

VSS
Volunteer
Stroke
Scheme

News

Issue 21 July 2006

Lip Service

The Pram

A Short Story by Betty O'Brien
(Reproduced from 'This Ability' by
Jean Murphy)

Around the Clubs

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Lip Service

Anne Copeland

The volunteer stroke scheme tries to respond to the needs of stroke sufferers and their families through a variety of services ranging from the helpline to the stroke clubs. It is a difficult time because community health services for stroke sufferers are not always as timely or appropriate as they should be.

Government pay lip service and talk of future plans but little changes. Any recent or worthwhile initiatives in stroke care has come from outside government. Consultant led teams in hospitals have fought and are still fighting to set up stroke units in all acute hospitals. This type of care is standard in the U.K but here in the Republic of Ireland we have only approximately three units, all of them needing better resources.

Step down rehabilitation facilities are very scarce, the national Rehab Hospital being the major one in Ireland. Community services are still a lottery and are age rather than need related.

Presently the H.S.E are partners in a campaign on ageism. This is ironic considering that almost all stroke services are age related.

Every service either ends or begins at sixty five. This can result in patients not receiving appropriate rehabilitation in appropriate units. Some voluntary groups funded by government operate the same policy. It is time policy makers drop these prejudicial thresholds and see stroke as an issue not governed by age. Stroke sufferers should not be met with such bureaucracy.

The Voluntary Stroke Scheme feels that it is obliged to highlight gaps in services but we do not stop there. We are constantly finding ways of developing our own organisation. This year we have received magnificent support from Merck, Sharp & Dome and the Starr Trust. Merck, Sharp & Dome have financed the production of a DVD and Video on stroke prevention. We had a very supportive response from the media to the launch of these. Many features on stroke appeared in community and national radio. It all helps to raise the profile of stroke which is very important.

The V.S.S have often noted the lack of physiological services for stroke patients and their families. This year Margaret Bradley of Starr Trust made a donation to us to help set up a counselling service for any of our members who feel that such counselling might be of benefit. Hopefully the service will be up and running by Autumn 2006. It is our intention that all counselling will be administered by a clinical psychologists. We would like to express our deep gratitude to Starr Trust for their wonderful generosity.

Lastly, I would like to thank all our members and volunteers for their loyal support. May I wish everyone a lovely summer.

PROVERBS

Pat Gath

Reproduced
from
"THIS ABILITY"
By Jean Murphy

Look after the pennies, and the pounds will look after themselves.

Blood is thicker than water.

A stitch in time saves nine.

Many hands make light work.

A bird in the hand is worth two in the bush.

Every cloud has a silver lining.

There's no smoke without fire.

When the cat's away the mice will play.

A rolling stone gathers no moss.

It's a long road that has no turn.

Absence makes the heart grow fonder.

A little help is better than a whole lot of pity.

People in glass houses shouldn't throw stones.

What goes around comes around.

Where there's a will there's a way.

It's better to be sure than to be sorry.

Necessity is the Mother of invention.

Far away hills are green.

Live horse and you'll get grass.

Let sleeping dogs lie.

You can bring a horse to water, but you can't make him drink.

Empty vessels make the most noise.

Birds of a feather flock together.

Eaten bread is soon forgotten.

Every cloud has a silver lining.

A watch pot never boils.

Don't look a gift-horse in the mouth.

Two is company. Three is a crowd.

Once bitten twice shy.

A nod is as good as a wink.

Don't put off till tomorrow what you can do today.

Around the Clubs



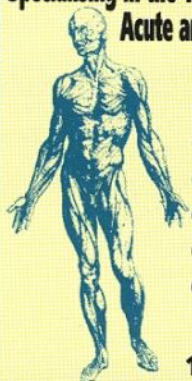
Bridie accepting a cheque from Anne & Bernie Richards.



Angela, Theresa, Patti and Rose in the Glenview Hotel.

DUBLIN PHYSIOTHERAPY CLINIC

Specialising in the Treatment and Management of Acute and Chronic Stroke:

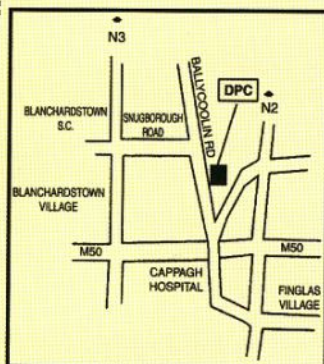


- Hands on treatment
- Upper limb rehabilitation
- Treatment of joint & muscle pain
- Balance and walking re-education
- Home exercise programmes
- Wheelchair accessible clinic
- Home visits

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 VHI/BUPA Approved**



WATERFORD STROKE CLUB

Support group for stroke victims, their families and friends.

Going Strong

Anne Lee (Treasurer)

Our club is still going strong. Our Membership has got smaller due to quite a few deaths.

We meet every Wednesday afternoon (2.30p.m.-5.00p.m.) at Little Sisters of Charity Convent in Waterford. The Sisters kindly let us use their function room, also for special Mass days we use their Chapel.

We play Bingo, do exercises, play some games, & of course have the cup of tea & cakes.

During the year we have several outings & go out for Christmas Dinner. Our Volunteers have been with us since the beginning. We are a happy little group, & hope to remain so for lots of years to come.

Pictured below: Members of the Waterford Stroke Club March 2006.



The Pram

Reproduced
from
"THIS ABILITY"
By Jean Murphy

Betty O'Brien

My two pals and myself had just begun our holidays from school. We were all around the same ages, ten-ish I suppose, lived on the same street and played together from early morn to dusk. Remember when the sun shone from the very moment we ran out of those school gates until we returned to school in early September. That Summer stands out in my memory for a very particular reason.

My big sister had a baby boy who was by now four months old. His name was Robert but we called him Bobby because he was so cute. He had a beautiful head of dark curls and big brown eyes. Around this time his dad won a prize in the Irish Hospitals Sweepstake Draw. He decided to splash out on a wonderful pram for Bobby. The excitement in our house when we saw the pram arrive was just terrific. In case you wonder why the pram came to my

house, I'll tell you.

As my sister and her husband went out to work, we had the pleasant task of looking after Bobby. I immediately decided when I saw that beautiful pram that I was going to be the primary pusher in my house. This wondrous perambulator was like a giant maroon swan. When Bobby got his new pram I was allowed to mind him and bring him for walks. I was very happy to do this as nobody on our street had a pram nearly as posh. I was limited in my walking by my Mother, who would say to me, 'don't go off this street so I can keep an eye on you.' My Mother had some funny sayings and one was, "if you don't do what you're told, I'll cut the legs off you." So with that in mind there was no way I was going out off our street without her permission. My two pals would walk on either side of the pram holding on to the handle. One day Mary said to me, "ask your Mammy if we can bring Bobby for a picnic." I did, and low and behold she said "yes." She even gave us a bottle of water and jam sandwiches.

We headed off to the green fields that started at the end of our street.

Just as we turned the corner I could hear my Mother's word ringing in my ears, "let nothing happen to that child or else." We went out the road that led to the fields. Of course there were few cars on the road then so it was quite safe to walk on the road. We had a sing song as we walked and Bobby kicked his little legs and gurgled happily as we went. We held our bottle of water firmly between the mattress and the bottom of the pram. We were watching out for a nice field to have our picnic in and eventually found one on the brow of a hill. There was a locked gate into the field, but that would be no obstacle to the three intrepid adventurers. We put the brake on the pram and between us managed to get the baby over the gate without mishap. The water and sandwiches came next, then the blanket for Bobby to lie on. We laid out our picnic, and much to our delight not a drop of water had been spilt.

We were about to start eating our sandwiches when we heard voices coming from the direction of the gate where we left the pram. There were three boys climbing on the gate and yelling over to us, "hey young wans, here's young fellas. What are yous doin' in there?" I told my pals not to mind them and they might go away. Then to my horror I saw one of them reach down towards the pram and I suddenly realised that they could damage it. I jumped to my feet, told my pals to

mind Bobby and ran towards the gate. The boys, seeing me coming, jumped off the gate laughing and before running off, released the brake of the pram. I reached the gate to see the pram careering down the hill in the direction of the river. I froze with shock and I swear I could hear my Mother's voice ringing in my ears, 'I'll cut the legs off you.' The pram thankfully veered off to the left and hit the side of the bridge instead.

My pals picked up Bobby, his blanket, the picnic and came down and joined me at the gate. We slowly approached the pram, me shaking like jelly thinking it was surely bandjaxed, but to my great relief it was only moderately dinged.

Actually the wall was in effect a Godsend because a few more feet to the right and the swan-like pram would have made it's maiden voyage down the river. After settling the baby back safely in his pram we headed home. It was a great adventure, and we arrived back none the worse for the experience. Naturally we kept our mouths firmly shut.

Now when I take my grandson for a walk we pass through housing estates on busy roads filled with noise and pollution. Oh. How I long for those open green fields and streams which were so much part of our childhood.

In the good old days.

Dublin Southside Clubs



Paddy, Barbara and Nuala in the Glenview Hotel.



Glenview Hotel.



Hugh, and Theresa.



Barbara and Siobhan at the Christmas Party.

Paddy

Kay Byrne

This is a true story about what happened to Paddy. Paddy worked in a dry cleaners, and in the course of his work he had to use a spirit called Perk. It was very toxic, and could make you dizzy.

Every evening Paddy went in for a pint after work, and of course he drove home. One evening he was stopped by a policeman. He said Paddy was going from side to side, so he took Paddy back to the station. The doctor was sent for to take a blood test. The doctor asked Paddy to remove his shoes, and then asked him to walk a straight line.

Paddy said, 'if you hold it I'll walk it.' The doctor was not amused. One week later Paddy had to go to court. The judge asked Paddy if he was driving from side to side.

Paddy answered, "I never seen myself driving your Honour." Then the judge asked Paddy if he was drunk. "Your Honour I was sober as a judge." The judge said that he was not amused.

Case dismissed.

Dublin Northside Clubs



*Halloween Party '05
L-R: Marie Ivory and Tess Harrington.*



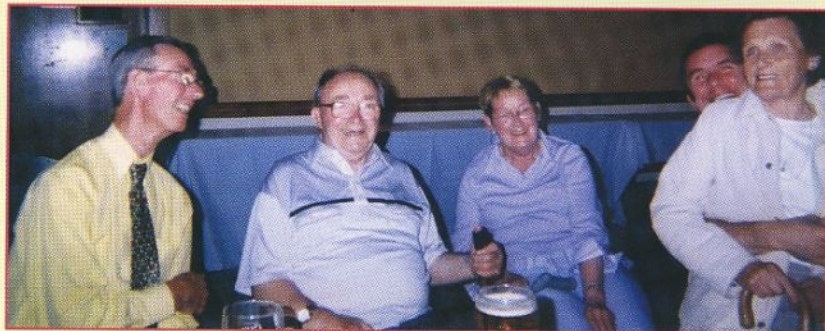
*Valentine's Day Outing
L-R: May Woods and Friend.*



*Christmas Party '05
L-R: Theresa, Patricia and Joan.*



*Halloween Party '05
L-R: Albert, Tom and Stephen.*



*Christmas Party '05
L-R: Tom, John, Marie, Paul and Rita. (Wed Club).*

Northside Stroke Clubs Warm and Generous

Geraldine Smith, Northsideside Supervisor



Starting my new position last October as supervisor for the Northside VSS, I was delighted to receive a warm and generous welcome from all members and volunteers, who were very patient as I struggled to learn so many new names and faces. Erica O'Mara retired in the summer of 2005 after 20 years supporting people with stroke on the Northside, running the clubs with the help of volunteers. She is now enjoying retirement and joins us on all our outings and celebrations. I have been impressed with the community spirit, humour and Generosity of heart and hope which exists within the clubs. With the Monday club celebrating its 20th anniversary in April, and the Wed club in its 15th year, there is a rich history of stories which I have greatly enjoyed hearing from all the members and volunteers, about all their progress and activities over the years.

The focus in both clubs in the past year has been one of providing support in all kinds of forms, through giving people the space to share their experiences with others. The clubs aims to provide structure and security for people to regain their strength and confidence in a holistic manner. We were guided this year by several different contributors, including Lorraine Doyle, a natural nutrition and health coach, who encouraged us to eat more healthily, also Eileen McCaffrey from Age Action Ireland who spoke on stress management. There was also input from Graham Byrne, a local pharmacist, and also Frank Kennedy, regarding the Alexander Technique. We also participated in workshops on assertiveness skills and conflict management, which were very enjoyable. Regular group physiotherapy sessions continue at the clubs, given by physiotherapist Genevive Maiden, who always finds new ways of keeping everyone active and involved in the exercises.

Our volunteers have been working hard learning the skills of hand and foot massage from therapist Carol O'Byrne, and have just finished their course last month. They have begun practicing their skills on members during club time, which is very much welcomed by all.

On the 5th December we had a Bring and Buy sale at the club which was very successful. Our Christmas Party was held at the Waterfront Hotel in Donabate, attended by both clubs, was most enjoyable. Our Valentine's outing was held in the Coachman's Inn, Swords and attended by the two clubs on the 13th February. The food was delicious, and the atmosphere was very romantic as people read poems they had written for the occasion. On the 1st April the Wednesday club headed down to Wicklow to Glendalough, and heard about the life of St. Kevin from Fr. Michael Rogers, a local historian. Lunch was provided by the Wicklow Heather Restaurant and was enjoyed by all. On the 10th April, the Monday club celebrated their 20th anniversary in style by having lunch out in the Coachman's Inn, where both Tom MacCahey and Joan O'Donaghue were presented with the well deserved titles, club persons of the year. We are all looking forward to the annual holiday, will take place later on in the year in Birr, Co. Offaly.

A sincere thanks to all our volunteers and drivers who have worked very hard in the past year to ensure coming to the clubs is an enjoyable and worthwhile experience for all who attend.

Dublin Northside Clubs



Halloween Party L-R: Pat and Marie.



Valentines Day outing '06 L-R: Bernard Ivory (Monday Club) and Geraldine Smith.



Valentines Day outing '06 L-R: Tess and Bernie reading their Poems.

Around the



Garden Party, Ballinteer.



Theresa, Paddy and Barbara at the Garden Party.



Garden Party, Ballinteer.



Volunteers Patti, Bridie, Rose, Mairead and Imelda at the Garden Party, Ballinteer.

e Clubs



*Valentine's Day Outing:
Sr Marie and Sr. Nora*



*Christmas Party '05
L-R: Marie and Paul.*



Monday Club: Halloween Party, 2005.



*Christmas Party '05
L-R: Erica and John Burgess.*



*Christmas Party '05
L-R: Stephen and Jim.*

VOLUNTEER STROKE SCHEME

What is a STROKE?

Stroke is a result of damage to the brain by interruption of blood supply or haemorrhage.

Risk Factors

- (1) Family history of stroke,
- (2) High blood pressure,
- (3) Smoking,
- (4) Diabetes,
- (5) History of heart disease.

Recognising mini strokes or T.I.A.'s (transient ischaemic attacks) is extremely important.

The most common symptoms of T.I.A.'s are:

- (1) Temporary loss of power in either the arm or leg,
- (2) Sensation of pins & needles in the limb or on one side,
- (3) Partial loss of vision in one eye,
- (4) Temporary loss of speech,
- (5) Short blackout attacks.

If you have concerns regarding the above see your G.P. immediately.

Stroke Care.

The Volunteer Stroke Scheme provides support through their stroke clubs, information services, respite holidays and their loan scheme of technical aids.

V.S.S. members themselves support one another and show that a disability does not stop one having a fulfilled and happy life.

Each person should have their physical, psychological and social needs met, thereby improving their quality of life.

If you want more information about Stroke contact:

Volunteer Stroke Scheme

249, Crumlin Road, Dublin 12.

Tel: 01-4559036

Fax: 01-4557013

www.strokescheme.ie

Email: vss@iolfree.ie

'06	M	T	W	T	F	S	S
JULY	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30
AUG	7 14 21 28	8 15 22 29	1 16 23 30	2 9 16 23 31	3 10 17 24 25	4 11 18 25 26	5 12 19 26 27
SEPT	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30	10 17 24
OCT	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	8 15 22 29
NOV	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24	4 11 18 25	5 12 19 26
DEC	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	8 15 22 29	9 16 23 30	10 17 24 31
'07	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28
FEB	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22	2 9 16 23	3 10 17 24	4 11 18 25
MAR	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25
APR	2 9 16 23 30	3 10 17 24	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	8 15 22 29
MAY	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27
JUNE	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24

Westmeath Stroke Scheme Obituary

The year 2005 was a very successful and rewarding year for our Organisation.

Sadly 2006 started with great sadness as our founder member Mrs Annie Small passed away peacefully at the age of 90. Annie was loved and respected every where she went she had a great sense of encouragement and enthusiasm for what she believed in. She had a great love for people especially those who suffered a disability.

She started the Westmeath Stroke in 1987 with very little help and no money. When Annie got something into her head there was no stop in her. She started off with two stroke people and three helpers. It took a little while for it to get up and running but Annie's sheer determination kept her going.

In 1997 Annie was made an honorary member of the Westmeath Stroke. She was such a proud lady on the day looking at how her Organisation grew. The Westmeath Stroke Organisation has flourished since its foundation in 1987 we now have 150 people on our register who have suffered a stroke. We have a very active and dedicated committee. We are deeply saddened by her passing but I firmly believed that the love and encouragement she shared with us her warm handshake and her gentle smile will live in our hearts forever.



North West Stroke Club Making Progress

Ed Blake (Chairman) 071 9160368

As every sports man knows it's great to have had a good season. Buoyed up by the success of our first year in operation, we looked forward very much to 2005. And so I'm glad to report the story unfolded in our favour, and we really made progress with our group last year.

As was the case from the beginning, we had our monthly meetings with a slight change the format to make it less formal. The business side was taken care of in short order, and that left much more time for the social interaction and activities. As usual they were held in the local community Hall on the last Wednesday of every month. We gathered every month except in the summer months when we headed outdoors again.

In between the meetings we held several classes of yoga, which was very well attended. Our teacher was well in tune with our needs, and made the classes a fun event as well as providing the necessary exercise. Andy Dodd, one of our members who was 88 years old said he never had so much fun. Sadly, Andy passed away later in the year. His family were high in praise of the assistance the stroke group had given to him over the years. Before the spring was out, we had a very enjoyable daylong trip to the Dail. One of our local politicians hosted a lovely lunch there, and members had a full review of all the activities in the Dail and in the Senate.

Once again for the summer months, we set our sights on outdoor activities. Our first trip was to the Museum of Country Life in Castlebar. Here, the National Museum of Ireland has created a marvellous showing of country life in Ireland from 1850 to 1950. Keeping with the traditionally Irish scene in July, we enjoyed a thrilling night at one of the local Coelthas sessions in South Sligo.

At the beginning of the year we had set ourselves a target of publishing an information booklet on Stroke, with the emphasis on providing local information for members. Work proceeded on this during the summer and early autumn. The booklet was launched in November and distributed widely to hospitals, doctors, and all those who would have contact with stroke patients. The feedback has been very positive, and we are hoping to issue a revision with additional information next year.

The October meeting once again had a Halloween theme and fun and games were enjoyed by all. We were lucky enough to have a local Choir and a Barbershop Quartet to entertain us for the evening.

A very successful year was closed out with the Christmas party. This was our second such party and everyone agreed it was a fitting end to the season. Over the past two years the members and new members have got to know each other much better, and we are really coming together as a strong group now.

As they say, we don't know what the future will hold but we look forward to the coming year in anticipation and will be working to make it even better than previous ones.

Dublin Southside Clubs



Glenview Hotel.



Ann and Bridie .



*Sean and Ann at the
Arklow Bay Hotel.*



Garden Party, Ballinteer .



*Kathleen, Gerry, Angie, George and Phyllis at the
Arklow Bay Hotel .*



*Helen, Barbara and Mareaid at the Arklow Bay
Hotel.*



*Mary, Rose, Sr. Leo and Hugh at the Arklow Bay
Hotel.*

Westmeath Stroke Scheme

Mary Mahon

The year 2005 just ended has been a very successful one.

Fundraising, Organising Parties, Outings, Club Activities and Mid-Week Breaks.

We held two parties during the year, Christmas and Easter. They were well attended. Santa made his welcome visit at the party, at Christmas.

Our trip to Knock in July was most enjoyable the weather was lovely and fine, the accommodation was excellent and very much home from home.

Thanks to the helpers who travelled at their own expense to give a helping hand, here great relationships are made and contact kept up, exchanging photo-

graphs of the trip, Cards at Christmas time and many call to each other during the year, which is great, shared experiences are the building blocks of new friendships.

Our Churchgate Collectors are to be complimented for their loyalty and dedication over the years, in helping to keep the wheels of the organisation turning, without them it would not be possible to keep afloat.

Thanks also to the helpers who travelled to Knock with us at their own expense, to help out pushing wheelchairs, taking patients out to the shops and doing odd chores for them.

We look forward to 2006 in anticipation of bigger and better things to come.



At the Glenview Hotel.



Peter and Anna at the Christmas Party.



Siobhan at Christmas.

A Stepping Stone

Bridie Lyons, Southside Supervisor



Happiness sneaks in through a door that you didn't know you left open

- John Barrymore.

This door, this happiness can be found by stroke patients in our stroke clubs. Since taking up the position as Supervisor in South Dublin of VSS I have come in contact with lots of stroke patients and their families who had forgotten what the word happiness meant.

I meet people whose confidence in basic social skills such as speech and eating has been shattered. They feel isolated and vulnerable have difficulty coming to terms with the loss of their previous life. The Stroke Club becomes a stepping stone for them to help them to renew their interest in previous activities or to move on with confidence to new ones. Some people are cautious about trying something new, and need a little gentle persuasion to come along to club. However once they arrive, the members and volunteers make them so welcome they soon feel very much at home and

look forward to coming along each week, where they are given the support and help needed to pick up the pieces following a stroke. During this past year we welcomed ten new members to our two Southside clubs.

It was an enjoyable and productive year with outings to Blessington, Wicklow, Arklow. During the year we had some interesting guest speakers on such subjects as food and nutrition, stress management, healing therapy and crime prevention. The Christmas party was held in the Mount Argus Community and a Table Quiz was again held in the Coach House Ballinteer.

One of the clubs moved from the Mount Argus Community to St Bernadette's Parish Centre Crumlin. Although some members were not looking forward to the move initially, having got used to the cosy atmosphere of Mt Argus, they settled in immediately to the new premises. It's a lovely bright airy building with lots and lots of parking spaces. I wish to thank Sir Veronica and all there for warm welcome extended to us. A special thanks to Margaret for making the tea and coffee for us.

Thanks to the members and volunteers for yet another year of dedication and hard work.

Dublin Southside Clubs



Relaxing after Lunch in the Ardenode Hotel, Ballymore Eustace.



Lunching in Glenview Hotel.



Lunching in Arklow Bay Hotel.



Anne and Collette in Arklow Bay Hotel.



At the Ardenode Hotel, Ballymore Eustace.



Theo's Office News

Theo Davis, Hon. Secretary



Over the last year, in order to keep up in date with the changing times in which we live, the Volunteer Stroke Scheme made an effort to change the format of the running of the weekly clubs. We now have added therapies and talks etc. And hopefully have something to appeal to all our stroke clients. The feedback to date has been very encouraging.

Due to parking difficulties in and around the busy Mt. Agus Community Centre, it was decided to locate in a new venue for the Thursday club meeting. We were very lucky to be able to avail of the premises in the St. Bernadettes Hall on Clogher Road where there is ample parking and facilities for our group.

The booklet "Avoiding a First or Second Stroke" continues to be in great demand and now that the new DVD or Video has just been released, I am once again inundated with requests for it and both the postman and I are extremely busy. (A €1.25 self addressed A4 envelope sent to me at VSS, 249, Crumlin Road, Dublin 12. with a note indicating which format is required (DVD, Video) will ensure that a copy will be sent out.

The 2005 Bookmark calendars with stroke information printed on the reverse side (sponsored by Dublin Bus) were a huge help in

promoting the VSS. A big thank you is due to the many chemist shops, libraries and G.P. Surgeries, who gave them out in their premises on our behalf. We received a huge amount of queries to the office from this one promotion.

It was sad to see Erica O'Mara (North side Supervisor) retire after so very many years dedicated work for the VSS (Erica was in from the start way back in the early '80's). We wish her all the very best in her retirement. It was hard for our new Northside Supervisor Get Smith to follow. We welcome Ger to the VSS team. The feedback from the Northside is very positive and we look forward to working alongside Ger for a very long time to come.

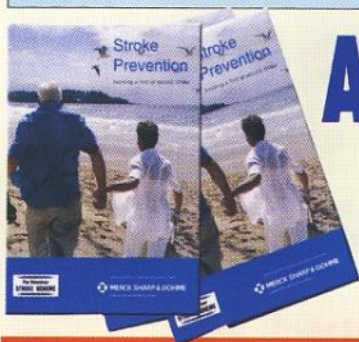
Lots of meetings and talks were given to groups both in Dublin and around the country. Our Chairperson Anne Copeland, in particular has to be commended on all her hard dedicated work on behalf of the VSS during the past very busy year.

Once again, I would like to convey my thanks to Mr. Mike Gynn, and all the Brainwave staff in 249, Crumlin Road for all their help and kindness to me over the years.

Without our Committee, Supervisors, Volunteers, Clients, Marathon Runners/Walkers, Donors and Supporters, the VSS would not be able to exist, which would be a great shame and a huge loss to these who avail of our services.

A BIG THANK YOU TO YOU ALL

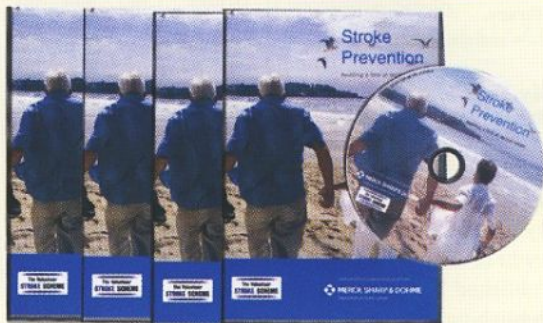
Some of our publications available now!



Avoiding a first or second stroke

Stroke Prevention

**Now
available
on C.D.
or Video**



To receive a copy of
these publications
Send €1.25 and self addressed
A4 envelope to the VSS Office
with a note outlining which format is
required (DVD or Video)
and we will ensure that a
copy will be sent out to you.

THE VOLUNTEER
STROKE SCHEME

STROKE

20!

QUESTIONS & ANSWERS

20 Questions & Answers

Volunteer Stroke Scheme

249 Crumlin Road, Dublin 12.

Phone: 01-455 9036 Fax: 01-455 7013

Website: www.strokescheme.ie

Email: vss@iolfree.ie

Recommended Reading



After Stroke

By David M. Hinds
Published by Thorsons
Stroke!

A Self - Help Guide.
By Dr. R. M. Youngson
Published by David & Charles.

Return to Ithaga

By Barbara Newborn
Published by Element.

Who Cares?

A guide for all who cares for others.
By Catherine McCann
Published by Columbia Press.

Stroke

A practical Guide towards recovery.
By Richard Langton
Hewer & Derick T. Wade.

Depression

The Common Sense Approach.
By Dr. Tony Bates.

A Stroke

in the family. Published by The Stroke Association (British).
Out of Print - Try Local Library.
www.amazon.co.uk

My Year Off

By Robert McCrum.

Stroke

at your fingertips.
By Anthony Rodd, Penny Irwin & Briid Penhale
Published by Class Publishing.

Whose hand is this?

By Rosalie Leaney.



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

Money Matters

Once again we had a good year on the financial front in 2005.

Table Quizzes was run by Bridie Lyons and Tess Harrington and they both went extremely well.

Joe Daly on behalf of Roilestown Amateur Dramatic Society also contributed some money. Our intrepid Marathon Runners also collected and it was matched by Vodaphone, and a big hand for the other Marathon Runners who contributed to our coffers as indeed did Aer Rianta, as well as Marie Ropers' Bridge Club and the Hospital Saturday Fund. Another Table Quiz was run by John LeStrange and the staff of UCD Belfield and it also went extremely well.

We would like to take this opportunity thank Mr. Mike Glynn C.E.O. of Brainwave and all his staff for affording the V.S.S. office space and being so helpful to Theo our secretary. We look forward to our continued association with them.

We are grateful to them for their generosity.

A Southside member Mr. Dick Richards, RIP bequeath money to the VSS. A cheque was presented by his Wife and Daughter, Anne and Bernie to Bridie Lyons at the Southside Christmas Party.

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

Committee

Chairperson :
Anne Copeland
Secretary :
Theo Davis
Treasurer :
Seamus Canavan
Liaison Officer :
Joan Monahan

Members:

Nuala Brennan
Gerald Keogh
John L' Estrange
Grainne McKeown
Bride Murphy
Rose O'Gorman
Alex Tuohy

Supervisors:

Bridie Lyons,
South Side 01 - 4941052

Geraldine Smith,
North Side 807-6416774

Website:

www.strokescheme.ie

Email: vss@iolfree.ie

Subscription €20.00 a year

Registered Charity
CHY 6989

I wish to subscribe to the Volunteer Stroke Scheme and I enclose €20.00 for 2006.

Name

Address

Phone.....

Cheques should be made payable to the
Volunteer Stroke Scheme.

Signed.....

Date



*Monday Club Halloween Party '05
L-R: Patricia MacSweeney and Kay Scully.*



*Alec, Hugh and Angie
at the Garden Party.*



*Valentine's Outing '06
Jean Murphy (Monday Club)
reading her Valentines
Poem.*



*Monday Club Halloween Party '06
L-R: Jim, Tom and Stephen.*



At the Glenview Hotel.