

# TALK



**SUPPORTING STROKE RECOVERERS  
WITH APHASIA** FEB 2020

# NEWS



**Skydiving Ella**



**High Sheriff's Award**

# KEEP TALKING

## IN THIS ISSUE

- Exciting activities at the TALK groups
- Sunbury Walled Garden Visit
- Results of the bi-annual satisfaction Survey November 2018



**Beautiful garden visit**

# TALK PEOPLE



## Hello from the “Interim” Chair, Carol Sacchett

I stepped in as “Interim Chair” in February 2019, when Richard Moule left the role. I’d like first to say a huge “THANK YOU” to Richard for all his work for TALK in the past 4 years. He led us through some important changes which have helped TALK to continue to grow.

Some of you may know me, as I’ve been a long term supporter of TALK for about 15 years - as a volunteer (Walton group), trainer for volunteers, and professional advisor. I’m a speech and language therapist and now work at University College London training students to join the profession. I joined the Board of Trustees in June 2017 as I wanted to continue to support the great work that TALK does in Surrey.

As well as my appointment, there have been some other changes to the TALK Board of Trustees in the past year. Garry Evans stepped down as Treasurer at the AGM in June 2019, and we also said goodbye to Geraint Thomason and Tricia Golding. I’m sure you’ll join me in thanking them all for their hard work for TALK.

I am delighted to introduce our new Trustees: David Gunn, our new Treasurer, and Gill Simmons. We’re still looking for more Trustees to join the Board, so if you or anyone you knows might be interested, please let Sharon know. Sharon’s email [info@talksurrey.org.uk](mailto:info@talksurrey.org.uk)

*Here are just a few of the things we can celebrate in the past year:*

- £20k for 20 years fundraising campaign. Thanks to all your hard work, great ideas and commitment, we surpassed our target of raising £20,000 for TALK to celebrate its 20th year. This is a fantastic achievement. We plan to spend the money raised on activities to give our members a year to remember with TALK.
- National Lottery grant. Thanks to Jo Matthews, our tireless fundraiser, TALK will get £100,000 of funding over the next 5 years from the National Lottery Community Fund \ Reaching Communities programme. This is absolutely wonderful as it helps us to plan some longer term developments.
- G-Live “Charity of the Year”. G-Live is a lively arts venue in Guildford. Our partnership with them will help us to promote our work and raise funds.
- Woking High Sherriff’s award to Knaphill group. A great achievement by the whole team at Knaphill. Well done!
- Wonderful staff and volunteers: the hard work, enthusiasm and commitment of our three staff members, Sharon, Jo and Alison, and our great team of volunteers make TALK great. A huge “Thank you” from us all.

I’m looking forward to next year and am sure we’ll have lots more to celebrate!

**Carol Sacchett**

*Interim Chair*

# TALK PEOPLE



**GILL SIMMONS - Trustee**

## WELCOME TO OUR NEW TRUSTEES

*"I joined TALK in 2012 when I retired from work as a nurse after seeing an advert in Woking for 'TALK' volunteers – and thought that might just be for me! Seven years later, I'm still attending the sessions as a volunteer and have met the most incredible people. It's amazing to see the recoverers overcome their many difficulties and how much they enjoy the sessions – it's wonderful to see their personalities emerge. As volunteers, we learn something new every week.*

*"When I discovered TALK was looking for trustees, I wanted to see how I could help. I discovered just how much organisation and work is needed to support even a small charity like TALK – the amount of legislation is phenomenal. I'm delighted to have been accepted as a trustee and hope in my role I can continue to help this amazing charity."*

David lives in Ottershaw and runs his own property development business.

*"When my late father passed away after suffering a stroke and living with aphasia for four years, I wanted to do something to help other stroke sufferers and their carers to get the help and support they needed. As a keen cyclist in 2018 I rode the entire route of the Tour De France, raising over £4,000 for charity, but was looking for something more local. I came across TALK and thought that the work they did looked amazing. They were looking for a treasurer, so I was pleased to offer my services. There's a lot of administration to sort out – but we're getting there one step at a time!"*



**DAVID GUNN - Treasurer**



**Annie (the first aid dummy) was OK! (thanks to our volunteers)**

## FIRST - AID TRAINING FOR VOLUNTEERS

Volunteers from our Ashford and Walton groups recently attended a first aid training course.

# THRIVE AT WALTON



**Pleased with our efforts**

THRIVE Gardening charity came in to share some tips about growing flowers and vegetables with our recoverers, carers and volunteers at our Knaphill and Walton groups. They helped us to make some lovely pictures and to plant some flowers ready for Spring.

## Getting ready for Spring!

**The THRIVE events marked National Stroke Awareness Week in May. Someone suffers a stroke in the UK every 3.5 minutes - that's 152,000 people every year.**



**Teamworking**



**Getting ready for Spring!**



**Beautiful pictures**



# ASHFORD ART THERAPY



Ashford recoverers and carers have been discovering their artistic talents by getting arty. They were helped by art therapist Mark and Ashford recoverer Goddie, who led the Halloween lantern making session. Everyone was very pleased with their efforts and said it was a “spooktacular” morning session!



Paintbrushes at the ready!



It's Spooky.....getting ready for Halloween

# GUILDFORD PM



Pumpkins are complete



Our Ashford Group enjoyed painting pottery



Autumn Creations

# WALTON



## GARDEN OUTING

We enjoyed getting out and about this summer with a grip to Sunbury Walled Garden - thanks to all our volunteers, carers and relatives who made the trip possible, it was a beautiful day out.

## FOOD GLORIOUS FOOD

Thanks to volunteer Josette who ran a Food Glorious Food session and brought in lots of delicious food to share – including a birthday cake for John to celebrate his 80th birthday. A big thank you to John, who asked for donations to TALK rather than birthday presents – what a fab idea.



Beautiful



Lots of Lavender



Enjoying the View



Where's my bone?



Happy Birthday John

# SEEING IS BELIEVING

Volunteer Siw from Walton ran an exciting session titled “Seeing is Believing” where we found out more about how we see things. We looked at computer generated pictures which contained a hidden 3D picture - the more you practise the more you can see! Everyone was fascinated and had great fun trying to find the picture within the picture.



What can you see?

## GUILDFORD



### BOCCIA

Recoverers and supporters at our Guildford Group got a chance test their sporting skills by playing boccia – a national sport similar to bocce and bowls for those with disabilities.



Cock-a-hoop!

### GUILDFORD SUMMER FETE



Round the World



Christina rocking her straw hat!

# BI-ANNUAL SATISFACTION SURVEY 2018 THANK YOU FOR YOUR FEEDBACK

Thanks to everyone – both recoverers and carers /relatives who took the time to complete our annual satisfaction survey last November. It was great to hear your views and ideas for ways we can improve the sessions.

*What our recoverers said.....*

- Over 77% of recoverers were happy with the sessions
- 74% enjoyed communicating with the group.
- 64% of you felt it helped with your recovery
- We were happy to hear that 80% of you felt included in the sessions.

Some of your suggestions for new sessions to try included golf, singing and more pottery! Some of you also wanted more opportunities to talk.

*“The volunteers are fantastic. They work really hard to make you feel comfortable. I thoroughly enjoy the sessions.”*

*What our carers/relatives said....*

We also asked carers/relatives how they thought TALK had helped the person they were helping with their stroke recovery.

- 80% of carers felt that the person had gained in confidence
- 74% thought that the person they helped had become more independent since coming to TALK.
- 75% of carers thought that the person recovering from a stroke seemed happier since attending the TALK.

*“ We both value TALK immensely and miss the sessions out of term times. Keep up the fantastic work.”*

*“She always enjoys her time at TALK and has made some very good friends. She always comes back very positive.”*

*“The choice of topics for TALK sessions at Guildford (pm) is very imaginative and sessions are well presented.”*

*“Meeting people even more disadvantaged by a stroke but showing a positive attitude has a beneficial rub-off effect.”*

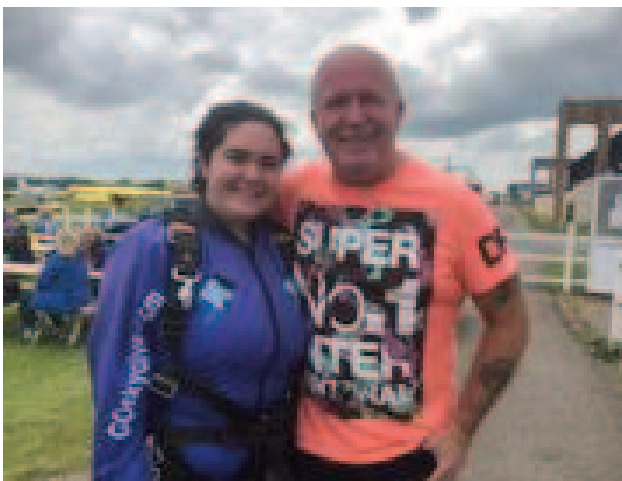




## £20k FOR 20 YEARS CAMPAIGN - WE MADE IT !

We started our campaign to raise 20K to mark TALK Surrey's 20th anniversary back in 2018 and you'll be pleased to hear that, with your amazing support, we hit our target and more! Thanks to the fantastic hard work and commitment of all our supporters, we have raised a massive £20214 since 2018 – and we're still going! Thank you so much for all your hard work in helping our charity to continue to provide such a valuable service to stroke sufferers and their relatives in Surrey.

## BIRTHDAY SKYDIVE FOR ELLA



**Ella and dad, Chris**

Thank you to Ella Hatchwell who celebrated her 21st birthday by doing a skydive in aid of TALK Surrey, raising £1048. She chose to support TALK Surrey after the help it gave to her dad Chris when he suffered a stroke 3 years ago. With help from TALK's volunteers, Chris regained his confidence, cognitive skills and speech, helping him to make a full return to work.

*"Any money I could fundraise to help more*

*people and families like mine is just a small contribution compared to the one TALK made to my dad's life". ELLA*

*"TALK helped me to make progress after my stroke and I became friends with everyone in the group, who all helped me to get my confidence back. By the time I finished at TALK by confidence was sky high. I will never be able to repay my thanks for what they did." CHRIS*



**The Sky's the Limit for Ella who raised £1048**

## THANK YOU TO EVERYONE

It's difficult to mention everyone for who supported our 20 for 20 fundraising but here's just a taste of some of the notable contributions and activities you took part in – our heartfelt thanks to everyone who took part, including those who we just don't have space to mention!

Charity Dance Night  
Coffee Mornings  
London Marathon Runner James Briggs  
Raffles  
Guildford Quiz  
Annual Lunch Raffle £1000  
Shepperton Walk  
Christmas Cards £750  
Coast to Coast Walk Sian T  
All personal donors  
4 street collections raising £1,157  
Charity concert, Egham raising £2,400  
Yellow Collection box collectors

## FUNDRAISING - THANK YOU RIDE LONDON 100

TALK art therapist, Mark Shakespeare, Owen Williams and Geraint Thomason got on their bikes for TALK this summer, raising £1,481 by cycling 100 miles on the Surrey – London 100 ride. Thank you guys for all your hard pedal power.

## TREKING ACROSS CORSICA

Alain Michelloti, took on the ‘toughest long distance trail in Europe’, hiking 91 kilometres across the centre of Corsica on the GR20 trail in just 11 days, raising over £3765 for TALK Surrey CIO. He stayed in basic huts and shelters along the way and reached the highest point of 2,012 m. Thank you Alain for taking on such an amazing challenge on our behalf. “When I took on the GR20 I decided others should benefit from experience. I wanted to support a small, local charity which had a personal meaning to me. Two and a half years ago my dear Godmother, Marie-Antoinette, suffered a stroke. I saw her transform from a



Pedal Power for fundraiser, Geraint



Therapist Mark gets on his bike

talkative and sociable person into a shadow of her former self unable to engage in any verbal communication. TALK Surrey seemed exactly the right charity to choose to help others like my godmother.”



Alain in training

## EDINBURGH MARATHON

*Keep on Running!*

Thanks to Ola Komor and Mark Sharman who ran the Edinburgh Marathon, raising £200 for TALK.

## FUNDRAISING G LIVE CHOOSE TALK AS LOCAL CHARITY OF THE YEAR



Staff at the G Live theatre in Guildford, which hosts a huge programme of events, music, comedy, dance, family shows and conferences, have chosen to support us as their local charity of the year.

They have already given our Guildford Groups a behind the scenes tour of the theatre, helped us to recruit new trustees and raised awareness about TALK through their website and What's On Magazine. Thank you GLIVE!

## IN MEMORIAM GIVING - THANK YOU

Enormous thanks to the families of two long term recoverers for remembering, Stuart B and Ian F. They supported TALK Surrey CIO with their kind in memoriam donations.



Stuart B

## WINNING LOTTERY BID

National Lottery grant. Thanks to Jo Matthews, our tireless fundraiser, TALK will get £100,000 of funding over the next 5 years from the National Lottery Community Fund Reaching Communities programme. This is absolutely wonderful as it helps us to plan some longer term developments, including possibly a fifth support group in Frimley and funding for the TALK Operations Manager.



## GRANT SUCCESSES



Launch day at G Live

Tesco Bags of Help – Knaphill Group  
St Peter's Relief in Sickness Fund  
Woking Borough Council  
Spelthorne Borough Council  
Guildford Borough Council  
Elmbridge Borough Council  
NHS Ashford & St Peter's Foundation Hospital  
Trust  
Surrey County Council Members Allocations  
Co-op Local Community Fund Ashford Group  
Guildford Poyle Charities

# GET IN TOUCH



TALK thanks volunteers, recoverers, carers, supporters, donors, sponsors and EVERYONE who has been so generous in giving their time and money.

If you'd like to become part of TALK Surrey, want to find out more about groups in your areas or how you can volunteer or fundraise on our behalf, we'd love to hear from you.

# SUPPORT US

- Volunteer
- Trustee
- Fundraiser
- Individual Donor
- Corporate Sponsor

## JOIN US

We're always looking for new members at TALK.  
*Come along to one of our groups at*  
 Ashford  
 Guildford  
 Knaphill  
 Walton on Thames

## CONTACT US

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