



# **UPDATE**

## **The Quarterly Newsletter**

***Autumn 2021***

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**W**e managed to hold two club meetings before, once again, the dreaded virus caused another pause in our programme. However, the good news is that we are starting again with a Halloween special afternoon tea at the Peel Golf Club on 28<sup>th</sup> October.

### **PAT NOON**

**W**e were so saddened to hear of the recent passing of Pat Noon. She was a lively member of the stroke club and enjoyed our meetings. We will miss her, and our sincere condolences go out to her family and friends.

### **REVIEW OF MEETINGS**

**O**n July 8th Pat Wiles made her third visit to the stroke club to tell us about the progress of the charity DO! Developing Orphans. Following the war in Uganda there were many orphans left to fend for themselves. In 2008 the charity helped 193 orphans in two towns in Northern Uganda, Padibe and Acholi. Their ages were from 2 years to 14 years and were all in child-headed families. With help from a grant from the Isle of Man Government all 34 families were given a basic house, some chickens and a goat and some acres in which to grow food. Those not needed to look after their younger brothers and sisters were able to go to school. Over the years many have gone through school and were able to take up vocations. But it was not easy and there have been many obstacles along the way not least the threat from the Ugandan Government wanting to take over the land belonging to the orphans. Over the years the charity has persevered to protect and help those children survive and prosper. The school is one of the top schools in Uganda coming 507th out of 13,500 schools. This last year the Covid-19 pandemic has made things difficult as all schools had to close and those in their last year were unable to qualify – which would mean they would not get work or study for professions. However, they were all found vocational courses so that they could find work once completed. The charity has given those children safety, education and a future. We were in admiration of all that Pat and her colleagues have achieved over the years.

**W**e all enjoyed a little piece of calm on Thursday 22nd July when Mike Kewley introduced us to Mindfulness. Mike teaches mindfulness to all kinds – those who are anxious or depressed or struggling with unhelpful thoughts, chronic pain or dealing with a life event. Mindfulness helps us to navigate through the ‘smog’ in our minds rather than thinking about the past or worrying about the future. He gave us a short practice of letting our minds relax and to just live ‘in the moment’. This presentation will certainly benefit us all and no doubt will encourage us to find out more. We are so grateful to Mike for his enlightening and relaxing talk.

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

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

### COMING MEETINGS

- Oct. 28<sup>th</sup>** Afternoon Tea at the Peel Golf Club – reply slips have been sent out so make sure you reply by 21<sup>st</sup> October. Halloween fancy dress is optional but there will be a prize for the best!
- Nov. 11<sup>th</sup>** To be arranged
- Nov. 25<sup>th</sup>** Dr Vanina Finocchi, a radiologist from Nobles, will tell us about the scanners and the stroke service at Nobles.
- Dec 9<sup>th</sup>** Our Christmas celebration will be lunch at the Hawthorn Inn in Greeba. On this occasion **do not** bring a raffle prize as we hold the customary special Christmas raffle.

**Members are reminded that the coronavirus has not gone away, and they should read the enclosed Covid-19 Advice before deciding to attend a stroke club meeting or outing.**

### STROKE ART GROUP

**I**n these difficult times it has been necessary to suspend the art group meetings. However, Liz Forbes has been keeping in touch with members and will let you know when the sessions can resume.

## RAISING AWARENESS OF THE MANX STROKE FOUNDATION

**W**e held a flag day collection on 2<sup>nd</sup> October in the Shoprite store, Port Erin. Thank you to all who offered to help at such short notice. It was a good opportunity to raise awareness of the Foundation. Also, you may have seen the advert in the Courier which will run for six weeks, hopefully reaching those who need our help.

### SUBSCRIPTIONS

**T**he membership subscription remains at £5 per year and is due each year by the end of September. A letter was recently sent out to those whose subscriptions were overdue and many of you have replied and included a cheque or cash. Thank you for your prompt reply. There was, however, one letter returned with £5 but with no name on, so we do not know who that was. If you think you may be that person, please let us know so that we do not, inadvertently, cross you off the membership list.

### HALLOWEEN OR HOP-TU-NAA?

**O**ver the years we have always had a 'Halloween' celebration, but should we be calling it Hop-Tu-Naa? Halloween is the eve of 'All Saints' but the Isle of Man celebrates an ancient festival on 31<sup>st</sup> October which is the date of the Celtic New Year's Eve or 'Oie Houney'. The term 'Hop-Tu-Naa' is said to derive from the Manx Gaelic 'shogh ta'n Oie' ('this is the night'). The Scottish 'Hogmanay' is of the same origin. But whatever you celebrate the following recipe should comfort you on a cold night!

### EASY PARKIN RECIPE

Ingredients:

100 g	Margarine	200g	Plain flour
250ml	Milk	1 tsp	Baking powder
200g	Caster sugar	1 tsp	Ginger
2 tbl	Treacle	1	Egg

Method:

- Sieve all dry ingredients (except sugar) into a bowl.
- Warm the margarine, milk, sugar and treacle in a pan and then mix into the dry ingredients.
- Mix in the beaten egg.
- Pour mixture into a loaf tin and bake at 180c for 45mins.
- Enjoy and share with all the evening's visitors.

## JOKE SECTION

**BREAKING NEWS:** A man who took an airline company to court after his luggage went missing has lost his case.

I accidentally swallowed some Scrabble tiles and now I'm experiencing constant vowel movements. The next trip to the loo could spell disaster!

Karl Marx is an historically famous philosopher, but no one ever mentions his sister, Onya, the inventor of the starting pistol...

A young man was in love with two women and could not decide which of them to marry. Finally, he went to a marriage counsellor. When asked to describe his two loves he noted that one was a great poet and the other made delicious pancakes. "Oh" said the counsellor "I see what the problem is, you can't decide whether to marry for batter or verse."

My dad just came into my room and poured a whole gallon of milk on me. How dairy!

My teacher asked me to make up a sentence using the words defence, defeat and detail. I said:

"When a horse jumps over defence defeat go first then detail."

My wife complains I don't buy her flowers. To be honest, I didn't know she sold flowers.

### 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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