



SPEAKABILITY GROUP TALK

Spring 2008 Edition

NEWS FROM CENTRAL OFFICE

I do hope that individual Groups will support our annual '**SPEAK ABOUT APHASIA MONTH**' and that you will organise some form of activity to help raise Group funds and awareness about what it means to live with Aphasia. Please do let us know your plans and how we can help you. If you can send a press release to your local paper or radio station please do so. It will help to let people know about your Group and it may encourage new members along too. I know that some Groups are planning to do a 'Sponsored Stroll' – good luck and thank you for your support. With around 90 Groups across England, Scotland and Wales, we really do have a marvellous opportunity to make our voices heard!

The new, **simplified version of the Affiliation Agreement and Constitution** for Speakability Groups will be sent to you shortly. I know that there are a number of new Groups who would like to formally become part of the Speakability family and you will be able to do this by adopting the Constitution for your Group and filling in a simple form. Letters about this will be sent out in June.

It was great to hear members of SMASH – Sutton and Merton Aphasia Self-Help on **Radio 4's 'Word of Mouth' programme** along with our special Advisor, Prof. Chris Code. Well done!

I was also very pleased to join members of Speakability Groups in Scotland at the public launch of a web based **Communication Toolkit** which has been put together by the charities who form the COMMUNICATION FORUM (SCOTLAND). I know that our Group Members have been very involved in making this work a huge success and I was very proud to share in their achievements. A very special thank you to Alex, Lindsay, Graham and Helen for all their hard work.

The Aphasia Alliance media campaign has gained some significant press coverage during April and May including the Guardian and Times newspapers. Richard Mountford (Media Officer) is still looking for volunteers to share their stories. If you are willing to be interviewed please let me know on 020 7261 9572 or email: melanie@speakability.org.uk

Finally, to update on the Central Office team, I can report that **Paula** is holding everything together as Administrator, **Nicola** is now establishing herself as one of our Group Development Workers (London/South of England) and we have just welcomed **Lindsey** to help me as Aphasia Projects Assistant. Lindsey previously volunteered at Headway, the Brain Injury Association, where she facilitated a variety of activities for members in her local area, including arts and crafts, gardening and cookery. Since her experience at Headway, she has been eager to continue supporting people with Aphasia and was therefore delighted to be offered a role in the Speakability Central Office. Out in the field, Graham and Janet continue to work their magic as our Group Development Workers in Yorkshire and the North of England.

We are a small team, but we are working hard to ensure that people with Aphasia and their families and carers receive the support and care that they need. Please do play your part in helping us to reach as many people as possible through our Helpline and national network of Self-Help Groups.

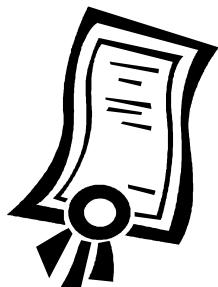
All good wishes, **Melanie Derbyshire (Chief Executive)**

News from your groups

OTLEY GROUP

Otley Town Council Community Development Committee have awarded the Otley Group a grant of £500 to go towards travel and administration costs during 2008-9.

Congratulations!



LEEDS GROUP



For their March meeting the group welcomed **Norman Dale**, who gave an entertaining illustrated talk about 'Childhood Memories of Blackpool.'

BRAND NEW - CHELTENHAM GROUP

Our brand new Cheltenham Group are meeting every **third Wednesday** of the month from **2-4pm** at the following venue:



**Old Priory Hall
70 Clarence St
GL50 3JL**

A stroll in the park...

The Cheltenham Group have decided that for June's **Speak About Aphasia Month**, they will take a stroll around the beautiful Pitville park. They are hoping for some sunshine, and will finish their stroll with a cup of tea and ice cream at the park café.

Good Luck Cheltenham!

SUNDERLAND SPEAKABILITY

The Sunderland Group have had a sad couple of months after losing one of their dear members. Our thoughts are with the group at this time.

The group celebrated Edna's 80th Birthday, by performing as a choir, singing 'Happy Birthday' and wearing medals!

The group are having a day out to Whitworth Hall for lunch next month. It is a beautiful estate and has wild deer running freely.

Last month the group enjoyed a talk on old Sunderland and the history of their home town.

WORTHING GROUP – GROWING FAST!

The Worthing Group had 11 new members joining them since January 2008!

How are they recruiting so successfully??

It seems that cream teas and garden parties are the secret to their success.

Join them in June for a cream tea, and the garden party in August.



'Connect' Coffee and Chat

'Connect' would like to invite all those living in the London area to their weekly coffee & chat event. If you have an hour to spare on a Thursday, why not drop in for a cuppa?!

The group meet **every Thursday** between **10.30am and 3.00pm** at **Connect House, 16-18 Marshalsea Road, Southwark, London SE1 1HL.**

For more information, contact Alan Hewitt on **02073670845** or email **alanhewitt@ukconnect.org**.

Sussex Group Relocate

The Sussex Group will relocate to Hove after a break since February. They will now meet in the Hove Community Centre from 10th June.

The group have two important events coming up. In June the group are promoting Speakability for Speak About Aphasia Month by hosting a stand by the sea in Brighton. Let's hope they don't get blown away!

They are also having a garden party in July.

HALIFAX GROUP



After much hard work by Chairperson Mavis Ellis and her husband Ray the group have learned that their application for a grant has been successful.

The Community Foundation for Calderdale has made a grant to the group for £1750. Part of the grant will be used to pay for sessions with a speech therapist.

Chingford Group Annual Christmas Lunch

Chingford always hold their Christmas lunch in January as the Pubs are much quieter and it's easier to get around. This year they held it at the "Queen Elizabeth" which has a very nice carvery.

The group started the year with sadness as one of their long standing members - Tom very sadly passed away after a long period of ill health.

All the members of the Chingford Group including their French speech and Language therapist, Natalie attended Tom's funeral and drank a toast to his memory.

The club meets every first Monday of the month, which will now continue, anyone interested should contact Jean on 020 8524 0296.

News of the Hertford Group -

A couple of years ago Dave Thomas the first chair of the group moved to Norfolk with his family and we were very sorry to learn in December that he had died. Dave was a real driving force in setting up the group in 2004 and he worked hard to raise funds for the group and raise awareness of aphasia.

The group is steadily increasing in numbers and the members enjoy getting together to exchange news.

Staffordshire Group



The Staffordshire Group had a wonderful schedule over the last couple of months, including ten pin bowling, a 60's night theatre, and a trip to Wolverhampton races! Everybody won something at the races, and Sylvia won four times! She's the lady to get the odds on!

The group are looking forward to a holiday in Scarborough in a few weeks time, where the theme for the week is The 50's! Here's to some sunshine for the group!

E.X.A.D.A

EXADA in Exmouth Devon have had an interesting three months. At their meeting in October they had a talk from a member of The Woodland Trust.

November was a special month with Todd Gray, a historian who has made a special study of Devon and the West Country. The group were shown a power point presentation of pictures from his last book about Exeter immediately after the War Time Blitz. Many of the group were swamped with memories. Todd had retrieved these pictures from the skip as the Newspaper Offices were discarding them. They are now in the County Archives.

On 19th December to finish the year members, spouses and friends lunched at The Lord Haldon Hotel, a very pleasant experience.

Kendal Group

In April Kendal Group had a lovely trip to Storrs Hall Hotel, by Lake Windermere for homemade scones with clotted cream and jam - delicious!

The Chatterbox Club

Many congratulations to the Chatterbox Club in West Sussex who received a generous £500 donation from the local Mayor!

MANSFIELD GROUP

The Mansfield Group is going from strength to strength. They have very good contact with speech and language therapists in the local hospitals and are looking forward to new members joining them in the near future. They have over 30 members and meet twice every month where they host a variety of guest speakers.

Sadly two of their members have died recently, Kenneth Greaves and Ricky Masiewicz. Our deepest sympathy goes out to their close friends and family.

The group were successful in an application to the Lottery Fund 2½ years ago and bought laptops and some packages to help with language. They are planning to re-apply to the lottery later in the year for further funding.

Mansfield are able to use the Nottinghamshire County Council Handy Cruiser for their outings. This is a coach which has facilities for wheelchair users. This makes it possible for all of the group members to join the outings if they wish to.

FARNBOROUGH

Farnborough recently attended Rushmoor Evening for Charities. Several of the group members met the mayor at a wonderful buffet and were treated to a show!

The mayor mentioned the Farnborough Group in his speech. (See the photo of the group and Mayor on our photo page)

HOLIDAY

23 members of the group are looking forward to a trip with Warner's to the Isle of Wight! This will be the groups third holiday together



STIRLING GROUP

Forth Valley enjoyed Easter Lunch on the 'Bonnie banks' of Loch Lomond!
They even had a boat trip on the Loch!

The Scottish Network Meeting will be held in Stirling again this year and the group wishes to welcome all visitors.

Rotherham Group News

Rotherham Group welcomed the Mayor and Mayoress of Rotherham to their last meeting. They joined in as Gemma Morgan, Speech Therapist at Rotherham, led a game of 'Deal or No Deal' with members. They also had a discussion with carers in a separate room about the problems which carers can face, and how the group can offer them support.

At their March meeting the group was joined by Jenny Hides, their first volunteer who did so much to help launch the group in 2005. She is now the proud Mum of Maddie and James, but still keeps in touch.

The Mayor of Rotherham visited the group in April.

Graham Johnson, our Yorkshire development worker, has also arranged with Gemma Morgan, of Rotherham Therapy team, for a rota of therapists to do regular voluntary sessions with their members during the coming months.

The group is launching an appeal for funds among local Councillors and organisations.

See their photo on our photo page!



S.M.A.S.H

S.M.A.S.H. are one of 50 groups chosen from 300 to receive a £2000 award from
The Londonations scheme.

The winners were chosen by a panel of judges who were looking for groups which tackled social issues. Congratulations to S.M.A.S.H for their successful application!



CARDIFF GROUP

The Cardiff Group meet on the first Friday of every month at the Spectrum Centre in Cardiff for a Quiz Morning!



This keeps them on their toes and their brains active!

If you would like to join them please contact central office for contact details.

EDINBURGH

Edinburgh enjoyed a trip to Ocean World a couple of months ago. You can see the photo on the Photo page.

They also enjoyed a tour of the Glenkinchie Distillery on 27th March.

The group also had a trip along the Union canal at Ratho in April courtesy of the Seagull Trust and in true Scottish style the group leaned about Royal Tartan.

SLOUGH GROUP

Every other week the members of the Slough Group greatly enjoy participating in reading and writing activities to get them talking and learning.

Each meeting is followed by a well deserved lunch at their local restaurant!!



WAKEFIELD STROKE SUPPORT GROUP

This month sees the launch of the Stroke Support Group in Mid Yorkshire.

This is a group of trained volunteers, principally members of Speakability Wakefield and their carers. They will be going regularly into two hospitals in Mid-Yorkshire to offer support, guidance and information to anyone who has had a stroke and their carer and family.

In December 2005 Graham Johnson, Yorkshire Development Worker, and Ken Rollin, Chairman of Speakability Wakefield, first proposed this scheme to Mid-Yorkshire Hospitals NHS Trust.

It has taken over two years of patient negotiation and determination to have the scheme accepted. We have received great help and support in this from Angela Keeney and Gillian Richardson, who was the keynote speakers at our Yorkshire Network Day on 13th May.

For over two years our volunteers from the group have maintained their initial enthusiasm and belief in the value of the scheme. They are now looking forward to the opportunity of finally meeting fellow stroke survivors in the hospitals.

We hope this project will provide a blueprint for similar schemes across Yorkshire and, perhaps, further a field. *By Graham Johnson*

THE YORKSHIRE NETWORK DAY - MAY 13th

The fifth annual gathering of Yorkshire Speakability Groups took place on Tuesday, 13th May 2008.

It was held at the Sports and Social Club, Eggborough Power Station, Eggborough, near Selby Yorks.

Because this is an important event for the Yorkshire Groups a full report of the day will be in the next edition of 'Group Talk.'



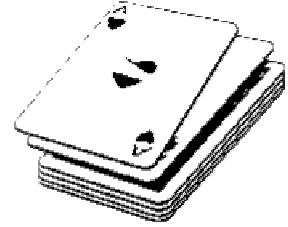
THE ACTIVITY SLOT

BRAND NEW!!!!

It has come to our attention at Speakability that some of our groups would like to share ideas for activities to use with their groups.

We will eventually have a wonderful forum on our website for you to post your ideas and leave comments for each other.

Until then, we are asking for any ideas you have to be sent to us at Central office, and each month in 'Group Talk' we will put in some of the suggestions.



This month's suggestion comes from our Yorkshire Development Worker, Graham Johnson.

GAME FOR A LAUGH!

"OY!" {Playing card Bingo}

YOU NEED:

A piece of card (35 cm. by 25cm. approx) for each player. Each piece of card has nine (9) different playing cards stuck on it in three rows of three. (Just take the jokers out of a couple of packs of cards and stick the rest on at random. Make sure you don't have two playing cards the same on your card!)
{If you can get your cards laminated so much the better!!}

Lots of buttons – at least nine (9) for each player. (Extra buttons to replace the ones that get lost!)

One pack of cards.

INSTRUCTIONS

Shuffle the pack, then turn each card over, calling out the card clearly and showing everyone the card. If the player has that card, (s)he puts a button on **THAT CARD** .

The first person to have a button on all nine cards must shout or indicate **"OY!"**

(It is against the rules to call out 'House' or 'Bingo')

The winner can claim a small prize (Usually a tiny bag of sweets or a lollipop in Yorkshire!)

{With thanks to Willie Ingram, Barnsley Chairman, who first showed me the game, and Irene Flute, Rotherham Chairman, who got a set of laminated cards for me!}

TO SEND YOUR SUGGESTION FOR OUR ACTIVITY SLOT OR TO SEND INFO FOR THE NEXT EDITION OF 'GROUP TALK' PLEASE WRITE TO:

**Speakability Central Office
1 Royal Street
SE1 7LL
Or email: lindsey@speakability.org.uk**

Info deadline for the next issue is August 1st

The Photo Page



Dave Thomas chair of Hertford Speakability Group



Edinburgh Group enjoying a day out at Ocean World.

ROTHERHAM

Our picture shows our Chairperson, Irene Flute, (centre) with the Mayor, Councillor Allan Jackson, and the Mayoress, his wife Yvonne.



Photograph taken at the **Action for Dysphasic Adults-Worthing** Groups 10th New Year Luncheon.

On the left - **Farnborough Group** having received their Voluntary Award.



The **Kendal Group** Enjoying cream tea!



Above - The **Preston Group** and to the left the **Basingstoke Group**

Photographed here celebrating Christmas Lunch in January! Very Sensible!



Above - **Staffordshire Group** enjoying a day at Wolverhampton races.

