

A Call for Action

Anne Copeland

Some months back the Government introduced the new Health Strategy. Prior to its introduction many professional and voluntary bodies with an interest in Stroke presented a report to the Minister for Health with the various recommendations for improving stroke services. Despite this there was no mention of stroke care in the Health Strategy.

Everyone involved in preparing the report was very disappointed. The same Government is back in power after the recent General Election during which the health services became a hot potato. We can only hope that they will have a fresh look at stroke services throughout the whole country with the intention of upgrading acute services and a major over-haul of rehabilitation services.

Some of the recommendations in the report, to which the VSS were



contributors, were-

1. Better public awareness and education campaigns in the area of stroke prevention.
2. Early and effective treatment of people presenting with T.I.A.
3. Care to be given to all patients with stroke in specialised stroke units within general hospitals. Research shows that the organisation of stroke care within stroke units saves lives.
4. All patients should have access to timely CT/MR scanning and treatment with most up - to - date drugs.
5. Community rehabilitation services should be developed to encompass a full interdisciplinary team.

6. Respite services should be further developed for stroke patients and carers.

Our elderly population is growing and considering that 3 out of 4 strokes affect the over sixty fives it is obvious that urgent attention must be given to the provision of a good stroke care strategy.

One in four strokes occur in the under 65 year bracket. Presently stroke services in this area are extremely poor. We can only urge the Government to treat the whole area of stroke care with the priority and urgency it deserves.

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Full Out-Patient Rehabilitation should be available for Stroke Victims says The Eastern Regional Health Authority.

The Eastern Regional Health Authority has taken a policy decision that full out-patient rehabilitation should be made available for all stroke patients discharged to the community and that community services should be developed to encompass the full interdisciplinary team," said the Regional Chief Executive, Mr. Donal O'Shea, when he launched a report by the Irish Heart Foundation on stroke prevention.

The report also deals with how mortality and morbidity can be reduced in cases where people do suffer a stroke.

Over eight per cent of all deaths in Ireland each year are caused by stroke. It accounts for 6.8% of deaths among Irish men and 7.6% in Irish women aged between 65-74.

The report produced by the Council on Stroke:

Outlines current best practice in stroke prevention, treatment and rehabilitation

Provides a consensus-derived and realistic basis for the development of healthcare policy so that the principles of the Health Strategy can be fully implemented for people with stroke.

Mr. O'Shea said that mortality from stroke had been falling for some decades. The death rate among Irish men declined by 47%, while it fell by 52% among Irish women in the 20 years between the early 1970s and the early 1990s.

However, most strokes occur in the over 65s. Therefore, the incidence of stroke can be expected to increase in the coming years, in line with the projected increase in the number of older persons.

"Stroke is an illness with a very significant personal and societal impact. It is the most common cause of acquired physical disability and is the cause of the second most common form of dementia, vascular dementia" said Mr. O'Shea.

It is second only to dementia

It is second only to dementia as the most expensive illness in health and social care costs and these costs exceed those of either cancer or ischaemic heart disease, he added.

About of 8,000 people are admitted to hospital in Ireland due to acute strokes each year while an estimated 30,000 people in the country have residual disability as a result of a stroke.

It is Eastern Regional Health Authority policy to develop active programmes for primary, secondary

and tertiary prevention for stroke. The primary prevention could most usefully be undertaken in conjunction with the Cardiovascular Initiative.

"Your research suggests that Stroke Units can reduce mortality from strokes by 25% at one year and can also result in substantial reductions in the levels of dependency" he said. "The Eastern Regional Health Authority will support the setting up of well-organised services for acute stroke patients. These services should provide comprehensive care centred on an integrated multidisciplinary team which has a specialist interest in stroke rehabilitation.

The stroke unit approach places the patient under the direct care of a team led by a physician with specialist expertise in stroke. Acute treatment and rehabilitation should ideally take place as part of a continuum.

There are already 10 specialist beds for stroke patients in Tallaght and the Mater plans to establish six specialist stroke beds from December 2001. St. Vincent's established a stroke rehabilitation team 10 years ago which is effective" he said.

Thanks to the Eastern Regional Health Authority Times for permission to reproduce this note (Editor).

Around The Clubs



Tom McDonnell and Richard McSherry in Taney .



Nuala and Marie at the Christmas Party! 'Cutting a Dash'.



Irene, Kay, Arthur, Patricia, Bart and Marie .



Some of the "Runners" for the V.S.S.



Connie, Phyllis and Eileen.



Eileen and Peig.

Come Rain or Shine

Northside Stroke Clubs

Erica O'Mara, North Dublin Supervisor



Come rain or shine our Club Members and Drivers make their way to our Monday or Wednesday Clubs. Only icy conditions lead to a cancellation for safety's sake. On our very first morning ever back in 1986, we had rain, hail, sleet and snow but none of it deterred our first six stroke people.

St Luke's Social Centre has always been a great place for our Clubs, even to the slow ramp outside. Quite a few people will say "give me your arm until we reach the ramp and then I can manage myself."

Both Stroke Clubs firstly provide a place where everyone is in the same boat, where stroke is concerned and for someone recently home from hospital this can be a great help and comfort. Feelings of isolation are reduced and Stroke People can be of great encouragement to each other. Stages of recovery are compared, with advice and tips shared. One of our newest Club Members said to me one morning, "The best thing I like about this Club is being able to talk to the lads." Of course this is so important for both the lads and the lassies.

Communication means more than words and also consists of having a watchful eye and a listening ear for another. A smile and a cuppa can go a long way and a hug can be very

acceptable whether in comfort or congratulations, with a word of thanks sounding very sweet in either direction.

Every time a new person comes to Club we have a session round the table so that each person can introduce themselves, with a bit of help if necessary. Each time we do this it's different and can verge on the hilarious, like the morning the first person said they had a dog and so had the next and the next. The person after that just said "My name is Mary and I don't have a dog." The place erupted in laughter and dog and cat stories were brought out and laughed at until it was time to go home.

Our spacious room can be divided in two, enabling Physiotherapy in one end and another activity in the other end. Darts and cards are firm favourites as are skittles and painting and other crafts.

Quiz Book

The Quiz Book of "Who Wants to be a Millionaire" has been a great bonus. The fact that one has four options is very helpful as the right answer can often ring a bell and someone without words can often indicate the number of the option. In any game or competition the prizes named are fictitious and totally outlandish adding to the fun. We are still waiting for our first millionaire.

OUR CLUBS' SOCIAL CALENDAR 23rd April, 2001

A great Birthday Party to celebrate 16 years of Monday Club. Everyone brought cakes or something and Pat Gath Brady made a gorgeous huge pavlova. Trophies were presented to Dan Murphy and Frank Cole.

9th May, 2001- We celebrated Mary Clarke's 90th Birthday in the Wednesday Club today, a lovely, gentle lady - an inspiration to all.

18th June, 2001- The Monday Club went to the European Commission in Molesworth St. It was a very interesting morning with lots of discussion about the EU money and other queries with lunch and refreshments provided.

COMBINED CLUBS' SUMMER OUTING 2nd July, 2001

A very successful outing with a brilliant day weatherwise - the warmest day of the summer so far. We went to the Ard Boyne Hotel in Navan and appreciated the air conditioning on arrival. The meal was lovely and well suited to the warm day.

Afterwards Tess conducted the now traditional music quiz. Syl was with us again to provide music and was very welcome. We celebrated two "zero" birthdays - Joan O'Donoghue from Monday Club and John Burke from Wednesday John is an unbelievable

80 years young. All in all a great day.

COMBINED CLUBS' OUTING TO DOLLYMOUNT HOUSE 15th October, 2001

We went out to lunch courtesy of the Committee. It was also Wednesday Club's 11th Birthday with Fancy Dress for an early celebration of Halloween. Lunch was lovely and those who dressed up were very imaginative. Trophies were awarded to Noel Taylor and Mary Byrne.

CHRISTMAS PARTY 10th December, 2001

As usual both Clubs were together and we had a total of 64 for dinner which was absolutely gorgeous and was made by Sr Margaret and her team in the Club. A mini version of the Eurovision Song Contest was staged by some of the volunteers and stroke patients. The talent was great. Theo came to join us and Anne Copeland and I presented the remaining Corporation badges.

Eamon Judge joined us and sang

for us as did a number of guests and Club members. For some it was their first party and they all agreed it was magic.

CHRISTMAS MASS WAS CELEBRATED IN EACH CLUB

Each Mass was very special and we were able to pray especially for Club members and relatives and friends who had died during the year.

ST VALENTINE'S DAY CELEBRATION AND POETRY COMPETITION 18th February 2002

Our celebration was a little late but with a good crowd of 51 from both Clubs. The standard of poetry for our usual competition was high and first prize went to Jean Murphy of the Monday Club and each participant got a prize. Jean's poem can be seen below.

MANY THANKS

To all our drivers and volunteers, to Sr Margaret, Phyllis and Mary who run the Centre.

Needless to say we would have no Club without them. Their willingness and cheerfulness are very much appreciated. I would also like to welcome some new volunteers Mary, Lynn, Anne and Liz. Thanks also to Northside People who ran our advertisement for 3 weeks. Every year for 15 years we can say thanks to Superquinn for biscuits and Birthday Cakes.

SYMPATHY

We extend our sympathy to the family and friends of the following who died during the year. They will always be remembered in Club.

**Tom Lynch
Paddy Parkes
Pauline Downey
Bill Doran
and his wife Violet.**

A Quotation from Katherine Hepburn

I would have thought that tears were the things which bound us together, but no - smiles, laughter - and they warm up immediately.

North Side Clubs WINNER OF THE VALENTINE'S DAY POETRY COMPETITION 2002

All you need is Love!

by Jean Murphy

My love deserves a medal
for putting up with me
Every morning he comes down
And brings me in the tea
He never grumbles, never frowns
But always smiles
When he's around

Though sometimes he gets cheesed off
When I'm behaving badly
There is a reason for that you see
It's the Leg, the Arm, the Toe, the Knee
I blame the Weather
It's the cold, I say, Not Me!

All in all it's love I suppose
I cook his dinner - He washes my clothes!
For Better or for Worse we Wed
Thirty years ago that's what we said
I got worse, He's no better
But sure on we go, Hell for Leather!

News from the Midlands

Mary Mahon, Jackie Murray

The year 2001 was a great success starting with our church gate collection in January. The help we get from people throughout the county is unbelievable.

Westmeath is a very big county and every church gate is covered on the one day. This is one of our biggest financial rewards for the year.

We had our first party in the Bloomfield Hotel in March and this was a great success.

Our annual walk took place in May. A great crowd gathered for this event which was a great success financially and socially.

Our next party was in the Downs G.A.A. centre Mullingar. This was a party with a difference as we had never tried it before but on the day it was an outstanding success. The Downs centre was built just a few years ago. It has marvellous facilities for wheelchairs with easy access to wheelchair toilets, a large car park and a beautiful stage.

Music on the day was provided by 20 musicians from all over the county. It was a marvellous traditional Irish party song and dance. Tea, sandwiches, cakes and cocktail sausages were all provided by the committee.

Our next outing was to Knock. Each year we bring around 20 people to Knock for a four day break. Down through the years this has proved a great success. We go on a Tuesday and come home on a Friday. The stroke people and their carers enjoy it because it is like home from home.

John Mc Manus and Mary opened their house again this year to the VSS. This a marvellous boost to our finances. John and Mary spend all year preparing their house for this big event. Not alone inside the house but the gardens outside are filled with old machinery, dating back hundreds of years- is a sight to be seen. This year John had a very old trashing mill working away all day. People come from far and wide to see all the work that John and Mary have done in restoring the house and gardens and also

to reminisce about bygone days.

Last but not least our Christmas party. This is held in the Bloomfield each year. We had a marvellous crowd, beautiful meal and lovely music. The Christmas party is always a very lively one and no doubt Santa had to make his appearance.

Our two Clubs, Drumraney and Mullingar, are both going very well meeting once a month for their couple of hours social. They have their own agenda, outings and parties, with very good attendance. We would like to compliment the Officers of both Clubs for their dedication and commitment over the years.

Mullingar has celebrated its 10th Anniversary whilst Drumraney are not too far behind, it will be coming up later in 2002.

What a marvellous and rewarding year, God bless all your readers, from Westmeath Stroke Scheme.



Santa and Organiser at Christmas Party.



Receiving the Cheque.

L - R : John & May McManus, John Daly, Jackie Murray, Chairperson, Liz Kennedy, Mary Mahon.

Back Row - Joe Kilmurray and John Harte.

News from the South Side

Eileen Murtagh, South Dublin Supervisor

The catchment area for our two South Dublin Stroke Clubs covers most of the former Health Board areas I to 5. Because of the huge distances from some of these outlying areas, it is not always possible for people to access a stroke club.

Our clubs in Kimmage and Dundrum are hives of activities each week with physiotherapy, quiz, bridge, dominoes, scrabble, darts and card games.

Various activities and outings have happened in 2001. On June 4, the Hanlon girls and their friends brought Marie Hanlon in her wheelchair to the Mini-Marathon and they all collected their medals at the finish line. Nuala Brennan raised good sponsorship despite having hurt her foot prior to the race. It was a very enjoyable way of raising some funds for the VSS. A big thanks to all the others who did the run and raised the sponsorship.

Taney Stroke Club members travelled by coach to Dublin Castle on July 4. This was an interesting tour and the guide was pleasant and did not rush our group. The outing concluded with lunch in a restaurant in the Castle grounds. There is a statue of the journalist Veronica Guerin in the gardens of the castle but viewing that will have to wait until another day.

Bridie's lovely house and garden was the venue for the outing on July 12. The heavy showers at the start did not deter our group from going out for the day. When the rain

cleared we were all able to enjoy the food and wine outdoors.

July 19, in contrast, was a beautiful sunny day for the next day out to Temple Manor Court for the party in the O'Brien home and garden. The forecast and ambience for the day was perfect.

A coach trip to the Royal Marine Hotel, Dunlaoghaire on October 18 coincided with volunteer Shay O'Brien's birthday. Members were tipped off about the birthday beforehand and a cake was arranged. Shay had some energy left to blow out the candles despite having run around helping others all day.

The Christmas party was on December 13. Shaun Connors and Steve Bennett both helped to make the party a success. They were so professional. Visitor, Anne Richards, and member, Paddy Duffy, entertained the group with jiving from their wheelchairs. All of our Volunteers worked hard at making the day so enjoyable.

Embracing the Euro

One of our stroke clubs has a TV star. TV3 News, interviewed our club member and joke teller, Paddy Duffy. The interview was in conjunction with the launch of new research on stroke. It was shown on the news on December 22. Paddy is a natural on the small screen.

Club members embraced the Euro after 9 February 2002. At the poker table in Taney Stroke Club, cent are now used to bet with. The highest bet though, is no higher than 10 cent and great fun can be had with



even that amount of money.

On February 28, Stephen Kerr, died. Stephen was a popular member of Kimmage Stroke Club. A mass was celebrated for Stephen in our club by Fr. John Craven from Mount Argus on March 21.

There are good reports of vocational training for people who have acquired a disability, run by the National Training and Development Institute (NTDI). Some of our Stroke Club members have availed of this training and now are able to do voluntary and other work. There is a need for more rehabilitative training for younger people who want to do something with their lives following a stroke. This training should include adaptive techniques for leisure pursuits and hobbies.

Volunteers are the lifeline of the Volunteer Stroke Scheme. Thanks to all of our volunteers who keep the Clubs running smoothly each week. Congratulations to those who received their awards in Morans Hotel, Naas Rd. in March 2002.

Guinness Ireland supplied the beer for the Christmas party and Coca Cola supplied all the minerals during the year. They keep good cheer afloat.

Sr. Una and Dennis Rice deserve a special mention for keeping the premises in order for our clubs every week. Due to the commitment of our club volunteers, our Stroke Clubs will continue to provide a valuable service in supporting people during a traumatic time in their lives.

Best wishes to all for the coming year.

Around T



Louise, Connie, Phyllis and Anne . Resting after the Christmas Party.



Bridie Lyons and Paddy Duffy, Poulaphouca.



Des Kavanagh, Ambulance Driver and Horst Babel, Poulaphouca.



Shay O'Brien and Alex Tuohy, Royal Marine Hotel.



Betty Morton and Helen Healy at Poulaphouca.



Rita and Mick meet at back - Rose and Mary (Carers).



John La Coste and Friend.



Marie, Bridie and Eileen - South Dublin Supervisors.

he Clubs



Mary Clarke's 90th Birthday. With Rosaleen and Mary Brown.



Wednesday Clubs' Birthday - Shielagh McHugh also celebrates her birthday with her daughters.



Wednesday Club 11th Birthday. Club Members of the Year : Noel Daylon and Mary Byrne.



Outing to European Commission. Front L-R Margaret, Sr. Marie, Dan and Tommy. Back L-R Bridie, Sandra and Bill.



Paul and Dorothy copping at the Summer outing.



Cast of Christmas Entertainment , Dec 2001. L - R : Irene, Frank, Tess, Bridie, Nancy, Kitty and Dan.

Story of a Recovery

Deirdre Clear



It was Saturday 8th May 1998, a week before my holiday to Turkey was due to start and I was looking forward to it (I had been there before and I loved it), I felt very tired. I seemed to be tired all the time. I needed a holiday. I was 64 years of age.

I went down to get my hair done. When my hair was done, Laurence the hairdresser said that one of the girls would help me to go home. I was amazed that he should say such a thing. I said I had the car outside and there was nothing wrong with me. I left and drove to my house which was just a few hundred yards up the road. - I crashed into the wall of the garage with set me back IRE850. I thought that the engine had cut out and I just started up the engine again. I must have gone unconscious for just a second. The time was 4.00pm.

When I got out of the car I found it difficult to get the key in the front door and to take off the alarm. I sat down in the hall and wondered what was wrong with me. With difficulty I got the number and phoned my sister Una and told her that there was something wrong with me.

She asked me if I was at home and when I said I was she said that she'd come over. In a short time Una and another sister,

Sadie, and a niece Mary who is a nurse arrived. It was 6.00 p.m.

My GP was not available so Mary drove us to St Vincents Hospital. By the time the consultant decided what was wrong with me and I was hospitalised it was 12 midnight. I was starving and when the nurse asked if I would like something to eat, I nodded. In fact I would have liked a steak and onions and chips. In fact the nurse gave me tea and toast and it tasted great. I realised the next day I could not say what I wanted to say. When my family called in to see me and asked me questions I could not say much and the few words I could say, I said them out of sequence (Aphasia).

It was a fortnight before I had my first lesson with the Speech Therapist, Fionnuala. For the next year Fionnuala was my saviour. Six months later when I moved into a group Hilary was our speech therapist. I did everything I was told and I did each homework task. When I wasn't able to do the homework and needed help I could only allow one person (family) to help me at a time. I found it difficult to deal with more than one person at a time.

Fionnuala started a personal file for me with the help of the family. All my personal data e.g. names of myself and the families were printed out in lists, including a location plan where I lived and went on with my interests and work details. Within a short time, once I had

the file with me, I could communicate by pointing to the words.

Fionnuala's advice to others was 'Do not ask, indirect questions e.g. regarding food it is better to say: - "would you like chicken or beef?" rather than "what do you want for dinner?" In this way I could use the word chicken or beef which was significant.

It was a fortnight after before the word "Stroke" was used as an explanation of what had happened to me. I could not believe it. I had no experience of strokes nor of any one who had had stroke before that.

The doctors tested me out thoroughly and discovered I was Coeliac but never found the cause of the stroke. Apart of my gluten free diet I have to take a 75g coated Aspirin every day.

"It was a fortnight before the word "Stroke" was used"

Shock

I was in hospital for five weeks and went on to Caritas for two weeks after which I went home. The first morning home was a shock for me. Although Brona, my niece, had offered to stay with me for a few days I decided against it. I had shopped en route the previous evening but to start getting my breakfast when it had been brought to me for the past seven weeks was difficult. I had to try to remem-

ber how to use the microwave, the toaster and the kettle. However I soon got over the shock and with difficulty I started looking after myself again.

The speech therapy continued for a year. When I mentioned to Flonnuala that I wanted to go back to work for the sake of my speech she organised for me to get a test. This included going to the nurses home in St. Vincent's and in a room on my own writing an essay on a holiday which I had spent in the past. After that I addressed a group of student nurses to explain about my stroke and its effects and how it was important for me to get back to work.

I was an Environmental Health Officer in the Eastern Health

Board. This work involved meeting the public and dealing with problems. The Eastern Health Board thought that I should retire as my speech was bad at that stage. Good speech was important for my job. However I insisted and they said they would see how it goes. I found it difficult to go out on my own at first as I realised that as well as my poor speech my confidence was low. Luckily two Environmental Health Officer students came out with me in turn, David and Robby, for a month each. They were excellent. I had the knowledge, as they had, having already spent three years studying. I had the experience which they needed . When words failed me David and later Barry were able to fill in the void.

I worked job-sharing for one year during which my speech and my confidence increased greatly and then I retired . In retirement I play bridge, golf and enjoy concerts, theatre and socialising.

"In retirement I play bridge, golf and enjoy concerts"

I attend the Volunteer Stroke Centre at Taney every week and enjoy the chat, the exercises and games.

I am grateful to all who helped me and gave me my life back.



Maureen, Ben and Rose waiting for their turn at the Party.



Gerry and John (Studying Form) at the Party .



Paddy chatting to Volunteer, Helen .



*Back: Phil, Paul, Richard
Front: Brendan and Michael in Taney Club.*

Great Expectations

Bridie Lyons, the New South Dublin Supervisor



When I first read a notice in my local health centre some years ago looking for drivers for the VSS, little did I know that I would later become the Supervisor of the Southside VSS. I feel very privileged to have the opportunity to do this job. I look forward to the challenge facing me now of continuing the work which Eileen Murtagh my predecessor carried out so enthusiastically for the past eight years. I take this opportunity of wishing Eileen every happiness and success in the future. I also want to thank her for her help, friendship and support in the past and in particular in the past few weeks during training.

The clubs in Kimmage and Taney are run by a dedicated bunch of people - I want to thank them for their good wishes and words of encouragement. I know we will all work together in the future keeping the clubs the happy relaxed places they have always been.

Friendship and Support

Since I became involved in the VSS my life has been enriched by the friendship and support received from members and volunteers. The support network in this Organisation is unique - long may it continue. We cannot underestimate the invaluable work carried out by the VSS - the encouragement to stroke patients, in particular from other stroke patients, the support for families and carers and above all the genuine care and concern for members and volunteers alike. I have seen the Organisation go from strength to strength, particularly in the growth of clubs, the introduction of holiday breaks and the introduction of the loan bank of techni-

cal aids.

The provision of after - stroke care and rehabilitation has still a long way to go to reach an acceptable level. Political pressure is the only way to achieve this. Guess what I raised with the canvassers in the run up to the General Election?

By providing proper and extensive rehabilitation stroke patients can become more independent. Their dignity is restored and they can have an improved quality of life. A firm commitment from politicians to provide adequate resources for proper rehabilitation after stroke is now very necessary. Carers who do such wonderful work should also be given the recognition they deserve.

I would like to see an increase in public awareness of stroke and the risk factors involved. As people learn more about prevention, the incidence of stroke can be reduced in the future. With that in mind I will promote the VSS at every opportunity.



The Bridge Players: Des, Eileen and Carmel.



Anne, Marie, Shay with George Quizmaster in St. Agnes Club.

The Presentation of The Volunteer Awards, 2002



Anne Copeland and Peig Reilly.



Nancy Carroll.



Theresa Doyle.



George Long.



Paddy Kelly.



Peg McEvoy.



Tommy Lumson, Erica O' Mara and
Bill Hilliard.



Eileen Murtagh.



Roseleen Kelly.



Tess Harrington.



Phil Kerr.



Annie Dignam.



Kitty Cullen.



Tommy Lumson.



Patti Cradden.



Bill Hilliard.

News from Theo's Office

Theo Davis, Honorary Secretary.



What a difference a year makes. The words of the song definitely ring true for the past twelve months. How the world came down to earth after 11th September 2001. - So many people bereaved and the subsequent ripple effect with security at all places world-wide becoming more stringent resulting in long delays for travellers. It made people think of their own lives and put things in perspective.

Just some notable events in the VSS over the past year. At long last we got the posters printed and sent out to all the Hospitals around the country as

well as to all the G.P.s in the Dublin/Kildare/Wicklow areas. The big excitement was our Web Site, which we launched in September 2001 after many months of putting it together. The feedback is very encouraging and of course eases the workload in the office now that people can access our Information on it. The site can be located at www.strokescheme.ie

Outings and Christmas parties were held and enjoyed by all those who took part. We had a Volunteer training day and afterwards an Award Ceremony for the 5, 10, and 15 year serving Volunteers. Certificates were presented to all and a crystal plate was also presented to the 10 year serving Volunteers. The evening concluded with a lovely meal and the whole event was well received by those who attended.

At Easter, we had to bid farewell to our South-side Supervisor, Eileen Murtagh who had worked untiringly for the Volunteer Stroke Scheme with great patience and dedication, for the past eight years. Indeed we have received many accolades singing her praises. She will be missed a lot but we wish her well in her retirement and welcome her successor Ms. Bridie Lyons who having been a volunteer with the south side V.S.S. for many years will, I am sure, continue the smooth running of the South-side Scheme.

I hope you all enjoy the Summer.

Theo Davis,
Hon. Secretary.

RECOMMENDED READING



These books have proved very helpful to stroke patients and their families and are very well written.

After Stroke

Stroke!
A Self-Help Guide.

Return to Itgha

Who Cares?
A guide for all who cares for others.

Stroke
A practical guide towards recovery.

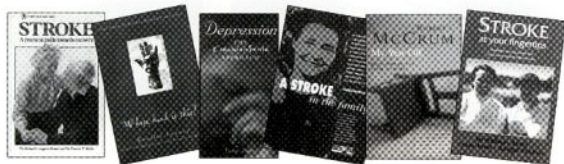
Whose hand is this?

Depression
The Common Sense Approach.

A Stroke
in the family.

My Year Off

Stroke
at your fingertips.



Anyone having difficulty tracing these books should contact the Honorary Secretary, Theo Davis - Telephone: 01 - 455 9036 (Monday, Wednesday, Thursday mornings.) or our Website @ www.strokescheme.ie

MONEY MATTERS

John L'Estrange Reports

Once again we had a good year on the financial front in 2001.

The Eastern Regional Health Authority gave us £25,000 for 2001.

The VSS is most grateful to the Authority for its continuing support.

A wide range of commercial firms helped us again e.g. Banks, Building Societies, Insurance Companies, Manufacturing Firms and Retail outlets.

We have listed below, in alphabetical order, the main companies who have helped us in 2001.

We are grateful to them for their generosity.



Abbot Laboratories	Fitzwillton	New Ireland Assurance
Aer Rianta	Fyffes	Novartis
Allied Irish Banks	Gallaghers	Odiums
Amdahl Computers	Glaxo Smith Kline	O'Neill Bros.
Aventis Marketing	Grange Pub	PMPA
Baileys Irish Cream	Guinness	Quinnsworth
Bank of Ireland	Heineken	Rhone-Poulenc Rorer
Becton Dickinson	Iarnrod Eireann	Roches Stores
Bristol-Myers Squibb Co.	IBM	Royal Insurance
Burmagh-Castrol	Irish Cement	Smurfits
Bus Eireann	Irish Distillers	Stena Line
Calor Kosangas	Irish Life	Stillorgan Bowling Club
Cassidy Wine	Jet Oil	Statoil
Conways Pub	Killiney Court Hotel	Woodchester Investment
ESB	Marks and Spencers	Zoological Gardens
Fitzpatrick Castle Hotel	McCormacks	

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.

Volunteer Stroke Scheme

249 Crumlin Road,
Dublin 12.
Phone: 01 - 4559036
Fax : 01 - 4557013

Patrons:

Dr. Morgan Crowe
Dr. Mark Delargy
Mr. Vincent Keaveney
Dr. Angela McNamara

Registered Charity
CHY 6989

Committee

Chairperson : Anne Copeland
Secretary : Theo Davis
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This issue of VSS News has been typeset by
Alex Tuohy.

Alex, a long time activist in VSS has had a
stroke himself. He is a member of the
Committee of VSS.

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