



UPDATE

The Quarterly Newsletter

Winter 2018

A happy and healthy New Year is wished for everyone

Here we are in 2018. 'The years do come and the years do go' all too quickly these days!

Included in this Update is the programme for the next six months – there should be something for everyone to enjoy and we are very fortunate that so many people give up their time to entertain us. You will also find the form for you to complete if you wish to join us at the Gaiety Theatre on February 22nd – let us know in good time in case we need to obtain more tickets.

REVIEW OF MEETINGS

The Sheeayn Millish choir really lived up to their name (which is Manx for 'Sweet Sounds') on October 12th and gave us a delightful concert. On October 26th we enjoyed a tasty hotpot supper and many of us got into the spirit of Halloween and dressed accordingly!

We welcomed John Dog Collister on November 9th, who returned to give us a demonstration of his rush work. We should all be ready to catch those bumbies come the summer! On November 23rd we decamped to St Andrew's church for a wonderful choir concert given by the Regal singers. On December 14th we held our Christmas Meal at the Hawthorn Inn. Sixty members enjoyed an excellent evening with superb food and good company. Our special Christmas raffle raised a fantastic £246 for the Foundation.

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

www.manxstrokefoundation.org

COMING MEETINGS

- Jan 11th** We will hold our traditional New Year supper. This year there will be caterers so there is no need to bring anything but yourself!
- Jan 25th** Pat Wiles is returning to tell us how her charity 'DO! Developing Orphans' is progressing.
- Feb 8th** We are delighted that the talented Alexandra Slater has found time in her busy schedule to come and sing for us. Not to be missed!
- Feb 22nd** A trip to the Gaiety Theatre to see '9 – 5 The Musical'. If you wish to go please complete the form included with this Update.
- March 8th** To be arranged. We are very saddened to hear of the untimely death of Roy Kennaugh who was due to speak this evening.
- March 22nd** We welcome the choir *Mycheilley* for a first visit to the stroke club. This should be a delightful evening.

TRAVEL ARRANGEMENTS FOR CLUB MEETINGS

The Foundation will arrange transport for those of you who otherwise cannot get to our club nights or our outings. Many people do not like to drive at night but don't let this prevent you from coming to the club nights. There is no need to miss out on any of our interesting talks or wonderful entertainment – just let us know you need transport. David Mammen arranges the taxis for us and you can contact him on 622485.

NORTHERN MEN IN SHEDS

Later in the year we will be having a visit to our Stroke Club by Iain Kewley from the Northern Men in Sheds who will give us an overview of what they do. However, those of you who live in the North may be interested to join them before then. They meet at Ramsey and District Cottage Hospital and the premises are fully wheelchair accessible with ramped access and disabled toilet facilities for those with mobility difficulties. They describe it as 'youth club' for older men who can meet, socialise, keep active and occupied partaking in woodwork and metal work or just have a coffee and a natter. If you are interested contact them on 410465 or email NorthernMeninSheds@liveathome.im.

DONATIONS

We are very fortunate and grateful that there are many people and organisations on the Island who continue to support the Manx Stroke Foundation with their donations. Here are just a few of the recent ones:

- £2032 was bequeathed from the Estate of the late Mary Watterson;
- The staff from the Department of Infrastructure raised £148 by selling cakes during the 'Step out for Stroke' day;
- Capita Life and Pensions staff raised £197;
- Moira Pendlebury donated £280;
- Tia Wright continues to collect and added £16 to her total;
- The Gaslight Gift Shop in Castletown donated £64;
- We received a £5000 legacy from the Estate of Jessica Ann Harrison;
- £560 has been donated in Lieu of Flowers since September 2016.

These donations help us to continue to help those affected by stroke.

Since June £2200 has been given for assistance and £2195 for transport.

SUGAR IS THE HIDDEN ENEMY!

The current advice to healthy eating is to cut down on sugar in our diet so here are some ways of avoiding the hidden enemy.

- Always check the labels for the sugar levels and go for the one with lower sugar (shown in green).
- Go for healthy snacks without added sugar e.g. fruit, unsalted nuts, carrot or celery sticks, rice cakes or oatcakes.
- For breakfast avoid sugary cereal and go for porridge, whole wheat biscuits or shredded wheat pillows instead. If you like cereal bars why not try this homemade recipe which is lower in sugar.

Ingredients:

150g jumbo oats;	2 very ripe bananas;	60g melted butter
60g cranberries	40g sunflower seeds	60g cherries;
40g pumpkin seeds		

Method:

Preheat oven to 200C (180C Fan, Gas 6). Mix oats, cherries, cranberries and seeds together in a bowl and pour over the melted butter. Mix well to ensure the oats are fully coated, Add the mashed bananas and mix well. Spread into a 30 x20 cm tin and bake for 20 -25 minutes. Allow to cool on a wire rack and then cut into six bars.

JOKE SECTION

A reading list for the New Year:

Bank Robbery – by Xavier Muny
Carpet Laying – by Walter Wall
Challenging Uncertainty – by R U Shaw
Costume Jewellery – by Fay Kerings
Entertaining Friends – by Maude de Merryer
How to Make an Igloo - by S K Mow
Improve Your Memory – by Ivor Gott
My Political Memories – by Liza Lott
She Stoops to Conquer – by Eileen Dover
The Runaway Bull – by Gay Topen

Quirky Cliches:

I learned my lessons at the school of Fort Knox.
I tell you, if we can't lead them with a stick, we're going to have to beat them with a carrot.
I want quality, not quantity, but lots of it!
I'll tell you one thing you are never going to fail unless you try!
Steady now, you are opening a whole can of Pandora's worms.
You're a minefield of information.
Eventually the penny will come home to roost.
Don't look for a gift in the horse's mouth.

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
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Secretary: Maureen Redmayne Telephone 824361
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www.manxstrokefoundation.org