



UPDATE

The Quarterly Newsletter

Winter 2023

A happy, healthy and prosperous New Year is wished for everyone.

Over the last few years, we have weathered the covid pandemic and now coping with the rise in price of practically everything but the Manx Stroke Foundation is still going strong. From this year the stroke club will meet on a monthly basis but still offers a range of interesting talks and entertainment. The art group continues to meet weekly under the guidance of Liz. Those of you who visited the Christmas tree exhibition at the airport will have seen evidence of the wonderful art work achieved by the art group members.

We are saddened to have lost some of our members and friends over the last few months.

CELIA COOPER

Celia was a regular member of our stroke club and helped on our fundraising days. She died in September and will be greatly missed. Our thoughts and condolences go to Ron and all her family and friends.

PETER MUNDY

Until illness prevented, Peter was a long-time member of the art group and the stroke club. He was always very polite and gentle but lost his battle with illness this Autumn. Our sympathies are with all his relations and friends.

VIV EDGE

Many of you will remember Viv from her days as a Senior Ward Sister at Newlands. She treated her patients, of which many would have had a stroke, with respect and dignity. Following her retirement, she volunteered with Southern Befrienders. Viv died on 9th December. She will be greatly missed and our thoughts and condolences go out to Phil, her husband and all her family and friends.

REVIEW OF MEETINGS

On October 13th Mike Kewley gave an interesting talk on the history of Mindfulness and then helped us to experience 'mindfulness' with an exercise in breathing and relaxation. Our next club night on October 27th celebrated Halloween with a club supper and a game of Bingo.

Musical choir, accompanied by John Riley on the piano, delighted us all on November 10th with a wonderful selection of songs both old and new. Later in the month on November 24th. Susan Magee gave us a demonstration of floral arrangements for Christmas and informed us of the materials and greenery to use. The lovely arrangements were put in the raffle and welcomed by the lucky recipients.

The Hawthorn Inn was the venue for our Christmas lunch on December 8th, our final meeting for 2022. We all enjoyed a tasty two-course meal and the company of friends. The special raffle gave out some lovely prizes and raised £172.70 for the Manx Stroke Foundation funds.

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

www.manxstrokefoundation.org

COMING MEETINGS

- Jan 12th:** Hopefully third time lucky when we welcome Howard Parkin who will give a talk entitled 'Giving back our Children the Magic of the Night'.
- Feb 2nd:** A representative of SARDA (Search and Rescue Dogs) will tell us of their work on the Isle of Man accompanied by one of their dogs.
- March 2nd:** A talk from members of the Isle of Man Scout Group, who are to attend the Jamboree in South Korea later this year.
- April 8th:** A wonderful musical evening is promised when Jane Corkill, Ruth Tickle and Naomi Longhurst will come to sing for us.
- April 20th:** It is hoped that as many members as possible will attend the ANNUAL GENERAL MEETING. Please note that there will be no raffle on this occasion but light refreshments will be served.
- May 4th:** A daytime outing will be held but this has yet to be arranged.

Please note that there will be no June meeting due to the TT races.

DONATIONS

The Manx Stroke Foundation is fortunate to be supported by local businesses, donations from the general public and donations in lieu of flowers. Because of this we are able to continue to support those affected by stroke. Here are some of the donations received this year:

£150 from St Trinian's Lodge of Freemasons;

£1,520 from Simcocks Advocates;

£185 from the Inner Wheel Club of Rushen and Mann;

£100 from Zurich International Staff Charity fund;

£200 from the Manx Voices Choir;

£100 from Stonehage Fleming Services;

£750 from the staff of NFU Mutual;

£1,030 from the Braaid Christmas Fare;

£115 from the staff of Monument International:

A total of almost £2500 has been received from donations in lieu of flowers and there have also been many other individual donations. One particular donation of £60 was given by a young girl called Aalish, who gave her time and effort to raise this amount.

Thank you to everyone who has supported us through the year.

GRANTS

These donations enable the Foundation to continue to run the art group and the stroke club and provide transport where needed. But most of all the funds can provide grants to those affected by stroke to make life easier.

This year the Foundation has given grants towards a bed and mattress, riser/recliner chairs, a mobility scooter, fridge/freezer, cooker, bathroom alterations, washing machine, hide and slide oven, stairlift, respite care and items to help people take up hobbies.

All of these have made a great difference to the lives of those living with stroke. If there is something you need that would make a difference your life then you can apply for a grant. Or you may know someone who would benefit from a grant. Anyone affected by stroke is eligible to apply, not just members of the Foundation.

Application forms can be downloaded from the Manx Stroke Foundation website (www.manxstrokefoundation.org) or you can request one from the secretary:

Maureen Redmayne, 80 Malew Street, Castletown, IM9 1LS; Phone 824361

JOKE SECTION

Most people are shocked when they find out how bad an electrician I am!

There was an explosion in a cheese factory in France. De Brie was everywhere!

What's the best thing about Switzerland? I don't know, but the flag is a big plus.

Did you hear about the new restaurant called Karma? There's no menu. You just get what you deserve.

Why don't scientists trust atoms? Because they make up everything.

Why did the chicken go to the seance? To get to the other side.

What does Charles Dickens keep in his spice rack? The best of thymes and the worst of thymes.

Did you hear about the mathematician who is afraid of negative numbers? He will stop at nothing to avoid them.

What do you call a parade of rabbits hopping backwards? A receding hare-line.

conjunctivitis.com Now there's a site for sore eyes!

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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Secretary: Maureen Redmayne Telephone 824361
80 Malew Street, Castletown, IM9 1LS

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