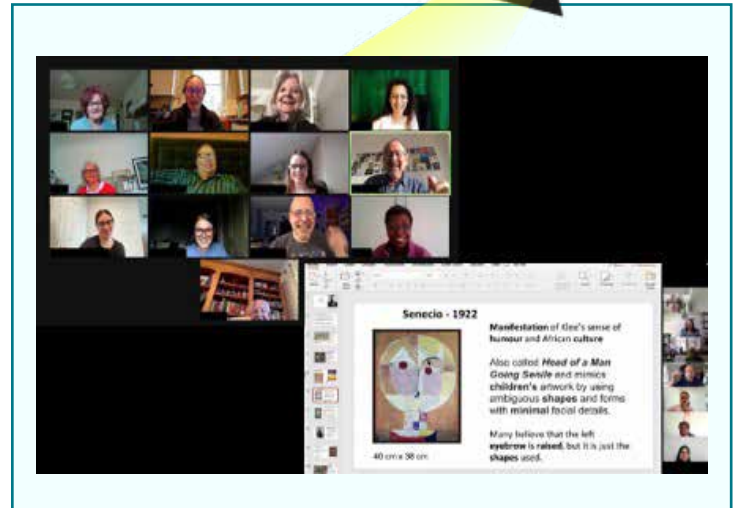


Spotlight on Art Appreciation Group



When? Wednesday Afternoons
Where? On Zoom

If you are a fan of art, don't forget to check page 9 for the link to our virtual exhibition.



How does it work?

We used to meet in **galleries once a month.**

Now on **Zoom**, we **meet weekly.**

Zoom means we can **bring the art to our homes.**

We **discuss art** in small groups – including **what** the painting is about, **who the artist is** and **where they are from.**

■ We have a different topic every week, that the group decides on together

Recent topics include:

Turner

Ruben

Constable

Paul Klee

American Expressionism

These are the secret answers to the picture game on page 12.

(1) Lamborghini, (2) Porsche (3) Tesla (4) BMW (5) SEAT (6) Bugatti (7) Citroen (8) Volvo (9) Mazda (10) Hyundai (11) Jeep (12) Abarth (13) Alpha-Romeo (14) Lexus (15) Land Rover (16) Mercedes- Benz

An article by Basia Grzybowski

Crossroads, next to Southwark Tube Station

On the corner of **Union Street** and **Blackfriars Road** was **Surrey Chapel**, sadly destroyed in the **Blitz**. There is now a Department of Transport building there.



Rowland Hill (1744 - 1833) was the founder and preacher of **Surrey Chapel**. He made the Chapel **octagonal** so there was nowhere for the **devil to hide!** The chapel was converted into a factory, then a boxing venue, called **The Ring**.



Over the road was a big house occupied by an **Ironmongers** from 18th century until 1931, hence the iron statue - **Dog and Pot**. Charles Dickens wrote this about the statue: "My usual way home was over **Blackfriars Bridge**, and down that turning in the **Blackfriars Road** which has Rowland Hill's chapel on one side, and the likeness of a golden dog licking a golden pot over a shop door on the other." The house was destroyed in the war. Now there is a lovely estate called Rowland Hill.

Over the road is **The Cut**. In the early 19th Century The Cut was, with **Lower Marsh** (now Southbank), a big market with lots of **Costermongers** (fruit and vegetable sellers with carts or baskets). **Henry Mayhew** wrote about them in his 1840 **book** *London Labour and the London Poor*: "Saturday nights are the **busiest** on London Street markets. After being paid, the working-classes buy their Sunday dinner there and on Saturday night, or early on Sunday morning, the New-cut, and the Brill in particular, is **almost impassable**...Some stalls are crimson with the fire shining through the holes beneath the baked **chestnut stove**...the butchers' gaslights streaming and fluttering in the wind, pour forth such a flood of light, that ...the atmosphere immediately above the spot is **as lurid as if the street were on fire.**"

Now of course there is the **Young Vic** and **Old Vic**, Southwark College, two little supermarkets and a few independent shops and cafés, restaurants and pubs.

An article by Ella Decelis

A Spotlight on Buddying



What is buddying? Buddying is **chatting on a regular basis**. I call my buddy every week to catch up. We talk on **the phone**; but you **decide how** to speak to each other.

What do you talk about?

We **share news** about our week and talk about things that **interest us**. Among other things, my buddy loves **food** and **football**, so there's been plenty to talk about! She's told me about the **markets** she visits and taught me a lot about football, and **I've shared stories** about what my **pet dog** has been up to (a lot!), my **family** and what I've been up to at **work**. Sometimes, when she's not having a good day, we talk about **health problems**.

Why did you decide to be a buddy?

I'm starting an MSc in **Speech and Language Therapy** in September and wanted to get some **experience** working with **people with aphasia**, so I started **buddying** and also joined the **Younger People's** group.

What do you get from it?

I've really **enjoyed** being a buddy. My buddy had a **good social life** before Covid, it was great to be that person who helped her **stay in contact** with other people. Having a buddy is a **two-way** thing, you both **benefit** from it - I definitely have!

Summer Event

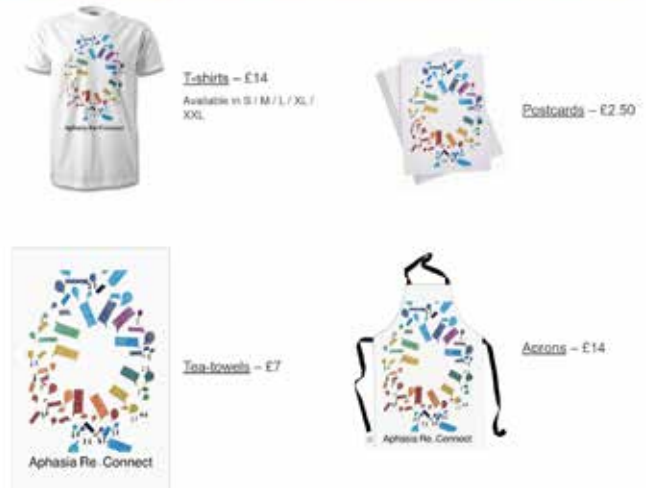
We had our Summer Event on Zoom on 28th June, with art, poetry, music, and a quiz.



Afsana presented a wonderful exhibition of members' work, and drew a "Communication" design for T-shirts, cards, towels and aprons.

View Our Exhibition [HERE!](#)

Support us by buying a limited-edition product designed by the fantastic Afsana Elanko.



Verbal Dyspraxia – Jane's experience



Verbal dyspraxia is a problem in the brain where the systems that **tell our muscles how to move** during **speech don't work properly**. It is also known as **apraxia of speech**.

It can be caused by **problems with your blood vessels**, like a **stroke**, or by **degenerative disorders**. It can **affect everyone differently**.

Jane had a stroke 21 years ago which resulted in **aphasia and verbal dyspraxia**.

Jane views it as a **nuisance** in her life because she finds it **difficult to speak**. This can be **extremely frustrating**.

She has struggled with **daily tasks** such as **ordering a coffee** and **speaking on the phone**. Additionally, she has **lost some friends** because she finds it **hard to communicate with them**.

On the other hand, Jane says the **silver lining** of having verbal dyspraxia is that it led her to **join Aphasia Re-Connect**.

At Aphasia Re-Connect she made **new friends** who are very **understanding** of the **difficulties** she has experienced.

Student's Review

This placement will definitely be one to remember! - Zaynab

All the members have so much to contribute to the groups and I have thoroughly enjoyed getting to know them - Ruth

I feel grateful to be part of such a lovely and supportive community - Iram

The greatest lesson I have learnt is social relationships – we are stronger together and try to help each other through anything. Thank you - Bianca

I have learnt so much from members, co-facilitators and staff - Laura

Thank you to all for being so welcoming and for making it such a valuable experience - Frances

I have met a lot of interesting people with a wealth of knowledge that they have so kindly shared with me - Rohmina

**I genuinely miss the people I met in the groups. Aphasia Re-Connect is a very special place –
Laura**



Useful online therapy tools

By **Ginia Clark**

There is a list of **software and apps** that can be useful for people with aphasia on [this website](#).

It includes a **description** of the **programme**, whether it is free or **paid for**, and **instructions on how to download it**.

Running for aphasia

Humphrey Keenlyside has chosen to run for us this summer: a 10k in London which he completed on 25th July and the Windsor Great Park half marathon on 26th September.



Please support him if you can!

This edition of our **newsletter** is **filled** to the brim with **articles, news** and **events**. If you would like to **get involved** and **contribute** to **future editions** of our newsletter, **please email Sally**.

You can also reach us via social media:

Aphasia Re-Connect

info@aphasiareconnect.org

[@Aphasiareconnec1](https://twitter.com/Aphasiareconnec1)

What do you think of the logo?



Here is a game.

The Emojis pictured above spell out 16 different types of car. Can you guess any?

Answers secretly stored at the bottom of page 6.