

If you blinked you may have missed summer this year but we seem to be having an 'Indian Summer' now which should set us up for those colder autumn days. The autumn programme gives us lots to look forward to, especially the Halloween supper and our Christmas Outing.

REVIEW OF MEETINGS

On July 9th Zoe Crowe and Lesley Patterson came along to tell us about the activities available at the NSC for those with disabilities or who need support. Then on 23rd July we welcomed Dr Andrew Foxon who gave an illustrated talk of walks and places of interest around the island.

We enjoyed a sumptuous afternoon tea at Niarbyl Visitor Centre on a beautiful, sunny August 13th.

Our first September meeting on the 10th had us all singing along with the Laxey Hand bells and some even had a go at ringing the bells! Then on September 24th Norman Rivers told us of the wonderful work undertaken by the Friends of Chernobyl's Children and gave us much to ponder on.

COMING MEETINGS

October 8th Our very own webmaster, Ed Kelly, is coming along to show us all how to navigate our website.

October 22nd We will hold our traditional Halloween hotpot supper at Corrin Court. Please complete the form enclosed with this Update if you wish to partake.

November 12th Peter Clague will give an illustrated talk on his Treking Travels.

November 26th This will be a first visit to us of the WI choir and, from all accounts, will be a wonderful concert.

December 10th Our Christmas Meal this year will be held at the Hawthorn Restaurant. Details will be sent out in due course.

See the website on www.manxstrokefoundation.org for full reports and photos.

HAVE YOU PAID YOUR SUBSCRIPTION THIS YEAR?

There are a number of subscriptions that are now overdue. If you are unsure whether or not you have paid your £5 this year or if you no longer wish to remain a member please give Irene a call on 878852.

Letters will be sent out shortly to remind all those who have not paid.

A MEMORIAL FOR TERRY CHILCOTT

We all have special memories of Terry however the committee wanted to put in place a memorial fitting to the one who was the keystone of the Manx Stroke Foundation. Terry always valued the importance of training for people working with stroke and, with this in mind, we will dedicate all future training events funded by the Foundation to the memory of Terry. Participants of the training will be informed of the great deeds that Terry did for those affected by stroke and all events will include the wording *'Sponsored by the Manx Stroke Foundation in memory of one of its founding members Terry Chilcott BEM'*.

FLAG DAY COLLECTIONS

On Saturday 1st August we held our second set of flag day collections in Douglas and Onchan. We raised £316.46 at Victoria Road Shoprite, £216.32 at Onchan Shoprite and £380.02 in Strand Street. The total raised over the two days amounted to £1977.87 so another very successful collection for the benefit of those who have been affected by stroke. Thank you to all who helped and, of course to the generous Manx public.

RECENT DONATIONS

- The Ayrshire Breeders Association donated £200.
- Savina Thomas and her girls raised £108 by ,once again, washing bikes during the TT races.
- DOHLE (IOM) Ltd. raised £492 from their company's dress-down days.
- A Treasure Hunt organised by members of the Cooil Methodist Church raised £337.
- Joy and Peter Vernon held a barbecue and donated the £365 raised on the day.
- £297 was donated by Capita Life following a team lunch.
- The Onchan Ladies Bowling team held a competition on 23rd August which raised £452 for the Foundation.

There were also many donations in lieu of flowers and other smaller amounts.

All of the money we receive is used to help those affected by stroke on the Island. If you are struggling to afford something to make your life easier then remember you can apply to the Foundation for assistance. Confidentiality is respected.

DEVELOPMENTS IN THE STROKE SERVICE

The stroke team at Noble's which includes Gillian Horsey, Stroke Specialist Nurse, is making great strides to achieve a first class stroke service on the Island. There is now a single stroke ward which provides acute care and rehabilitation for stroke patients. The team is also working towards developing rehabilitation for stroke in the community to improve recovery and reduce the length of stay in hospital. The thrombolysis service is now underway and some patients will benefit from a drug which breaks down the clot and restores blood supply to the brain but it is only effective within the first four and half hours following the stroke. That is why the **FAST** campaign is so important:

Face - has the face fallen to one side?

Arms - can they raise both arms and keep them there?

Speech - Is the speech altered?

Time - to call 999 if you see any one of these signs.

These are just a few of the developments the team are working on but we are assured that their focus is to deliver ever better care for stroke patients.

A QUICK AND HEALTHY RECIPE **Italian style beef stew**

Ingredients:

1 onion, sliced; 1 garlic clove; 2 tbsp olive oil; 300 g thinly sliced beef steak;
1 yellow pepper thinly sliced; 400g can chopped tomatoes; sprig rosemary, chopped;
handful pitted olives

Method:

In a large saucepan, cook the onion and garlic in olive oil for 5 minutes until softened and turning golden. Tip in the beef strips, pepper, tomatoes and rosemary, then bring to the boil. Simmer for 15 minutes until the meat is cooked through, adding some boiling water if needed. Stir through the olives and serve with mash and a green vegetable.

SOME OF TOMMY COOPER'S ONE-LINERS

Two blondes walk into a building ... you'd think at least one of them would have seen it.

I went to the doctors the other day and I said, 'Have you got anything for wind' , so he gave me a kite.

So I rang up my local swimming baths. I said ' Is that the local swimming baths?' He said ' It depends where you're calling from.'

I'm on a whiskey diet. I've lost three days already.

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine'. So that was nice.

Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one and let the other one off.

I went to buy some camouflage trousers the other day but I couldn't find any.

I went to the paper shop - it had blown away.

I had a ploughman's lunch the other day. He wasn't very happy.

My dog was barking at everyone the other day. Still, what can you expect from a cross-breed.

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 or Secretary:

Chair: Jane Bridge Telephone 853676
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Secretary: Maureen Redmayne Telephone 824361
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www.manxstrokefoundation.org