



UPDATE

The Quarterly Newsletter

Autumn 2017

How quickly the year has gone - here we are again with the Autumn edition of Update. Summer seems to be over before it began but there is still a little bit of sunshine in between the rain showers so enjoy it while you can! Please see the details for the Halloween Supper included with this Update and also take note of the change of venue for the club meeting on November 23rd.

JULIE DUGDALE

We were deeply saddened to hear of the untimely death of Julie on Friday 11th August. Julie always enjoyed the club nights and made many friends amongst us. We will miss her cheery smile. Our thoughts and condolences go out to her family.

REVIEW OF MEETINGS

Alexandra Slater joined us on July 6th to treat us to a fantastic selection of songs. Her professionalism and poise and exquisite voice thrilled us all. On July 20th we welcomed Nick Pinder from the Manx Bat Group who gave an excellent and informative talk on bats and even brought along a rescued baby bat.

The Laxey Handbells returned to entertain us on August 3rd. Those members who took the opportunity to try out a handbell found out that it is not as easy as it looks! A change to the programme for August 17th found us at Peel Golf Club for an excellent Afternoon Tea enjoyed by 45 members.

On September 14th Dave from Corrin Court gave us an insight into the work of the Manx Blind Welfare and we were able to experience for ourselves some of the visual difficulties that people have. Then on September 28th we were delighted to welcome Roy Kennaugh back with his interesting talk on Manx life.

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

www.manxstrokefoundation.org

COMING MEETINGS

- Oct 12th:** We will be treated to the wonderful sweet sounds of the Sheeayn Millish Choir.
- Oct 26th:** It's Halloween supper time again to be celebrated with a hotpot supper. Please complete the sheet included in the Update if you wish to attend.
- Nov 9th:** John Dog Collister is coming to show us his skilful rush work.
- Nov 23rd:** Another musical evening with the Regal Singers but we will not be at Corrin Court! We will be meeting at **St Andrew's Church** (next to St Ninian's Church). PLEASE NOTE there will be NO RAFFLE this evening!
- Dec 14th:** Our Christmas Meal will once again be held at The Hawthorn Inn and promises to be a very good evening. Please do not bring anything for the raffle as we will hold a special Christmas raffle.

FLAG DAYS 2017

Our final Flag Day was held in Ramsey on Saturday 8th July where £339 was raised. Many thanks go out to Irene, Sylvia and her friend Judith and Wendy and Ray Harvey who turned out to collect. We collected a fantastic £1274 from the four Flag days held over the year. The monies raised from flag days and donations go to enable us to fund grants and training sessions, keep the stroke club going and provide transport to the club. Thanks to all our collectors and the generous Manx public for their support.

SUBSCRIPTIONS

Have you paid your subscription? Check with Irene on 878852 if you are unsure. All subscriptions should be paid by the end of September. If we don't hear from you or receive your subscriptions by then we will not be able to keep you on the membership list. The yearly subscription remains at £5 - a bargain!

STROKE SERVICE

Our stroke services, headed up by Gillian Horsey, stroke nurse specialist, continue to improve. We are delighted to hear that funding has been granted for four new thrombolysis nurses for the stroke services at Noble's Hospital. This means that thrombolysis, where appropriate, will be available on a 24 hour seven day week basis and those who have a stroke at the weekend will receive the same service as on any weekday.

STROKE ASSOCIATION, ISLE OF MAN

We are very sorry to hear that Julie Clarke is to retire from the Stroke Association on October 26th. In the short time that Julie has been in post she has done so much to support those with stroke and the Foundation and not least of her achievements was the 'Step Out for Stroke' Day. We will really miss her enthusiasm and hard work. However it is not all bad news. The Stroke Association has been awarded a five year contract (rather than just one year at a time) and they have advertised for two members of staff to continue the Life after Stroke service.

WORLD STROKE DAY - OCTOBER 29th 2017

Those of you who read your Stroke News will note that October 29th is World Stroke Day and you are being encouraged to bake to mark the day. Janice Small is getting her friends and family to bake and she is holding a coffee morning for her neighbours and will raise money for the Manx Stroke Foundation. We are really grateful to Janice. Maybe there are others of you who could do the same?

EASY CAKE RECIPE

Here is a very easy banana cake recipe that you could use for 'bake a cake for World Stroke Day'.

Ingredients:

125g butter	150g caster sugar
1 tsp vanilla extract	1 egg beaten
2 very ripe bananas, mashed	190g self raising flour
60ml milk	

Method:

- Grease and line a 2lb loaf tin
- Melt butter, sugar and vanilla in a saucepan over a medium heat
- Remove from heat and add the mashed bananas, mix well
- Add the egg and mix well
- Stir in the flour and the milk
- Pour into the prepared tin, sprinkle with demerara sugar to give a crunchy topping.
- Bake at 150C fan oven (or 170C regular, Gas mark 3) for 35 minutes until a skewer comes out clean. Leave to cool and enjoy.

JOKE SECTION

When I was a child you could go to the corner shop with a £1 and come out with 2 coats, 3 chocolate bars and a magazine. Nowadays CC TV is everywhere!

Judge: 'Why did you steal the car'
Man: 'I had to get to work'
Judge: 'Why didn't you take the bus?'
Man: 'I don't have a driver's license for the bus'

Why do the French like to eat snails?
Because they can't stand fast food!

I asked my daughter if she'd seen my newspaper. She said that newspapers were old hat and handed me her ipad. The fly didn't stand a chance!

What did the judge say when he went to the dentist?
'Do you swear to pull out the tooth, the whole tooth and nothing but the tooth?'

A woman asks the shop keeper 'Can I try on the dress in the window?'
'Oh no, Madam' was the the reply 'We have fitting rooms for that!'

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