

Summer 2022

It was a long time coming but the summer sun has finally reached us (on and off!). Just what we need after a hard couple of years dodging the dreaded virus. The stroke club programme for the next six months gives us plenty to enjoy – meditation, a journey to space and a dive in the ocean, a postcard tour, choir and floral decorations and a few outings as well!

REVIEW OF MEETINGS

Michael Josem gave us an enlightening talk on the Commonwealth War Graves Foundation on the 14th April. Then on the 28th April we held the Annual General Meeting during which the trustees were re-elected and Rosie Bridge was welcomed to the committee and will be taking over the treasurer role from Ewa, who has stepped down due to work and family commitments.

Peel Golf Club hosted an excellent afternoon tea for forty members and guests on the 12th May. We welcomed Christopher English on the 26th May who gave an interesting talk on the history of Downing Street.

Sheeayn Millish Choir delighted us on the 23rd June with a wonderful selection of songs.

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

www.manxstrokefoundation.org

COMING MEETINGS

- July 14th:** Silke Strohschenk will introduce us to Qigong – meditation, breathing and movement to aid healing.
- July 28th:** Howard Parkin will, at last, come along to tell us about the Hubble Spacecraft, after having his talks cancelled twice because of covid restrictions.
- Aug. 11th:** A journey into the deep with Sean O’Connell on his dive to the Titanic.
- Sept. 8th:** Afternoon outing – to be confirmed
- Sept. 22nd:** A postcard tour of the Isle of Man given by Peter Kelly.

VOLUNTEERS ARE NEEDED

We have been very short of people to help prepare and serve the refreshments at the last few stroke club meetings. We need people to stand in when the stalwarts are unable attend the club night. Please let us know if you are willing to volunteer. If we do not get enough people than we will have to do without refreshments – which would be a shame. Your help is needed and would be much appreciated.

STROKE ART GROUP

Stroke Art is now meeting weekly again but, as there are more members than places available, Liz will contact members each week. However, if you are unable to attend or have any queries, please contact Liz on 673855 or 487414.

PRIORITY CUSTOMER CARE

This is a difficult time for all of us with energy prices souring. However, both Manx Gas and Manx Utilities have a Priority Care Service whereby those with specific needs (especially related to water and energy use) can register as a Priority Care Customer and receive advice and help where needed.

Contact details for more information:

Manx Utilities: Telephone 687675 or email pcc@manxutilities.im

Manx Gas: Telephone 644444 or email Tanya.arthur@i-e-g.com or Carolyn.kelly@i-e-g.com

FLAG DAYS 2022

We will be holding just two flag days this year:

- **Saturday 9th July at Peel Shoprite, Derby Road**
- **Saturday 1st October at Port Erin Shoprite**

Volunteers will be required so if you can help at either of these dates, please let us know. Michelle will be organising the July date and you can contact her on 222102. For the October date contact Maureen on 824361 or 411330. An hour of your time would be greatly appreciated. These flag days not only raise funds but also raise awareness of the Manx Stroke Foundation.

THE STROKE ASSOCIATION

We sometimes find that people confuse the Manx Stroke Foundation (MSF) and the Stroke Association (SA). Whilst the MSF is affiliated to the SA, they are both separate organisations working for those affected by stroke. However, the Stroke Association Support Coordinator, Michelle Ferrer, is also a trustee of the MSF, which helps us to work together more effectively.

When you are referred to the Stroke Recovery Service, the Stroke Association Support Coordinator will work with you to identify your needs, and support you to rebuild your life after stroke.

They offer:

- A personalised review of all your needs
- Someone to talk to who understands
- Tips and advice to support your recovery
- Information about stroke and local services
- Advice on reducing your risk of a further stroke
- The chance to share experiences with others in a similar situation

For more information contact the island-based Support Coordinator:

Michelle Ferrer: Tel: 07624 399069 or email: michelle.ferrer@stroke.org.uk

SIMPLE AND HEALTHY BISCUIT RECIPE

Ingredients:

50g/2oz porridge oats	pinch of fine sea salt
75g/3oz wholemeal flour	½ tsp bicarbonate of soda
75g/3oz butter or margarine	½ tsp ground mixed spice
50g/2oz pear or apple puree	

Method:

1. Preheat the oven to 190C/375F/Gas 5 and grease and flour two baking sheets.
2. Mix together the oats, flour, salt, bicarbonate of soda and mixed spice.
3. Cream the margarine in a bowl and beat in the pear or apple purée, a little at a time. Beat into the oat mixture.
4. Place walnut sized portions of the mixture on a baking sheet, 5cm/2inches apart. Flatten them slightly, with a fork.
5. Bake the biscuits for 15 minutes or until they are beginning to turn golden. Leave the biscuits on the baking trays until they are cool and firm.

SOMETHING TO MAKE YOU SMILE

When one door closes another one opens. Other than that, it's a pretty good car.

I once applied for a job as a mustard cutter but, unfortunately, I wasn't good enough.

I was delighted when the tax people at the Inland Revenue wrote to me recently, telling me that my tax return was 'outstanding', particularly since I can't remember sending it in.

I bought a head of lettuce from a grocery store called Momma and Papas. Can't eat it because all the leaves are brown.

I never make the same mistake twice – I do it five or six times just to make sure!

Some people seem to age like fine wine. I aged like milk – I got sour and chunky!

I had a bright idea of opening an Origami shop. It folded within a month!

"I can't be doing with lazy people." "Why? We haven't done anything!"

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