

TALK



SUPPORTING STROKE RECOVERERS
WITH APHASIA

October 2018

CELEBRATING
20
YEARS
1998 - 2018



KEEP TALKING

IN THIS ISSUE

- TALK celebrates its 20th Year
- Mayor visits Guildford Morning Group
- Farewell Susan
- Music Therapy Success
- Stroke Recovery Programme

www.talksurrey.org.uk Charity no: 1176014

Start of Coast to Coast Walk





TRUSTEE UPDATE



by Richard Moule, Chairman

As we enter our 20th Year, I have reflected on what the Charity has achieved and what it means for the community of recoverers, volunteers, trustees and staff. The two words that sum up the how people feel about TALK are pride and care. I think those words are very poignant. Every person that I speak to who is involved with TALK say how proud they are of the contribution that the Charity makes to the lives of recoverers coming to our groups and how proud they are for the respect afforded to the Charity from our funders, sponsors and Patrons. They also say that everyone involved really cares about what the charity does and how much they want it to be around for another 20 years. I couldn't agree more. We are a small but great charity that delivers a vital service to those that need us through a compassionate and committed group of volunteers and staff. Long may it continue.

In 2018 we've had some changes. The Charity became a CIO (Charitable Incorporated Institution) which has not changed anything we do for our recoverers but gives the Charity some added protection to help us continue for another 20 years.

Susan Houston, the TALK Co-ordinator left us in June to take up a new role after 9 years with TALK. We wish her well in her new role. In her place, Sharon Spurdle joined us in May enabling a two-week handover with Susan and working closely with Alison Wainwright our Group Coordinator. I know you will all join me in wishing Sharon every success with TALK.

Jo Tollow, our long-standing Treasurer left us in March. We owe her a great gratitude for the time and effort she has spent over the years making sure our finances were in order. In her place, Garry Evans took over as Treasurer and I am sure you will all get to know him as he visits the Groups.

Also joining the Charity as Trustees this year in addition to Garry, are, Evelyne Collins, Geraint Thomason and Carol Sachett, we are very grateful for their time and support.

You will all by now be very familiar with £20K for 20 Years funding initiative being run by Jo Matthews. The way that everyone has embraced this initiative is amazing and 6 months into the year we have raised over £16,000 from this alone through group activities such as quiz nights. Thank you to all of you who helped achieve this. Highlights have been the Guildford Quiz Night in May, the Shepperton Walk, Annual Lunch at Guildford, the AGM at Knaphill, and the visit of the Mayor of Guildford to the Guildford morning group.

As a thank you for all our volunteers and staff, we are holding another lunch in your honour at the Dianthus Centre in Woking in November. I am really pleased that we are doing this again this year.

You will be pleased and relieved to hear that we are finally launching a new website which properly reflects the needs of our recoverers as well as being a shop window for the Charity for those that want to fund and support us. I'd like to thank Jo, Carol, Charles and Geraint for helping push this forward

Finally, this will be the last newsletter that you will hear from me as Chairman. I joined TALK in 2015 and my three-year term is now at an end. I can't believe how quickly the time has passed, but I have enjoyed every minute of working with you and meeting the recoverers, volunteers and sponsors. I am constantly reminded in how high regard TALK is held by those that depend on us and support us. All I can say is that it has been a privilege to be Chairman and to wish TALK every success for the future.

HOW TALK BEGAN

In 1995 Stroke Association organised communication and social support to aphasic stroke recoverers in the Guildford area. Two workshop groups met at Milford Hospital and Park Barn School weekly. They were organised by a paid Coordinator who recruited volunteers and assessed possible recoverers.

In 1998 the funding was withdrawn by local Primary Care and Social Services and the Stroke Association was forced to close the two workshop groups and home visiting service.

Four of the original volunteers and the Coordinator were determined to continue.

With much determination and hard work, they together with the support and advice of the Charity Commission formed a new charity 'TALK' towards the end of 1998.

A personal donation and support from Cornhill Insurance Company (now Allianz) enabled TALK to reopen the two Guildford groups and restart the home visiting service for less mobile recoverers.

Training and further guidance was received from two local SALTs based at Royal Surrey County Hospital and Milford Hospital and a long-lasting good relationship was formed.

The original volunteers, the Coordinator now in a voluntary capacity and a

newly recruited Volunteer Treasurer formed a committee and a Chairman was appointed.

New groups were later opened initially at Knaphill and Cranleigh and later at Ashford and Walton.

3 years later with funding a little more robust the Coordinator was placed on a salaried basis.



Hazel Steel
(Original Coordinator
and TALK Trustee)

GOODBYE AND THANK YOU



Colleagues and trustees met for lunch in July to thank Susan Houston for her 9 years of dedication to TALK and wish her well in her new job.

ANNUAL LUNCH

The lunch which took place on 16 April at The Holiday Inn Guildford was a lively social event bringing everyone together. This year we were joined by the Cllr. Nigel Manning, Mayor of Guildford: Cllr. Marsha Molesey, Mayoress of Guildford:

Cllr Simon Inchbald, Mayor of Waverley: Rosie Inchbald, Mayoress of Waverley: Cllr Rachel Lake, Mayor of Elmbridge: Cllr. Will Forster, Deputy Mayor of Woking and Peter Martin, Chairman Surrey County Council



Goodbye and Thank you Jo



Lucky Winner



Silent Auction highest bidder is delighted with the watercolour painting of The Old Rectory by Angela Tarver a recoverer who kindly donated her picture.

The Annual Raffle drawn at the lunch raised £838.00.

Our thanks to all who supported us before and on the day with a special mention to Hazel Steel who organises the event each year.



SHARON SPURDLE - COORDINATOR

For several years' my working role has been within Learning & Development, HR Recruitment and the Pharmaceutical Industry, but caring for my Mother, following brain trauma, gave me some understanding of the frustration and isolation that can be experienced for those with communication difficulties. I knew about the existence of TALK before my appointment, but it is only after joining and attending the Group sessions, that I truly understand the

positive impact TALK continues to achieve.

I am so proud to be a part of TALK and I look forward to continuing to grow further in my role and being part of this great Charity.



FUNDRAISING AND FUN

Ashford and Walton Groups each replaced a session with a seasonal fundraising event and invited friends, family and visitors to join them.

Ashford Easter Event



Walton Summer Fete



Between them, they raised an amazing **£922.00** for the **20K Fundraising Campaign.**

GUILDFORD AFTERNOON GROUP

HAVING FUN WITH DRAMA



Viking or Jester?



Aye Aye Captain!

MUSIC THERAPY

Music in all its forms is a big hit



Sharon's bang on time!

KNAPHILL GROUP

WELCOME

John Bollans & Alison Haymonds, volunteers who joined the group earlier in the year.



MUSIC THERAPY

A really positive session

Elizabeth from Music Therapy led a session at the Knaphill group. Such inspiration from an enthusiastic person got everyone involved in singing, playing some instruments and improvisation on a theme.

GETTING TO KNOW YOU

13 of the Knaphill volunteers enjoyed the first volunteers' get-together at Squires Garden Centre, Knaphill. This is a new 'initiative' designed to give the volunteers a chance to socialise with each other outside of the TALK setting.



ASHFORD GROUP

JULIE LIKES TO PARTY!

Ashford volunteer Julie planned her session with a difference. She invited the group to her home by the river in Runnymede for a garden party in place of the usual venue at The Salvation Army in Ashford.

With plenty of sunshine, good food and great company it was the perfect way to spend a Wednesday.



THANK YOU, JULIE, FOR BEING A GREAT HOST.

READY STEADY COOK

Louise led the session giving each of the recoverers a bag of groceries from which to create a culinary delight.



GUILDFORD MORNING GROUP

GOODBYE SUSAN

Caroline presented Susan with a gift from the group on her last visit to them in May.



CELEBRATING 20 YEARS OF TALK

The theme of the session on 3rd July was Summer Fete in celebration of the group turning 20.

Caroline, the group Leader says:

“We had a variety of games, guess the weight of the cake, how many pieces of pasta in the jar and we enjoyed an “afternoon tea” (even though it was 11am) and then sang some summer themed songs all in a bunting decked hall.”

Great fun was had by all.



MAYORAL VISIT



Front row. Left to right

Keith Hopkins, Mike Parsons, Mayor of Guildford, Paul Richardson, Jean Parsons Mayoress of Guildford.

Back row. Bryan Humphreys, Maureen Pink

The Mayor and Mayoress of Guildford visited the group on the first day of the autumn term as a result of an invitation extended at TALK's AGM in June. His theme for his year in office is “volunteering for the people, by the people.”

He and his wife spent the morning joining with recoverers in the session activities including a music quiz which was organised by Bryan Humphreys, a recoverer.

WALTON GROUP

LYNDA'S STORY

When I retired I was happy being at home. However, I had free time on my hands and wanted to do something else, so when I saw an advert for Volunteers for TALK in the Day Centre at Walton on Thames, I applied. I am so glad I did! From day one I was made to feel welcome by the Recoverers and Volunteers. We are one big team who work together. There is a new project each week and I take great pleasure in sharing the experience as part of a Group and helping each other. I also visit a lady to provide communication support for her at the nursing home she lives in because she

is unable to get to a TALK group. The nursing staff have commented on how much she benefits from the visits. She tries to speak and make herself understood more. They are very pleased with her progress.....

'We would like to say a big thank you to TALK Surrey and your volunteer Lynda who has improved the quality of life for one of our residents. We have seen an improvement in her communication and her general well-being and she loves the visits.'



THERE'S A LOT OF SHAKING GOING ON - SMILES TOO!



WALTON SAYS GOODBYE TO SUSAN



CARERS SUPPORT MEETINGS

In order to offer more in the way of support to our carers we have started to trial Carers Coffee Mornings at the group venues.

They take place at the same time as the TALK session giving Carers the opportunity to chat to others, share challenges or success stories, pick up practical tips and information or just sit and relax.

Successful Coffee Mornings have been held at Walton and the Guildford Groups for carers whilst their relative is at TALK.

Autumn Coffee Mornings have been arranged;

18th October at Knaphill

19th December at Ashford

Keep a look out for the next coffee morning at your venue and come along.

SURREY STROKE PATHWAY/ STROKE RECOVERY PROGRAMME:

TALK have been working in partnership with local stroke recoverers, carers, voluntary organisations, Ashford & St Peter's hospital and The Recovery College to develop a course for stroke recoverers and their families in Surrey.

It launches on 10th October 2018

The Stroke Recovery Programme consists of informative and practical 2- hour sessions for stroke recoverers and their carers to rebuild confidence,

provide support and make new friends. The sessions are delivered by leading experts in the field and plan to have a stroke recoverer present at each one sharing their personal experiences.

The programme is free of charge and meets every week for 8 weeks at the White Lodge Centre, Chertsey.

For any further information please contact Sharon, TALK Coordinator (details on back page)

SURREY COUNTY SHOW

Located in Stoke Park in Guildford, this was the first time TALK had taken part to spread the word about what we do. We also held a bottle raffle and sold TALK goodies. Luckily the sun shone and the show team engaged with a large number of Surrey residents.



20K FOR 20 YEARS CAMPAIGN

We started the year with a target of reaching £20,000 through a fundraising campaign.

The support and generosity are incredible and at the time of print, we have raised over **£16,000** towards our target.

THANK YOU!



APRIL

James Briggs trained for months before completing his first London Marathon in a great time of 4 hours 34 minutes, raising over **£1474.00** in sponsorship for TALK

MAY

Night and Day Dance hosted a Charity Dance Night raising **£1008.00** from ticket sales and a raffle



Christine Ellis (Night and Day Dance Owner) on the left with a fellow dancer



Guildford groups held a Fundraising Quiz with a Ploughman's supper at St Catherine's Hall Guildford resulting in a **£1388.00** boost to the 20K campaign fund.



Ashford and Walton Volunteers completed the Waterways of Shepperton 10K Walk and were sponsored **£915.00**



JUNE

Sian Thomason took on a 192-mile challenge to walk Coast to Coast. With a friend for company she walked for two weeks across the width of England through The Lake District, Yorkshire Dales and North York Moors raising **£1265.00** in sponsorship

JULY

Stunning sunny weather on Saturday 7 July ensured a scorching night of singing by the 100+ members of two local community choirs, the **New Egham Singers and Windsor Soundswell Choir**, during their joint Summer Concert at ACS Egham International School. The performance raised money for TALK. Over **£900.00** from donations on the night with a choir donation from ticket sales still to come.



Courtesy of Sue Berwick Publicity Officer New Egham Singers



Courtesy of Sue Berwick Publicity Officer New Egham Singers

3 gallant riders, **Geraint Thomason, Owen Williams** and **Mark Warren** completed the Ride London-Surrey 100 Cycle Event on a very hot Sunday in July and donated a total of **£1878.00** sponsorship money to TALK.



AUGUST

Teas on the Rec at Bisley

The TALK Teas on the Rec event on 23rd August was a great success with TALK sharing a magnificent sum of **£1100.00** raised for TALK and Parkinson's UK.

Alison, our Group Coordinator organised a team of willing helpers to set up and run a variety of stalls that included: Nearest the rum bottle: Name the teddy:

Guess the wine: Chocolate tombola: Buy an envelope: Golf putting.

She also invited the Cllr. Will Forestor, Mayor of Woking along so there was a reporter from the Woking News and Mail to cover the event and a resulting mention of TALK in the newspaper coverage.

Thank you to all the volunteers and recoverers who provided help, donations and support for this event.

STREET COLLECTIONS

We held 4 very successful street collections during the summer.

Our thanks to all who collected on the day raising: **£246.00 at Goldsworth Park in June**

£280.00 at Brooklands Shopping Centre in July

£358.00 at Tesco Ashford in July

£273.00 at Tesco Guildford in August



WAITROSE COMMUNITY MATTERS

Thank you for nominating us for the green coin tokens. Please keep sending in the forms, **we have raised £1189.00 this year.**

This is a simple way to keep our profile alive in the community and raise funds at the same time.

THANKYOU FOR YOUR KIND DONATIONS AND SUPPORT OF TALK

IN MEMORIAM

Elizabeth Biggs
Birgit Kelsey
Agnes Bollans



**LEGACY OF £5000.00 FROM BILL BELLERBY,
PATRON & SUPPORTER OF TALK**

GRANT SUCCESS

Ann Rylands Small Grants
Ashford & St Peter's Hospital
NHS Foundation Trust
Elmbridge Borough Council
Guildford Poyle Charities
Lionel Wigram Memorial Trust
Member Allocations Surrey
County Council (Mr Naz Islam)
Spelthorne Borough Council
Tesco Bags for Life
Woking Borough Council

John McGrath nominated TALK
to the Golden Bottle Trust and
raised £1000

DONATIONS

Ashford WI Group
Jim Blake
Frank Cuddy
Bob Faulkener
Glenn & Helen Skinner
The British Volunteer Weybridge
The Vyne Knaphill
Alison Wainwright
Our donors through
virginmoneygiving.com

TALK thanks volunteers, recoverers, carers, supporters, donors, sponsors and EVERYONE who has been so very generous in giving up their time and money to support us in this special year of fundraising.

TALK Christmas Cards in various designs available from each group or Joanna Matthews

Final chance to buy our 20th Anniversary Pins available from Joanna Matthews

SUPPORT

Can you help?

Support Us
Volunteer
Trustee
Fundraiser
Individual Donor
Corporate Supporter

We are always ready to welcome new members at TALK Please contact us if you are interested in joining us

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Magazine Edited by Tricia Golding



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