



UPDATE

The Quarterly Newsletter

Spring 2020

Our Springtime has been overshadowed by the coronavirus Covid-19 which has changed our way of life. Sadly, our club nights and Stroke Art group have had to be postponed and among them our Annual General Meeting.

Enclosed with this Update are the AGM documents. Please keep these safe until we can hold the AGM which we hope will be a face to face meeting. We are obliged to hold the meeting within a certain time, and should the lockdown continue it may be that we will have to have a 'virtual' meeting meaning that voting on agenda items will be done by post. You will be given full advice at the time should that be the case.

REVIEW OF MEETINGS

January 9th: Janette Heath from Wiltshire Farms Foods brought along some samples of the meals that can be delivered to homes and explained how the service works – some 'food for thought' for all of us. At this current time their services could be very useful to you. You can contact Wiltshire Farm Foods on 626393.

January 23rd: Jane and David led a Bingo session and lots of fun and laughter was had by all.

February 20th: A small group of us took a trip to the theatre to see 'The Sound of Music' - an excellent production worthy of the West End!

February 27th: Simon Smart gave us a wonderful, illustrated talk on the wildflowers on the Isle of Man, even telling us what we could eat!

March 12th: Beach Buddies founder, Bill Dale BEM, inspired us all to care more for our environment with his fascinating talk on the beginnings and progress of the Beach Buddies.

Sadly, the planned meetings with talks from Sandy Moore and David Collister had to be postponed due to the virus but both have agreed to come again in happier times.

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

www.manxstrokefoundation.org

COMING MEETINGS

All meetings are on hold until further notice, including the Annual General Meeting. Members will be informed when the programme is up and running again.

SUBSCRIPTIONS

Many of you will be aware that subscriptions are due from April each year and some of you pay at the AGM. With the situation this year we will take subscriptions once the lockdown has ceased when banking will be easier. So, no need to worry at this stage. You will be pleased to note that the committee members have agreed to keep the subs at £5.

FLAG DAYS 2020

There are three planned flag days for this year but at this time it is not certain that we will be able to hold them. But keep the following dates in mind and, if they can go ahead, your help will be most welcomed.

Saturday 11th July 2020 at Shoprite, Derby Road, Peel

Saturday 22nd August 2020 at Shoprite, Victoria Road, Douglas

Saturday 3rd October 2020 Shoprite, Bridson Street, Port Erin

STROKE ART GROUP

A big THANK YOU goes to Liz Forbes who has kept all the Stroke Art members motivated with the 'homework' she sets for you. Through this we have discovered a closet artist in our chairman Jane who has produced a lovely painting! We look forward to sharing all our works of art once we can meet again.

ADVOCACY

This is a time when people will be thinking of getting their affairs in order. Last year Marc Furness from Callin Wild Advocates came to talk to us about Wills and Enduring Power of Attorney. He has contacted and asked us to let members know that his firm is still open for business. They have altered practices to keep within the social distancing rules. Much of their work is done by telephone or email and, if witnessing of signatures is needed, Marc's wife will visit clients' homes whilst maintaining social distance. Therefore, if you need any advocacy you will be able to contact them on 623195.

KEEPING WELL

The most important thing currently is keeping well. We have all heard the advice over and over, but it is still worth repeating:

- Wash your hands regularly for 20 seconds with soap or hand sanitiser
- Do not touch your face with your hands
- Always use a tissue when sneezing or coughing
- Avoid contact with anyone showing symptoms of coronavirus

Look after your general health – make sure you take your medications and try to eat healthily. Keep fit by stretching, walking around your garden or going up and down stairs if able. If you are showing signs of a stroke or TIA, you need urgent medical help - don't hesitate to call 999.

GRANTS

Although the committee is unable to meet during the lockdown, members are keeping in contact by email and phone. It is business as usual as far as considering funding requests. Grants of up to £1000 per annum are available and application forms can be downloaded from the website or by post from the secretary (824361). Funds are granted for any item that will help to make life easier for those affected by stroke. If you or someone you know would benefit, please do not hesitate to contact us.

DONATIONS RECEIVED

We are very fortunate in that many local businesses support us financially and here are a few of the recent donations we have received:

- Crowe Morgan Accountants donated £500 collected from their Friday 'dress down' days.
- We received £1000 from Aston International who celebrated 40 years of business by donating a total of £40,000 to Manx charities.
- The Andreas Root Show donated £100 to the Foundation

There are also those individuals who make regular donations which mount up over the years. We still receive many donations in lieu of flowers in memory of lost loved ones.

Thank you to all of these. All the funds received go towards helping those affected by stroke here on the island.

JUST A LITTLE LAUGHTER

A woman is jogging through the park when she sees an old man sitting on a bench sobbing. "Can I help you?" she asks.

"I don't think so," says the old man, "My life is perfect. I'm rich, I've just married a twenty-year old model, I have a beautiful home with a pool and a private jet."

"So why are you crying?" asks the woman,

The old man sobs, "Because I can't remember where I live!"

A seven-year old child came home from school and said to her grandmother, "Nana, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her cool. "that's interesting," she said, "how do make babies?" "It's simple," said the girl. "You just change the 'y' into 'i' and add 'es'.

A man went to the cinema and was surprised to find a woman with a big collie sitting in front of him. Even more amazing was the fact that the dog always laughed in the right places through the comedy.

"Excuse me," the man said to the woman "but I think it's astounding that your dog enjoys the film so much"

"I'm surprised myself," she replied. "He hated the book."

And some one liners

I used to be a banker then I lost interest.

Broken pencils are pointless.

I wondered why the ball was getting bigger. Then it hit me!

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