



UPDATE

The Quarterly Newsletter

Spring 2016

The year is already a quarter the way through and yet it only seems like five minutes since the last Update! Let's hope the next quarter is drier than the last! Our year began on a sad note with the passing of two of our long-standing and well loved members, Geoff Willis in January and Don Williamson in February. Our sincere condolences go out to Sylvia and family and Don's family.

REVIEW OF MEETINGS

Our first meeting of the year was a faith supper on January 14th during which we were given an extra treat with Alex Buck's piano playing. Unfortunately the next meeting on January 28th had to be cancelled due to the threat of inclement weather.

On February 11th Councillor Sara Hackman, Mayor of Douglas, gave a wonderful overview the Mayor's year with lots of amusing anecdotes. We enjoyed a first visit of the Lon Dhoo Male Voice Choir on February 25th when they gave a lovely performance of old and new favourites.

Colby and the Colby river was the subject of Brian Rae's most interesting talk on March 10th. Our early Spring outing took place on March 24th when we enjoyed an afternoon tea at the Douglas Golf Club.

For full details and photos of the club nights please visit our website:

www.manxstrokefoundation.org

COMING MEETINGS

April 14th The Annual General Meeting will begin at 7.15 p.m. Afterwards there will be a FAITH SUPPER so please bring along a tasty treat to share. There will be NO raffle on this night. DON'T FORGET to bring along all the documents previously sent out in order to follow the proceedings. There will be no copies available on the night.

April 28th You are promised a really good night when Roc Vannin choir visits us for the first time. The room will be rocking and feet will be tapping!

May 12th Our second afternoon outing will start with a walk around the Arboretum in St. John's (for those who feel up to it) followed by Afternoon Tea at the Hawthorn in Crosby.

May 26th Jane Corkill is once again bringing along her pupils who always brighten our evening with their musical talents.

June 23rd Shane Lucas will come along with his slide show of Odin's Raven. This presentation was postponed from January 28th .

Please note there will be no meeting on June 9th as this will be TT week.

FLAG DAYS 2016

Once again we are appealing for help with the flag day collections. Our first flag day will be held on **Saturday 14th May** in Strand Street, Douglas. This will coincide with 'Action on Stroke' month and will not only raise our coffers but will raise the general public's awareness of stroke.

There will be four venues for our second flag day on **Saturday 20th August**:

Shoprite in Onchan; Shoprite in Arbory Street, Castletown;

Shoprite in Michael Street, Peel; Iceland in St Paul's Square, Ramsey

The proceeds from the flag days help us to continue our work for people affected by stroke and also to keep the Stroke Club functioning. Please contact Maureen on 824361 if you can help at any of these collections.

Your club really does need you!

STROKE RESEARCH

For the last three years the Manx Stroke Foundation has donated £10,000 a year to the Stroke Association's research project 'Could an arthritis drug help reduce disability after a stroke'. The aim of the research was to confirm whether this drug treatment could reduce the harmful inflammation after an ischaemic stroke (i.e. when something blocks an artery that carries blood to the brain). The study could not only provide evidence that the treatment reduces levels of inflammation but it will provide valuable information on the feasibility of recruiting stroke patients and commencing a potential treatment within six hours of their stroke. The project is ongoing and will have a completion date of March 2017. We look forward to its success.

ACT FAST

If the results of the above research continue to show success then it is even more important that everyone is aware of the necessity to act FAST. The sooner people receive treatment after a stroke the less likely they will be left severely disabled or even die. Spread the word among your family and friends:

F - FACE Ask the person to smile. Does one side of the face droop?

A - ARM Ask the person to raise both arms. Does one arm drift downwards?

S - SPEECH Does the speech sound slurred or strange?

T - TIME to call an ambulance if you observe any of these signs.

You may have noticed that the Isle of Man ambulances show the FAST message on the side of the vehicles. The Isle of Man Stroke Association initiated this and the Manx Stroke Foundation provided funds towards it.

Let us hope that the message really does get to everyone.

SOME HINTS FOR HEALTH AND VITALITY

Research by the Tea Advisory Panel has found that drinking three cups of black tea a day could reduce your risk of a fractured bone by 30 per cent.

Tea can also help reduce tooth decay and get rid of bad odours in the mouth. This is because tea contains polyphenols which can help kill bacteria and viruses. Green tea is more powerful but black tea still does the trick.

A handful of walnuts a day could help to lower your cholesterol levels, thanks to their healthy fat content.

Adding herbs to your food could help to keep your brain healthy. A substance in herbs, such as parsley, mint or thyme, called apigenin is thought to help brain cells form and improve connections between them.

SPRING CLEANING TIPS

- ◆ To clean build up on your iron turn it on with no steam and iron a piece of aluminium foil with salt sprinkled on top.
- ◆ Restore water-marked furniture with a hairdryer on high setting.
- ◆ Use a lint rollers to remove dust from lampshades and soft furnishings.
- ◆ Clean surfaces with 50:50 ratio of water and vinegar mixed together.

INTERESTING ANSWERS TO EXAM QUESTIONS!

Q What is having only one spouse called?

A *Monotony*

Q What is a fibula?

A *A little lie*

Q What groups of people and which countries make up Scandinavia?

A *Scandinavia is made up of Danish people from Denmark, Norwegians from Norway and Lap dancers from Lapland.*

Q How are deserts formed?

A *My favourite way is to combine ice cream, sliced bananas, caramel sauce and lots of whipped cream.*

Q Explain the word 'migration'.

A *A migration is a bad headache*

Q Where was the Declaration of Independence signed?

A *At the bottom*

Q In what direction does the Amazon flow?

A *Downhill. Rivers never flow uphill.*

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:

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www.manxstrokefoundation.org