



UPDATE

The Quarterly Newsletter

Summer 2016

The Parish Walk is over for this year, the football is almost concluded and the tennis has just begun - an exhausting time! So make the most of this lovely weather (if it lasts) and relax in the sunshine with this summer issue of Update.

REVIEW OF MEETINGS

Our 19th Annual General Meeting took place on 14th April. The committee was sworn in again with Jane Bridge remaining as Chairman, Irene Gardner as Treasurer and Maureen Redmayne as Secretary. As well as the usual business we were fortunate to welcome Noble's Stroke Lead, Gillian Horsey, to talk to us about the progress of the Stroke Services. On the 28th April we enjoyed a rousing concert given by Roc Vannin choir.

The May meetings began on 12th May with an afternoon outing with a difference. A number of intrepid members took a walk around the Arboretum to admire the lovely Spring blossoms before joining the rest of the group for a sumptuous afternoon tea at the Hawthorn. On May 26th Jane Corkill brought along 12 of her talented pupils to sing and play for us. The children always give us a wonderful concert which everyone thoroughly enjoyed.

There was no meeting in TT week so our only meeting in June was on the 23rd when Shane Lucas brought along slides of his remarkable journey with the Odin's Raven from Norway to the Isle of Man in 1979.

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

www.manxstrokefoundation.org

COMING MEETINGS

July 14th We welcome back the Regal Singers who never fail to give a varied and rousing programme.

July 28th Juliette Thompson is coming along with an illustrated talk on the Flower Festival.

Aug. 11th Eric Kelly and his group 'Keyboards R Us' will entertain us with a unique musical performance.

Aug. 25th An evening of nautical tales told by Captain Stephen Carter.

Sept. 8th Alexander Slater and Owen Doyle have both performed for us previously but now together they will give a concert of music and dancing.

Sept 22nd Weatherman Adrian Cowin will talk about the weather. Don't forget to visit the polling booth before attending as it is Election Day!

HAVE YOU PAID YOUR SUBSCRIPTION?

It is that time again and your subscriptions are now due. They remain at the bargain price of £5 per year! If you have not yet paid your subs then please send them to Irene Gardner at 69 Cannan Avenue, Kirk Michael, IM6 1HG. Cheques should be made out to 'The Manx Stroke Foundation'. If you do not wish to remain a member please let us know so we can take your name off the membership list.

BIKE 4 LIFE

The Bike 4 Life sessions are being held again this year, commencing on 22nd June until 24th August. These cycling sessions are held at the NSC on Wednesdays from 1 pm to 6 pm. There are various bikes available and help is on hand to offer a safe and enjoyable cycling environment for all ages and abilities. At least one of our members enjoyed the sessions last year. For more information contact Zoe Crowe on 688575 or email Zoe.Crowe@gov.im

FLAG DAY COLLECTIONS 2016

Our first Flag Day of the year in Strand Street on Saturday 14th May raised £295.10. Thanks go out to the members and friends who gave up their time to help out. On Saturday 20th August we have four venues to man so we will need many more collectors. Your help really is needed so if you or your friends or family can spare an hour or two then please let Maureen know (824361). We will be collecting at:- Shoprite in Castletown; Shoprite in Michael Street in Peel; Shoprite in Onchan and the Iceland Store in St Paul's Square, Ramsey. The funds raised help to keep the stroke club going and enable us to give assistance where needed. **YOUR HELP IS NEEDED!**

DONATIONS

We continue to receive donations from many varied sources and are very grateful to the members of the public for their support. Here are some received in the last few months:

- St John's Church donated £300 raised from their Lenten lunches.
- The Station Garage in Castletown have collected £35 in our collection box on the counter.
- Onchan Primary School donated £100 raised from Santa's visit last December.
- Peel Charity Shop held a Donation Event on 8th April and we received £2000.
- The Income Tax Division held a dress down day and raised £285 for the Foundation.
- Zurich International regularly include us in their charity donations and this year we received £3000.
- An exit collection at the Gaiety on 16th April raised £360.
- The Yorkshire Society donated £500.
- Mrs Parry designed calenders and donated the proceeds of £495 to the Foundation.
- Every two years a jumble sale is held in the Manx Legion to raise money for charity. This year the Manx Stroke Foundation were presented with £700.

LUNCHTIME WURLITZER CONCERT

Every year Margaret Cubbon gives a Wurlitzer concert and collects donations for the Manx Stroke Foundation. This year she will be playing at the Villa Marina arcade on Wednesday 7th September from 1pm to 2pm. It is a wonderful opportunity to hear this unique organ expertly played and support the Foundation as well.

UK STROKE CLUB CONFERENCE 2016

The UK Stroke Club Conference is an annual event that brings together people from stroke clubs and groups around the UK. As we are affiliated to the Stroke Association we are given invites for two people to the conference and those who have attended find it is a very stimulating and eye-opening event. Could you represent us at the next conference which is to be held at

the East Midlands Conference Centre, Nottingham on **Friday 30th September to Saturday 1st October 2016?** Your travel and accommodation will be paid. Please give it some thought - it is an opportunity not to be missed.

A LITTLE LAUGHTER GOES A LONG WAY

Spotted in the toilet of a London office:
TOILET OUT OF ORDER. USE FLOOR BELOW.

In a laundromat:
AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In a London department store:
BARGAIN BASEMENT UPSTAIRS.

In an office:
AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

On a repair shop door:
WE CAN REPAIR ANYTHING. (PLEASE KNOCK AS THE BELL DOESN'T WORK).

Notice on the door of a fortune teller's house:
CLOSED DUE TO UNFORESEEN CIRCUMSTANCES.

(If you think you have read these before then you probably have - they are some of Terry's jokes! But well worth a reprint!)

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
West Lodge, Main Road Crosby, IM4 4BH

Secretary: Maureen Redmayne Telephone 824361
80 Malew Street, Castletown, IM9 1LS

www.manxstrokefoundation.org