

SIGNPOSTS

Along the Road To Recovery

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OUR NEIGHBOURS (cont.)

OK Stroke Club

First MONDAY in the month at 11.30am – 1.30pm
 Venue: Goodfellowship Inn, Cottingham Road, HULL
 Contact: Mervyn Ketley, 01482 712483 Or, Keith Henman on 01430 861187

Masterstrokes

2nd Wednesday of each month 1.00pm – 3.00pm
 Venue: Commonwealth Homes Community Centre Burniston Road, HULL
 Contact: Marianne Boyd on 01482 561901 or Alan Bowmaster on 01482 651060

Alan Bowmaster attended a Stroke Education Course in Bransholme to tell people about stroke clubs and this newsletter. Following that meeting there is a new stroke club starting on 11th October from 1pm to 3pm at The Lemon Tree Centre, Lothian Way, Bransholme and then on 2nd Thursday each month.

Hull Optimists Swimming Club



The Hull Optimists Swimming Club has a specially heated swimming pool, and hoists are available at the club.

OUR NEIGHBOURS

From Our Neighbours

The Freedom Stroke Club in Hull was only formed in April and already they have 20 members, a full committee and are successful in doing what they are supposed to be doing, in offering friendship, support and help for each other and helping increase psychological and physical wellbeing.

The main body of members are stroke survivors and carers who attended the very successful 8 week stroke education courses run by Angela Thorley and the Hull Community Stroke Support Nursing team. A Stroke group for East Hull is long overdue and the group will be an asset to the area.

The Freedom Stroke Club meets on the balcony at the Freedom Centre, Preston Road, Hull on the last Friday of each month at 11am until 2pm.

Contact Alan on Tel: - 01482 651060

Stroke Club Juniors in Hull is a new group formed for the needs of the younger stroke survivors aged 65 and under. The Stroke Club Juniors meet on the 1st Wednesday of each month, between 1pm to 3pm at the Avenues Hotel, Chanterlands Avenue, Hull.

Contact Jackie on Tel: - 01482 565430 or Paddy 01482 830676 and Sue or Ralph on 01482 223432

EDITORIAL

I hope you will raise a glass and celebrate with me and all the editorial team, as this pilot edition is launched. We hope it will be the first of many editions of the Stroke Matters Newsletter.



I must emphasise that the editorial team are all volunteers. They have worked tirelessly throughout and my thanks are owed to them. Strokes have had a major effect upon every one of their lives, one way or another. All have worked unstintingly and my admiration and thanks go to them all.

My thanks also go Maureen Lipman, our fellow Yorkshire lass and to all our sponsors. Without their support we could not have embarked upon this project. This is your newsletter and we wish to tailor it to your needs, so feedback from you really is essential.

The road to recovery may be long, weary at times and often frustrating. However, rewards can be found along the road and steady progress made at every step along the way.

The newsletter is intended to enable us to share our experiences along the way, to promote mutual support, to keep our spirits up and to point us in the direction of wellbeing and the fulfilment of our dreams.

Good luck and bon voyage to everyone who joins us on the road to recovery,

from Gill and all the members of the editorial team.

CELEBRITY SPOT

When I'm very contented and the World holds no anxieties for me I always tell myself "Remember this feeling you're feeling now." Because I know only too well that it is just a single second from there, to the constricted heart, damp palms and thudding temples that go alongside a diagnosis which suddenly changes everything, from light to shade.

Then life becomes about corridors, prescriptions, night time dashes accompanied by sirens, whether a vein will take another needle, why some nurses are kind and some doctors curt, who will mind the dog while you wait in a crowded outpatients and worst of all, now the intensive stuff is over, where do I go from here?

Because the truth and reconciliation starts here. After a stroke or chronic illness requiring rehabilitation, you need not just have your wits about you but your friends too - you find that empathy is a gift, like artistic ability and humour, and very simply, it's not a gift that is handed out to everyone. There are dear chums who will say, "If there's anything we can do.../?" and there are those who can give flowers but not time and there are those who are fearful that it will rub off somehow on them and those who just can't take the change in the sufferer and disappear till "She's better".

So with the exception of the gifted few, who continue to invite you over and visit cheerfully or pop a casserole on your step and keep phoning when there's really nothing to say, you are pretty much on your own. It feels like the moment when you bring your baby home from hospital thinking "Help! I'm totally unqualified for this job".



HUMOUR (cont.)

Getting old...

A woman at work was seen putting a credit card into her floppy drive and pulling it out very quickly.

When I inquired as to what she was doing she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM 'thingy.' (*keep shuddering!!*)

Getting old...

A mother calls 911, very worried asking the dispatcher if she needs to take her kid to the emergency room, the kid had eaten ants. The dispatcher tells her to give the kid some Benadryl and he should be fine, the mother says, 'I just gave him some ant killer.....'

Dispatcher: 'Rush him in to emergency!'

If a deaf person has to go to court, is it still called a hearing?

How is it that we put a man on the Moon before we figured out it would be a good idea to put wheels on luggage?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do doctors leave the room while you change? They're going to see you naked anyway!

If corn oil is made from corn, and vegetable oil is from vegetables, what is baby oil made from?

Why is it that people say they "slept like a baby" when a babies wake up every two hours?

HUMOUR

Why are you IN a movie, but you're ON TV?

Why do you have to "put your two pennorth in".. but it's only "a penny for your thoughts"? Where's that extra penny going to?

Why does a round pizza come in a square box?
Can you cry under water?

Paraprosdokians are figures of speech, in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous, Winston Churchill loved them.

Where there's a Will, I want to be in it.

The last thing I want to do is hurt you. But it's still on my list.

Since light travels faster than sound, some people appear bright until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up, we only learn how to act in public.

War does not determine who is right, only who is left.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

They begin the evening news with "Good Evening", then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism. To steal from many is research.

I thought I wanted a career. Turns out I just wanted a pay cheque.

CELEBRITY SPOT (cont.)

Personally, I sometimes think I was put on this Earth for one simple reason, to learn patience. When recovery is painfully slow or just not on the cards then patience is a constant. For the victim and the carer it is a painstaking journey where every step forward seems dogged by one and a half steps back. The pace of life slows down, an appointment with a physiotherapist is a high point in a long day, it's hard to invent new ways of diverting yourselves from the relentless fight back, and you are clock-watching in case you've spent too much time *here*, when you should be *there*.

Medicine, like religion, has frontiers and though the frontiers expand they need to be accompanied by knowledge, information, and an open mind to new discoveries. The patient will improve in many cases with stimulation, with attention and above all with hope, friendship and love.

But from the carer's point of view this hands on care, accompanied by the loss of all the companionship of erstwhile, can be beyond the limits of patience – which is where friends and family should kick in and this is also why I have so much admiration for stroke clubs and the work being done with the stroke newsletter, it is a simple but brilliant idea and I take my hat off to the editorial team, whilst thanking the Lord that I am still able to do that for myself.

All best Wishes.
Maureen Lipman.

LETTERS

Hello

I have heard all about your stroke newsletter. Has it even occurred to you that people who have had strokes are often on low incomes and cannot afford to buy magazines? A good idea -- I think not. Frankie.

Editor's Reply: What you say about affordability is quite correct, so you will be pleased to know that the newsletter will be available free of charge.

Dear Mrs Editor

Why doesn't your paper cover Hull surely we are all in East Yorkshire or are all my maps wrong?

Editor's reply:

We are a very small editorial team and we have very limited funds at present. We have to walk before we can run. We have included a section from our Hull neighbours. We will hopefully expand to include Hull as soon as we can.

A local newsletter especially for local people is a great idea. One suggestion, could it include information of any meetings or events in our area? Going to them would make a little trip out for a change and hopefully a chance to make new friends. Thank you. Carol M.

Editor's reply: Every issue will contain details you require, including information about local stroke clubs. Do get in touch with them. If you do attend you will, I am sure, receive a warm welcome.

Your letters, please send to contact on back page.

REFLECTIONS

We had Barry our favourite decorator/handyman here to give the hall, landing and staircase a fresh coat of paint. Since our electricians had been all rewired things were a bit shabby. There was also the matter of a loose floorboard on the landing. Every time you waked it sounded "Clang!"

Barry pulled up the carpet, underlay and the loose board a fraction only to find that someone had nailed through the new power shower plastic hot water pipe. But at this point we did not know that bit. We turned off the mains water into the house; turned off all the taps and valves we could find. Barry was told to cut the pipe so that we could replace it with a new piece. Bad Mistake! Water gushed out as the power shower forced more water out than we expected all over the landing floor. Towels were brought rapidly, buckets appeared as if by magic, and eventually after what seemed hours of getting soaking wet the water leak was stopped, chapped and turned off.

A new piece of pipe was inserted, joined correctly to existing pipes. All was well once again, apart from the wet pools under the landing floor, which had partly leaked into the kitchen through the light fitting there, and the marks left on the kitchen ceiling to repaint. After the event we washed about fifteen towels of various sizes, but they dried well, out in the 26 C° sunshine, which we had the day it all went horribly wrong, with water trying to flood the kitchen.

There was some good news after all this. Our neighbours had bought a new BBQ and wanted us to help them try out the food! A good end to a hectic day. *Thel and Dave Horner*

REFLECTIONS

Thelma Horner 16 April 2002
I'M BORED!

I'm bored the young one said
With a big sigh and a shake of the head.
I do nothing all day. I've got nowhere to play
My friends have videos and money to pay

And I want some now, so Mum what do you say.
Mum said when I was like you I had so much fun
I could skip, hop and jump and play in the sun.
I could read and write and crayon too
And had so much fun finding things to do.

Well Mum can you teach me your way
To spend my time for the rest of the day.
Let's cook and sew and garden too.
Let's be best friends, me and you.
So to all the children and Mums too

Just try a bit harder with all you do.
Let's hope satisfaction is gained
In whatever you seek.
And we won't hear "I'm bored!" for the rest of the week.

Ten Lessons on Life

- 1. Life isn't fair, but it's still good.**
- 2. When in doubt, just take the next small step.**
- 3. Life is too short to waste time hating anyone**
- 4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.**
- 5. Pay off your credit cards every month**
- 6. You don't have to win every argument. Agree to disagree**
- 7. Cry with someone. It's more healing than crying alone.**
- 8. It's OK to get angry with God. He can take it.**
- 9. Save for retirement starting with your first pay cheque.**
- 10. When it comes to chocolate, resistance is futile.**

LETTERS (cont.)

To the Stroke letter people. I have not had a stroke but I care for a lady who had one before I moved to Bridlington. She gave things to cats like clothes. I know she would like it if you gave some money for cats; she was a nice lady and had two cats. Doris B Cat Lover

Editor's Reply:-

Firstly may I say that we are always pleased to receive letters from those who look after stroke survivors. You do a really worthwhile job. The Newsletter is run by a team of unpaid volunteers who give up their time to produce it. Unfortunately we have no funds to give out. However, animal welfare is a popular cause and we wish you good luck with your appeal for funds.



STROKE FUND

HELP AT A STROKE



Are you living with the effects of a stroke?

Do you care for someone who has had a stroke?

Do you provide health or social care services to people who have had a stroke?

Do you live in the East Riding of Yorkshire?

You may be eligible for help from:-

The East Riding Stroke Survivor Small Grants Fund is available to provide items that will be of benefit to the stroke survivor and the carer.

There are criteria for accessing the fund and leaflets are available to explain these. It is expected that any request would be supported by a health or social care professional who works with the applicant. Applications, evidence and detail of precise cost are brought to a panel; the person applying does not need to attend as all the relevant information is provided on the application form.

Examples of successful applications include devices to attach to steering wheels in cars, a lifting gadget to assist putting wheelchairs into cars and a special broad based kettle which enables easier pouring.

Leaflets are available in some GP surgeries, from health professionals, in libraries and carer centres. Alternatively please telephone the administrator of the fund,

Judith at ERVAS on Tel:- 01482 871077.

HULL OPTIMISTS

Swimming for people with different needs
Registered Charity No 1014672

Hull Optimists teaches swimming to anyone who has failed to learn to swim by traditional methods. They may have a physical, sensory, or learning disability, suffer from back pain or have a fear of water.

Initially we use the Halliwick Concept, which concentrates on teaching 'water happiness' before actual swimming strokes. Through a series of exercises, often incorporated into games, the learner develops breath control, balance control and to release any unwanted tension. We progress slowly so the learner is never asked to do anything they are not ready to try. Teaching is done in groups, but each person has an individual instructor to give support.

After the initial programme has been completed, there is an opportunity to learn swimming strokes with the Shaw Method, using principles of the Alexander Technique. This follows on naturally from the Halliwick Concept as they are both based on the same philosophy of creating movement with minimum effort.

All teaching is supervised by qualified Halliwick Instructors. Club sessions Monday or Thursdays in term time at 7pm, Freddie Holmes School Inglemire Lane.

For further information visit the website or contact one of the following:-

Membership Secretary
Debbie Malton
Tel. 01482 211787

President
Betty Firminger
Tel. 01482 343460

Chief Instructor
Beryl Kelsey
01482 353547

Please see photo page 22

FEEDBACK

The aim of this newsletter is to provide a forum for stroke survivors and their carers.

The editorial team's goal is to provide both informative and useful information, plus provide you with a light-hearted look at life.

The team comprises a very small group of survivors and carers who are enjoying putting together your newsletter, but to help us to do so we need your input and in addition, most importantly, feedback of what you think of this pilot project.

What would **you** like to see included?

Do you have a stroke related story to tell?

Finally, if anyone feels they wish to get **really** involved, then we also need more volunteers to assist in production, and distribution of this newsletter.

There is a flier enclosed with this issue for you to reply with your comments. Please return the form or write to Ken, 41 Orchard Road, Skidby, East Yorks, HU16 5TL. By so doing you will help us progress the quality and diversity of the articles you wish to read in future issues.

FEEDBACK FROM MEMBERS OF STROKE CLUBS

Early feedback on suggested content reveals some stroke survivors like "Bite size" snippets of information, as sometimes longer articles test reading and concentration skills of those with cognitive problems.

This also shows the value to us of having good solid connections with stroke clubs, where there is a readymade source of feedback, stories and information. It also shows the value of having carers like Judy on the team for the newsletter who know what it's like on the front line.

MEDICAL INFO

This article is taken from the Guidelines from the National Institute for Health and Clinical Excellence (NICE) providing information to adults who have had a stroke or mini strokes (TIA) but may also be useful for their families or carers or for anyone with an interest in the condition.

The standard of care, which your local NHS should aim to provide, is as follows...

1. Ambulance staff, seeing you away from hospital, should assess you for stroke or TIA, before taking you to hospital.
2. Test for low blood sugar (hypoglycaemia)
3. Transfer to a specialist acute stroke unit within an hour if symptoms continue and ambulance staff think you may have had a stroke.
4. A brain scan completed within an hour of arrival at hospital
5. Admittance to a specialist acute stroke unit.
6. Be assessed to see if any benefit may ensue from treatment with a drug to reduce blood clotting.
7. Your swallowing should also be checked by a specially trained healthcare professional such as a nurse, doctor or speech therapist.
8. A healthcare plan should be in place for nutritional needs to be adequate.
9. Specialist stroke nursing staff and rehabilitation team members should be part of care team for first 24 hours of your admission to hospital.
10. Support from social workers and dieticians should be available if you need it.

There is also other information from NHS stroke services. As we are restricted in this issue of the newsletter we cannot include every piece advice from NICE. If you wish to have more information please put this on the feedback form.

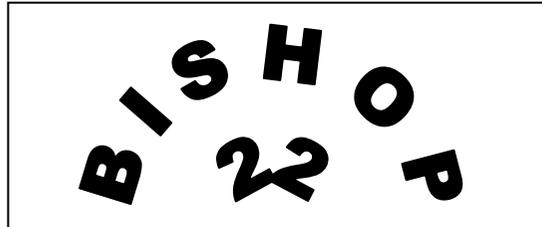
PUZZLE PAGES

Stroke Matters Quiz.

1. Which Yorkshire Rugby League Team, known as the “Gallant Youths” won the Challenge Cup three times in the first five years of its inception?
2. In which musical does the song “You’ll Never Walk Alone” feature?
3. “Family Plot” was the last film directed by this British born film director; who was he?
4. Which well known actor narrates the children’s TV programme “In The Night Garden”?

DINGBATS

Dingbats Courtesy of
Hull Daily Mail



Puzzle answers: -

Dingbats – Archbishop Tutu, Way out of line, Up for Grabs, Under the Weather.
Quiz – 1. Batley, 2. Carousell, 3. Alfred Hitchcock, 4. Derek Jacobi
Music Quiz – 1. His grey Mare, 2. Clementine, 3. A maiden, 4. Lovers, 5. A Jumbuck, 6. A little log hut, 7. His pipe, bowl and fiddlers three, 8. Bonnie, 9. Home, 10. A cup of kindness?

STROKE CLUBS in E.R.(cont.)

Haltemprice Stroke Club

Meet 2nd Monday monthly. 12noon to 2:00pm at The Wheatsheaf, Kirkella.

Contact Alan Bowmaster Tel:- 01482 651060

Holderness Stroke Club

Meet 3rd Tuesday monthly, 11am to 12:30pm at Shores Centre, Seaside Road, Withernsea. Friendly, social advice and support, guest speakers, join us for a chat and a cuppa.

Contact Mary Hunt: Tel; 01964 613512

Market Weighton Stroke Club

Meet 2nd Monday monthly, 11am to 1:00 pm at The Bay Horse, Market Weighton. Informal gathering, trips out for meals.

Contact Derek Devlin Tel: -01430 872769

STROKE CLUBS in E.R.

Beverley Stroke Club

Meet First Wednesday monthly. If you wish to join please contact: Tony/Judi on Tel: 01482 864882

October Granting Wishes For Children

November "Call My Bluff" Quiz

December Christmas Dinner

January Year Planning Meeting

Driffield Stroke Club

Meet 1st and 3rd Tuesday monthly, from 2:00pm to 4:00pm at Cass Hall, King Street, Driffield. 1st Meeting monthly usually a guest speaker; second on 3rd Tuesday involves social activity, bingo, and quizzes, beetle drive, 1st Sunday monthly there is a Sunday lunch. At least once a year there is a club holiday. Day trips twice a year, theatre trips etc.

Contact: Janet Tel: - 01377 256343

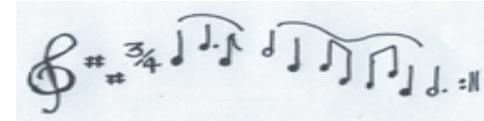
Goole Stroke Club

Meet 3rd Thursday of the month at the library in Goole, 12noon to 2:00pm.

Contact:- Trevor Mouncey:- 01405 764645 or email:- tmouncey@gmail.com

PUZZLE PAGES (cont.)

MUSIC QUIZ



Do you know your traditional songs lyrics?

1. What was Tom Pearce repeatedly asked to lend?
2. Who was in a cavern, in a canyon, excavating?
3. Early one morning just as the sun was rising – who was singing?
4. What were Frankie and Johnne?
5. In Waltzing Matilda, what did the Swagman stuff into his tuckerbag?
6. In Little Brown Jug, where did the husband and wife live?
7. What did Old King Cole call for?
8. In Annie Laurie, what did Maxwellton Braes look like?
9. Be it ever so humble, what is no other place like?
10. What shall be taken, for Auld Lang Syne's sake?

Editor's tip

Have a little sing song with yourself.

DINGBATS

B	B	B	B
A	A	A	A
R	R	R	R
G	G	G	G

WEA	R
THE	

HINTS AND TIPS

1.
Following my husband Ian's stroke I purchased a soft ball and throw it to his right side to encourage him to move his right arm, which at the time had restricted movement. This trick has an added benefit as Ian was unable to catch the ball, I did a great deal of ball chasingkeep fit!

Judy M

2.
Try squeezing a soft ball to increase power of grip.

Gill H.

SPONSORS

SPONSORS (up to date of publication)

Our grateful thanks go to our sponsors:-

Lions Clubs:-
Beverley and District
Bridlington & District
Drifffield & District
Haltemprice & District
Holderness & District
Hornsea & District
North Wolds and District
Maureen Lipman
Soroptimists International, Beverley
The Tiger Inn, Beverley

COOKERY

Chicken Cacciatore – Easy Recipe

Ingredients:

1 onion chopped
1 cup canned tomatoes
½ cup plain tomato sauce
1 tsp. oregano
1/8 tsp. garlic powder
1/8 tsp. pepper
4 pieces of chicken, skin removed

Preparation

In a large saucepan, combine onions, tomatoes, tomato sauce, and seasonings. Simmer for 3 minutes.

Wash chicken inside and out, and then add to saucepan.

Cover and cook over a low heat until chicken is tender, about 30 minutes.

Andy Keene, Contributor.

Andy is from New Zealand but now lives in Willerby, he is 38 and has suffered multiple strokes. Andy is a chef by trade and was chef at the Grand Hotel in Jersey. Andy is very inspirational when I first met Andy at the Haltemprice stroke club a few months ago he was wheelchair dependant and today I had the privilege of walking across the Humber Bridge with him and some other stroke survivors. I was humbled by them all. Andy was offered a wheelchair but was so determined to do it unaided he declined and finished on his own two feet. He is progressing very well and he told me it is down in part to being involved in stroke clubs and interacting with as many projects as possible. He attends the Haltemprice Stroke Club, Stroke Club Juniors and Sally Walsh's Willerby group.