



# UPDATE

## The Quarterly Newsletter

**Autumn 2019**

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The seasons seem to come and go so quickly – one week we are slapping on the suntan lotion and next we are covering up against the wind and the rain! Hopefully the programme for the autumn will brighten your days – especially the Halloween supper and Christmas meal. In fact, the theme for this quarter seems to be mainly about food with a talk on honey and later the food bank!

### CATHERINE SHIMMIN

It is with great sadness that we heard of the recent death of Catherine who has been a member for many years. It is only a short time since the passing of Jimmy, her husband, and our thoughts and condolences go out to the family.

### REVIEW OF MEETINGS

The Onchan Entertainers, a group of young dancers, performed a delightful set of dances for us on the 11<sup>th</sup> July and on the 25<sup>th</sup> July we, ourselves, were the active ones when Roy Wilson led us in a selection of chair based exercises.

On August 8<sup>th</sup> Marjorie Kelly introduced us to a Beetle Drive giving us an evening of merriment and laughter. The meeting arranged for August 29<sup>th</sup> was unfortunately cancelled due to the Festival of Motorcycling however we will have the hedgehog talk sometime in the New year.

The Bradda Glen Café was our venue for afternoon tea on 12<sup>th</sup> September when we were served with a delicious spread of sandwiches and cake. We welcomed the Lon Vane choir on 26<sup>th</sup> September and enjoyed a wonderful selection of songs, readings and an amusing duet.

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

[www.manxstrokefoundation.org](http://www.manxstrokefoundation.org)

### COMING MEETINGS

**October 10<sup>th</sup>** Harry Owens will give a talk on bees. There will be an opportunity to buy some genuine, wholesome, Manx honey.

- October 24<sup>th</sup>** We will hold our Halloween Supper at Corrin Court. Details and reply slip are enclosed with this Update.
- November 14<sup>th</sup>** A presentation about the Food Bank by Jane Foxon. Instead of bringing something for a raffle please bring something along for the food bank.
- November 28<sup>th</sup>** A melodious evening with Mycheilley choir
- December 12<sup>th</sup>** Our Christmas Meal will be held once again at the Hawthorn Inn. Details and menus will be sent out in due course.

### **SUBSCRIPTIONS**

Thank you for all your subscriptions however, there are several now overdue. Our Constitution requires that subscriptions are paid within six months of the Annual General Meeting (which was held in April this year). Reminder letters will be sent out shortly to those who have not yet paid. If you wish to remain a member, please forward your subscription of £5 to our membership secretary, Trish Lambert, at Croft Beg, The Crofts, Castletown, IM9 1LY. Any queries or if you are unsure whether you have paid, please contact Trish on 823386.

### **FLAG DAYS 2019**

We have now completed our four Flag Days for this year. All of them were carried out at Shoprite stores. The amounts raised are as follows:

Peel, Derby Road, 23rd March:	£355
Victoria Road, Douglas, 15th June:	£374.52
Bowring Road, Ramsey, 27th July:	£201
Shoprite, Port Erin, 17th August:	£279.54
Making a very welcome total of	£1210.06

A big thank you to all who helped with the collections and to all who supported us with their donations.

### **ED KELLY'S PARISH WALK**

The donations and sponsorships for Ed's wonderful achievement in the Parish Walk have been coming in thick and fast. The total so far is in advance of £11,500 and there is more yet to come. If you have any sponsorships to hand in, please let us know by emailing [info@manxstrokefoundation.org](mailto:info@manxstrokefoundation.org) or phone Maureen on 824361 or 411330. Thank you to all of you who have supported Ed and donated to the Manx Stroke Foundation.

## **DONATIONS RECEIVED**

We are very fortunate that the people of the Isle of Man are so generous to us in donating at our flag days and for Ed's Parish walk. There are also many businesses and others on the Island who support us. To mention a few over the last year we have received £2500 from Peel Charity Shop, Margaret Cubbon has raised over £300 for her Wurlitzer concerts and Barclay's Bank staff donated £194. We also received many donations in lieu of flowers in memory of those who have died. So, thank you to all our supporters.

## **WHERE DO THE FOUNDATION FUNDS GO?**

This is a question many of you may ask yourselves. The regular expenditure goes on running our two clubs – the twice monthly stroke club and the Stroke Art group. We pay the rents and fund transport for those who would otherwise be unable to attend. There are also administration costs for such things as printing the newsletter and postage. But the main objective for us is to be able to provide grants for essential items to make life easier for those affected by stroke. Our grant system allows for people to apply for up to £1000 per annum. Among the items we have funded over the last year are specialist seating, riser-recliner chairs, mobility scooters, wheelchairs, items for the home such as carpets or white goods where people have had to move to accessible accommodation, therapy apps for speech and language therapy, compression sleeves and other items to aid daily living. Anyone affected by stroke or caring for someone affected by stroke can apply for a grant. If you or anyone you know would benefit from a grant, please let us know. An application form can be downloaded from the website or obtained from a committee member.

## **WHEELCHAIR HOIST**

Do you use a wheelchair but find lifting it into your car difficult? We have had a wheelchair hoist donated to us and are looking for a home for it. The hoist can lift a wheelchair into the boot of a car therefore avoiding the need for heavy lifting. It does need to be professionally fitted into the car. If there is anyone who thinks such an item would be useful for them then please let us know. Contact Maureen on 824361.

## JOKE SECTION

Sitting in a bar having drinks with a friend I casually pointed to two old drunks sitting across the bar from us and said: "That's us in ten years".

He said: "That's a mirror, you old fool!"

My children keep laughing at me getting things confused as I get older. Well, they won't be laughing at Christmas when there are no eggs under the bonfire!

Today at the bank, an old lady asked me to help check her balance. So I pushed her over.

I told my girlfriend she drew her eyebrows too high. She seemed surprised.

My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.

I'm so good at sleeping. I can do it with my eyes closed

My boss told me to have a good day. So I went home.

Why is Peter Pan always flying? He neverlands.

A woman walks into a library and asked if they had any books about paranoia. The librarian says: "They're right behind you!"

The other day, my wife asked me to pass her lipstick, but I accidentally passed her a glue stick. She still isn't talking to me.

### 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](http://www.manxstrokefoundation.org)**