



UPDATE

The Quarterly Newsletter

Spring 2018

This is the Spring edition but with the weather we are having it is hard to believe. Let's hope it gets better soon.

MAGDELENA HEATH

It was with great sadness that we heard about the death of Magdalena in January this year. Along with her late husband Derek and daughters Wendy and Sonja, she was a long-time member of the Manx Stroke Foundation. We gratefully remember when she and her daughters came to tell the stroke members of their intrepid travels in South America in 2010. Our condolences go to all the family.

COLIN BROOKS

February also brought sad news when we heard of the passing of Colin after a long illness. Colin and his late wife June were both members of the Foundation and wholeheartedly took part in all the stroke club evenings – winning the prize for best costumes almost every Halloween! He and June introduced us to their talented granddaughter, Alexandra, who has entertained us many times with her singing and dancing. Our condolences go out to the family.

REVIEW OF MEETINGS

The first club night of the year has always been a club supper but this year, on 11th January, instead of a 'bring and share' supper we enjoyed a delightful spread from M&S. On 25th January Pat Wiles from the Developing Orphans charity returned to tell how the orphans in Uganda are progressing. Her dedication and commitment to these children has transformed their lives. Alexander Slater, granddaughter of Colin Brooks, sang for us on February 8th - it was a moving tribute to her grandfather who would have been so proud of her. The Gaiety Theatre was the venue for our members on 22nd February where the musical '9 to 5' was showing. A good night was had by all.

On 8th March we were enthralled by Judith Ley's story telling. Her amusing tales of travelling mishaps had us all giggling. On 22nd March we were enthralled again but in a different way – the wonderful sound of Mycheilley choir had us spell bound.

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

www.manxstrokefoundation.org

COMING MEETINGS

- April 12th:** Dot Piper and her dog Puddles are coming along to tell us all about Hearing Dogs for Deaf People.
- April 26th:** The Annual General Meeting: the papers will be sent out and you are asked to bring them with you as there will be no copies on the night. Light refreshments will be provided.
- May 10th:** Spring outing to the Pavilion, Port St Mary - details below.
- May 24th:** A welcome return for Jane Corkill and her talented pupils.
- June 14th:** Gillian Horsey, Stroke Specialist Nurse, is coming to tell us of developments in the Manx Stroke Services.
- June 28th:** A musical evening with Musicale choir who always give a wonderful performance.

NOMINATIONS FOR THE COMMITTEE

At the AGM we will be re-electing the committee and officers. Have you thought of joining the committee? There is room for more members. Although it is a commitment, it is rewarding and not at all onerous. If you think it is for you please put your name forward at the AGM – you won't regret it! If the committee is not for you then volunteers to help out at the stroke club and on flag days are always welcome.

AFTERNOON TEA

Our Spring outing this year, on Thursday 10th May. is to the Port St Mary Pavilion for afternoon tea. There will be a selection of sandwiches on brown and white bread, homemade cakes, scones with cream and jam, muffins and pastries. Something to please everyone! If you wish to come on the outing please complete the form enclosed with this Update and send or give it to David Mammen. Ensure you let us know if you have any special dietary requirements or need transport. The cost will be £12 per person and cheques are to be made out to 'The Manx Stroke Foundation'. Final numbers are needed by 1st May so don't delay!

ISLE OF MAN STROKE SERVICES

We are very pleased to hear that thrombolysis will be available on a 24/7 basis in the very near future. It is even more important that everyone is aware of the FAST campaign. Keep an eye out in the papers for information on the extended service. Gillian Horsey, Stroke Specialist Nurse, will no doubt tell us more when she comes to club night on 14th June

FLAG DAYS 2018

Flag days are important not just for raising money but also to raise awareness of the existence the Manx Stroke Foundation. We are here to provide social support in the form of our stroke club and to help with grants to improve the quality of life for those affected by stroke. We have already held one flag day this year on 20th January at Shoprite in Port Erin. We collected £254.38 so many thanks to all who helped on the day. There are two more planned this year: on Saturday 26th May we are collecting, for the first time, at B&Q and on 4th August we will be at Shoprite in Michael Street in Peel. We will be collecting between 10.00am and 4.00 pm. It is hoped that as many as possible will help on these days. If you can spare an hour or two on either of these days please contact Maureen on 824361.

A FEW TIPS FOR SPRING CLEANING

It's that time of year again so here are a few easy tips to help achieve that sparkling home.

- Use chalk before you wash your clothes to remove greasy stains quickly.
- Baking soda gets out coffee stains.
- You can get scratches and scuffs out of your leather sofa using shoe polish.
- Coca Cola is perfect for getting oil stains off your garage floor or garden path.
- Rubbing half a grapefruit over surfaces, sprinkling salt and washing off with a sponge and hot water can give you a gleaming sink,
- Clean your blinds with a 50:50 water and vinegar mixture and an old sock on your hand.
- Sprinkle carpets and rugs with a small amount of bicarbonate of soda. After 15 minutes simply sweep away the dirt and any fustiness with evaporate too.

JOKE SECTION

As a tribute to Ken Dodd, who sadly died recently, here are a few of his jokes:

- Fifty-five years in showbusiness, ladies and gentlemen. That's a hell of a long time to wait for a laugh.
- My Dad knew I was going to be a comedian. When I was a baby he said: 'Is this a joke?'
- Did you hear about the shrimp that went to the prawn's cocktail party? He pulled a mussel.
- Honolulu's got everything. Sand for the children, sun for the wife, sharks for the wife's mother.
- I haven't spoken to my mother-in-law for 18 months. I don't like to interrupt her.
- I told the Inland Revenue I didn't owe them a penny because I lived near the seaside.
- Doctor, 'How old are you?' 'I'm approaching 50.' 'From which direction?'
- The question I am frequently asked is how can I make a small tin of rice pudding last longer? Well, use a smaller spoon.
- What is deja vu? Haven't I already answered that?
- So it turns out that if you bang two halves of a horse together, it doesn't make the sound of a coconut.
- Eve said to Adam: 'Do you love me?' And he replied: 'Well who else is there?'

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