

SIGNPOSTS

Along the Road To Recovery

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OUR NEIGHBOURS (cont.)

Masterstrokes - 2nd Wednesday of each month 1.00pm – 3.00pm
 Venue: Commonwealth Homes Community Centre Burniston Road, HULL
 Contact: Marianne Boyd on 01482 561901.

OK Stroke Club - At monthly meetings there are various activities and we had five outings last year. 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

Stroke Club Juniors - 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
 A very friendly group now meeting fortnightly as the Club now has its own mini bus and uses it for outings. New members will be made very welcome.

Remap photos and useful websites:



Bespoke transfer boards and bath boards

Stabilisers for an adult cycle



REMAP Website: <http://www.remap.org.uk>
 Other interesting sites are:

<http://remapshirts.org.uk/index.html>
<http://www.remapedia.org.uk/>

OUR NEIGHBOURS

The Freedom Stroke Club –

The Freedom Stroke Club started in April 2012 but it is a happy and friendly place. Members meet in the Wilberforce Suite at The Freedom Centre, Hull, on the last Friday of each month from 11a.m to 1p.m. A number of us stay after the meeting to have a lovely lunch together.



We thought it would be beneficial to take our members out on a day trip and we are in process of arranging a visit to Burnby Hall, Pocklington. This will be our first excursion, but hope it will be the first of many. A number of people have been invited to the

Freedom Stroke Club and have given interesting and informative talks to the group. Speakers have included Steve from Yorkshire Ambulance, Sensory-Services for people with sensory loss, Red Cross Claire & Jean with a relaxing massage. (See photo above).

Members enjoyed a Christmas lunch on the 12th December at the Freedom Centre and a good time was had by all. (See photo right)



If you require any further information please contact Cheryl on Tel: - 01482 781215 or email ruckles16@rickles16.karoo.co.uk

EDITORIAL

I think we are all relieved to find we have survived another Winter relatively unscathed and that hopefully, we have not unknowingly eaten any horse meat!



Like the fresh green shoots which are such a welcome reminder that Spring is upon us, you will notice that our little car has turned green, as it speeds us on towards the delights of Summer.

We certainly have plenty to look forward to. It is almost time to put on our shorts, no matter what we look like in them, and to grease ourselves up with sun screen, before snoozing contently in deck chairs, if there are any left! With Spring now upon us, we can look forward to enjoying ourselves on outings, possibly with stroke clubs. How wonderful to breath in some invigorating fresh air, either in Yorkshire's lovely countryside or by the sea. After the long Winter, it is long awaited joy to be out and about, even if we do have to wrap up a little at this time of the year. A hearty fish and chip supper at the end of the day will soon warm every one up.

When you venture out, why not take a pencil and pad with you and scribble down your thoughts, which we can then print and thereby inspire and get others to follow your excellent example.

You will be pleased to hear that all stroke survivors will henceforth have a copy of Stroke Matters in their discharge packs, when they leave the local hospitals. You will also be pleased to learn that our circulation has now reached a very encouraging 1,300 copies per edition.

May I take this opportunity to once again remind you all, that Stroke Matters is YOUR magazine and that the editorial team is always especially delighted to hear from you. So, sing merrily to yourselves, as you go out and about enjoying the lovely Spring sunshine. What better, than to sing the words of the old song "you have got to accentuate the positive, eliminate the negative and don't do Mr. in between".

Enjoy yourselves, take care and best wishes, on your road to recovery,

Gill and the editorial team.

CELEBRITY SPOT

ACTION THIS DAY!

Action This Day! (with the exclamation mark) was my dad's motto. If he'd have known Latin he'd have said 'Carpe Diem' or Seize the Day, but I reckon Action This Day was more urgent, especially with the addition of the exclamation mark. My dad was from a place called Carnwath in Scotland and he joined the Royal Navy in 1937; him and my mam, who was from a village near Barnsley, met as pen-pals in the war and then got married in 1943 on a 48-hour pass before my dad rushed back to the war and my mam rushed back to her WAAF base. Action This Day!



When my dad left the Navy in 1958 he went to work in an office in Sheffield and he told me that he stuck 'Action This Day!' on his in-tray so that no job hung on too long. At home he washed up as soon as (or sometimes before) we'd finished our tea and then went to make fishing flies in the little conservatory ready for his trip to Rutland Water the next day.

If anything broke, he'd fix it straight away. If a button popped off, he'd sew it back on. If the garden needed digging, he'd dig it at once. There was a day there waiting to be seized.

Continued on page 4

HUMOUR

Yesterday I was at my local super market, didn't like shopping there anyway.

Buying a large bag of Chum dog food for my loyal pet and was in the checkout queue when a woman behind me asked if I had a dog...

What did she think I had, an elephant? So, since I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Chum Diet again. I added that I probably shouldn't, because I ended up in hospital last time, but I'd lost 2 stone before I woke up in intensive care with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your pockets with Chum nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in the queue was now enthralled with my story).

Horrified, she asked me if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off the kerb to sniff an Irish Setter's backside and a car hit me.



I thought the guy behind her was going to have a heart attack he was laughing so hard. I'm now banned from the store. Better watch what you ask retired people. They have all the time in the world to think of daft things to say.

FEEDBACK

Pilot Edition – Reader Survey -Feedback Results

Firstly, a big thank you to everyone who completed and returned the feedback forms.

The results were extremely encouraging. Feedback was received from those recovering from strokes, their carers, care homes, doctors and other persons directly and indirectly involved with strokes.

Of those who responded, 93% rated the pilot edition of the magazine “very good”. A further 4% rated it “good” and the remainder found it “ok”. Helpful comments were made on about 30% of the returned forms.

The most popular opinion expressed was that ideally, the magazine should contain as much helpful information as possible, especially that which was not available elsewhere, or which was not generally known. The second most popular comment was that the reader’s letters page was much enjoyed, and that if possible, it would be good to have more letters published in future editions.

This is where you, the readers, can make a major contribution to the success and usefulness of the magazine. For example, if you have received good service or better still a discount, from a supplier of disability products, or if you have discovered a new gadget which makes some aspect of daily life easier, please drop the team a few lines and share your knowledge, so we can all benefit. Similarly, if you have identified shops, cafes, department stores, local authority offices or other premises which have excellent facilities for the disabled, such as ramps, wheelchairs, lifts etc., we can also pass on that information in future editions. In short, do contact the editorial team with details of anything which would be of benefit to those who are recovering from a stroke, or any story to tell of how you are coping with your different life style.

It is also important that you keep the team up to date with your views on the magazine, as this will enable the editorial team to tailor “your magazine,” to best suit your particular needs and interests etc. Once again, thank you for your response to the pilot edition and we look forward to hearing from many more of you, in the future. The letters do not need to be long, or formal and just a brief note would suffice, so keep your pencils sharp and the letters coming in! (See back page).

CELEBRITY SPOT (cont.)

In the 1990's he had a stroke; I'd been out all day filming something; we always went for our tea to my mam and dad's on a Saturday and when I got there I was greeted by my eldest daughter who said "Grandad's not very well!" and he wasn't. We got him to hospital and there was a long process of rehabilitation. He was always optimistic and spent many of his last years sitting in a chair at home watching old cowboy films and still 'Actioning the Day' to make the best of every day.

He died on Christmas Day 2001, many years after his stroke. That morning the nurse gave me a parcel wrapped in Christmas paper. "We always give them a present." she said. I took it to my dad, and opened it. Deodorant and after-shave; Action This Day, dad! Go to wherever you're going and smelling beautiful.

I said to my wife, "All this makes me want to live. Not in a daft or overindulgent way..." She smiled. "Action this Day!" she said. Exactly, seize the day, make your fishing flies and go and catch the biggest fish you have ever seen...

Ian McMillan

Editor – Ian is a well known poet, stand up comedian, writer, and broadcaster on TV and radio who writes regularly in the Yorkshire Post. We were delighted when he kindly agreed to write for us.

MEDICAL INFO

Physiotherapy is perhaps the most well known of the therapies that a person might receive following stroke. We tend to be associated with the job of getting the patient walking again, but as well as taking the lead with improving the mobility of a person after stroke, we may also be involved with the very acute care of patients with breathing difficulties, work to improve balance and perception of midline, strengthen weak muscles in the arm, leg or hand, reduce reliance on equipment or carers and thereby improve the patient’s ability to function independently in their environment.

Continued on page 17

STROKE CLUBS in E.R

Beverley Stroke Club

Meet First Wednesday monthly from October to April when we have indoor games, quizzes and talks. From May to September we have outdoor meetings and have visited many stately homes, The Deep, Burnby Hall Gardens, North Yorkshire Moors Railway, York for a river trip Bishop Burton College Gardens and Eden Camp etc. If you wish to join please contact: Tony/Judi on Tel: 01482 864882.

Programme 2013.

1st May talk Annette McMillan 30 years at the chalk face.

5th June – Trip to Yorkshire Air Museum, Elvington, YO41 4AU. Tel: 01904608595

3rd July Trip to Burnby Hall, Pocklington

7th August – Noon BBQ at “Seasons”, Gibson Lane, Melton.

To the Editor,

I do hope that you will not mind receiving a letter from someone whom you have never met, and who is not involved with strokes.

I write concerning David Robinson, who has been a fine friend to me for many years. David had many interests, but his overriding enthusiasm was undoubtedly for his beloved Stroke Club, which he never stopped talking about.

Knowing David, who was always cheerful, I have absolutely no doubt that he would not want anyone to be upset that he is no longer with us. I am equally certain, that his fervent wish would be that the Beverley Stroke club should continue to thrive and prosper. If his many friends at the Beverley Club are able to keep the club going, on his behalf, David would, I am sure, rest contented.

Many thanks, An Old Friend.

Editor – Thank you very much for your letter. David and Jane had much to be proud of and members greatly appreciated all their hard work over the past ten years. I am sure the Club will thrive and live up to the legacy he has left behind.

INSPIRATIONS

Sorry about my handwriting, one of the by products of my stroke suffered in 2009 (September), three days before attempting to go on holiday after my husband’s sudden death the previous October. I am still suffering from TIAs (mini strokes) and up to now have had 5 of the little monsters. But get up and start again (eternally an optimist). “Up and at ‘em” is my motto according to my family. Hope to be with you all one day soon, weather permitting. Sorry I had to give my car up so have to do everything by public transport. But I love it and my lifestyle too, such a change from the hectic life I led over the past years (or pre-stroke).

I am positive the magazine will be a great success. Well done, many congratulations to you all for getting it off the ground and a big thank you for your efforts to help us in the direction of recovery. More power to your elbows etc. etc. etc Love to you all in abundance. A grateful stroke survivor.

From the editor

Thank you so much for your letter. I greatly admire your spirit. You are a great inspiration particularly to the editorial team. I know presently you are unable to attend a Stroke Club but we all wish you a speedy journey on the road to recovery. Please keep in touch.

REFLECTIONS

Growing old

Even though you feel the cold,
Don't be scared of growing old,
Now your hair's turned grey from brown
And you mind is slowing down
You'll find that you are not as fast
As you were as lad or lass.
Don't worry if there's no heave above,
You'll still have your family's love.

MEDICAL INFO (cont.)

I have been working with stroke patients for 22 years, and I am currently based on an acute stroke and early rehab unit. My role is both incredibly rewarding and challenging physically, mentally and emotionally. Over the years I have been fortunate to work with some stroke patients who have made amazing recoveries from devastating strokes that they were not even expected to survive.

Stroke affects every patient differently and, every patient who has difficulty with movement should be assessed by a specialist neurological physiotherapist. We will analyse the way the person moves and use our training in anatomy, normal movement, therapeutic handling and exercise to develop an individualised treatment plan that aims to re-activate weak muscles, re-train the brain to control the body and restore previous abilities wherever possible.

Stroke patients should begin to mobilise and exercise as soon as possible after a stroke. National guidelines recommend that in the early stages they receive as much therapy as they are willing and able to tolerate, a minimum of 45 minutes per day. Maybe this is where our nick name of “physio-terrorist” comes from!

In addition to the therapy provided on a 1:1 basis, group therapy has been found to be an effective way of working both in the hospital phase, and in the ongoing rehab phase. Physiotherapy will work closely with patients, carers and other colleagues such as nurses, occupational therapists and speech and language therapists to ensure that as a team we are all aware of the patients’ needs and treatment goals. Following discharge from hospital physiotherapy will usually continue for a period of time, and research has found that being discharged home early with appropriate support from therapy and care staff is beneficial for many patients. Some patients however may need several months of intensive inpatient rehabilitation and family training before being ready for discharge.

People can continue to improve over many years following stroke and it is important that all patients are encouraged to take regular exercise after stroke as far as they are able, even when the formal therapy has finished. I always remember a quote from my training years ago, “if its physical- its therapy”
Rebecca Canit-Baldwin, HRI Physiotherapist Dept.

LETTERS

Dear Editor

I enjoyed reading the last magazine, which like the first one had something different and interesting on every page. Where else would you find a competition involving Chinese Proverbs? Anyway, the “Do not sit on a tree stump waiting for a hare to go by” proverb got what is left of my little grey cells working. After about an hour’s contemplation, I was in a position to state categorically, that I hadn’t a clue what it meant!

However, since I had my stroke four years ago, it has become a favourite pastime of mine, on a nice warm sunny day, to take my leisure in the garden, where I sit on an old tree stump, and watch the creatures who live there, going about their business. I especially like watching the birds, coming and going to the bird table.

My experience of this pleasant idleness, leads me to offer my own version of the proverb. This would be “Do not sit on a tree stump waiting for your hair to grow”. I have spent more hours that I can count, doing just that, over the last four years, and I am still as bald as a coot!

Keep up the good work,
Josh

Editor – Thank you very much indeed Josh for your winning letter. I greatly admire your gentle humour and the charming way in which you tell your story. Your kindness in firmly declining to receive a book token, is very much appreciated. The money thereby saved will, as you request, be put towards the cost of producing the magazine.
All good wishes,
Gill

HINTS AND TIPS



Our services include....

Information & Advice - A confidential and independent service is available, offering free information and advice to help you make the best decisions that can make a big difference.

Good Neighbour Scheme - Befriending: Someone to offer you a friendly ear to share your news and provide day to day support.
Internet Shopping: For those unable to access shopping from large supermarkets. **IT Training:** To develop basic IT skills and the confidence to use them in your daily life.

Spic and Span Cleaning Service - The service is delivered by cleaners employed by us and who have been police checked.

Trading - Home, Car, Travel Insurances; Gas & Electricity deals; Funeral Plans - these are just some of the Trading products and services we can offer.

For further details or if you would like a representative a rep from Age Concern can attend your Stroke Club to give a talk (free of charge) please contact Age Concern on 01482 869181 or email info@ageukeastiding.org.uk

Stopcocks - The question is frequently asked, do you know where the stop-cock for your house's water supply is located?

This is important, as the knowledge of its whereabouts can prevent expensive damage, caused by water escaping from a burst pipe. However, simply knowing where it is located is not enough. It is not uncommon for stop-cocks to be unused for very long periods and this frequently results in them becoming seized-up. When in an emergency, you try to turn off the water; the stop-cock refuses to operate. Disaster follows. What to do, see page 11.

TENNIS

(FOR THE DISABLED)

My name is Simon Berry, I became a wheelchair user at the age of 18 after a motorbike accident; however I believe this has been the making of me and I have gone on to achieve lots of great things. I was told due to the level of my spinal injury I would never be able to play sports at a competitive level, this judgement was based on what someone thought rather than my can do attitude to succeed in whatever I tried. I have gone on to represent my country in the winter Paralympics in a sport called sledge hockey (ice hockey) played from sledges; this led me to be voted as BBC Disabled Sports Personality 2006. I firmly believe that anyone can achieve their goals and aspirations with belief and the correct level of support no matter what their circumstances are, disabled or not.



I was a telecoms test design engineer for 17 years, however I wanted to make a difference in people's life's, so I went back to university to study community & youth work; this gave me a great opportunity to work alongside disadvantaged and disabled young people to enable them to achieve their goals. I used sport as the catalyst to engage with these young people, and this achieved great results. I firmly believe that sport can be used to get past any barriers people face, whether that be personal or society. I currently play tennis with my non-disabled peers to a high level, I also run social tennis club evenings at David Lloyds Club in Hull. Special wheelchairs are available at David Lloyds Club, Kingswood.

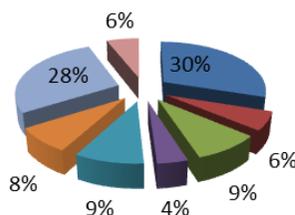
Contribution by Simon James Berry Trustee Echoes Foundation.

Key facts: Played on regular size courts, same equipment used, players allowed up to 2 bounces of the ball and tennis chairs allow extra manoeuvrability around the court.

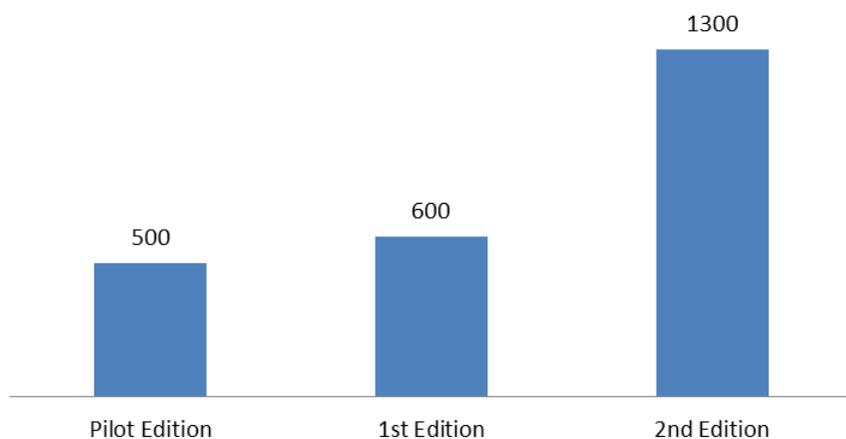
DISTRIBUTION

Distribution Pilot Edition

- A Stroke Clubs and Stroke survivors, carers and supporters
- B Hospitals, Hospice, Therapists
- C Care Homes
- D Contributors
- E Libraries (inc Mobiles) and Sponsors
- F Carers Centres, L/A's, Stroke Teams
- G Surgeries (GPs, Dentists, Chiropodists etc)



Circulation



HINTS AND TIPS (cont.)

REMAP

Hello, my name is Roy Heath and I have been asked if I could write an article for this newly established newsletter, Stroke Matters, about the service provided by the charitable organisation REMAP of which I am a member.

REMAP is funded almost entirely by voluntary donations and makes no charge to the clients for equipment supplied. All members are volunteers who give their time freely and much of the material used to fulfil projects is recycled, recovered or donated by generous local manufacturers

We plan, design and manufacture individual devices which cannot be obtained from commercial resources to suit individual needs. We also offer advice to help people select the most appropriate solution to their problem.

In many cases we make simple gadgets which help make a difficult or impossible job easy for the client. In other cases they are complex and call upon all of the not inconsiderable skills of our members.

A few examples of jobs we have done for clients are: an engineering vice able to be operated with one hand, a one handed knitting device, and a device to enable a stroke victim to be able to put maggots onto the hook while fishing.

And a complex job we are presently making is a motorised easel to enable a lady mouth painter to adjust the height to a comfortable position.

Our panel meets at 6 weekly intervals and can be contacted through myself on 01964 670940 or r.m.heath@btinternet.com, or Dave Rogerson at David.Rogerson@hey.nhs.uk

Editor – Remap is willing to give talks to your Stroke Club. See page 22 for photos.

PUZZLE PAGES

Name these – Hint – think of biscuits and chocolates

Quiz 1

- 1) A red head
- 2) Your body's internal system
- 3) A drink with a high salary
- 4) An Antarctic waiter
- 5) London's are black
- 6) An American Whiskey
- 7) Where refined people live

COMPETITION WINNER – The winner of the 1st Edition competition was Josh. You can read his winning letter which we have printed in full, in the letters section. We think you will agree with the team, that he is a worthy winner.

.....
Puzzle answers: -

Dingbats – Dead End, Out Of The Way.
Quiz 1 – 1. Ginger nut, 2. Digestive, 3. Rich Tea, 4. Penguin, 5. Taxi biscuits, 6. Bourbon, 7. Club Biscuit, 8. Quality St.
General Knowledge - 1. The Pompidou Centre, The National Portrait Gallery, The Louvre, 2. Dark Blue, Dark Red, Dark Green, 3. 107, 183, 206, 4. Aston Villa, Nottingham Forest, Manchester United, 5. Antelope, Cat, Brown Bear.

STROKE CLUBS in E.R.(cont.)

Goole Stroke Club

Meet 3rd Thursday of the month at the library in Goole, 12 noon to 2:00pm. It is a small social group; we welcome new members, very friendly. Contact:- Trevor Mouncey:- 01405 764645 or email:- tmouncey@gmail.com

Haltemprice Stroke Club

Forthcoming events include on Saturday 11th May a fund raising concert at Hull Guildhall by Hull Ladies Choir, proceeds to be shared by Haltemprice Stroke Club and Hessle Open Gateway, (tickets available via club or at the door). Tuesday 14th May, a trip to Helmsley. Future plans include a Quiz Night, ladies pamper day plus another day out, details to be finalised.

Meet 2nd Monday monthly. 12 noon 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 Pridding: Tel; 0781 5807136



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. (cont.)

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

In March 2013 the Club went on a coach holiday to London.

Day 1 – Driving through snow showers we stopped in Cambridge and found a nice café by the river to warm us up.

Day 2 – We went on a full day's tour around London including the Olympic site. We could see the velodrome, the aquatic centre, the Olympic stadium and the orbit sculpture. We also toured the Eastend, the Indian shops selling saris and the statue of Winston Churchill and stopped at Waltham Abbey. Afterwards we had a boat trip through the Lee Valley. Tea and biscuits on board were very welcome.

Day 3 – Again driving through the snow showers, there was a visit to Hampton Court. As it was Mothering Sunday we fitted in a flower display competition making small bunches of flowers to give to mothers in the group. We visited Hampton Court which was wheelchair friendly.

Day 4 – We called at Duxford Air Museum. It was good to see Concord and go on board. On our way home it was hard to see through the "white out" all credit to our driver.

Another good holiday with our Stroke Club.

Editor – The weather clearly does not stop Driffield SC getting out and about. Well done!

PUZZLE PAGES (cont.)

Quiz 2

What do all the words listed have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Editor's note: In all the words listed, if you take the first letter, place it at the end of the word and then spell the word backwards you will see the point. Apparently these words are called PALINDROME.

General Knowledge Quiz

1. In which art gallery is Leonard Da Vinci's painting Mona Lisa, permanently housed?
2. What colour is Indigo?
3. How many bones are there in the human body?
4. What English Football Club won the European Cup in both 1979 and 1980?
5. What type of creature is an Ocelot?

DECEASED

DINGBATS -

Courtesy Hull
Daily Mail

ROUTE

HINTS AND TIPS (cont.)

Burst Pipes - What you need is forward planning, as follows:

1. Be aware that some houses have more than one stop cock, so investigate everywhere plumbing is accessible and make a note of the whereabouts of any stop cocks found. Keep the note, where you can find it quickly in an emergency.
 2. Having located the stop-cocks, make sure that you can screw them down (clockwise). Do not forget to screw them open again (anti-clockwise).
 3. If they will not screw down, get them replaced by a plumber as soon as possible.
 4. If you subsequently have a burst pipe, firstly make sure that all water heating devices, including boilers are turned off, then turn off all stop cocks. Do not expect the water to stop flowing from the burst pipe immediately, as it may take a while for the pipes and tanks to empty.
 5. You have now taken the necessary steps to protect your home from expensive water damage. Panic over - time to call the plumber.
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SPONSORS

SPONSORS (up to date of publication)

Various Freemasonry Lodges in East Yorkshire
Beverley Tangent No 225
Awards for All (National Lottery)



LOTTERY FUNDED

COOKERY

Sweet and Sour Pork

- 1 & ½ pork ribs or belly pork
- 1 green pepper
- 2 apples
- 1/3 cup of stock (made from a cube)
- 3 tablespoons cornflour
- 3 tablespoons soy sauce
- ½ cup of vinegar
- ½ teaspoon salt
- ½ cup sugar or substitute
- ¼ teaspoon pepper
- Oil for frying

Cut the pork into ½” cubes. Slice pepper and carefully remove and discard the pips. Peel and slice apple. Get oil really hot, in a stout frying pan. Add pork, apples, and pepper, and brown. Add stock and simmer for 20 mins. Simmer 2-3 minutes, until the mixture thickens. Serve immediately, with boiled long-grain rice. Suggestion – cooks very well in a slow cooker.

Cooking tips – Do you know?

Sauces are less likely to go lumpy if the liquid is added hot. This is particularly so with milk sauces.

If you grow your own peas, or if you can buy them young and tender, why not cook them as the French do, pods and all. They retain all their own flavour this way.