



UPDATE

The Quarterly Newsletter

Spring 2023

Spring certainly came in like a lion so let's hope it goes out like a lamb and we can enjoy some warm weather. The monthly stroke club meetings have gone well and the weeks do seem pass quickly! The art group is also going well. All those cancellations because of covid can now be forgotten – hopefully never to return!

REVIEW OF MEETINGS

The first stroke meeting for 2023 on 12th January welcomed Howard Parkin who gave an illuminating talk entitled 'Giving back our Children the Magic of the Night'. He explained about light pollution but we are fortunate on the Isle of Man that we have many dark sky sites where we can view the Milky Way and many more constellations. It was a wonderful presentation enjoyed by all who ventured out on a cold and stormy night! Should you wish for an IOM summary of sights in 2023 you can email howardparkin@manx.net For International Space Station spotting look up spotthestation.nasa.gov and skymaps.com for the monthly charts.

We were delighted to welcome members of the Search and Rescue Dogs Association (SARDA) to our stroke club on 2nd February. Helen and Will brought along Matt, a newly retired rescue dog, and gave an excellent presentation about their organisation. Throughout the talk Matt, a gentle, friendly collie, checked out the premises and each person in the room, pausing for strokes along the way. It was such a treat for us all to meet Matt, Helen and Will and to hear about their work.

On 2nd March we were joined by Wendy and Sam from the Isle of Man Scout group. In August Sam will be one of 9 scouts representing the Island at the World Scout Jamboree in South Korea in August. He and his mother, Wendy, told us about the history of these jamborees and their eventful year raising funds for the group to attend. Their presentation stirred up many memories among the audience and lots of conversation.

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

www.manxstrokefoundation.org

COMING MEETINGS

- April 6th:** Jane Corkill, and Ruth Tickle will come to sing for us with Naomi Longhurst on piano. A wonderful musical evening is promised.
- April 20th:** The ANNUAL GENERAL MEETING will take place. There will be no raffle on this occasion but light refreshments will be served. You will be getting notice of the meeting with the annual report and accounts. Please bring these with you to the AGM.
- May 4th:** Our Spring outing will be at Peel Golf Club for afternoon tea. If you wish to attend, please complete the form enclosed and return to the secretary along with the money.

STROKE ART GROUP



The art group continues to meet weekly (except when the weather is adverse). To welcome the Spring each member painted pots of tete a tete (daffodils) with wonderful results. They are becoming a very accomplished group.

SUBSCRIPTIONS

Subscriptions are due from the Annual General Meeting each year and should be paid within six months. If you wish to retain your membership of the Foundation then your subscription must be paid by the end of September. However, it would be appreciated if it could be paid earlier than that!

GRANTS

The Foundation has a grant system whereby anyone affected by stroke can apply for funding for items that will make life easier. Stroke can cause financial difficulties especially if a return to work is not possible or if a move to accessible accommodation is needed. If items cannot be provided by the statutory services, then an application can be made to the Foundation. The criteria and application form can be downloaded from the website or you can request them from the secretary.

COMINGS AND GOINGS

Rosie Bridge has now resigned as treasurer due to family and work commitments. We are indebted to her for her input. But all is not lost as the trustees have appointed Robyn Redmayne to take up the banner. Welcome to Robyn. Michelle Ferrer is moving on to work for Sight Matters and will no longer be the Stroke Co-ordinator for the Stroke Association – a sad loss for all of those who benefit from her care.

RECIPE FOR SPRING CHICKEN IN A POT

Ingredients:

1 tbsp olive oil	1 onion, chopped
500g boneless, skinless chicken thigh	425ml vegetable stock
350g broccoli cut into florets	300g small new potato
350g spring greens, shredded	140g petit pois
Bunch of spring onion, sliced	2 tbsp pesto

Method

- Step 1 Heat the oil in a large pan. Add the onion and gently fry for 5 minutes until softened, add the chicken then fry until lightly coloured. Add the potatoes stock and plenty of ground black pepper and bring to the boil. Cover and simmer for 30 minutes until the potatoes are tender and the chicken is cooked.
- Step 2 Add the vegetable, stir well, then return to the boil. Cover and cook for a further 5 minutes, stir in the pesto, heat through.

SOMETHING TO MAKE YOU LAUGH

My wife told me to stop impersonating a flamingo. I had to put my foot down.

I was wondering why the frisbee kept getting bigger. Then it hit me.

The trouble with kleptomaniacs is that they always take things literally.

I didn't want to believe that my father was stealing from his job as a road worker but when I got home the signs were all there.

My wife just found out I swopped our bed for a trampoline. She hit the ceiling.

Today a man knocked on the door and asked for a small donation for the swimming pool. I gave him a glass of water.

Being British is about driving a German car to an Irish pub for a Belgian beer then, on the way home, grabbing an Indian curry or a Turkish kebab, to sit on a Swedish sofa and watch USA shows on a Japanese TV and most of all being suspicious of anything foreign, Oh and ...only in Britain... can you get a pizza to your home faster than an ambulance. Only in Britain do banks leave their doors open but chain pens to the counter. Supermarkets make sick people walk to the back of the shop for prescriptions whilst healthy people get their cigarettes at the front. We might be British but we are funny!

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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