



UPDATE

The Quarterly Newsletter

Summer 2017

Welcome to the summer edition of Update. We hope you can enjoy the sunshine while sitting in the garden perusing this latest newsletter!

FRED POWELL

It is with great sadness that we heard of the death of Fred on 25th May 2017. Fred was one of our earliest members and a stalwart member of the committee, in the role of Secretary, for many years. He will be greatly missed and our condolences go out to Joan , Jamie, Louise and all the family.

ELLIS KILLEY

We are also saddened by the passing of Ellis Killey who died on 22nd May. He was one of our newer members and our thoughts and condolences go to his wife Frances and all the family.

REVIEW OF MEETINGS

On April 6th we welcomed back 'Musicale' choir who gave us a wonderful and varied selection of songs which really lifted our spirits. Then on April 20th we held our 20th Annual General Meeting during which our chairman, Jane, related all the high points in the Foundation's history and how from small beginnings we have achieved much.

Jane Corkill brought along nine of her pupils on May 11th many of whom had entertained us in previous years. These talented children delighted us with their singing or piano playing - we look forward to more next year! On a sunny May 25th we enjoyed our first outing of the year with a lovely afternoon tea at the Abbey restaurant.

The sun shone for us again on June 22nd when we enjoyed a trip out to Laxey and enjoyed a two course lunch in the beautifully refurbished Salmon Centre.

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

www.manxstrokefoundation.org

COMING MEETINGS

- July 6th** Alexandra Slater will once again come to sing and maybe dance for us. This will be an evening not to miss!
- July 20th** Nick Pinder from the Manx Bat Group will tell us about the group and, of course, bats.
- Aug 3rd** The bells will be ringing for us with a welcome return of the Laxey Handbells.
- Aug 17th** BINGO! With a promise of lots of laughs!
- Sept 14th** Debbie Thomson will be coming along to tell us about all the work of the Manx Blind Welfare.
- Sept 28th** Roy Kennaugh is returning with his tales of Manx life.

BRUSHSTROKES ART GROUP

The art group welcomes anyone who has had a stroke and would like to express themselves through art. Art helps build confidence and gives a means of communication and many people discover a skill they didn't know they had. The group meets every Thursday from 10.30am to 12 30pm at Centre 21 on Greenfield Road Douglas. For more information contact Liz Forbes on 673955 or 487414. Give it a try - it may be just what you need!

FLAG DAYS 2017

We have held three of our four Flag Days this year. In Peel on 25th March we raised the fantastic sum of £405 and at Onchan on 6th May £309. On a chilly Saturday 27th May we collected £221 in Strand Street. Our final fund raising collection is on **Saturday 8th July** at Ramsey Shoprite in Bowring Road. We need more volunteers to help on this day so if you can spare an hour please let Maureen know on 824361 or 411330. Come and take a trip up (or is it down) to sunny Ramsey and enjoy a stroll round the Mooragh lake or visit the unique shops that Ramsey has to offer whilst also helping your Stroke Foundation.

SUBSCRIPTIONS

In 1997 the cost of subscriptions was set at £5. At the AGM this year it was decided that the subscriptions would remain at £5. So no change in 20 years - a bargain if ever there was one! You are reminded that subscriptions are now due and should be given or sent to Irene Gardner, 69 Cannan Avenue, Kirk Michael, IM6 1HG. Those who have not paid by the end of September will no longer remain on the membership list. There will be no reminders sent out this year so if you are not sure if you have paid or not contact Irene on 878852.

DONATIONS

We are very fortunate that the Manx public and businesses continue to support the Manx Stroke Foundation. Here are some of the donations received this year:

- Lonan Men's Fellowship - £100
- Friends of St Adamnan's Church -£86
- Manx Charity Aid - £2500
- Onchan Methodist Charity - £134
- Freemason's Grand Charity- Child Hill Lodge - £250
- Zurich International - £1500
- Sue Parry designed and sold calendars raising £576
- Irene Gardner's 70th birthday party - £100
- Onchan Pensioner's Club - £250
- Keyll Darree library collection - £50

In addition there have been many donations in lieu of flowers totalling almost £ 2000. We are also grateful to all those who make regular donations to the Foundation.

WHERE DOES THE MONEY GO?

Over the years the Manx Stroke Foundation has been able to help many people financially in many ways. Our grant system allows anyone affected by stroke to apply for funds of up to £1000 per year. It may be for an app to aid therapy, a walking aid, a suitable chair, respite care or even help with furnishing when a move to accessible accommodation has been necessary. Around £7000 goes on assistance each year. The Foundation also supports training for professionals working with stroke and has donated specialist chairs and equipment for the stroke services at Noble's Hospital. Research into stroke and stroke care is very important and, as we are unable to do research on island, we support the Stroke Association's research projects sending up to £10,000 a year to a chosen project. Our stroke club is a major part of the Foundation so funds are needed to keep it going and to provide the transport so members can attend. About £6000 a year is needed to provide taxis. It is thanks to all those who donate that we can continue to help those affected by stroke.

HEALTHY TIPS FOR SUMMER

- Keep hydrated - aim to drink plenty of water to increase vitality, energy and mental alertness.

- Eat plenty of fruit, veg, nuts and seeds along with meat, fish and eggs. Don't rush your food - chew well to savour the food and help digestion.
- Get plenty of sunlight which makes vitamin D - which benefits the body by reducing risks of cancer, heart disease, osteoporosis as well as improving immune function. But avoid sunburn!

TIME FOR A LAUGH!

Wife texts husband on a cold winter morning:

“Windows frozen, won't open.”

Husband texts back:

“Pour lukewarm water over and then gently tap the edges with a hammer.”

10 minutes later wife texts back:

“Computer really messed up now!”

A man phoned the police in the early hours of the morning saying that burglars were breaking into his shed. The police said they were sorry but there was no one in the area at the moment but they would get there when they could. A few moments later the man phoned again saying that there was no need for anyone to attend as he had shot them. Within minutes five police cars had arrived plus a helicopter and the fire arms support unit. They caught the burglars and a policeman said “I thought you said you had shot them” to which the householder replied “I thought you said there was no one available!”

A woman sitting at home on the veranda with her husband says: “I love you.”
 “Is that you or the wine talking?” he asks.
 She replies: “It's me.....talking to the wine.”

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