



UPDATE

The Quarterly Newsletter

Winter 2019

Another year has come and the old one gone – and quite a full year it was too. We have had talks about lifeboats, trains and Hearing Dogs for the deaf to mention just a few, entertainment from some of the Island's best singers and choirs and outings to the theatre, historic Milintown and Port St Mary Pavilion. We held an open meeting in the summer to review what we do. Our flag days raised a total of £716.38 and donations from Margaret Cubbon's Wurlitzer concerts raised £302 for the Foundation. The programme for 2019 looks as if it will be just as exciting!

REVIEW OF MEETINGS

On October 11th we enjoyed an unexpected game of BINGO as our planned speaker was unable to attend. It turned out to be an hilarious evening with lots of fun. Members got into the spirit of Halloween on October 25th with lots of scary costumes. Niarbyl catering, once again, served up a delicious hotpot. Brenda Kinnish was welcomed to our meeting on November 8th and she gave us a very informative and, at times, heart-rending talk of her time with the Salvation Army. On November 22nd the Manx Voices Choir gave us an excellent concert of songs old and new. We hope it will not be too long before they visit us again.

The Hawthorn Inn hosted our Christmas meal on December 13th where we tucked into a wonderful feast. Fortunately, Sylvia had kept copies of everyone's choices as most of us couldn't remember what we had ordered! A lovely way to finish our year's programme.

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

www.manxstrokefoundation.org

COMING MEETINGS

January 10th

We will hold our annual New Year Supper and, as last year, it will be catered so no need to bring anything but yourself.

- January 24th** Once again we can look forward to a musical evening with the wonderful Lon Dhoo Choir.
- February 14th** Rosemary Clarke will visit to tell us of her experience and travels in Palestine.
- February 28th** It was requested, at our open meeting last summer, that we have a talk on financial matters so for this evening Marc Furness will be giving a talk on wills and Power of Attorney.
- March 14th** A evening of song and dance given by friends of Eljo from the Filipino community. We may even be able to join in!
- March 28th** To be arranged.

The programme for the next six months is included with this Update but there are still a few dates to be confirmed. Once confirmed these bookings will be announced at club meetings or you can view them on the Website.

CHRISTMAS RAFFLE

It is traditional now for us to hold a special raffle at our Christmas outing. A collection of lovely prizes is provided so we do not ask members to bring items although Pauline and Shaun usually bring a lovely Christmas cake made by Shaun's sister which is always a desired prize! Members are very generous in their donations and this year the raffle took £232. Our regular club night raffles go a long way to paying for the rent for Corrin Court so a big thank you to all of you for your continued support.

FLAG DAYS 2019

Our main fundraising activities are the Flag Days and this year we are holding four collection days at Shoprite stores around the island. The dates are:

- Saturday **23rd March** at Peel, Derby Road;
- Saturday **15th June** at Douglas, Victoria Road;
- Saturday **27th July** at Ramsey, Bowring Road;
- Saturday **17th August** at Port Erin.

We collect between 10 am and 4 pm so we need as many volunteers as possible so that no one collects alone or for more than an hour at a time. Please let Maureen know if you can help out on any of these days – contact number 824361 or 411330 or let her know at a club night.

TREASURER'S POST

After many years as treasurer for the Manx Stroke Foundation, Irene Gardner has decided that it is time for her to stand down. She took over the role from Terry Chilcott in 2012 and prior to that acted as secretary. We have a lot to thank her for and we are very grateful for her dedication to the charity over the years. However, it is not all bad news as Irene will continue as a committee member and will make sure we all behave ourselves at the club meetings! Fortunately, we had great interest in the post following the advert in the papers and have appointed a treasurer elect who will take over from Irene at the year-end on 31st January. Our new treasurer is Ewa Kubisty who is also very interested in stroke and the work of the Foundation. We are very pleased to welcome her to the Foundation.

POLICIES AND PROCEDURES

The committee is currently undergoing a review of its policies and procedures. Included in these are Health and Safety and DATA protection. We would like to make everyone aware that we can no longer hold any medical details on our files and therefore if there are any issues that could affect you at our club nights or outings (for example swallowing problems or mobility difficulties) you should make the organisers aware each time. Also, the committee and volunteers cannot provide personal care and, if this is needed, you are very welcome to bring someone with you who can assist you.

NEW YEAR RESOLUTIONS

We all start out with good intentions but how many of us are still going strong with our resolutions by January 31st? Here are a few tips that may help.

- For greater success make only one resolution. It is easier to change just one thing.
- Choose something that will make you feel fitter, for example: get up earlier; get more active; drink less alcohol; eat more fruit and veg.
- Break down your goal into small achievable steps and reward yourself when you do achieve that step.
- If you do revert to old habits DON'T PANIC or give up. Treat it as a temporary setback and keep going.

A POEM TO PONDER

I'M FINE

There is nothing whatsoever the matter with me
I'm just as healthy as I can be, I have arthritis in both knees
And when I speak it's with a wheeze. My pulse is weak, my blood is thin
BUT I'M AWFULLY WELL FOR THE SHAPE I'M IN

I think my liver is out of whack and there's a terrible pain down in my back
My hearing's poor, my eyesight dim, most everything is out of trim
My doctor says my days are few every week there is something new
The way I stagger is just a crime I'm likely to drop at any time
I jump like mad at the drop of a pin

BUT I'M AWFULLY WELL FOR THE SHAPE I'M IN

My teeth eventually will have to come out and my diet I hate to think about
I'm overweight and can't get thin my appetite's such it's bound to win
BUT I'M AWFULLY WELL FOR THE SHAPE I'M IN

I've arch supports to help my feet or I couldn't go out on the street
Sleep is denied me every night and every morning I'm such a sight

My memory fails, my head's in a spin

BUT I'M AWFULLY WELL FOR THE SHAPE I'M IN

The moral is as this tale unfolds that for you and I who are growing old
It's better to say 'I'm fine' with a grin
Than to let them know the shape I'm in!!

A FEW ONE LINERS TO FINISH

- A New Year's resolution goes in one year and out the other.
- Where are average things manufactured? The satisfactory!
- I went on a once in a lifetime holiday. Never again!
- May all your troubles be as long as your New Year's resolutions.

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