



UPDATE

The Quarterly Newsletter

Winter 2022

Happy New year to everyone. Another year over and a new one just begun – let's hope it's a good one!

However, it looks like the pandemic is still here. In view of the increasing number of infections it has been decided to cancel the stroke club meetings for January. The meetings will resume on February 10th, but face coverings will be required, and everyone is strongly advised to carry out a Lateral Flow Test before attending, especially if coming by taxi.

ART GROUP

It was originally planned that Stroke Art would resume in January, but this is not now possible. Members of the art group will be informed when sessions resume, hopefully in February.

PETER DENVER

We were saddened to hear of the death of Peter Denver who died on 2nd December. Until recent years he was a regular member of the stroke club. We remember him as a gentleman who always participated with interesting stories of times gone by. Our condolences go out to his daughter, Tricia, and all the family.

ANN WILES

Ann Wiles passed away on the 15th December in her 95th year. It is sad lost of a lovely lady who was a regular member of the stroke club. She was popular with all and greatly missed when ill health prevented her from attending. Our thoughts go out to Pat, her daughter, at this sad time.

REVIEW OF MEETINGS

After a few stops and starts we recommenced our stroke club programme on 28th October 2021 with an outing for afternoon tea at Peel Golf Club. On a very wet Thursday afternoon twenty-four of us enjoyed a sumptuous feast. We were treated to a selection of sandwiches, pastries and quiche and

then cakes, macaroons and cream scones! No one went home hungry and many of us took doggy bags. We were made so welcome, and all tastes were catered for. We will certainly be returning to Peel Golf Club again.

On Thursday 11th November 2021, we enjoyed an evening of song with Colin Brew. His first song for us were 'Starry, Starry Night' followed by 'Streets of London' – the first two songs he ever performed. Then we enjoyed a selection of songs from 50's, 60's and up to recent times. Toes (and even the occasional walking stick) were tapping, and hands were jiving to songs of the Beatles, Kinks, Cliff and Fats Domino. Neil Diamond's 'Sweet Caroline' kept the tempo up. Then we were taken into a more thoughtful mood when Colin gave a lovely rendition of 'The Last Farewell' – a Roger Whittaker song. The concert finished with 'Scarborough Fair'. Sylvia then thanked Colin for a thoroughly pleasant evening and a hope that he would entertain us again.

On 25th November 2021 our planned speaker was unable to attend so instead we held a Bingo night. There was a mixture of experts and novices amongst us and some who hadn't played for many years! But it turned out to be a very enjoyable evening with many prizes being won. Refreshments were served during a break in proceedings giving time for conversation and a catch up on everyone's news. A very pleasant evening was had by all.

The Christmas celebration on 9th December 2021 was held at the Hawthorn Inn when 39 members and friends enjoyed a two-course lunch with all the Christmas trimmings. Crackers were pulled and jokes enjoyed, and conversation filled the room. A special raffle was held with some lovely prizes for the lucky ones. It was a lovely way to end our stroke club programme for 2021.

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

www.manxstrokefoundation.org

COMING MEETINGS

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| Feb 10th | A musical evening with Musicale choir – a welcome return. |
| Feb 24th | Manx Whale and Dolphin Watch who will tell us about large marine mega fauna. |
| March 10th | Zoe Cannell (previous Manx Bard) will come to give a poetry reading. |
| March 24th | Peter Corrin will give his previously cancelled talk entitled 'Afloat and Ashore'. |

DONATIONS

Over the year we have received many donations from companies, organisations and members of the public. Staff from Zurich International donated £850 and a staff collection from Nedbank Private Wealth raised £1000. We received £6000 from the Brackengarth Trust and the Athole Branch of the Freemasons donated £1200. The ladies from Rushen Inner Wheel raised £205 from a sponsored walk, in pouring rain. Sue Parry, who paints her amusing calendars each year, donated £300. We were granted funds of £5000 and £2500 from the Estates of two people. More than £1800 has been donated over the year in lieu of flowers in memory of loved ones. There are also individuals who donate monthly by standing order. We were given the opportunity to do the exit collection from the Gaiety which raised £377.80. This is not a definitive list of our sponsors, and we are grateful to everyone who helps us to continue to support those who are affected by stroke.

GRANTS

There are two main aims of the Manx Stroke Foundation: one is to provide a social setting which we do in the form of the stroke club and art group (although over the last year this has been curtailed by the virus), the other is to provide financial help where needed in the form of grants. This year around £9000 has been given in grants. The Foundation has provided funding towards stairlifts, mobility scooters, white goods for the kitchen, CPens to help reading for those with dysphasia, safety equipment for a shower, a laptop and spectacles. The grants are available to anyone affected by stroke (not just Manx Stroke Foundation members) and an application form can be downloaded from the website where you will also find the criteria for the grants. A paper copy can be provided on request. If you or someone you know would benefit from an item that will make life easier but have difficulty funding it, then why not apply for a grant.

RECIPE FOR RED LENTIL SOUP

After all the rich Christmas and New Year food, here is a simple soup recipe:

½ lb red lentils	1 onion	3-4 carrots, sliced	1 tsp salt
1 tbsp black treacle	½ tsp pepper	1 litre water and chicken cube	

Soften the carrots and onion in olive oil or butter. Add water, chicken cube, lentils and treacle. Bring to the boil and simmer slowly for 1/2 hour. Puree. Serve with grated cheese and chopped parsley on top.

JOKE SECTION

I went to a restaurant and halfway through the meal the young couple on the next table started having a row. I'm not one to take sides but they were so distracted I took his fries and her coleslaw.

I went to a fancy dress party last night dressed as a screwdriver.... Turned a few heads!

Told my wife I had a bit of a thing for Beyonce. She said, "Whatever floats your boat" I had to tell her "No that's buoyancy".

My hallucinating isn't getting any better – I thought I saw a sausage fly past my window, but it was actually a seabird. I think I've taken a tern for the wurst.

I said to the baker, "How come all your cakes are 50p except that one which is £1?" He said, "That's Madeira cake".

At a wedding party recently someone yelled, "All married people please stand next to the one person who has made your life worth living." The bartender was almost crushed to death.

Man injured in bizarre peek-a-boo accident. He's in ICU.

"I've decided to sell my Hoover – it was just collecting dust."

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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