



UPDATE

The Quarterly Newsletter

Summer 2015

Members will be saddened to know that we have lost two of our well-loved members this summer. June Brooks died on the 4th June, her 49th wedding anniversary, and our thoughts go out to Colin and all her family. Our thoughts also go out to the family of Pat Garrett who died on 13th June. Both Pat and June regularly attended our club meetings and they will be greatly missed.

REVIEW OF MEETINGS

Our 18th Annual General Meeting was held on April 9th with an attendance of about 45 members. Jane is to continue as Chair and Les will take the role of Vice-chair otherwise the committee remains the same. The meeting closed with our usual 'Faith Supper'. On April 23rd Gary Curtis from the Manx Butterfly Conservation gave us a very informative talk on our local butterfly population.

We enjoyed an evening of photography on May 14th when David Sylvester, from the Colby Studio, brought along some wonderful images from all over the world as well as studio photographs. On May 28th we were delighted to welcome back the Musicale choir who gave us a wonderful, varied concert.

Because of TT week our first June meeting was on the 18th when all eyes were down for a fun packed game of Bingo. Only a week later, on the 25th, we welcomed back Jane Corkill who brought along her very talented pupils who wowed us with their music, songs and poems.

FORTHCOMING MEETINGS

July 9th Zoe Crowe and Lesley Patterson from the NSC are coming along to tell us about their 'Passport to Sport' which enables people who need support to participate in physical activity.

July 23rd Dr Andrew Foxon from Go-Mann Adventures will talk about places of interest in the Isle of Man.

August 13th Our summer outing will be held at the Niarbyl Visitor's Centre where we will enjoy afternoon tea and beautiful views. The cost is £12 per person. Please complete the form enclosed with this Update if you wish to come along.

August 27th NO CLUB MEETING DUE TO PRACTICES FOR CLASSIC RACES

September 10th A musical evening with the Laxey Handbells.

September 24th We will hear about the 'Friends of Chernobyl's Children, Isle of Man' from Norman Rivers.

See the website on www.manxstrokefoundation.org for full report and photos. Your programme for the next six months is enclosed with this Update.

HAVE YOU PAID YOUR SUBSCRIPTION?

It was decided at the AGM that subscriptions would remain at the bargain price of £5 per year. These are now due so if you have not yet given in your subscription please get it to Irene as soon as possible. You can pay at a club night or send it to Irene Gardner, 69 Cannan Avenue, Kirk Michael, IM6 1HG.

BIKE FOR LIFE

On Tuesday 23rd June a 'Bike for Life' Open Day was held at the NSC. The weather was lovely and attendees were able to try out a variety of bikes accessible for people with a range of disabilities. Over the summer there will be weekly sessions from 4 - 5 p.m. on Tuesdays from 30th June until 25th August. The cost is £2 + hire charge. So if you want a bit of exercise and fun go along and find out what is there for you! For more information call Zoe Crowe on 688575.

FLAG DAY COLLECTIONS

Our first set of Flag Day collections took place on Saturday 27th June at Port Erin, Peel and Ramsey. Our faithful collectors were out in force throughout the Island with the result showing that Peel raised £404.53, Ramsey £274.21 and Port Erin £381.38. Once again the public have been very generous although, this year, Peel is in the lead and has taken the crown from Port Erin!

The next collections will be on Saturday 1st August at Marks and Spencers, Victoria Road Shoprite and Onchan Shoprite. So come and support us or, even better, perhaps you can spare an hour or two to help collect. If so telephone Maureen on 824361.

A LITTLE BIT OF WHAT YOU FANCY DOES YOU GOOD!

The findings from a 12 year study of 21,000 Britons suggest that eating dark or milk chocolate may be beneficial for your health. The researchers found that people who regularly ate chocolate were 11 per cent less likely to have a heart attack, stroke or other cardiovascular problem than people who ate none at all. This may be because anti-oxidants present in dark chocolate are thought to help blood flow. But those who ate milk chocolate also showed a reduced risk of cardiovascular disease - which may be due to milk constituents such as calcium and fatty acids. There is a chance that the results are skewed by the fact that people who are at risk of heart disease may steer clear of chocolate so people who eat chocolate may already be healthier! Remember, however, that chocolate also contains fat and sugar so should only be taken in small amounts along with a healthy diet of fruit and vegetables. This work was published in the medical journal 'Heart'.

HEALTHY DIET

Salt and sugar in our diets are related to blood pressure. It is well known that salt is a major cause of raised blood pressure but added sugar also has an effect on blood pressure due to unnecessary calories leading to obesity.

- Try to reduce intake of sugar by gradually reducing the sugar you take in drinks until you no longer need it. The more sugar you take the more you crave. Have water instead of sugary soft drinks.
- Check labels on the food you buy - anything under 5mg sugar per 100mg is low - so aim for this.
- Avoid sugary breakfast cereal - have shredded wheat or porridge instead and use fruit to sweeten instead of sugar.
- Have fruit (fresh, tinned, dried or frozen) instead of biscuits for snacks.
- If you really want cake - have a scone, plain fruit bun or malt loaf instead.

MOBILE LIBRARY

Did you know that there is a mobile library on the Island? If you like books and are unable to get to a local library then maybe the Mobile Family Library is for you. They have books and audio for all ages and interests and all the latest titles. Find out when they are in your area by phoning 640650 or check online at www.familylibrary.im

STROKE CLUB CONFERENCE

Each year the Stroke Association holds a stroke club conference in the Autumn and, as an affiliated member, the Manx Stroke Foundation are given two free places which includes accessible accommodation and attendance at the events. The Foundation will pay for travel for two members to attend. It is a really worthwhile opportunity for us to meet and learn from other groups. Think about attending on our behalf this year - you won't regret it!

SENIOR MOMENTS: Some food for thought!

My generation thought 'fast food' was something you ate during lent; a 'Big Mac' was an oversized raincoat and 'crumpet' was something you had for tea. 'Sheltered accommodation' was a place where you waited for a bus, 'time-sharing' meant togetherness and you kept 'coke' in the coal house.

Joan Collins

The best thing about getting old is that all those things you couldn't have when you were young, you no longer want to have!

An elderly patient who had very poor hearing was offered a revolutionary type of new hearing aid, which gave almost perfect hearing for the first time in many years. A month after having this fitted, he returned to the specialist for a check-up. All was well and the doctor reassured him, adding 'Your family must be delighted that you can hear again.'

'Actually, I haven't told my family yet' said the old man. 'I just sit around and listen to what they say. I've changed my will three times.'

The key to successful ageing is to pay as little attention to it as possible.

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

Chair:	Jane Bridge	Telephone 853676
	West Lodge. Main Road Crosby, IM4 4BH	
Secretary:	Maureen Redmayne	Telephone 824361
	80 Malew Street, Castletown, IM9 1LS	

www.manxstrokefoundation.org