

## **The Quarterly Newsletter**

***Winter 2021***

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**W**elcome to the New Year. This time last year we had no idea what was in store for us. We can only hope for better times in 2021! There is certainly a good programme for the stroke club. The art group is underway again although with fewer numbers for the time being. Sadly, we have lost two of our long-term members of the Foundation this year.

### **MICHAEL WOOD**

Michael Wood died on the 9<sup>th</sup> November after a long illness bravely fought. Michael was a member of the Manx Stroke Foundation for many years although had not been able to attend any meetings for some time. Our sincere condolences go to Jillie, his wife, and all the family.

### **DORIS LUDGATE**

Doris was a well-loved member of the stroke club which she regularly attended. She died on 18<sup>th</sup> November having suffered a further stroke. We will miss her. Our thoughts are with her family at this sad time.

### **REVIEW OF MEETINGS**

On the 8<sup>th</sup> October we held our first post lockdown meeting and welcomed Zoe Cannell, the Manx Bard, who gave us lovely readings of poems old and new. The next meeting was a Halloween lunch at the Comis Hotel on 22<sup>nd</sup> October enjoyed by thirty members.

Jane Corkill, Paul Costain, John Snelling and Ruth Tickle performed a most wonderful selection of songs for us on 12<sup>th</sup> November. This was followed on 26<sup>th</sup> November by an interesting and educational talk from Sandy Moore from the Hedgehog Conservation Society. We learnt about the importance of hedgehogs as the gardener's friend. If you would like a copy of Sandy's leaflet, please let Maureen know.

Our final meeting of the year on 10<sup>th</sup> December was the Christmas lunch held at the Hawthorn. Our special raffle with lots of prizes raised £178 for the Foundation's funds.

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

[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)

## COMING MEETINGS

- January 14<sup>th</sup>** The first meeting has traditionally been a New Year supper and there is no change this year. Buffet snacks will be provided.
- January 28<sup>th</sup>** Pat Wiles is coming along to let us know how the charity DO! Developing Orphans is progressing.
- February 11<sup>th</sup>** We are fortunate to welcome Charles Guard who is a wealth of knowledge of all things Manx.
- February 25<sup>th</sup>** A musical evening with the Musicale Choir.
- March 11<sup>th</sup>** Howard Parkin will tell us about Mars, which will be topical at the time.
- March 25<sup>th</sup>** We will enjoy an evening of song from Colin Brew.

The programme for the next six months is enclosed with this Update.

## CLUB NIGHT ENTERTAINMENT

We are fortunate here on the Island that there are so many people who entertain charities such as ours. If you know of someone who would be willing to come to our club night, please let Maureen know – it would be a great help in putting our programme together.

## ART GROUP

The first Stroke Art meeting for 2021 will be on Thursday 7<sup>th</sup> January. Liz Forbes will contact the group members to let them know when they should attend. We are grateful to Liz for organising and running the group along with all the volunteers. Although there was no Christmas Tree exhibition this year, it is hoped you all managed to see the online presentation of previous years' entries.

## FLAG DAYS 2021

We were unable to hold all our flag days last year and so our allocated days were transferred to following year. The dates are shown here and anyone who is able is very welcome to assist on one, or all, of these days. Your help is needed. Please let Maureen know on 411330 or 824361.

Saturday 10<sup>th</sup> July 2021 at Shoprite, Derby Road, Peel

Saturday 21<sup>st</sup> August 2021 at Shoprite, Victoria Road, Douglas

Saturday 2<sup>nd</sup> October 2021 at Shoprite, Bridson Street, Port Erin

## DONATIONS

The Manx Stroke Foundation has received many donations over the last year. The New Year dip raised £2692 for the Foundation. More recently, Peel Charity shop donated £2000 and Lucy Kerr raised more than £2000 in sponsorship for doing the virtual London Marathon in July. £222 was raised at the Port Erin Flag day in October. £900 was raised by Staff from Zurich international. We have received many donations in lieu of flowers in memory of friends and relations.



The Ladies' Captain and the Men's Captain of the Castletown Golf club chose the Manx Stroke Foundation as their joint charity of the year and raised a fantastic £9,516.00. We are grateful to all who support us and help us to carry out our aim of supporting those affected by stroke.

## GRANTS

The donations received enable us to finance the stroke club and art group, paying for rent, resources, and transport. There is also the grant scheme which is open to anyone affected by stroke. This year we have granted funds towards mobile scooters, a powered wheelchair, carpets and soft furnishing, riser-recliner chairs, funds towards a new boiler among other items. The major donation this year was £20,000 towards the new CT scanners and then another £17,500 for neuro-perfusion software for the scanners. Diagnosis and treatment planning for stroke will be greatly enhanced now that this equipment is in place. Application forms for grants can be downloaded from the website or contact the Foundation secretary.

## FRIDGE OR CUPBOARD

At Christmas time, with all the festive meals, do you find there is very little room in your fridge? Apparently, we put a lot of items in the fridge which do not belong there. Ketchup and other preservatives such as honey, mustard, pickles, or vinegar do not need to be refrigerated. Many fruits and vegetables should not be kept in the fridge including potatoes, aubergine, avocado, bananas, and citrus fruits. Tomatoes become tasteless and should be left in the open. The list goes on – chocolate, molasses, doughnuts, olive oil, coffee, bread, cereals, spices – all are spoiled in the fridge. Oops, now there is no room in my cupboards!

## CHRISTMAS CRACKERS

- What do you call a line of men waiting for a haircut?  
*A barberqueue*
- Why was a turkey in the pop group?  
*Because he was the only one with drumsticks*
- What did Adam say the day before Christmas?  
*It's Christmas Eve*
- What did Cinderella say when her photos did not arrive from the printer?  
*One day my prints will come*
- What does Santa do when the elves misbehave?  
*He gives them the sack*
- Why are Christmas trees so bad at knitting?  
*Because they always drop their needles*
- What do you call a train loaded with toffee?  
*A chew-chew train*
- What's the best Christmas present?  
*A broken drum – you can't beat it.*
- What do frogs wear on their feet?  
*Open toad sandals*
- Why did no one bid for Rudolf or Blitzen on eBay?  
*Because they were two deer*
- Why is Santa banned from sooty chimneys?  
*Because of carbon footprints*

### 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](http://www.manxstrokefoundation.org)**