

SSNAP

**Sentinel Stroke National
Audit Programme**

KING'S
College
LONDON

SSNAP Artists

Easy read article

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Introduction

Each year SSNAP publish an **Annual Report**.

SSNAP put a painting made by a **stroke survivor** on the cover.

This article shows the **artists**.

You can **click the paintings** to view the full reports!



Click here for information about creative activities and stroke.

David Riley

David's painting is on the back cover of SSNAP's **7th Annual Report** (2019-2020).

'A special thanks to the NHS'



Click here to view more of **David's art**:

<https://www.kranky.co.uk/>

David says...

"I had my stroke in November of **2015**.

I have **lost** all the **sight** on my right hand side.

You can imagine times have been, and still are, **very difficult** for me.

Normal everyday tasks are **challenging**, simple things like **eating, getting round the house** or **venturing outdoors** especially when I'm out in crowded places.

I was given the opportunity to attend the Bridgend Stroke Group on a Tuesday for the **art class**.

I had **no idea** if I would even be able to draw a straight line never mind paint a picture.

With **help** from the regular tutor Steph and many hours of **perseverance** I now enjoy **losing myself in a painting**.

My painting was to say **thank you** for all the great work the **NHS** have done throughout the coronavirus and for **nursing me** after my Stroke."

- **David Riley**

Andrew Marr

Andrew painted **2** paintings on the cover of SSNAP's **7th Annual Report** (2019-2020).

‘The Park in Winter’



‘The News in Loudwater’



About Andrew Marr's paintings

Andrew had a **major stroke** in 2013.

Andrew's stroke **changed** how he paints and draws.

Andrew's paintings are part of a **series of 40 drawings**.

Andrew painted the series during the 2020 March **lockdown**.

Andrew says...

"The Park In Winter is one of my **favourite** drawings...

I like its **spikiness**.

During lockdown, **hardly anyone** was around...

It **helped** my drawing."



Click here to view more of **Andrew's art**.

<https://www.andrewmarrart.uk/>

Mary Burke

Mary Burke's painting is on the cover of SSNAP's **6th Annual Report** (2018-19).

Mary painted a **watercolour** painting.

Mary sketched her painting in **Porto** in **2019**.

Mary sketched her painting during an **International Sketching Symposium**.

Mary's painting:



Mary says...

“My art recovery journey started after my **stroke** on a charity bike ride in August **2012**.

Everything changed for me, my road to recovery was inspired by Albert Einstein’s quote:

‘Out of difficulties come opportunities’

My stroke affected me **physically** and **emotionally**.

I was **unable** to return to my job as a mental health nurse.

I attended a specialist **day centre** that offered physical and creative therapies.

Art therapy became a **lifeline** and **gateway** back to a fuller social life.

I joined **art sessions** and **workshops**.

I **gained confidence** and abilities, which helped me move onto a college art foundation diploma **course**.

I have **embraced support** provided by local disability groups and carers.

Brian Murphy

Brian Murphy's painting is on the cover of the **4th SSNAP Annual Report** (2016-17)



Brian says...

"I had a **stroke** last September.

The stroke affected the right side of my body, including my **arm, leg**, and also my **speech**.

I tried **drawing** within a few weeks of suffering the stroke, which at first was **just a scribble**.

My physiotherapist asked me to **try drawing** and playing my guitar just to see how I got on.

I exercised my arm, hand, leg and speech **with my physiotherapist**.

The next 8 weeks were **extremely hard** but I slowly started to improve at both these things.

Since last Christmas, I have returned to my **art group**.

I have also joined a number of other groups including **ukulele, creative writing** and **poetry**.

I joined these to try and **keep my brain** as **active** as I possibly could.

Richard Creme

Richard Creme's paintings are on the cover of the **3rd annual report**.

(2015-16)

Richard painted **3** paintings.

'Morning'



'Noon'



'Night'



A message from Richard's wife, Shelly:

"We had to **close** our retail business after Richard had his stroke.

That was our **livelihood** and what we loved doing.

Strokes change everything.

In an **ideal** world, your life has structure and meaning, but everything is **taken away** from you with a stroke.

Because of Richard's aphasia, it can be hard to know his **emotions**.

But the paintings you see on the front cover are an **expression** of how he feels at particular parts of the day.

In the **morning**, when he wakes up, his head is quite **confused**.

Noon is **less busy**, and the **night** is tranquil, he is **more relaxed**.

For Richard, the art is his **lifeline**.

Because Richard has **aphasia**, it's hard for him to communicate.

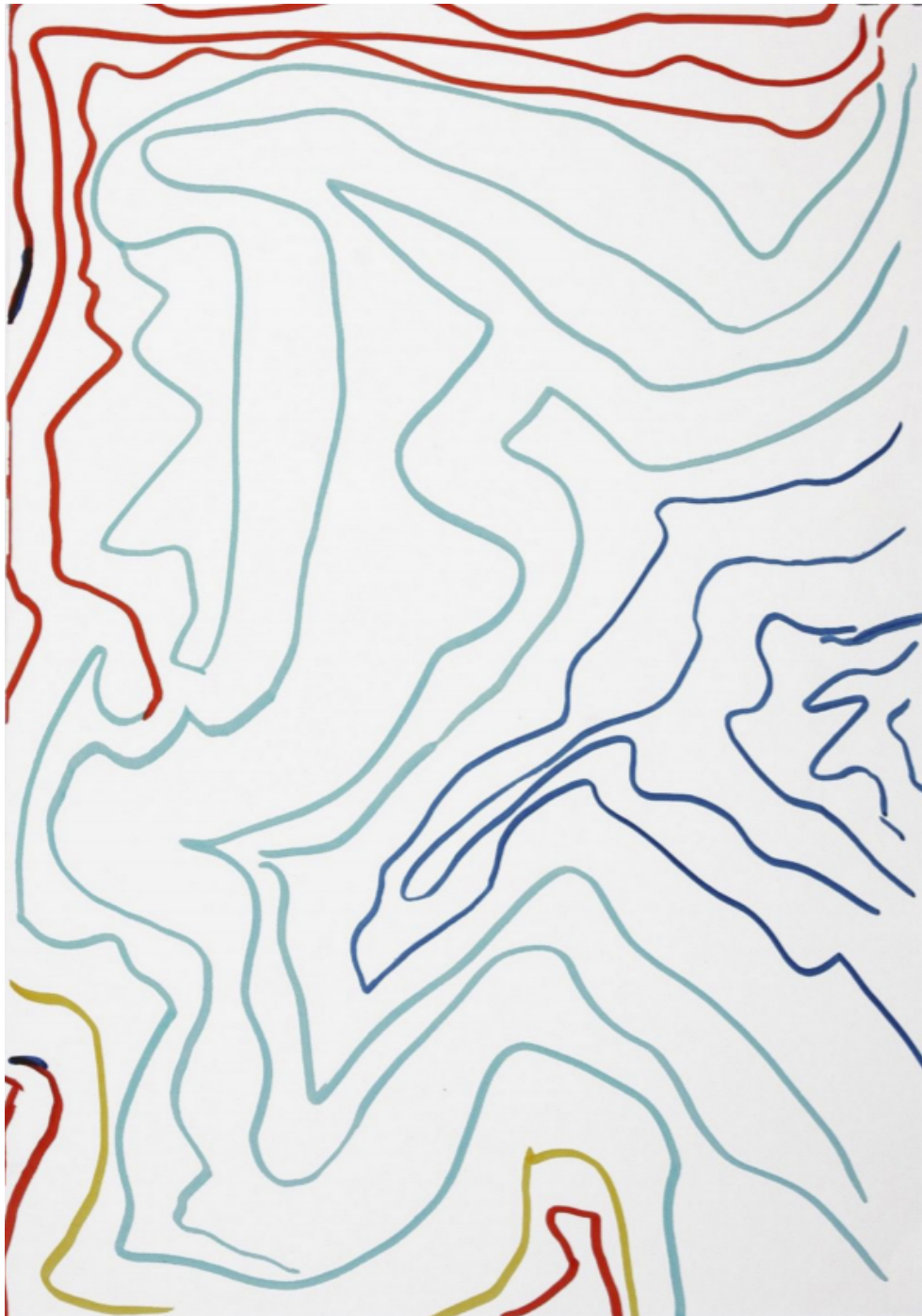
When he does his **art**, he **switches off** from everything else, and it takes his mind to a totally **different place**."

Robert Welch

Robert's painting is on the **2nd annual report**. (2014-15)

Robert's painting is from his **'A Sore Head'** exhibition.

Robert's painting



Robert says...

"I had a stroke in **2011**.

I had 8 weeks in **hospital**.

I **couldn't speak**, I would open my mouth but it was just rubbish.

I started off **writing** but I could not draw an 'R'.

I could do **drawing** but not paint, it was too messy.

Felt pens in sketch books.

It was **simple** and **complex**.

I came out and it was **weird**.

After a month I had **speech therapy**, it was **really good**.

Then I had some **seizures**, It was **terrible**.

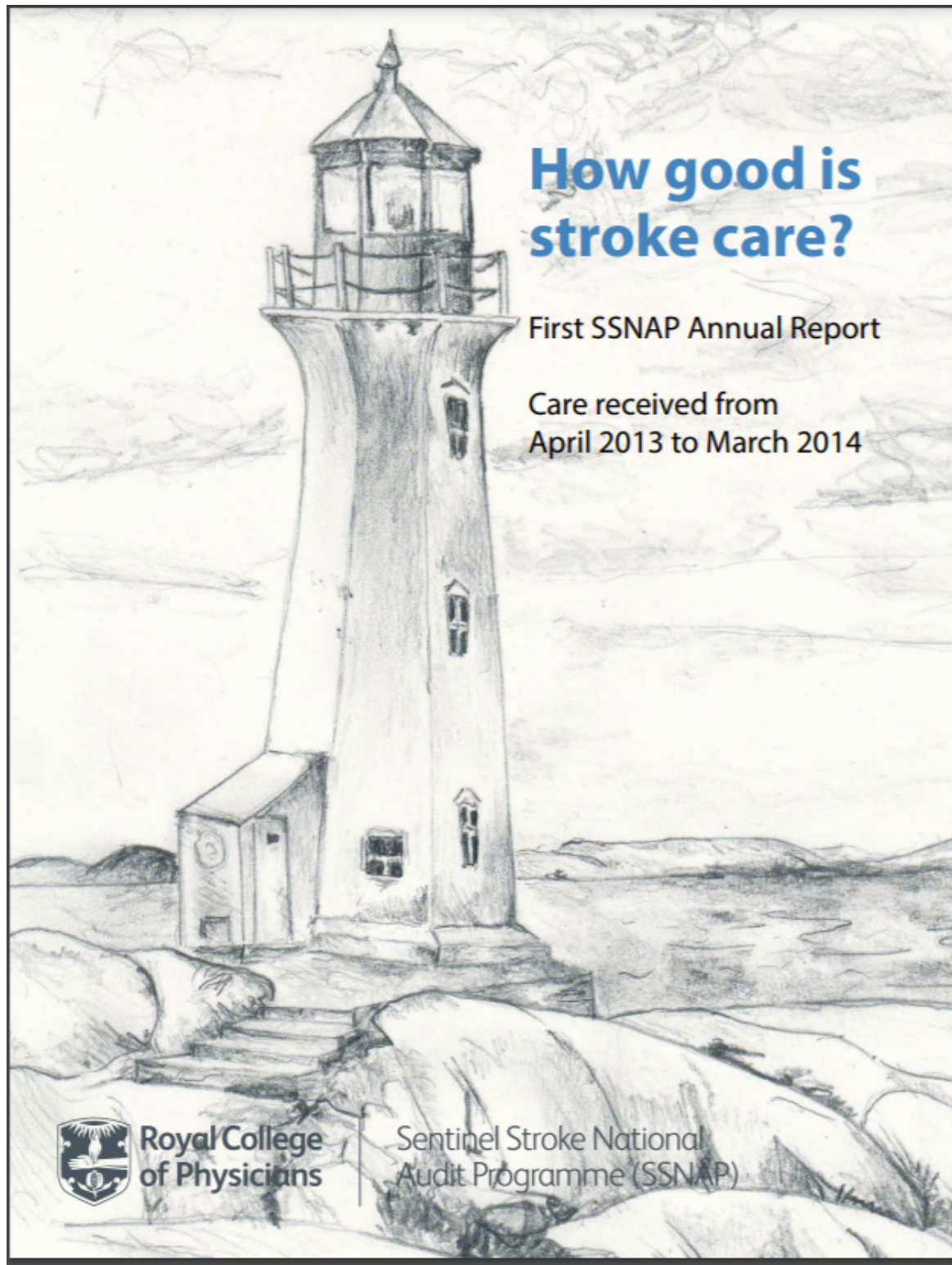
After two years I had an **exhibition** called '**A Sore Head**'.

And a book in April 2015" - **Robert Welch**

Claire Whitehouse

Claire's drawing is on the **1st Annual Report** (2013-14)

Claire's drawing



About Claire Whitehouse

Claire is an **artist** and **stroke survivor**.

Claire is from **Bournemouth**.

She had a stroke in **2010** at the **age of 19**.

After her stroke, Claire learned to draw again with her **left hand**.

Claire hopes that her image will provide **hope** and **determination** for other stroke survivors and their families.

Claire says...

“**Distant** as a light house I felt,

shining my **inner light** for a rescue boat,

In time it eventually **came!**”

Creative Activities and Stroke

Leisure activities can be a **useful tool** for stroke recovery.

It is important to find the **right** leisure activity **for you**.



Click here for more information (leaflet from the Stroke Association).



Click here to find clubs and groups **in your local area**.