

SIGNPOSTS

Along the Road To Recovery

| | |
|--------------------|-----------------------|
| 2 Editorial | Ski-Activity 3/4 |
| 5 Medical Info | Stroke Club Trip 6 |
| 7/8 Reflections | Competition Results 9 |
| 10 Puzzle page | Research 11 |
| 11 Sponsors | Cookery 12 |
| 13 Hints and Tips | Stroke Club E. R 14 |
| 15 Humour | Guest Spot 16/17 |
| 18 Inspiration | Letters 19/20 |
| 21 Friendship Link | Our Neighbours 22 |

OUR NEIGHBOURS

Freedom Stroke Club – the Freedom Stroke Club 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 11am to 1pm. A number of us stay after the meeting to have a lovely lunch together.

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

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. 1st Monday in the month at 11.30am – 1.30pm. Venue: Goodfellowship Inn, Cottingham Road, Hull. Contact: Joyce Atkinson on 01482 376483.

Hull 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 and 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.

FRIENDSHIP LINK

The Peterborough Stroke Group - The Peterborough Stroke Group meets once a month on a Wednesdays afternoon at the Quaker meeting house. The group was opened up to all stroke survivors and carers when it was handed over to the Stroke Association 3 ½ years ago, having started as a support group for people with speech and language difficulties. The ages of current members range from late 20s to 80+ and the average attendance at meetings is around 12-15, with volunteers also giving their support. While some members suffered their stroke a long time ago, most had their stroke during the last 5 years.

Activities at meetings have included relaxation exercises, Tai Chi, arts and crafts, guest speakers and of course always a tea and chat session, with the December meeting giving us the opportunity to get together for a Christmas lunch, which is always very popular.

With a new chairman and secretary recently installed, the group is attempting to attract more members. An exercise class has been introduced at the start of each meeting, run by Ian, who is himself a stroke survivor and qualified gym instructor; this innovation has been very well received, with new or lapsed members coming along as a result, and it is hoped more will follow.

Hannah Longlands, from the Stroke association, is often at the meetings giving help and support; she specialises in speech and language difficulties, providing long-term assistance, mostly by running courses to help survivors regain confidence and maybe return to work or take up their hobbies again. Her young and cheerful presence is always welcome.

One of our members was given a copy of STROKE MATTERS at a conference; reading of your activities, and those of neighbouring groups in your area, it is plain we are relative babes and amateurs in the ranks, but we can hope to make progress in the years ahead. Your Newsletter was of great interest, and may well provide us with inspiration regarding future activities; congratulations to all who are involved in its production!

Editor: thank you so much for our support and encouragement. Our best wishes for the New Year.

EDITORIAL

Christmas has been and gone. Much anticipated as usual with a great deal of excitement in the lead up, with Father Christmas arriving in the stores in October. In Beverley around Christmas time, where did the colourful roast chestnut vendor go with his cart and portable fire? Was he around at all or do we now have to put up with virtual chestnut sellers and hot chestnuts?



It is a good time for families sharing festive food, presents and carols, but not so good for those living alone to be reminded of that family time.



The Christmas party at the Beverley Stroke club was very jolly. Part of the time was taken up by the ladies on our table crawling around on the floor trying to invert the top which has been pulled from a Christmas cracker. It turned out to be fun but a thoroughly disappointing and frustrating interlude. Not one of us could make it stand

on its stalk. We end up grubby, almost head butting one another on the floor and spoiling our posh party clothes like naughty children. I still maintain the top was defective!

The crackers produced jokes, see page 9 for the results of the lousy Christmas cracker joke competition. Thank you for your entries.

In the New Year hopefully our website will be up and running, watch this space.

As I write this, it will shortly be time for that New Year's resolution. My Uncle Jack every year resolved not to resolve as it was futile. He ended up eating the cake if not his words. I will not be following in my Uncle Jack's footsteps. The team join me in resolving to make STROKE MATTERS better than ever and as memorable as we can in 2014 for all our many readers. For your part, in order to help us, please resolve to send us at least one quiz question, one joke (clean) or idea for each edition. This would be greatly appreciated.

WE CAN ACHIEVE MUCH AND WORK TOGETHER in the year ahead. Let's give it a go after all it is part of the recovery process! The team wish you a very happy, healthy and peaceful New Year.

SKI-ING ACTIVITY

Ski-ing for the Disabled



Disability Snowsports UK is a registered Scottish Charity No 287106. In the UK it has six indoor snow centres. These are in Manchester, Tamworth, Hemel Hempstead, Braehead in Glasgow, Milton Keynes and Castleford. Amongst a variety of snow sport activities it provides opportunities to ski and snow board.

At the heart of Disability Snowsports is the desire to increase opportunities, fitness, mobility, freedom, social interaction, independence and skill of people with disabilities, and to identify and nurture the abilities of young potential athletes. Age however, is not necessarily a limiting factor. Its mission is to promote equality and opportunity for people with disabilities to take part in snowsports. Also to help improve their enjoyment at a standard of performance appropriate to their level of choice.

Continued on page 4

LETTERS (cont.)

Dear Editor and the team

Congratulations! A year has passed and '**Stroke Matters**' has grown and matured into an excellent publication. I have come across copies in the doctor's waiting room and though what a good idea to spread the word; and what helpful, hopeful words they are. To someone who has been cast down by a stroke, and for their relatives, '**Stroke Matters**' must give rise to hope for the future where there seemed to be no future. Within the pages there is advice on where the various clubs in the locality, and further afield are, to reach those people who are already living with the aftermath of a stroke. After all they are the experts; they are living with the condition. There are quizzes, jokes and puzzles, articles that not only exercise the brain but add a touch of normality as well as humour. Medical advice, interviews with not just celebrities but the achievements of 'ordinary' folk told in a refreshing style. Just so much within the pages to inspire, to challenge, to amuse and to look forward to on the road to recovery.

Pat: A stroke supporter.

Editor: Thank you for your very kind words of encouragement.

Dear Stroke Matters

My friend in Bridlington sent me your magazine which I quite enjoyed reading. There are addresses for Stroke Clubs but not for where I live. I am in Lincoln and recovering from a stroke. It would be nice to meet other people in the same situation. Do you know of a Stroke Club in Lincoln?

Editor: I am sure that there will be a Stroke Club in Lincoln, hopefully located in your part of that fine city. The Social Services department of your local council, or possibly the local library should be able to assist you in finding one. Best wishes for a rapid recovery.

LETTERS

Dear Editor and the team

My brother who is 81 years of age and who has had a stroke lives alone in a 2 bedroom council flat. He uses the second bedroom to store his disability equipment. The room is also used when his daughter comes up from Gloucester to visit him. He is very worried about the bedroom tax, as he only just manages to make ends meet and is afraid of being unable to keep warm if we have a severe winter, due to lack of money. If the council, tax his second room, are there any charities which might help him?

Yours faithfully, Eliza R. (Jacks sister)

Editor: I presume that you are referring to financial help, but I doubt that any charitable help is available. However, Age Concern might be able to offer some advice, especially with regard to keeping warm. The bedroom tax looks likely to be a problem for many people who have a genuine need for a spare room. Why not write to your local member of parliament and voice your concerns regarding your brother and for others in the same predicament.

Dear Editor

I liked the latest edition of Stroke Matters and was pleased to read how successful the fund raising at David Lloyd Sports had been. You seem to have been blessed with some very talented fund raisers and with some generous donators of prizes.

As a matter of interest, you say in your report "your editor was suitably dressed", and I wondered how an editor should dress for an Olympic style ceremony – a union jack T shirt perhaps. Anyway, keep up the good work and hearty congratulations to all who helped to make the event so successful.

Yours truly, Amanda

Editor: You are absolutely right Amanda, the organisers and the prize donors did Stroke Matters Proud. As to the Editor being suitably dressed, they say that one picture is worth a thousand words, so see for yourself.



SKI-ING ACTIVITY (cont.)



The cost of a lesson includes all adaptive ski instruction, lift passes and equipment. All you need to bring are warm clothes and gloves. Helmets are provided and have to be worn. Castleford in the West Riding is the nearest centre to E. Yorkshire and the centre is located at Colorado Way, WF10 4TA. Details of lessons can be obtained by phoning the HQ on 01479 861 272 or emailing on admin@disabilitysnowsport.org.uk.



Website: www.disabilitysnowsport.org.uk. You may find obtaining a copy of the charity's free year book useful.

MEDICAL INFO

Having a Carotid Ultrasound Scan



One of the first investigations performed when a patient has had a stroke or mini stroke (TIA, Transient ischaemic Attack) is to have a simple ultrasound scan of the arteries (blood vessels) in the neck to look for any narrowings or “furring up” which may have been the cause.

This usually takes place in the vascular laboratory at Hull Royal Infirmary (HRI). It is a simple, quick, non-invasive procedure that takes only 10-15 minutes. It is very similar to the ultrasound scan that pregnant mums have on their tummies to image the baby.

The scan involves lying on a couch, loosening clothes around the neck. A small amount of gel is applied to the neck and a probe is moved up and down each side of the neck to examine the arteries that go to the brain.

If any significant narrowing or blockages are seen the referring doctor would be contacted straight away in case treatment (ie surgery) is indicated. The majority of scans are normal as strokes, TIA's are often the result of other conditions and not due to narrowed arteries. If surgery is required a vascular surgeon may operate to clean out the arteries to prevent a further stroke or TIA. This is a fairly quick and simple operation with only 1 or 2 days stay in hospital.

For more information please contact Jennie Bryce at the Vascular Lab HRI.

INSPIRATION

Her Victory

‘Coffee’, the only word she can say
As she sits crosslegged on the bed.
Young, beautiful, with life to be lived,
And lovers to be loved.

Yesterday was a normal day.
Today her language is shot to pieces.
That ultimate word processor the brain
Is damaged, but not beyond repair.

Words have vanished through holes, making no sense.
The flow of language has stopped dead.
The result is bewilderment, frustration, and despair
For her, and all around her.

Slowly with help she begins her struggle
To relearn a language known from childhood.
To painfully connect the spoken word to visual image,
The visual image to the written word.

Conversation becomes easier as nouns connect to verbs.
She constructs sentences to express her feelings
To friends and family.
Now strangers marvel that she ever had a stroke.

Susan Gilmour – Retired speech language Therapist, Hexham Speech After Stroke Club.

Editor: I am told this girl, in her 20's, made a good recovery, married and had children, but never returned to her job.

GUEST SPOT (cont.)

Hope and Expectation

My source of hope is to be found in the core message of the Christmas season but whatever the source of our inner reserves we remember the wisdom and tenacity of the great Martin Luther King – “we must accept finite disappointment but never lose infinite hope”.

In our determination it is important to see and grasp even the smallest opportunities to make progress.

In a Catholic primary school the children were queuing for lunch and a nun had placed a note next to a pile of shiny red apples “take one only God is watching”. At the end of the line there was a pile of chocolate bars and the first little lad through a scribbled note “take as many as you want God is watching the apples”!!

Look for those opportunities and be encouraged on your road to recovery.

Howard Petch

Editor: thank you for this thought provoking article. Howard was formerly principal of Bishop Burton Agricultural College.

STROKE CLUB TRIP

Beverley Stroke club's July trip Peter (carer for Richard)



Our July visit was to Burnby Hall at Pocklington with lunch at the Yorkway motel on the 1079. With a choice of 3 main courses of poached salmon, steak and ale pie or roast beef, we all enjoyed a splendid lunch in a nice relaxed location. The only criticism would be that the car park is of chalk stone and very difficult to walk over. After lunch we transferred in convoy the short distance into Pocklington to Burnby Hall. Parking is excellent. On entering the gardens I would really recommend you buy a cup of food pellets to feed the fish, as you scatter the pellets, the water appears to boil as the Koi carp battle for the food. The gardens themselves are a delight and very easy to get around with some very interesting sights to see. Once again the facilities for people with a disability are very good and the staff are very helpful. The cafe does the usual array of refreshments of which the local ice cream proved to be a personal favourite. The visit was both good quality and good value, if your group is planning a trip for the future.

REFLECTIONS

Welcome to Holland



Chris Caley
Stroke
Supporter

I am often asked to describe the experience of raising a child with a disability, to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby it's like planning a fabulous vacation trip, to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum, the Michelangelo David, the gondolas in Venice. You may learn some handy phrases in Italian, it's all very exciting. **Continued on page 8**

GUEST SPOT

Hope and Expectation



In the words of a Scottish proverb 'Were it not for hope the heart would break' and as JFK said "we should not let our fears hold us back from pursuing our hopes". Facing some of the bigger challenges of life will entail finding a healthy balance of hope and expectation.

With help and support from those around us this will demand a realistic level of determination. One cold, raw January morning a snail was making its own deliberate way up a cherry tree. A wise guy beetle poked his nose out of a crack and said "there ain't no cherries up there mate". The snail continued unabashed and replied "there will be by the time I get there".

I know from experience that sometimes our progress can appear depressingly slow but these are the very times we need to draw our reserves of hope.

Continued on page 17

HUMOUR

Larry May Become My New Favourite!



A new teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!"

After a few seconds, Little Larry stood up. The teacher said, "Do you think you're stupid, Larry?"

"No miss, but I hate to see you standing there all by yourself!"

Larry watched, fascinated, as his mother smoothed cold cream on her face. "Why do you do that, mummy?" he asked. "To make myself beautiful," said his mother, who then began removing the cream with a tissue.

"What's the matter" asked Larry, "are you giving up?"

~~~~~

**Here is a programme of strenuous activities that does not require much physical exercise.**

1. Beating around the bush
2. Jumping to conclusions
3. Climbing the walls
4. Swallowing your pride
5. Passing the buck
6. Throwing your weight around
7. Dragging your heels
8. Pushing your luck
9. Making mountains out of molehills
10. Hitting the nail on the head
11. Wading through paperwork
12. Bending over backwards

## REFLECTIONS (cont.)



After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later the plane lands. The stewardess comes in and says "Welcome to Holland!"

"Holland?!!" you say. "What do you mean Holland? I signed up for Italy. I'm supposed to be in Italy! All my life I've dreamed of going to Italy. But there's been a change in flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting place full of pestilence, famine and disease. It's just a different place.

So you must go and buy new guide books. And you will learn a whole new language. And you will meet a whole new group of people you have never would have met.

It's just a different place. It's slower paced than Italy, less flashy than Italy. But after you have been there a while and you catch your breath, you look round you, and you begin to notice that Holland has tulips. Holland even has Rembrants.

But everyone you know is busy coming and going from Italy, and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes that's where I was supposed to go. That's what I had planned."

And the loss of that will never go away because the loss of that dream is a significant loss. But if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland.

Emily Pearl

Editor: this could apply to any catastrophe in life. I think it is very helpful, I hope you agree. Sent in by Ashby de la Zouch Stroke Club in Leicestershire.

## COMPETITION

### LOUSY CHRISTMAS CRACKER JOKE COMPETITION - RESULTS

**Winner – Julia**



Why does Santa have 3 gardens?  
So he can Ho Ho Ho



#### Runners up

Which is the fastest fish in the world? - A motor Pike.

What did the coral do on January 1st? - Turned over a new reef?

Who writes the most letters? - A fisherman he always drops a line.

Where does Tarzan buy his clothes? - A jungle sale.

What do you call a cat in the desert? - Santa Claws.

**Actually funny** - so discounted immediately

How do monkeys make toast? - Put some bread under a gorilla.

#### Clever

What does the word minimum mean? - A very small mother.

What lies at the bottom of the sea and shivers? - A nervous wreck.

Why did the elf push his bed into the fireplace? - He wanted to sleep like a log.

We had almost 60 entries, so it was very hard to choose. Many thanks to all who took part, the team is still groaning!

Very many thanks to Waitrose Supermarket Willerby for very kindly donating the luxury prize Xmas crackers.

## STROKE CLUBS in E.R.

### Beverley Stroke Club

Meet 1st Wednesday monthly from October to April when we have indoor games, quizzes and talks. From May to September we have outdoor meetings and a number of trips out.

- 5<sup>th</sup> February – Constitution Matters/Quiz.
- 5<sup>th</sup> March – Derick Clark – Antiques
- 2<sup>nd</sup> April – Talk by Gerald Massey, Big Game Safari
- 7<sup>th</sup> May – Stroke Association, Jo Koszels.

If you wish to join please contact: Tony/Judi on Tel: - 01482 864882.

**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 meeting 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 3<sup>rd</sup> 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, we also have occasional meals together. Contact:- Trevor Mouncey:- 01405 764645 or email:- [tmouncey@gmail.com](mailto:tmouncey@gmail.com)

**Haltemprice Stroke Club** - Meet 2<sup>nd</sup> Monday monthly. 12 noon to 2:00pm at The Wheatsheaf, Kirkella. At meetings therapeutic massages are available, and membership offers support, friendship, empathy and inspiration. Also there are social outings. Contact Alan Bowmaster Tel:- 01482 651060

**Holderness Stroke Club** - Meet 3rd Tuesday monthly, 11am to 12:30pm at Jack Gledhill Centre, Queen's Street, Withernsea. At meetings therapeutic massages are available, and membership offers support, speakers, friendship, empathy and inspiration. Also there are social outings, join us for a chat and a cuppa. Contact Alison Smith: Tel: 01964 631051 or 0779348589

**Market Weighton Stroke Club** - Meet 2<sup>nd</sup> Monday monthly, 11am to 1:00 pm at The Bay Horse, Market Weighton. We are a social group and meet for lunch at the Bay Horse. We hold informal gathering, and trips out for meals. Contact Derek Devlin Tel: -01430 872769.

## HINTS AND TIPS

### Room by Room

#### Kitchen

Put a few grains of rice in a salt shaker to stop it lumping. The rice will absorb moisture more quickly than the salt and keep it running smoothly.

Remove coffee and tea stains from the bottom of a mug by swishing white vinegar around it.

#### Living Room

Use a Banana skin to dust plants – the dust clings to the skin and the juice nourishes the leaves.

Clean the inside of a dirty vase by filling it with vinegar and a handful of dry rice and give it a good swirl round.

Save heat and money by putting aluminium foil behind radiators.

Make your wood shine by polishing it with a solution of two parts olive oil to one part lemon juice and shake well.

#### Bathroom

To keep shower tiles cleaner for longer, wax them with car polish after giving them a good clean. This will help stop the grime from sticking to them.

Shine up the bathroom taps with a dab of white toothpaste, rub with a cloth and then rinse off.

#### Laundry

To make ironing easier place a sheet of kitchen foil on the ironing board under the cover, which helps reflect the heat.



## PUZZLE PAGE

### Quiz 1

1. The Canary Islands in the Atlantic are named after what animal?
2. What was King George VI's first name?
3. What colour is a purple finch?
4. Where are Chinese gooseberries from?
5. What is the colour of the black box in a commercial aeroplane?

### Quiz 2 - Where would you find these different "Yorks"

1. York Harbour and York Village?
2. York Haven and York Springs?
3. York County and York Town?

Editor: This puzzle is based on details kindly sent in by David and Thelma.

### DINGBATS -

POST PAT

Courtesy Hull Daily Mail

HOT HANDLE  
HOT HANDLE

### Puzzle Answers:-

Quiz 1 - 1. Dogs, 2. Albert, 3. Crimson, 4. New Zealand, 5. Orange (of course).  
Quiz 2 - 1. USA Maine, 2. USA Pennsylvania, 3. USA Virginia (incidentally there is also a village near Camberley in Surrey called York Town)  
Dingbats — Postman Pat and Too Hot To Handle

## RESEARCH

### Stroke sufferers lives at risk – eminent Professor offers solution



In a recent BBC interview, Professor Mark Dennis of Edinburgh University, claimed that many stroke patients die unnecessarily soon after they leave hospital, as a result of suffering deep vein thrombosis. His simple, potentially lifesaving solution, is to have much wider availability and consequently far more use of Inflatable Leg Wraps. These work by sending a

continuous series of pressure pulses, of just a few seconds duration, from a pump at the foot of the bed, to inflatable wraps around the patient's legs, which greatly reduces the threat of blood clots. He further contends that there can be no sustainable justification for the NHS failing to do so, as the equipment costs as little as £25. In his opinion, many lives could be saved.

## SPONSORS

**SPONSORS (in the previous quarter up to date of publication)**  
Names published reflect donations of £20 and over in the previous quarter

Awards for All  
Driffield and District Lions Club  
Beverley and District Lions Club  
Withernsea and District Lions Club  
Mr John Todd



LOTTERY FUNDED

## COOKERY

### **Leek and Potato Soup Recipe for 4 persons – will keep for 2 days**

1. A joint of ham or bacon (or instead a knuckle of ham or bacon from a butcher – cheaper in supermarkets - will cost about £3.50)
2. 5 leeks
3. 2 large potatoes.



Boil the ham or bacon in water until the meat is cooked and is soft.

Take out the meat and leave the water to stand overnight. Next day skim off all the fat which has settled on top and throw it away. Into the liquid which remains put the chopped up leeks including the green parts and the potato and cook until the vegetables are soft. Liquidise the contents to the consistency of soup and add salt and pepper to taste.

Editor. For 2 persons this makes enough soup for 2 days + two or more meals made with the ham or bacon e.g. ham with salad, ham in cheese sauce, ham with parsley sauce etc., at very little cost.

In our house we are very keen on slow cookers. Well worth investing in. They are very cheap to run as they only use the equivalent electricity of one light bulb and it is virtually impossible to spoil your cooking by burning. Using the slow cooker would be an ideal way to cook the ham or bacon in this dish. The soup will help keep you really warm in the cold winter months.