

UCL Communication Clinic Newsletter December 2018

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Beekeeping with Steve

My name is Steve and I have been **beekeeping** for **3 years**. I learnt about beekeeping **after I had my stroke**. I learnt with my **daughter**, Kerry, and my **son**, Tom. My **wife**, Angela, doesn't like beekeeping but **she loves the honey!** Kerry and her husband, Richard, have **one bee hive** at their house. I go there two times a week.

Each time I go to see the bees, I have to wear **protective clothing**. I wear a **white suit** to cover everything, from head to toe. I wear **gloves** and **wellington boots**. These clothes protect me from the **bees stinging**.

I use a **smoker** to make the bees **sleepy and quiet**. The smoke goes into the hive at the top and the bottom. It **stops** the bees' sense of **smell**. This helps me to not get stung.

When I am there, I have to feed the bees. **Bees eat candy**, which is very sweet. The candy goes at the top of the hive. I have to feed the bees different things at different times of the year to keep them alive.

There are **three different types of bee**.

The **queen bee** is the **biggest** and **most important bee**. She is important because she **lays the eggs** that turn into worker bees. The queen bee does not leave the hive.

The **worker bees** leave the hive. They fly from flower to flower **collecting pollen**. They bring it back to the hive to **make honey**.

The third type of bee is called a **drone bee**. These bees fight against each other to **mate with the queen bee**. If they are successful, they then die! Drones are thought to be the **laziest** of all of the bees because they **don't collect pollen but they eat the food!** When the hive gets too hot, the drones can help to cool it down by flapping their wings. Between **September and October**, the drone bees are **forced to leave** the hive by the worker bees and die.

The best bit about bee keeping is the **honey**. To collect the honey, I lift out the trays, tip them and pour the honey into a pot. **The honey is ready to eat and is delicious!**

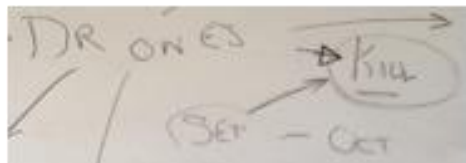
Steve used a range of helpful strategies to talk about beekeeping. He used gesture, writing, drawing, speaking and the internet!



Steve used writing and drawing to say who were the members of his family and where he goes to do his beekeeping.



Steve used drawings to explain the different types of bee. He also explained what each bees' job are.



Steve used drawings to explain how to get the honey from the hive.



My First Ride Post-Stroke by Ben Goldstein

Before I was hit with my **stroke**, I used to **love** the freedom that a **bicycle** gave me. I **thought I'd never be able to do that again**. In fact, I gave my bike away to one of the Gym Instructors that I used to know.

First, I heard **people talk about tricycles**, but only with each other, and never to me! Secondly, my dad had mentioned it before, but this time I was prepared to listen. Also, thirdly, there had been some good news about tricycles from two separate sources. One was **Professor Jane Marshall**, who had **helped** me get better with my **Aphasia**, and the other was from Abigail Tripp, who coached my local “Swimming for disabled people” class.

In fact, I went to meet Jane in Battersea Park to have a **go on her tricycle** which felt **good**. Although we picked the worst day and it **rained** on us! However, I did learn that you should always use both hands when driving it, because I forgot to take my glove with me (a special kind of glove which enables me to hold on to something with my right hand) and because of that I could only turn left. Which is especially annoying if the road has a camber on it, I would go all the way out to my right, and you have no way to turn around!

I wondered if there was a place where I could go to and find out about tricycles. She mentioned “the **Velodrome**”, located in **Herne Hill**. The velodrome features steeply banked oval tracks, consisting of two 180-degree circular bends connected by the straights.



On **Monday**, between **11:00 am and 1:30 pm**, we could use Herne Hill's Velodrome as our track. All I could do was just to go around and around, but it **felt great** and the **freedom** was so good.

Every Monday, the Velodrome was booked by **“The wheels For Well Being”**, which serves the Lambeth area. They have all types of things which accommodate for every type of disability. **Tricycles** are not the only thing they have, for example, there is one that you could **peddle with your hands**. Or there is one that two people could get on, so that you could sit in front of the driver if you are in your **wheelchair**.

But, there are **different schemes** set up all about **London**, dear reader, to find out go online, to visit the **“Cycling For All” website**.

I am now considering **buying a tricycle** so that I could use it whenever I wanted to. Certain members of my family seem less than excited about that, but they'll just have to live with it. To

be fair, there are some things that I will have to get used to – I will have to stop, get on/off my tricycle, and signal when I want to turn.

I am looking forward to **going** out for a little **ride** in a few weeks' time with “The Wheels for Well Being”, when I will get to cruise about the **London streets** and then I will have some good extra points when arguing with my parents.

Written by Ben Goldstein.



Aphasia: My Journey by Brian Coyle

Brian has been working on writing sentences in therapy. Here is what he has to say about his experience of a stroke:

I was in hospital for pneumonia first and when I got a stroke. I was in hospital for four months, I didn't go out at all, I could not speak. It was hard at first.

But then I went out more and more I was involved in research. Then I saw Mickey it was nice. I would not be able to do it on my own. It was better but not perfect. Still working for Mickey it's now 11 years and I am still learning away.

Jawad and His Journey with 'Stroke Odysseys'

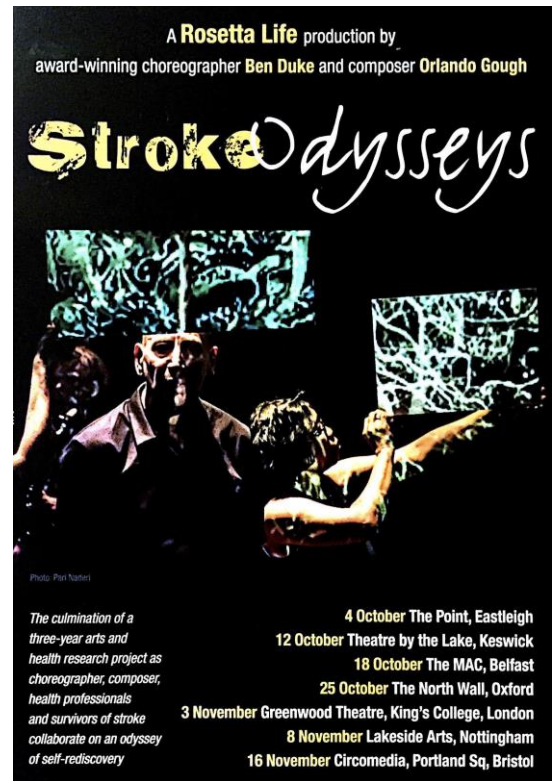
Jawad is one of 5 stroke survivors taking part in the production of 'Stroke Odysseys' alongside a cast of musicians and dancers.

This is a project by the organisation 'Rosetta Life', which works with artists and health professionals to devise arts projects that have a meaningful impact on the lives of people with brain injuries.

The director of Stroke Odysseys describes how the discipline of rehearsals, the 'camaraderie and the drive towards performance can offer very real motivations and therapeutic benefits' for stroke survivors.

Throughout October and November, Jawad has been touring the country with Stroke Odysseys, performing to audiences in Belfast, Nottingham, Oxford and Bristol, Eastleigh, Keswick and London!

More details and a video about Stroke Odysseys can be found on the website www.rosettalife.org



Terry's Remembrance Photos from Whitehall

Terry (from the Monday morning group) went to **Whitehall** 3 days after Remembrance Sunday. He went with his **photography group** and **took these pictures**.



Aphasia Opera Workshop

Last month, some of us took part in a really **enjoyable workshop**, run by writer Finn Beames and composer Santa Buss. They are writing a **new opera** about the experience of living with **aphasia**. They had the idea after a friend had a stroke. They want to find a way to use **music and theatre** to explore this experience and **raise awareness** about aphasia. They want to make sure people with aphasia are included in the development of the opera – that's what this workshop was about.

The workshop was very **interesting** and very **hands-on** – as you can see from the photo. Finn explained that opera has changed a lot recently, and that anything goes. We had to let go of our preconceptions and really **be experimental**. He showed us lots of clips from different styles of opera, which were a **real eye-opener**.

We had a **great session** with an **opera singer** to start with. She got us to explore how we can use our **voices to express ourselves**, even when we don't use much speech. Some of the sounds we made were quite **amazing!**

Santa then demonstrated how “music” can mean a lot of different things. Using the **piano**, she got us to make a whole range of **different sounds** – some of us plucked the strings, some banged on the lid, some tapped different rhythms. Everyone joined in and we **created** a very **interesting piece of music** – not sure what anyone listening to it would have thought, though!



Finn and Santa will be running some **more workshops in January**. They are looking for **people with aphasia** to be involved in any way – you don't have to be good at singing or interested in opera to join in. They want to **hear your story** and your opinions. As Finn says:

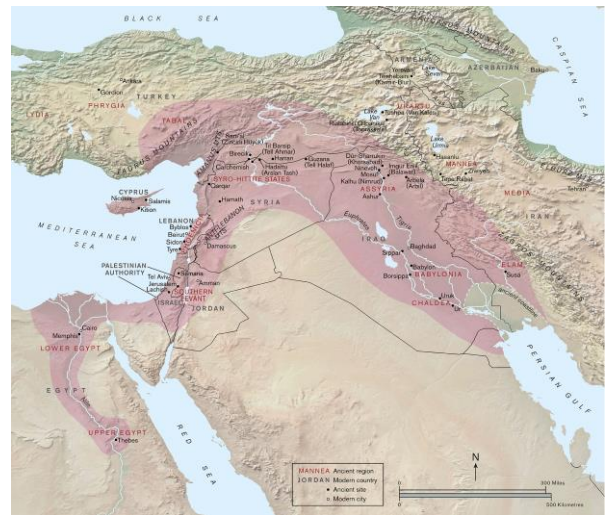
“We want to develop a way of telling stories that combines our musical and drama skills with the interests and talents of people with aphasia.”

So if you are **interested** in joining in, **let Mickey or Carolyn know**.

Adam's Trip to the British Museum

Adam went to the Assyrian **exhibition** at the **British Museum**.

He **learnt** about **Arshurbanipal** and the Assyrian Empire. It was a **big Empire** as you can see in the **map**.



The **palace walls** had lots of **reliefs** on them. There was a relief showing Ashurbanipal **hunting a lion**.



Ashurbanipal also built a **library** with **stone tablets** telling stories, such as Gilgamesh, in a script called cuneiform.

Adam really **enjoyed his visit** to the **Museum!**

