

Rebuilding lives after stroke



The Nailsea Stroke Group A Poetry Collection.

This is a small exert taken from a collection of poetry from the Nailsea Stroke Group. This selection focus on stroke or are just something to make you smile.

Most of the poems were written by the members but some poems and songs were written by other people but are favourites of a Group member.

The cover picture shows a confusion of letters - this represents those in the head of a stroke survivor who has Aphasia.

Aphasia - is an impairment of language, affecting the production or comprehension of speech and the ability to read or write. Aphasia is always due to injury to the brain-most commonly from a stroke, particularly in older individuals.

By Symon, Mike, David P, Sandra, David C, Rosaleen, Wendy.

Dawn of a stroke

Junctions of Silence speaking tongues articulating frustration

Knowing what to say but can't make it happen

Microwave, video, cooking, what's a connection.

Uncontrollable laughter, incredible sadness

Different for everyone, your own special stress.

By Ray

I've had a stroke!

Six months in Weston Hospital, at Christmas.

I've had a stroke.

I want to go home.

Speech therapy journey across the West

Swindon Hospital, Bedminster hospital, BRI, Weston Hospital

More to come in 2020

By Brenda

Thinking

I've got my paper pen and ink
So now I've got to think and think
I've thought and thought and nothing came
So now I think I'll write my name.

Richard H

I have had a stroke, honest!

I can walk and talk OK.
I can do most things as before.
I am luckier than most
I try not to worry any more.
People don't think I've had a stroke.

By Symon, David P, Mike, Lynne, Betty, Sandra.

Bloody hell, I've had a stroke.

What do we have to do now?

How can I communicate when I am unable to talk?

How do I put trousers on?

I lost my memory and communication,
the constant researchers coming to ask me questions.

One of them asked about my leg. I lost the use of it.

I took a step at 10 days. It felt good!

I lost the word and associations,
who knew I could cook in the video recorder.

I needed to rely on other people, my wife
and she's still with me now!

I shared a room with 3 others and one watched the TV until 0300
hrs and I wanted to sleep.

The noisiest place in the world, hospital.

'Cos I looked ok they thought I was.

I can laugh, it helps me cope!

If you can't laugh, we only go crazy.

It's good to have a place to share our stories
and people who understand!

It's good to have a place that helps us.

By Richard

Stroke Survivor

My name is Richard and I am a stroke survivor,
I am not a stroke victim, I am a stroke survivor.

My body doesn't always do what I want
My voice doesn't always say what I want
But I am the same person inside, I am still me.

People treat me differently, strangers think me drunk
I take too long asking for stamps, drinks, or any other junk
Family and friends try to help, do things for me,
help me not to struggle. I want to struggle,
not be helped, just let me be a rebel
with everything, especially speech – I'm still Tolkien funny

I think I am improving, so getting older takes the blame.
I crayon in children's colouring books, try to write my name
I play cards; rummy, cribbage, many another game
I teach myself to type again, each key I learn to aim
I know that I am not the best, but I will be the best that I can be.

I am referred to a speech therapist, to help me speak and drink.
Six weeks on, she rings me up, 'You must learn to swallow in sync,
you sound ok to me, so I'll quickly sign you off'
I have the notes from hospital, I practice to slurp and scoff
People say I sound OK but I know I don't sound me.

I can and do hide everything – until I start to speak
'What, pardon, say again, I didn't catch that,' what a cheek!
I think back to the advice from Frenchay –
'Determination always wins'

I help here at the Stroke Group,
but you help me more than I help you.
'I am not a stroke victim, I am a stroke survivor.'

By a group attending Stroke Cub Conference 2015

The Stroke Group

Where do I go now I've suffered a stroke?
I was always a confident bloke's type of bloke.
I feel so alone what do I do?
Every day I'm feeling so blue.

I heard through the grapevine about a great group
I was very nervous 'bout joining a big troop
Along I went and have never looked back
All my new friends have put me back on track.

There's always a welcome, a smile, a hello – a wonderful place for
us all to go.

There are games and quizzes and talking galore, outings, fitness,
speakers and more.

The company's great, a roomful of friends.
We're sorry at twelve when the meeting ends.

And now for next week, what will we do?
I'm already looking forward to joining the crew.

Provided by Janet and Lori to make us smile

A smile

When someone's having a bad day
A smile could go a long way,
So make sure to put one on
And keep it til the day is gone.
You don't know what this deed
Could do for a friend in need.
It might save them from the pain
Of a sadness they cannot contain.
Don't ask what a smile can do
Because I'm sure it once helped you.

The glow-worm

I wish I was a glow-worm
A glow-worm's never glum
'Cos how can you be grumpy
When the sun shines out your bum