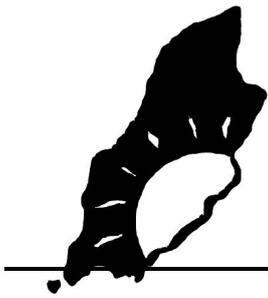


UPDATE

The Quarterly Newsletter of the
MANX STROKE FOUNDATION
Spring 2015



This Spring edition of the Update completes the four seasons for the new look newsletter. Hopefully it has met with your approval.

TERRY CHILCOTT BEM

Our Spring, however, has begun on a sad note with the passing of Terry Chilcott who died on 12th March. Terry was the heart and soul of the Manx Stroke Foundation having been a founder member and the one who, from small beginnings, made it the thriving charity it is today. Our thoughts and prayers go out to June, Barry and all his family. He will be sorely missed but his spirit will live on in the happy memories we have of him.

REG KELLY

It is with great sadness that we have heard of the death of Reg Kelly. Reg along with his wife Marjorie, was a member of the Manx Stroke Foundation from its inception and attended the stroke club meetings until his health prevented him. Reg was a lovely, gentle man and he will be missed. Our condolences go out to Marjorie, Beryl Ann and all the family.

REVIEW OF MEETINGS

On January 8th we held our customary Faith Supper and, as we enjoyed our feast, Irene reported back on September's Stroke Club Conference. She urged anyone interested to take the opportunity to go this year as you will gain so much information for yourself and the club. On January 22nd we had a wonderful slide show of vintage Isle of Man from Jack Kaighin. The Gaiety theatre outing on 12th February proved a big hit with all those who ventured out. The biggest hit of the month, however, was Alexander Slater (granddaughter of June and Colin Brooks) who wowed us all with her wonderful singing.

On March 12th Pat Wiles, daughter of member Ann Wiles, came to tell us about her very worthy charity 'DO-Developing Orphans'. Then, to

welcome Spring, the Lhon Vane Choir entertained us with a lovely selection of songs and readings on March 26th.

For a full account of each meeting visit our website:

www.manxstrokefoundation.org

COMING MEETINGS

- April 9th** The 18th Annual General Meeting will start at 7.15 pm (slightly earlier than usual). Afterwards there will be a FAITH SUPPER so bring along a tasty treat! NO RAFFLE
- April 23rd** Garry Curtis will tell us about his work with the Manx Butterfly Conservation.
- May 14th** An evening of photography with David Sylvester from the Colby Studio.
- May 28th** A musical evening with Musicale choir.
- June 18th** Following last year's success another in-house game of BINGO! Note that this is to be held on the 3rd Thursday of the month on account of the TT.
- June 25th** Jane Corkill is bringing along her young pupils to delight us with their musical talent.

DONATIONS

The generosity of the Manx public goes on. Since the last Update the following donations have been gratefully received:

- The Central Young Farmers donated £538
- £55 was donated by Mark Young (second prize in the Colby Quiz)
- The exit collection from the Gaiety Theatre's Sister Act performance raised £538.
- Zurich International donated £2000.
- The Remap charity, which is winding up, gave us £810.
- Father Christmas's appearances at Onchan and St Thomas's Primary schools raised £135.
- The Lhon Vane choir presented a cheque for £250
- Dr Roy Clague, Captain of Castletown Golf Club, donated £1330 which were the proceeds from their St Patrick's Day Golf Event
- Many donations have been received in lieu of flowers totaling £710 from December to March
- Many other small donations have been received including another £13 from Tia Wright. Over the years Tia has raised around £2000!

ASSISTANCE GIVEN

This last year £9344 has been granted to individuals for items such as furniture, clothing and specialist aids. Another £5802 has gone towards transport. Grants are available to all those affected by stroke. Our funds are there to help you. If there is something you need please contact Maureen on 824361 for an application form. All requests will be handled confidentially.

FLAG DAYS

Our Flag day collections are to be held on two Saturdays this summer, with three venues on each day. We really need lots of volunteers so if you, or a friend or relative, can help (even for just an hour) it would be greatly appreciated. The collections will be held on:

- Saturday 27th June at Shoprite stores in Peel, Port Erin and Ramsey and on:
- Saturday 1st August at Marks and Spencers and Shoprite stores at Victoria Road and Onchan.

If you can help at any of these places please let Maureen know (824361)

ACTION ON STROKE MONTH

May is the annual *Action on Stroke Month* so there will be lots of articles in the newspapers and on television and radio. There will also be displays at Noble's hospital. The aim is to raise awareness of stroke and how to prevent stroke. The FAST campaign is one way of getting the message across of the necessity for immediate treatment. Remember:

Face: Has the face fallen to one side? Can the person smile?
Arm: Can the person raise both arms and keep them there?
Speech: Is the speech slurred or words mixed up?
Time: time to call 999 if you spot anyone of these signs

Ongoing support for those affected by stroke is provided by the Manx Stroke Foundation and the Stroke Association so raising awareness of the existence of these organisations is very important. If you know of anyone who may benefit from either organisation or who may like to come along to our Stroke Club then tell them about us!

RESEARCH

Research into stroke is the one thing that can improve stroke treatment and the Manx Stroke Foundation has donated to research for many years. The current project supported by us is looking at whether anti-inflammatory drugs given into the skin can reduce damaging inflammation in the brain and the body. If the outcome of this project is successful, it will give hope to those affected by stroke. It will also confirm the need for immediate treatment following stroke.

TO CONCLUDE

Terry always liked a joke or two so here are some from previous Updates:

This morning while driving to work I drove into the back of a car at some lights while not paying attention. Anyhow the fellow who was driving got out and he was a dwarf.

He said: "I'm not happy!"

I said: "Well, which one are you then?"

A young ventriloquist is going through his usual dumb blond jokes with his dummy on his knee when a blond woman starts shouting:

"I've heard enough of your stupid blond jokes. What makes you think you can stereotype women in that way? What does the colour a person's hair have to do with her worth? It's people like you who keep women like me from being respected at work and in the community and prevents them reaching their potential because you and your kind continue to perpetuate discrimination not only against blonds but also women in general!"

The embarrassed ventriloquist starts to apologize but the blond yells:

"You stay out of this, mister! I'm talking to that silly little man on your knee!"

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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www.manxstrokefoundation.org