



UPDATE

The Quarterly Newsletter of the

MANX STROKE FOUNDATION *Summer 2014*

WELCOME TO OUR NEW LOOK

As promised in your last UPDATE the New Look Update starts with this edition. Instead of a monthly edition you will receive the Update Quarterly. The larger print is easier to read and there will be articles of interest for everyone. But let us know what you think and if you have any good ideas to share we would be happy to include them.

REVIEW OF MEETINGS

All meetings were well attended. On April 10th Duncan Bridges from the Manx Wildlife Trust talked about migration and gave us a lot of interesting information on the fauna that migrate to and from the Island. On April 24th we held the 17th Annual General Meeting where Les stood down as Chair to be succeeded by Jane who was accepted unanimously. The meeting was followed by a delicious 'faith supper'.

Jane Corkill returned with her fabulous pupils to entertain us on May 8th. Our outing to the Salmon Lake Centre on 22nd May proved very popular with a lovely selection of sandwiches and cakes.

On June 12th the Sheeyan Millish choir delighted everyone with a magnificent concert of songs, poems and readings. Of course our programme would not be complete without one evening with Peter Kelly who came on June 26th with another selection of photographs to stimulate our memories of times past.

A full account of each meeting can be found on our website.

COMING MEETINGS

- July 10th** An evening of Music, Song and Dance
Perree Bane Youngsters
- July 24th** BINGO!
- August 14th** Afternoon Tea at Bradda Glen Cafe
- August 28th** Another musical evening with a first visit of the Caarjyn Coodagh choir.
- September 11th** Jack Kaighin is coming along with a selection of vintage slides of the Isle of Man
- September 25th** Irene Cannan will tell us about her soap-making business.

FLAG DAYS

Our first Flag Day took place on 31st May in Port Erin and raised the wonderful sum of £566.38. Thank you to all who helped out.

Make a note of the next ones:

- **Saturday July 12th** we will be collecting outside Shoprite in Peel
- **August 2nd** we will be in Onchan and Douglas
- **August 9th** we will be at Shoprite in Ramsey.

We will need lots of volunteers especially for Douglas and Onchan. Please let Maureen (824361) or Irene (878852) know when you can help. If you would like to help but are concerned about transport let us know and we will aim arrange a lift.

NOT JUST A FUNNY TURN

The issue raised during 'Action on Stroke Month' in May this year was 'Mini-stroke - It's not just a funny turn'. A mini-stroke or TIA is the same as a stroke except the symptoms last for a short time and less than 24 hours. The symptoms may be temporary but they almost certainly indicate an underlying problem that needs to be assessed and treated. Many strokes could be prevented if the mini-strokes were urgently investigated and treated. So if you or anyone you know shows symptoms of a mini-stroke don't mistake it for a 'funny turn' and don't ignore it. Get medical help immediately.

RECENT DONATIONS

We are fortunate to have many supporters who donate to our charity and here are some recent donations.

- In May the Young Farmers Clubs presented a cheque for £4,328.
- Also in May Lloyds TSB gave us £200 from a 'dress-down' day.
- In June we received £1,275 from Kirk Michael Methodist Church having raised the money at a coffee morning.
- On 19th June Irene accepted a cheque for £1000 from The Ladies Charity Luncheon Club.
- On June 1st a group of ladies from the pole dancing classes raised £171.12 by washing bikes on Peel Race Day'

We are grateful to all those who help us to help those affected by stroke.

WURLITZER CONCERT

On Wednesday 16th July at 1 p.m. Margaret Cubbon will be playing the Wurlitzer Organ in the Villa Marina Arcade. All donations will go to the Manx Stroke Foundation.

SUMMER RECIPE

Try this lovely summer recipe and partake of one of your '5 a day' of fruit and vegetables.

Plum Crumble

Ingredients:

1lb stoned plums
2 oz soft brown sugar
1 tbl spn water
1 tbl spn lemon juice

For the Crumble

2 oz plain flour
1 oz coarse oatmeal
2oz soft brown sugar
2 oz butter

Method:

Stew fruit with 2 oz sugar, water and lemon juice until just beginning to go soft. Put in a deep, buttered, oven-proof dish. Mix flour and oatmeal together, rub in the butter until it is like breadcrumbs and stir in the sugar. Sprinkle evenly over the fruit and bake in a moderate oven for 20 minutes until the top is crunchy and brown. Serve with custard and cream.

A FEW USEFUL HINTS

These useful hints may help you overcome some of those annoying little things that happen from time to time!

Ants hate cucumbers. If you are bothered by ants this summer keep the skin of cucumbers to place around the ant hole.

Sprinkle salt on your shelves to keep ants away.

To remove chewing gum from cloth put the cloth in the freezer for about an hour. The gum will flake off.

Add a few grains of rice to your salt cellar for easier pouring.

Use salt to clean a discoloured coffee pot.

AND TO FINISH

Crime in multi-storey car parks. That is wrong on so many different levels.

I saw this advert in a window that said: "Television for sale, £1, volume stuck on full." I thought, "I can't turn that down."

I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again.

Contact Details:

If you have any queries or concerns or would like to include something in the Update please feel free to contact the Chair or Secretary

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www.manxstrokefoundation.org