

VSS News

Volunteer Stroke Scheme

Issue 9 May 1994

Anne Copeland's Column

Firstly I would like to say how privileged I feel to have been appointed Chairperson of the Volunteer Stroke Scheme.

I was first introduced to the organisation eight years ago after reading an advertisement in my local paper looking for volunteer drivers for the stroke clubs. My father had just suffered his first stroke and I was acutely aware of the support that the stroke patients and their families needed.

During the last eight years I have spent many happy hours at our weekly stroke club and have had the privilege of meeting some of the most courageous people I have ever encountered.

Stroke is not necessarily the easiest illness to live with but the people I have met through the VSS club bear their disabilities with dignity and with courage. They are a great support to each other and also to the volunteers whose lives they enrich more than they will ever know. It is quite an honour to work with them.

I am following in the wake of Ann Kavanagh our previous chairperson who was herself a stroke patient. Ann's dedication to the VSS was total. She has taken the organisation to the strength it has reached today.

Thank you Ann sincerely for all your hard work. You have retired but you remain on in the spirit of the VSS.



Anne Copeland

Stroke is still the third leading cause of death in the western world. I hope in my time as chairperson that I can create a greater public awareness of stroke, how it can be prevented and above all to continue to build a better and stronger mechanism for stroke patients. I look forward to working with you and to building on the achievements of the past.

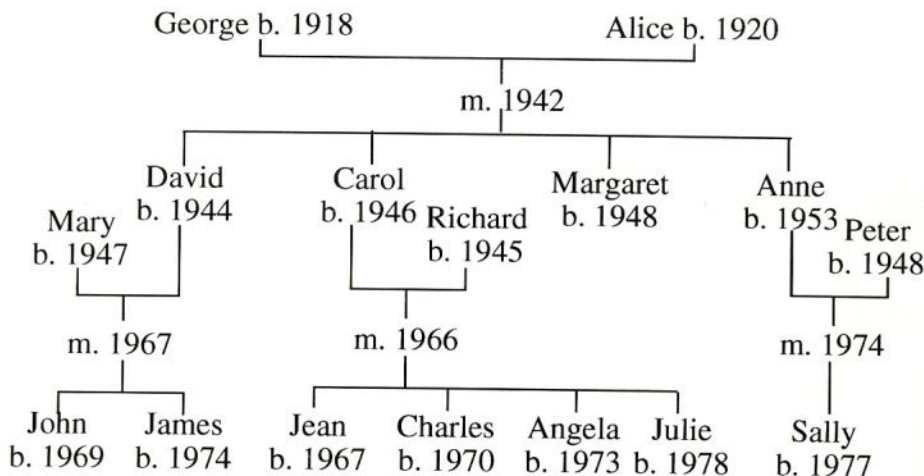
I wish you all a happy and healthy 1994.

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Puzzle Page

Family Tree



- How many children do George and Alice have?
- How many grand-daughters do they have?
- How many grand-sons do they have?
- How many aunts does Sally have?
- How old was George when he married Alice?
- How old was Alice when her first daughter was born?
- What is Alice's youngest grand-daughter called?
- How much older is David than his wife?
- What is the difference in age between the oldest and the youngest in the family tree?
- How long had Carol and Richard been married when Angela was born?
- What is the difference in age between Carol and Richard's oldest and youngest child?
- How old was Margaret when her youngest sister got married?
- How old was Anne when she married Peter?
- How much younger is James than John?
- How old was Jean when Anne married Peter?
- How old was George in 1990?
- How much younger is Peter than David?
- How old was David when Anne was born?
- How old was Jean when James was born?
- How old was David when Charles was born?

(answers page 7)

A Revolution in Stroke Care

Dr J. Bernard Walsh



Dr J. Bernard Walsh

One often hears of the dramatic changes in treatment of different forms of cancers, leukaemias and cardiac conditions, but one doesn't hear as often about the development of significant changes in the management of stroke care over the last decade. This improvement has taken place at all levels in the management of the disease.

1 Diagnosis:

The wide availability of CT scanning has meant that we have a much more comprehensive and accurate diagnosis of the cause of the CVA so that patients with haemorrhage are separated from those who have cerebral infarcts, thus avoiding anti-coagulant and anti-platelet therapy for patients who would be harmed by this therapeutic approach. CT scanning also permits the exclusion of other pathologies such as cerebral tumours and sub-durals which, though relatively speaking are less common, can still present quite frequently in a busy general hospital.

2 Airway protection:

The protection of the airway by comprehensive assessment of swallowing by the admitting staff and by the speech therapists, together with the use of videofluoroscopy, has enabled a very rational and organised approach to the management of feeding in patients with impaired swallowing reflexes.

I remember in the 1970s any person with a reasonable gag reflex would be perceived by all care staff as being fit to begin feeding, but the realisation that a gag reflex can still be present in a person with a severely-impaired swallowing reflex is something that has become increasingly clear to all clinical practitioners over the past decade. This, together with staff awareness of the need to gradually introduce feeding on a phased basis – with greater emphasis on set diets and semi-solids, has significantly lessened the development of pneumonia in stroke patients.

The advent of videofluoroscopy has also enabled an objective record to be made on the swallowing reflexes of different patients so that side by side with clinical assessment, a comprehensive structured approach is made in the individual management of each case.

The use of fine bore tube feeds and PEG (per endoscopic gastrostomy) tubes has permitted the maintenance of nutrition in patients who are unable to tolerate any oral feeds.

Both of these have made a tremendous difference in maintaining a patient's strength and lessening the incidence of chest infections.

3 Intensive treatment of respiratory tract infections:

In addition to protecting the airway, patients developing RTIs are now treated intensively with IV antibiotics and intensive physiotherapy so that pneumonia is not permitted to take a hold.

4 Skin care:

Modern continence wear and the advent of computerised controlled air cell mattresses have made the nursing of the more dependent stroke much easier, especially during the early phases when the skin is

A Revolution in Stroke Care (continued)

potentially very liable to injury and breakdown.

5 Physiotherapy and rehabilitation:

The advent of Bobath techniques and the greater emphasis on treating a stroke from the ground up, making sure that 'a patient doesn't run before he or she can sit' has ensured that there is a much lesser incidence of pulled muscles and strained ligaments.

While it may take longer for a patient to stand and walk, in the long-term, the greater improvement in mobility of patients together with the absence of fixed flexion contractures and the virtual disappearance of shoulder/hand syndromes has made a major contribution towards the long-term rehabilitation prospects of many stroke victims.

6 Comprehensive assessments of activities of daily living and of perceptual deficits:

The increasing awareness that many patients who have significant perceptual deficits – though the motor and speech deficits may be mild – has helped greatly in ensuring that support networks are properly targeted when a patient goes home.

Patients may have problems in orientation in space and have practical problems in dressing and cooking, though they may be still intellectually extremely bright and may have no physical weakness. Perceptual assessment helps to identify these deficits. This is the area where the occupational therapists in this country and where the neuro-psychologists in other countries have had a major role to play.

The role of the occupational therapist in the assessment of activities of daily living and in ensuring that the house is properly adapted to meet the needs of the individual patient is also a guarantee that more patients who in previous times ended up in institutional care are now returning home.

The increasing sophistication of the approach of speech therapists not only in the assessment of swallowing but also in language re-learning skills, plus their use of mini-computers and electronic communication aids, has also helped many patients

with significant dysphasia and anarthrias to have a new lease of life.

7 Prevention of further cerebrovascular events:

The increasing awareness that any patients with a stroke must have their blood pressure adequately controlled, while avoiding at all costs any postural hypotension, has meant that all doctors must pay particular attention to the level of blood pressure in patients who are at risk of developing a cerebrovascular accident. The use of anti-platelet agents and warfarin, plus the availability of carotid endarterectomy in selected cases, has also helped to further reduce the incidence of cerebrovascular events.

8 Day hospital care:

Day hospital treatment has meant that a patient who would otherwise remain in hospital for an extended period with a stroke can now go home earlier to the more therapeutic home environment, but at the same time coming back to the day hospital for periods of intensive therapy, rehabilitation and medical review.

Those of us who have been looking at strokes over the last 20 years have seen a dramatic revolution in the approach to the early treatment of these patients. The more ready intensive treatment of the early phases of a stroke, coupled with developments in medicine, nursing, physiotherapy, occupational therapy and speech therapy, have all meant that many patients who 20 years ago would have had no significant chance of getting back to any quality of independent life can now look forward to going out to a good quality life and care in the home environment.

In these times of high technology and of rapid developments in all specialities, let us not forget that stroke care is one of the areas that has seen the greatest revolution of all.

Dr J Bernard Walsh is a Consultant Physician and Senior Lecturer, Department of Medicine for the Elderly, St James's Hospital and Trinity College Dublin.

This article was first printed in the *Irish Medical News*.

Not Just Another Year In The Northside

Erica O'Mara, Organiser, North Dublin

The North Dublin area of the VSS stretches from Mulhuddart to Howth and Baldoyle, and from Swords in towards the inner city. I would ask for a helicopter only for my fear of flying. In this area we have two Stroke Clubs, a number of Home Visit patients, a Stroke group in Dublin West and a Carers' group. We also have a band of dedicated volunteers and drivers who make it all possible.



Erica O'Mara

In April 1993 the Monday Club celebrated its seventh birthday. I suggested we put on Blind Date. Our Production Team took it from there and we had the funniest show imaginable. It was recorded on video and is still providing laughs.

The Wednesday Club also celebrated a Birthday in October and this was its third Birthday. Volunteers and some patients brought "goodies" and everyone joined in the entertainment.

Both Clubs have definitely adopted "Dollymount House" as their LOCAL. Both clubs were there together in August 1993 and each Club paid a separate visit in February 1994. The ritual is the same each time with tea or coffee and sandwiches. Most people bring enough for a drink as well and a really pleasant morning is always enjoyed. The staff of the Dollymount always look after us so well, providing unlimited amounts of tea and coffee and a very genuine welcome. The premises are also very accessible, spacious and comfortable. One of our stroke ladies, following such an excursion, said "It was a great morning - I felt like a normal person instead of someone who has had a stroke". So say all of us.

Our Summer Outing in 1993 was for both Clubs and we went again to the Dunes Hotel in Donabate. 'Again' may seem unadventurous but when you know a place is accessible for everyone and that you'll get

good grub and a good welcome it makes sense to do a repeat.

A repeat of everything it was, especially the meal which was scrumptious. Our talented singers all played their part and we also sang all the way home. Both Christmas Parties were held in St. Luke's Centre. Sr. Margaret offered to do the catering for both evenings and as expected the meals were fabulous. A popular

favourite in the Monday Club was Fr. Tom Lane, who celebrated Mass and endeared himself to everyone by sharing his own experience of stroke three years before.

The entertainment was hilarious. Maureen Potter paid us a visit, she was disguised as Tess Harrington but we all recognised her. Ann Kavanagh was presented with a gift from the Monday and Wednesday Clubs on her retirement. She managed to find a new moustache on the face of Paddy Maher, for her famous song of last year. At the Wednesday Club's party Phyllis filled a gap very admirably as a 'tourist' with a lot of support from Tommy Crosbie. At both parties the fun and frolics were accompanied by Eoin on his accordion and Santa was played by Bert and Rosaleen respectively.

Where the Clubs are concerned we are truly indebted to our drivers. Quite a number also stay in the Club as volunteers. Our thanks are also given where a driver's husband or wife will fill in whenever necessary as well as to some relatives who started by driving their own family member and are now full drivers. The friendships that have developed between drivers and passengers are very special and much appreciated by both passengers and their families. It is a constant source of wonder how long our volunteers have been with us. Their unfailing patience and cheerfulness brighten every Club morning and outing. Many thanks.

Not Just Another Year In The Northside (continued)

We have a very active Carers' Group in North Dublin. We have proved that a small group sitting round a fire in an ordinary family room relate to each other in an open and relaxed manner, and our group have come to know each other in a very friendly and supportive way.

In an attempt to have a social side to our group three sets of just four had an evening out - having a drink and a chat. Then someone suggested Ten Pin Bowling and this has been a great success. We go bowling on the first week of the month. We play one game and this is followed by a cuppa. It is always a hilarious evening and the word 'stroke' is rarely mentioned, except of course when someone bowls over all ten pins. We plan to include teenage family members on our next bowling session - no doubt they will put us to shame as regards scores.

A month ago nine of us went to 'our local' - Dollymount House, no less, for an evening meal, beautifully cooked and served. It may not have been what the Doctor ordered in the strict sense but it was accompanied by the best of medicine - laughter.

Quite a number of friendships have developed from the group and a lot of contacts are made between meetings. This gives much needed strength, support and

understanding while making bonds of friendship. All our carers are welcome to become part of our Carers' Group. It can be very difficult to be free to attend but the group can be a lifeline. Anything that helps the carer directly helps the stroke person and the rest of the family. While meetings are normally held in the evening we can always be flexible if we know the need.

It is great to end with a quote and this is a great quote that is also very relevant to all of us: "People love a loser, but they only love a loser who keeps on fighting. It's not failure that counts against you - it's the failure to get up again afterwards."

These fighting words were said of Bet in Coronation Street by Julie Goodyear, who plays her part. She also said she loves Bet's "bounce-back-ability". Now that's a really smashing word. Every stroke deals a series of cruel blows to the person and also to the family and we all need a large dollop of "bounce-back-ability". Included in it has to be a large measure of humour and wit plus the courage and determination just to maintain that sparkle and smile the stroke couldn't quench. So cheers to you Bet and to each one of us.

Deceased Member

Derek Madden died on 16th February 1994 and will be missed by the Wednesday Stroke Club.



Ann Kavanagh and Erica O'Mara



Ann Kavanagh, Erica O'Mara/John Richards

1993 – A Year To Remember

Theo Davis, Hon. Secretary, Volunteer Stroke Scheme.

The year gone by was a good one for the VSS. Many of our problems ironed themselves out and we progressed well in achieving many of our aims for the year,

This was due to the hard and dedicated work of everyone involved with the Volunteer Stroke Scheme – Committee Members, Supervisors, volunteers, drivers, benefactors, and stroke patients.

It makes for a pleasant climate when things are going well. Our Articles of Constitution have been finally put together and we are having our AGM which will be the icing on the cake for me, after all the hassle involved in getting the Articles together. The odd nightmare and lots of frustrations will be worth while in the end.

A sad note towards the end of the year brought the resignation, due to ill health, of our long standing Chairperson, Ann Kavanagh, who had worked so hard for the VSS on a voluntary basis for ten years - seeing the scheme through good and bad times, but never failing to give it her all. We shall miss her a lot but wish her a speedy return to good health and good luck for the future.

The reins of office were taken into the capable hands of Anne Copeland who has been working as a volunteer with the VSS for very many years now. Anne was on the fund-raising committee and is also one of our Executive Committee Members. Last year, we benefited greatly from (and enjoyed



Theo Davis

immensely) a Banquet and Concert given by Phil Coulter in the Burlington Hotel. The work involved in making the night such a success is an indication of the dedication and capabilities of Anne who was instrumental in arranging this for us. I look forward to working with her in the future and feel we can continue to thrive with such good willing people backing us all the way.

Once again, I have to thank Mr. Richard Holmes, Irish Epilepsy Association, and his staff who continue to support the VSS by giving us office space along with all the facilities. I cannot stress how much help this is to us - with a seven day, twenty-four hour contact facility being at our disposal. A special word of thanks to Tara Kavanagh, their receptionist, who never fails to pass on all messages to me with her usual cheerfulness.

I look forward to my continued association with the VSS and hopefully we will go from strength to strength.

Answers to Puzzle on page 2

Family Tree

- | | | |
|---------------|-----------------|----------------|
| 1 Four | 8 Three years | 15 Seven |
| 2 Four | 9 Sixty years | 16 Seventy-two |
| 3 Three | 10 Seven years | 17 Four years |
| 4 Two | 11 Eleven years | 18 Nine years |
| 5 Twenty-Four | 12 Twenty-six | 19 Seven years |
| 6 Twenty-six | 13 Twenty-one | 20 Twenty-six |
| 7 Julie | 14 Five years | |

VOLUNTEER ST

THE NORTH AND SOUTH CLUBS AT THE
INCLUDING THE AGM



Anne Copeland, Gina O'Donohue and Anne Tuite



A Scene form the AGM



John Le Strange and Maura O'Brien



Albert, Paddy and Eileen.



Brendan Murphy and Beatrice Mc Loughlin



Kay Hammond and Jim Lenehan

STROKE SCHEME

FOR MANY FUNCTIONS DURING THE YEAR
ON THE 12TH APRIL 1994



Tess and Santa Bert



Bea Mc Loughlin and Bridie Leonard



Peter Birmingham & wife Marie



Fiona Nangle and Marie O'Brien



Enda Faughnan



Jim & Marion Lenehan

Westmeath 1930-1993, from seed to bountiful harvest *Annie Small, Westmeath Stroke Scheme*

My interest in stroke patients began at a very early age. I was one of six children, three boys and three girls, born near the village of Aughrim, Co Galway. We spent a lot of our time with an uncle and aunt in Athlone, Co Westmeath. Our parents, like most parents of those years were very strict, but our Uncle George was the most loveable man, and he was loved by us in return.

He was a big man, about six foot four inches, broad and about 17 stone weight. He had a beard which tickled us when we climbed on his knee to play with him.

Pennies in those days were very scarce but somehow Uncle George always had pennies in his pocket for us and we were able to buy five toffees for a 1d, or a penny bar of toffee or perhaps a 1d liquorice pipe. Sometimes we would coax two pennies from him, and although he did not know it, we would buy a 2d packet of Woodbine cigarettes and steal away to our 'hidey hole' with our friends and smoke them.

One day in July 1930 our beloved Uncle George, aged 60, was suddenly, and completely without warning, struck down with a severe stroke. We children could not understand why our greatly loved Uncle could not move and could not talk. He could only look at us with tears rolling down his cheeks. We were devastated as were all the family. Of course in those days there was no medical help for such an illness, only care in the home by the family as best they were able. One old neighbour used to advise that leeches should be got and put hanging around his neck, but this advice was never taken.

When death came in October 1933, we were happy for Uncle George when it was explained to us he was now free from pain and was well and strong again. In fact he was again our old lovable Uncle George even though we could not see him. His



Willie & Annie Small

death did not bring sadness, just the remembrance of his devastating illness.

Throughout my life whenever I heard of anyone getting a stroke, I felt so sorry for that person and their family and I often wondered if there was anything I could do to help.

An opportunity arose to put that heartfelt sympathy in action when in 1987 at a County group meeting of delegates of our Social Services, members requested that we should in some way help those who suffered from stroke. We set up a committee to investigate the possibilities and with the help of the National Social Service Board our Westmeath Stroke Scheme was born.

We started off with one patient, now we have about 140 on our roll and feel there are more around the County we have yet to contact.

In time we formed three clubs - Mullingar, Athlone and Drumraney which is a complete rural area. We have a very active County Committee with an extremely active Chairperson, Jackie Murray, whose leadership inspires us to concentrate on developments for stroke patients and their families within the county.

We are fortunate in having a dedicated organiser, Mary Mahon, who gives her all in the service of the Stroke Scheme. We have three 'get-together' functions in the year and it is a joy to watch the patients and friends enjoy themselves. Our Club Committees are doing a great job in providing social activities for their patients once a month. It is a treat to watch what a cup of tea, a chat, a sing-song or bingo can do for patients. It gives them encouragement to keep on trying to reach their goal.

Westmeath 1930-1993, (Continued)

At our County 'get-together' in December 1993, Westmeath Stroke Scheme Committee and patients gave me the very high honour of making me a life member and presented me with a beautiful clock and scroll, a lovely vase, gorgeous bouquet of flowers, together with the honour of cutting a delicious and beautifully decorated cake. Many tributes were paid to the Westmeath Stroke Scheme.

I honestly feel I have done very little in comparison with the unfailing dedication and hard work of my fellow workers.

My work is my tribute to them and to my beloved Uncle George.

Evelyn's Story

Evelyn Halpin

I had a stroke on 10th February 1992. I woke up early that morning and found I could not talk or walk and could not get out of the bed. At the time I did not realise I had had a stroke. I spent 10 weeks in Beaumont Hospital, most of that time in bed or in a wheelchair and then six months in the National Medical Rehabilitation hospital in Dun Laoghaire.



Evelyn Halpin

I went back to the dancing club and French Boules. Erica O'Meara arranged for me to attend the Stroke Club on a Monday morning and I am meeting fellow stroke patients. We play games and chat and have coffee. The atmosphere is always warm and friendly, thanks to the work of the volunteers – it is deeply appreciated.

My road to recovery really only started when I went to Dun Laoghaire. I found my family support helped me through the bad stages of the stroke, and that support is still there to this day.

Before the stroke, I was a very active person. I was out every day playing Pitch and Putt, Competitive Bowls, French Boules, and Ballroom dancing – to name but a few.

I knew all along in my mind that I would walk again, even though my family were told that the stroke was very serious and that I might not walk again. I am in fact now able to walk with the aid of a stick and do not need the wheelchair around the house. I still have no feeling down the left side of my body.

I find I have coped very well, given the drastic change to my life. I still get very emotional from time to time, but my family are always there for me. I have come on 100% since I first had the stroke and can get out and about in the wheelchair. My neighbours, friends and relatives have helped me a great deal over the past two years. Erica arranged for voluntary workers to come and visit me when I could not go out.

I found that recovery is very slow but once a patient is given the opportunity for rehabilitation the chance is there to make progress. The main thing is to keep the spirits up and believe that you can get there.

I found that the Lord has also been a help in answering my prayers.

Ann Kavanagh passes on the torch

Theo Davis

When accepting Ann Kavanagh's letter of resignation in November 1993, due to her illness, the Committee promised her we would hold a "Farewell Presentation Get-together" when she was feeling better to acknowledge her years of service to the Volunteer Stroke Scheme.

This event finally took place on 17th February, 1994 when the Committee and Supervisors had a lovely evening with Ann in the La Caprice Restaurant in South Andrew Street, Dublin.

A presentation, of an engraved Dublin Crystal lamp, was made to Ann by our Vice-Chairperson, Gina O'Donoghue, who thanked Ann for all her hard work and devotion to the VSS since its foundation in 1983 and wished her well in the future.

The inscription on the lamp read

Ann Kavanagh

In Appreciation

The Volunteer Stroke Scheme

Photographs galore were taken to remind us of a wonderful evening and equally wonderful people - especially Ann.

Many thanks once again to Ann for all she gave to the VSS with her time, energy and expertise.



Ann Kavanagh



Ann Kavanagh & Anne Copeland



Gina O'Donoghue & Ann Kavanagh



Joan Monahan

Dublin Southside Stroke Club

Marie O'Brien, Supervisor, South Dublin

When meeting a new client for the first time the common thread which seems to span all ages and lifestyles is the sense of isolation that the stroke person feels. A sense of loneliness, or of 'being alone' even while surrounded by family and friends. The loss of speech and the inability to express this frustration lead to a further sense of isolation.

In our VSS clubs we offer a meeting place where our clients can use what ever limited form of communication they have without embarrassment. The sense of isolation is gradually broken down as members find their own 'niche' and begin to make friends with fellow sufferers and volunteers alike.

In the four years I have been running the South Dublin Stroke club I have seen our clients come out of their shells and begin to laugh and enjoy life again.

Our aim is to encourage our clients to resume their own social lives. We put a big emphasis on laughter and having fun while using games, quizzes and any projects which help improve our clients' speech and communication skills

We should never under-estimate the courage it takes to come to terms and move on after stroke.

Our home volunteers also find that making their work fun and interesting is a tonic in itself.

During 1993 Southside VSS went on several outings:

Laragh/Glendalough

Once again Carters, owners of The Wicklow Heather, Laragh, gave us a great welcome. Our own Denis Hayes entertained us during lunch much to the enjoyment of the other diners.



Maeve O'Brien

Glenmalure, Co. Wicklow

Catherine McCann opened her home and exceptional garden to our club. With a rare opportunity to enjoy the sunshine we dined out on her lovely patio. Many thanks to Catherine.

Poulaphouca House/ Ballymore Eustace

In September we visited Poulaphouca House where an excellent four-course meal was served. We were made very welcome and we noted that their facilities for invalids were excellent.

We then called to The Ould Triangle, Ballymore where the proprietor, John Finn, gave us a warm welcome.

Brittas, Co. Dublin

Our next outing came courtesy of our own club member Norman and his wife, Joan. We were treated to a scrumptious lunch in their lovely home planned and built by Norman himself. Many thanks to Joan and Norman.

A special word of thanks to Fr. Joe Kennedy, Mount Argus, for his time and the use of his minibus. Without his generosity we could not have afforded two of our outings. Fr. Joe is great fun and has become a very welcome addition to our volunteer force.

Social Events

In October 1993 club members attended a concert in the club centre held by The Active Retirement Group. Our own Jimmy Palmer gave his rendering of his funny Dublin monologue. The night was very enjoyable.

In late October several members attended an amateur production of 'Oklahoma' in Milltown.

Dublin Southside Stroke Club (Continued)

Christmas Party

Our Christmas party was held in the club premises. Many thanks to Calor Gas for the use of their cooking facilities. A meal fit for a king was cooked and served by our chef 'Carlos' and Santa paid a visit to all our members.

A video of the proceedings was taken by volunteer, Bridie. A special word of thanks to Sr. Una for all the help throughout the year.

Transport

In May 1993 part of our transport problems were solved with the introduction of an Ambulance thanks to the generosity of The Order of Malta, Greenhills Branch. Many thanks to David Mowlds for his help and co-operation throughout the year.

A very special thank you to all our volunteers, club/home/drivers for all their hard work and dedication during the year.

Response to recruitments was good in 1993 and all in all we feel that the Southside VSS is going from strength to strength.

Deceased Members

Sadly the Southside lost five club members in the last year.

Nora McLarnon

Dan O'Shea

Jimmy McCormack

Andrew Sheeran

Philip Ryan

Father Joe Kennedy celebrated Mass in their memory in the club to which they had given so much. They will all be greatly missed.

May they all Rest in Peace

Money Matters

John L'Estrange Reports

Once again we had a very good year on the Financial Front in 1993.

- 1 The Eastern Health Board gave us £14,000 for 1993 - we express our grateful thanks.
- 2 A wide range of commercial firms helped us once again, e.g. Banks, Building Societies, Insurance Companies, Manufacturing Firms and Retail outlets. We have listed opposite, in alphabetical order, the main companies who have helped us. We are grateful to them for their generosity.
- 3 On Saturday, 2nd October, 1993, there was a banquet and concert in the Burlington Hotel in aid of Volunteer Stroke Scheme and St. Vincent's Stroke Prevention Research. Phil Coulter was the one-man show with his singing, recitations and playing the piano. It was a wonderful event with over 400 people present. Phil Coulter is a household name not only in Derry, where he was born, but in the rest of Ireland, Great Britain and America. The fact that Derry won the All-Ireland final in September 1993 only added to the occasion.

The Committee who organised this event consisted of Anne Copeland (Chairperson), Vincent and Phil Keaveny and Joan Keogan. They really worked hard for about three months of the year. Among the notable items were:

An interview during which Pat Kenny put questions to Dr. Vincent Keaveny on the research and practical problems of stroke. It was released by RTE at 11.00 on 30th September.

Among those companies who contributed to the funds was Avonmore Foods, who gave the committee a substantial amount of money.

Gina O'Donohue, our Vice-President, spoke at the dinner and thanked all for their support.



Phil, Aidan & Vincent



Fecila Gentili, Anne & Adrian Copeland

- 4 A Table Quiz was held in UCD, Belfield on 2nd March 1994. It was organised by a committee which included Terry Dolan, Gerry Horkan, Anne Kelliher and John L'Estrange - all from UCD. They were helped by David Horkan and Donal L'Estrange. Altogether there were nineteen teams - ninety-five people. A team from UCD's Economics Department won first prize.

Many companies donated prizes which were auctioned on the night. Also, a lovely painting by Maureen Belton was auctioned and this raised £105.

Anne Copeland spoke at the Quiz thanking all those who attended. She made special mention of Terry Dolan, who was both quizmaster and a very amusing auctioneer.

The principal companies who helped VSS in 1993 were:

Abbot Laboratories	E.S.B.	Jurys Hotel
Aer Rianta	Esso	Marks and Spencers
Allied Irish Banks	Fyffes	Motorola
Amdahl Computers	Gallagher	New Ireland Assurance
An Bord Bainne	General Accident	Odlums
Amotts	General Motor Distribution	P.M.P.A.
B&I Line	Glaxo	Rhone-Poulenc Rorer
Bank of Ireland	Guinness	Ireland Ltd
Becton Dickinson	Iarnrod Eireann	Roches Stores
Bristol-Myers Squibb	Hoechst	Royal Insurance
Burmah-Castrol	I.B.M.	R.T.E.
Bus Eireann	Inter City Irish Rail	Sealink
Calor Kosangas	Irish Cement	Siemens
Ciba-Geigy	Irish Life	Smurfits
Clerys	Irish Permanent Building	Telecom Eireann
Clondalkin Group	Society	Ulster Bank
Creans	Jet Oil	Unidare
P. V. Doyle, Hotels	Jones Oil	Wellcome
Dunnes Stores	(given by Ita Reid Smith)	
Educational Building Society		

Volunteer Stroke Scheme

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John L'Estrange
Olive Loughran
Bride Murphy

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More **volunteers** and **drivers** are required by the VSS. Contact us at the number given above or write for further information.

Aims of the Volunteer Stroke Scheme

- 1 To help people who suffer from speech and allied problems as a result of a stroke.
- 2 To offer each patient a volunteer who will visit singly for about an hour at a time on a regular weekly basis.
- 3 To provide a club where patients can meet and be further helped.
- 4 To provide outings from time to time.
- 5 To create a greater awareness and understanding of stroke through effective and relevant publicity.

Subscription £5.00 a year

I wish to subscribe to the Volunteer Stroke Scheme and I enclose £5.00 for 1994.

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Cheques should be made payable to the Volunteer Stroke Scheme.

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