



UPDATE

The Quarterly Newsletter

Autumn 2022

We are now beginning a new era with King Charles 111 on the throne. It was a sad time as we came to terms with the death of Queen Elizabeth, but what a momentous funeral she was given. She was a remarkable person and will be remembered for her dedication to duty and to her people. A hard act to follow.

DEREK COLLARD

We were saddened to hear of the death of Derek who passed away on 8th August. He had been unable to attend evening club meetings for some time but always enjoyed our afternoon outings. He will be sadly missed. Our condolences go out to his family and friends.

REVIEW OF MEETINGS

On July 14th we were introduced to Qigong, a form of meditation and relaxation with its roots in Chinese medicine. Silke Stroheschenk led us through the breathing exercises and soon had us relaxing and enjoying the experience. The proposed meeting for July 28th had to be cancelled but Howard Parkin will be coming to speak to us in the New Year.

We welcomed Sean O'Connell to the stroke club on August 11th and he enthralled us with his talk about his experience on a dive to the Titanic. The photographs from the deep were fascinating as were those showing the submersible and the danger of getting it in and out of the water.

Our venue for the afternoon outing on September 8th was, once again, Peel Golf Club. We enjoyed a wonderful spread of sandwiches, pastries, cakes and fruit along with pots of coffee and tea. Conversation flowed as we met up with old and new friends. At our next meeting, on

September 22nd, we welcomed Peter Kelly who gave us a fascinating Postcard Tour of the Isle of Man. We must have visited every part of the Island as seen in Edwardian times and how lovely it was too.

For full details and photos of the club nights please visit our website:
www.manxstrokefoundation.org

COMING MEETINGS

- Oct 13th:** At popular request, Mike Kewley is returning to lead us in an experience of Mindfulness.
- Oct 27th:** This year we will enjoy a club supper at Corrin Court and a game of Bingo.
- Nov 10th:** An evening of music and song with Musicale choir.
- Nov 24th:** Susan Magee will give us a demonstration of floral decorations for Christmas.
- Dec 8th:** Our traditional Christmas meal – time and venue yet to be decided.

CHANGES TO STROKE CLUB SCHEDULE

From January 2023 the stroke club will meet **once a month** only. The meetings will still be on a Thursday night – the first Thursday of each month, except for January 2023 when the meeting will be held on January 12th with a presentation from Howard Parkin. The club night itself will remain the same with a talk or entertainment and taxis for those who need them will still be provided. The programme for the first six months will be sent out with the December Update.

FLAG DAY COLLECTIONS

Two Flag Days were held this year the first on Saturday July 9th at Peel Shoprite which raised £386.42, and the second at Port Erin Shoprite on October 1st, which raised £353. Thank you to all who gave up their time to collect. These Flag Days not only help our coffers but raise awareness of the Manx Stroke Foundation so we can continue to support those affected by stroke.

CASTLETOWN COOPERATIVE STORE

As part of their policy to support the Island population, the Castletown Cooperative store held a collection at their check-out desks for the Manx Stroke Foundation. This raised £138.72, which was donated to the Foundation. A good amount, considering that most people pay by card these days. We are very grateful to the Coop and the shoppers in Castletown.

SEASONAL RECIPE Spiced Apple Chutney

Apples are abundant at this time of year so try this recipe and enjoy the tangy flavour which is perfect with cheese.

Ingredients:

900g/2lb Apples, cored and chopped
225g/8 oz onions, chopped
110g/4oz sultanas, raisins or chopped dates
3 tsp ground coriander
3 tsp paprika
3 tsp mixed spice
15g/ ½oz salt
340g/12oz granulated sugar
425ml/¾ pint malt vinegar

Method:

1. Put all the ingredients into a preserving pan. Slowly bring to the boil until the sugar has dissolved
2. Simmer for 1 ½ - 2 hours, stirring from time to time to stop the chutney sticking to the pan.
3. When it is very thick and you can draw a wooden spoon across the base of the pan so that it leaves a channel behind it that does not immediately fill with liquid, the chutney is ready
4. Turn into sterilised jars, seal and cool
5. Store in a cool, dark cupboard for two to three months before eating.

JOKE SECTION

I have achieved 100 days sober!
Not in a row or anything, just total.

Why do they bury lawyers under 20 feet of dirt?
Because deep down they're really good people.

Just heard a man had an accident while playing peek a boo.
He's currently in the ICU.

What is the difference between a hippo and a zippo?
One is really heavy and the other is a little lighter.

How do you approach an angry Welsh cheese?
Caerphilly.

What do you call a mortician that steals dead people's underwear?
An Undietaker.

Whenever my artist girlfriend is sad, I let her draw things on my body.
I give her a shoulder to crayon.

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