



UPDATE

The Quarterly Newsletter

Summer 2018

Welcome to the summer edition of Update. Summer arrived with gusto and what a fabulous TT fortnight we had – a lovely welcome for all our visitors. The latest programme for stroke club is enclosed with this Update and you will see we have a variety of events in store for you.

LIZ WADE

We are deeply saddened to hear of the passing of Liz Wade. Liz has been a stalwart member of the Foundation. She attended the stroke club regularly until a fall last year but we were so pleased that she was able to join us again for our afternoon tea in May. Our thoughts and condolences go out to Pam, her sister, and all her family.

SIDNEY MINSHALL

Our thoughts and condolences are also with Dorothy at the passing of her husband, Sidney. Sidney was also a long-time member of the Foundation and, until recently, a regular attendee at our stroke club. He was a lovely gentleman and we will miss his company.

REVIEW OF MEETINGS

On April 12th we welcomed Dot Piper and her dog Puddle who really stole the show with his demonstration of the work of Hearing Dogs for the Deaf. The following meeting on April 26th was our AGM and, after the business meeting, Michelle Ferrer, the Stroke Association support coordinator, told us about her role and the service offered.

May 10th found us at the Pavilion in Port St Mary enjoying an excellent Afternoon Tea. There was a slight change in the programme on May 24th when, instead of her pupils, Jane Corkill brought along Paul Costain and Eleanor Shimmin who gave us a wonderful musical concert.

The Specialist Stroke Nurse, Gillian Horsey, gave a talk on 14th June about the developments in the stroke service. Please read below for a detailed report. Musicales choir returned on June 28th and we all enjoyed a wonderful compilation of our favourite songs.

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

www.manxstrokefoundation.org

COMING MEETINGS

- July 12th:** A talk given by Dawn Dickens from the Manx Wildlife Trust.
- July 26th:** Peter Cain will tell us about the Douglas Lifeboat Station.
- Aug 9th:** 'The End of the Line': Steam trains from Peel and Ramsey remembered. A talk given by Mike Buttell.
- Aug 23rd:** NB: NO MEETING due to the Festival of Motorcycling.
- Sept 13th:** Our summer outing for Afternoon Tea will be at Milntown in Ramsey. Details will be sent out nearer the time.
- Sept 27th:** The Chief Constable, Gary Roberts, is coming along to give a talk entitled 'Just Seven Things'. An intriguing title!

OPEN MEETING – MONDAY 23rd JULY - 2pm to 4pm

We will be holding an open meeting inviting stroke survivors, their families, carers, volunteers and professionals to discuss future service provision by the Manx Stroke Foundation. Are we meeting local needs? What do you want? The Foundation began its existence with a meeting such as this and now, after 21 years, it is time to hear from you again. Please come along and encourage others to come too. Refreshments will be available.

FLAG DAYS 2018

We held our second flag day of the year at B&Q on a scorching Saturday 26th May. We raised £312 so many thanks to all who helped out and to the public who supported us. Our final flag day for this year will be on Saturday 4th August at Shoprite in Michael Street, Peel. We will need volunteers to collect so please contact Maureen on 824361 or 411330 if you can spare an hour to help.

GOOD AS NEW COLLECTION

The Manx Blind Welfare management have offered us a rent-free evening at Corrin Court on August 9th if we bring in goods that they can sell in their VIP stores. If you have anything that you no longer want that is in good, sellable condition then please bring it along to the stroke club on the night (August 9th). This includes ornaments, china, dishes and clothes but not electrical items. Not only does this help the Manx Blind Welfare but it saves on our own expenses.

THE ISLE OF MAN STROKE SERVICE

At our meeting on 14th June, Gillian Horsey told us about the developments in the stroke services. Thrombolysis (the administration of a clot busting drug to prevent/reduce damage to the brain) is now offered (where indicated) on a

24/7 basis. There are now six nurses trained in its administration and medical support is given by Dr Thomas and, out of hours, by telemedicine from a consultant at the Royal Liverpool Hospital. Gillian is now developing Early Supported Discharge where people receive their treatment and therapy at home. It has been shown that people make better recovery in their own homes and it reduces the fear of going back into the community after a long stay in hospital. As well as this she is working on patient engagement to find out, from those affected by stroke, what would have made a difference or what could be done better and if the services are meeting people's needs. It is also important to look at the needs of younger strokes who are of working age and find a way to enable them to go back to work. Very soon it is hoped that there will be a move to a new ward which will provide access to outside and also more space for therapy and rehabilitation. Gillian's talk showed us that great strides are being made to improve stroke services on the Isle of Man.

DONATIONS

Many people, organisations and businesses support the Foundation – here are just a few from the past year: Zurich International gave £1500; Parish Walkers raised £440; Freemasons Child's Hill Lodge gave £250; Sue Parry raised £632 from the sale of calendars; Tia Wright raised £21.50; Peel Charity shop donated £2000; £5000 from the estate of the late Ann Jessica Harrison; Melissa O'Donnell donated £2031; Onchan Pensioners Club gave £250; Vocational technology students gave £75 and a Stroke Awareness day at the Sea Terminal raised £148.

ASSISTANCE

We are grateful to all the above and the many more who donate to the Foundation. These funds help to keep the stroke club going, providing transport for those who would otherwise not be able to attend. We are also able to provide grants of up to £1000 per person per annum to make life easier for those affected by stroke. In the past year the grants have gone towards many items: suitable seating; mobility aids such as motorised scooters or lightweight transfer chairs; household items where a move to accessible accommodation has been needed- flooring, washing machine, mattress, sweeper; accessible showers/bathroom; Ipad for communication needs and even smaller items such as spectacles. If you, or anyone you know, is in need of assistance an application can be made to the Foundation. You can download a form from the website or obtain one from a committee member. The grants are available to all affected by stroke not just members of the Foundation.

NEW MEMBERSHIP FORMS

You are probably all fed up of hearing about the new Data Protection regulations and hopefully our new membership forms will fulfil all we need to do. You should have all received the new form. If not please let us know and we'll send you one. To ensure you are still on our mailing list please return your completed forms by the end of July as we need to shred the old ones. We will assume that you no longer wish to remain a member if your form is not returned. Also note that as we do not retain any medical information it is up to you to let us know of any difficulties which may affect you at stroke club or on outings.

LAUGHTER IS THE BEST MEDICINE

Some Tommy Cooper one liners:

- I went to a seafood disco last week and pulled a muscle.
- Two blondes walk into a building... you'd think one of them would have seen it!
- Phone answering machine message – 'If you want to buy marijuana, press the hash key..'
- Two Eskimos sitting in a kayak were cold so they lit a fire in the craft. It sank – proving you can't have your kayak and heat it.
- You know someone actually complimented me on my driving today. They left a little note on the windscreen saying 'Parking Fine' – that was nice!
- A man went to the doctor – he said 'I've hurt my arm in several places'. The doctor said 'Well don't go there anymore'.
- I went to the butcher the other day and bet him £50 that he couldn't reach the meat off the top shelf. 'No' he said 'the steaks are too high.'

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