



UPDATE

The Quarterly Newsletter

Winter 2016

The Christmas feasting and festivities are now over and so we can look forward to a HAPPY NEW YEAR in 2016. We can certainly look forward to a variety of entertainment at our Stroke Club and you will find the programme enclosed with this Update. Keep your eyes open for all that will happen during the 'Action on Stroke Month' in May and don't forget the Flag Days over the summer.

REVIEW OF MEETINGS

We enjoyed an overview of our website given by Ed and Peter Kelly on October 8th. How good it was to see all the photos from past club nights - many memories were stirred! Then on October 22nd we held our Halloween Hotpot Supper at Corrin Court- we really filled the room that night!

On November 12th Peter Clague gave us a very interesting talk on his 'treking travels' and on the 26th the WI Choir wowed us all with a fantastic musical treat.

The Christmas meal held at the Hawthorn on 10th December was superb and sixty six of us enjoyed wonderful food served by very efficient and pleasant staff.

COMING MEETINGS

- January 14th** As is now the custom our first meeting of the year will be a Faith Supper. So bring along something tasty to share. We will be entertained with the piano playing of Alex Buck.
- January 28th** Shane Lucas will bring along a slide show of Odin's Raven
- February 11th** Councillor Sara Hackman, Mayor of Douglas, has kindly agreed to talk to us on the life of a Douglas Mayor.
- February 25th** Choirs are always very popular and on this evening we will be entertained with a first visit of the Lon Dhoo Choir.
- March 10th** We will be journeying down the Colby River with Brian Rae.
- March 24th** An afternoon outing which will include an Afternoon Tea. Details will be sent out when confirmed.

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

www.manxstrokefoundation.org

Remember that club nights are the 2nd and 4th Thursdays of the month. So sometimes there will be three weeks between meetings!

FLAG DAYS 2016

Get out those calendars and make a note of our Flag Days this year! We really need all the help we can get. If you cannot personally help then maybe a friend or relative will be willing. May is the 'Action on Stroke' Month and we are hoping to hold a Flag Day in Douglas on one Saturday - exact date is yet to be confirmed. However our main Flag Day is on **Saturday August 20th** when we will be collecting at four venues around the Island:

Shoprite store in Onchan;

Shoprite, Arboury Street, Castletown;

Shoprite in Michael Street, Peel.

Iceland store, St Paul's Square, Ramsey;

Just an hour of your time at one of these stores would be greatly appreciated - if you can help please ring Maureen on 824361.

INTEGRATED STROKE UNIT

As you are no doubt aware, Ward 20 has now closed. Stroke patients are currently accommodated on Ward 7 which is now a unified acute and rehabilitation unit. The decision to amalgamate stroke patients into one unit complies with the recommendations of The Royal College of Physicians Stroke Services review. We are informed that discussions are being held as to the final destination of the Stroke Unit and it is hoped that this will be a ground floor ward with adequate space for the rehabilitation needs of stroke patients.

HEALTHY EATING

Healthy eating is an important factor in maintaining a healthy blood pressure which, in turn, will lower our risk of stroke. A diet consisting of lots of vegetables and reduced sugar and fat is advisable and, in particular, following a low-salt diet is important. Currently we eat an average of 8g of salt per day - but if we can reduce this to below 3g this can reduce systolic pressure within a couple of weeks. Top tips include not adding salt in cooking or to meals at the table; eating less

processed food and checking the nutritional labels on the food you buy. Have a go at doing without extra salt - your taste buds soon adapt.

RECIPE: EASY BANANA CAKE

Most of us at sometime must have looked at those two blackened bananas in the fruit bowl and wondered what to do with them. Well here is easiest banana cake to make!

Ingredients:

- 125g butter
- 150g caster sugar
- 1 tsp vanilla extract
- 1 egg, beaten
- 2 very ripe bananas, mashed
- 90 g self raising flour
- 60ml milk

Method: preparation: 10mins; cooking time 35 mins

1. Grease and line a 2lb loaf tin. Melt butter, sugar and vanilla in a saucepan over a medium heat
2. Remove from the heat and add the mashed bananas, mix well.
3. Add the egg, mix well
4. Stir in the flour and the milk
5. Pour into the prepared tin, sprinkle with a tablespoon of demerara sugar to give a crunch topping if desired.
6. Bake at 150 C fan oven (170 C regular, Gas Mark 3) for 35 mins until a skewer comes out clean. Leave to cool and enjoy!

LAUGHTER IS THE BEST MEDICINE

..... is a saying we have all heard or used at some time and there is some truth in it. Laughter can strengthen your immune system, boost your energy and diminish pain. It can also improve the function of blood vessels and increase blood flow which can help protect you against heart attack and cardiovascular problems. So make time for laughter - watch a comedy show or film, share a joke or funny story, try not to take yourself too seriously - look for the funny side of those awkward moments! Come along to the club night - there is always something to laugh about!

IT'S A CRACKER!

What do you call a bunch of chess players bragging about their games in a hotel lobby?

Chess nuts boasting in an open foyer!

USELESS THINGS PEOPLE SAY

'A verbal contract is not worth the paper it's written on.' *Samuel Goldwyn*

'Traffic is very heavy at the moment, so if you are thinking of leaving now, you'd better set off a few minutes earlier.'
Dublin radio reporter

'I have opinions of my own, strong opinions, but I don't always agree with them.'
President George Bush

'I owe a lot to my parents. Especially my mother and father.'
Greg Norman

'He dribbles a lot and the opposition don't like it. You can see it all over their faces.'
Ron Atkinson, football manager

'Solutions are not the answer.'
US President Richard Nixon

'If you take out the killings, Washington actually has a very low crime rate.'
The Mayor of Washington

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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