



UPDATE

The Quarterly Newsletter

Spring 2021

The positive start to the New Year did not last long before we were plunged again into lockdown, so our first two club nights and the art group were cancelled. We had a little window of freedom and were able to hold one meeting before, once again, the dreaded virus reared its ugly head. At the time of writing all social meetings are suspended and the date for the Annual General Meeting has been moved to June. But let us remain positive as the vaccination programme progresses, we will get back to some form of normality.

REVIEW OF MEETINGS

We were fortunate to hold the club meeting on 11th February and welcomed Charles Guard to speak to us. He gave a wonderful talk about the 'Curiosities of the Isle of Man' illustrated with his video which he produced 15 years ago. He has a wealth of knowledge and had us all fascinated.

All other planned meetings were cancelled but the speakers and entertainers are all willing to come again in the future. All is not lost!

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

www.manxstrokefoundation.org

FUTURE MEETINGS

You will have received the programme for January to June 2021 in the last Update. However, meetings will only take place when it is considered safe to do so. In view of this, all planned meetings are on hold and members will be contacted when the meetings resume. If concerned or unsure you can phone Maureen on 824361 for an update.

The Annual General Meeting has been set for 10th June 2021 and it hoped that we will be able to go ahead with this.

STROKE ART GROUP

Liz Forbes will contact all Stroke Art members and volunteers when it has been decided to recommence the group. Any queries about Stroke Art please contact Liz on 673855.

ANNUAL GENERAL MEETING

As noted above, the date for the Annual General Meeting has been moved to Thursday 10th June 2021 and notification has been sent to members. Hopefully, the virus will be under control and we will be able to meet rather than have a postal vote as last year. If you can attend, please bring with you the annual reports that will be sent out prior the meeting.

SUBSCRIPTIONS

Subscriptions are due from the AGM each year which in normal times is April. If you are unable to attend the AGM, you can send the subscription of £5 to the membership secretary:

Mrs Trish Lambert Croft Beg, The Crofts, Castletown, IM9 1LY.

Please note that under our Constitution subscriptions should be paid within 6 months of the AGM to remain a member of the Manx Stroke Foundation.

MANX STROKE FOUNDATION LEAFLET

The Manx Stroke Foundation leaflet has been updated and you will find a copy enclosed with your Update. Copies will be distributed to health centres, businesses, and other organisations. If you know of anywhere that would display copies please let us know. Help with distribution would be welcomed.

FLAG DAYS 2021

There are three collection days this year, shown below, and we will need collectors. If you can help on any, or all, of these days, please let Maureen know on 824361 or 411330.

Saturday 10th July 2021 at Shoprite, Derby Road, Peel

Saturday 21st August 2021 at Shoprite, Victoria Road, Douglas

Saturday 2nd October 2021 at Shoprite, Bridson Street, Port Erin

POSSIBLE EXERCISE SESSIONS

A message from Zoe Crowe, Disability and Activity Co-ordinator (Adults)

Manx Sport and Recreation would like to offer an accessible Zoom Timetable for anyone with disabilities and / or health related issues that may need some support and adaptations in order to take part.

The sessions will take place 4 times a week and would compile of 2 pre-recorded and 2 live Zoom calls. ALL sessions will be FREE of charge.

The exercises included in the timetable would be the following:

- Boxercise
- Chairbased Exercises
- Fitness Yoga

And possibly more if there is enough interest...

If you are interested, please contact Zoe on 688575 so that she is aware of possible numbers before going ahead with the timetable.

SPRING CLEANING TIME

As it is spring cleaning time here are a few tips that may help. White vinegar and baking powder are excellent at removing grease and grime and the white vinegar leaves a streak free finish.

- Kitchen sinks can sometimes become blocked and smelly. Mix together half a cup of baking powder and half a cup of white vinegar and pour this down the sink. Leave it fizz away for 20 minutes then pour down boiling water. This should remove the blockage and leave the sink smelling fresh and clean.
- To clean grouting around tiles spray the stained area with white vinegar then scrub with a paste of baking powder.
- White vinegar and baking powder can help to remove burnt or stubborn stains on pots and pans. Sprinkle the baking powder over the damp pan then spray with white vinegar. It will fizz and help to shift the baked-on food with ease.
- Carpet stains can be vacuumed away with a paste made from white vinegar and baking powder. Spread the mixture over the stain and leave overnight to dry. Once dry Hoover it away!

JOKES SECTION

- An old lady walked into the bank and asked me if I could help her check her balance.
So, I pushed her over.
- What's made of leather and sounds like a sneeze?
A Shoe.
- My 4-year-old son has been learning Spanish all year, and he still can't say the word please.
Which I think is poor for four.
- What's the opposite of a croissant?
A happy uncle.
- I went for an interview. They said, "Can you perform under pressure?"
I said: "I'm not sure about that but I can have a good crack at Bohemian Rhapsody".
- Do they allow loud laughing in Hawaii?
Or just a low ha?
- The more you take from me the greater I am. What am I?
A hole

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

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