



UPDATE

The Quarterly Newsletter of the

MANX STROKE FOUNDATION

Autumn 2014

REVIEW OF MEETINGS

We have enjoyed a wonderful variety of entertainment at our meetings since the last Update. On July 10th the young members of Perree Bane dance group charmed us all with their dancing and Bethany Magee performed a lovely selection of songs. The Bingo night on July 24th was an hilarious success enjoyed by all.

Our Summer outing on August 14th took us all the way to Bradda Glen where we enjoyed a lovely afternoon tea and the fabulous views of Port Erin. Caarjyn Coidagh Choir came on August 28th and delighted us with their superbly harmonious singing.

September 11th proved a treat for all who attended with a surprise show from Jon Hodkin, a travelling musician and his 'Inner Tuba tour'. Irene Cannan enthralled us all with her talk on soap making on September 25th.

For a full account of each meeting visit our website:

www.manxstrokefoundation.org

COMING MEETINGS

- October 9th Alan Franklin will talk about World War 2 internment in the Isle of Man.
- October 23rd Our Halloween Supper at Corrin Court. Don't forget those scary costumes! (NO RAFFLE THIS NIGHT)
- November 13th Pat Skillicorn will tell us about Peel and the Great War.
- November 27th A musical evening with The Regal Singers.
- December 11th Christmas Dinner at the Mount Murray Hotel.

FLAG DAYS

A big THANK YOU goes out to all those who helped with the Flag Day collections which raised a fantastic £2,137. This year we collected at Onchan Shoprite for the first time and raised £279 but Port Erin remains the leader having raised £566!

DONATIONS

Once again we have had a wealth of donations:

- In July £30993.21 was received from the Estate of Elizabeth Joyce Corlett.
 - £142 was donated at Margaret Cubbon's Wurlitzer concert.
 - Peter Crebbin raised a fantastic total of £2276 doing the Parish Walk.
 - The Income Tax Division presented £500 from their Dress Down Days.
 - Optimus Fiduciaries also donated the proceeds of their Dress Down Days which came to £380.
 - The IOM Embroiderer's Guild donated £320 raised at their Jean O'Neil Memorial Charity day.
 - Capita Life donated £336.20 following their Casual Clothes day.
- There are also many small donations made throughout the year and our grateful thanks go to all those who donate.

SUBSCRIPTIONS AND MEMBERSHIP FORMS

There are still some outstanding subscriptions. If you are unsure whether you have paid or not contact our treasurer, Irene, on 878852. Also if your details on your membership form changes, particularly those relating to health, please inform a committee member.

STROKE RESEARCH

Research into stroke is always of great interest to us and, as you are aware, we donate a good sum each year to research. The project we are supporting currently is investigating whether anti-inflammatory drugs given into the skin can reduce inflammation in the brain after stroke. We will let you know how this progresses.

An early trial of stem cell treatment for stroke carried out by scientists

at Imperial College in London has shown remarkable results in the first five patients. All patients showed significant improvement in movement and mental functioning but this is early days and a much larger trial will be needed. It is, however, exciting to think that there could be new treatments for stroke even though it will be years away yet.

We enjoyed a lovely sunny summer this year and this may have reduced the risk of stroke for some! Research carried out at the Universities of Southampton and Edinburgh suggests that sunlight on the skin can alter levels of nitric oxide in the blood and skin, reducing blood pressure. However caution is needed as many more longer term studies are needed before clinicians can think about the role of sunlight in causing or treating high blood pressure.

AUTUMN RECIPE

As the evenings get darker and the days get colder this simple recipe should warm you up.

Autumn vegetable soup with cheesy toasts

Ingredients:

1 leek chopped small;	2 carrots chopped small;
1 potato chopped small;	1 garlic clove, finely chopped;
1 tbsp finely chopped rosemary;	1/2 teaspoon sugar;
2 x 400g chopped tomatoes;	410g can chickpeas drained and rinsed;
3 tbsp chopped parsley;	3/4 pint vegetable stock;

For the toast:

Baguette cut into diagonal slices: 1 garlic clove, cut in half

Method: 1. Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir and bring to a simmer and cover. Cook gently for 15 minutes or until the vegetables are just tender.

2. Preheat the grill to high. Whizz the tomatoes in a blender or food processor and add to the vegetables with the chick peas and parsley. Gently heat through stirring occasionally.

3. For the toasts: rub both sides of bread with the garlic. Grill on one side until brown, turn the bread over cover with edam and grill until bubbling. Serve with the piping hot soup.

LEST WE FORGET

Throughout this year we are commemorating the Centenary of the Great War. This familiar poem by John McCrae is a fitting closure to this edition of Update.

In Flanders Field

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Contact Details:

If you have any queries or concerns or just want to include something in the Update please feel free to contact the Chair of Secretary.

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