



Registered Charity 696

Affiliated to The Stroke Association

## Fund Raising

We are fortunate that the Manx public and local businesses have supported our fundraising efforts from the formation of the charity. Money is raised through flag days and sponsorships for activities such as the Parish Walk. We are grateful for the many donations we receive and trust that we will continue to receive such support in the future. We very much appreciate donations in lieu of flowers. You could also name the charity as a beneficiary in your will. All donations are used for the benefit of those here on the island.

**For more details, please visit our website  
or contact**

Jane Bridge on **853676**

Or via email

[info@manxstrokefoundation.org](mailto:info@manxstrokefoundation.org)

## Recognising the signs of Stroke

**F** - facial weakness - can the person smile? Has the mouth or eye dropped?

**A** - Arm weakness - can the person raise both arms?

**S** - Speech, can the person speak clearly and understand what you say?

**T** - Time to call 999

## DONATIONS WELCOME

to

'The Manx Stroke Foundation'

Please forward to:

Mrs Maureen Redmayne

Secretary, the Manx Stroke Foundation

80 Malew Street

Castletown

IM9 1LS

**Have you had  
a Stroke or TIA  
or are you  
caring for  
someone who  
has?**

**Manx Stroke  
Foundation**

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[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)

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## What is a Stroke?

A stroke occurs when a defective blood vessel in the brain suddenly bursts or a clot forms in an artery. Either of these accidents damages an area of the brain that then loses its capacity to carry out particular functions. The type of disability suffered depends on the part of the brain that has been affected and the size and severity of the damaged area.

## The Effects of Stroke

Just for a moment imagine that you have had a stroke and without warning you may find yourself paralysed down one side of the body. You may experience difficulty in walking or talking. Hopefully, you can make a good recovery but the effect on you and those who care for you can be devastating and long lasting.

## How we might help

The Manx Stroke Foundation is a registered charity formed in 1997 by a small group of health professionals working closely with people affected by stroke. The overall aim of the Foundation is to help and support people after stroke. Improving stroke services on the Isle of Man is a major objective and we are always looking for new incentives to make life easier for those affected. The Foundation has a grant system to help financially and there are groups to overcome isolation.

**Manx Stroke  
Foundation**

[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)



## The Stroke Club

Evening meetings are held twice monthly at Corrin Court, Heywood Avenue, Onchan (HQ of The Manx Blind Welfare Society). This informal get-together involves speakers, entertainers and slide shows and includes light refreshments. To add variety, we occasionally organise daytime trips out. The club has a lot to offer carers as well as the person affected by stroke. Isolation can be a depressing problem and the club is an ideal place to meet other understanding people in a similar situation. Transport can be arranged if required.

## The Stroke Art Group

The Stroke Art Group offers a warm welcome to anyone who has had a stroke and would like to express themselves through art. The weekly 2-hour session is held every Thursday from 10.30am to 12.30pm at Centre 21, Greenfield Road, Douglas. This is a way to help your recovery and to meet other people affected by stroke who understand. As with the club nights transport can be arranged if required.

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## Specific Needs

The Foundation has a grant system whereby you can apply for grants to make life easier after stroke. It may be towards items in the home such as white goods, ramps, carpets, a suitable armchair, bed or a mobility scooter. Whatever your needs the committee will consider the request. We are also keen to support the Isle of Man stroke services and have purchased many items for the Stroke Unit and provided grants for training. We aim to promote awareness and prevention and, in doing so, we funded the FAST campaign on the ambulance fleet.

## Applications for Grants

Should you wish to apply for a grant an application form can be downloaded from our website [www.manxstrokefoundation.org](http://www.manxstrokefoundation.org) or on request to the secretary (address on the reverse of this leaflet). Membership of the Manx Stroke Foundation is not required when applying for a grant however if you wish to become a member you can do so by downloading the membership form from the website and sending it, along with the subscription, to the secretary.

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