

SIGNPOSTS

Along the Road To Recovery

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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

Hexham Speech After Stroke Club

Hexham Speech After Stroke Club was started in 1982. It was funded by Northumberland Speech and Language Therapy Department, and was seen as a good follow up social support once therapy was terminated. It was affiliated to the W.R.V.S. The club met every Tuesday, (except August) from 10.00am to 2.00pm. We still meet at those times, although in 2007 funding was withdrawn by the NHS, and we have been self funding ever since.

The S.A.S (as it is affectionately known), caters for those who have speech and language problems following Stroke, and we still filter in our referrals through local Speech and Language Therapists. We are fortunate to have seven volunteers who run the club for our eighteen or so members. Disability and language impairment varies amongst our members, and it means that we aim to stimulate communication, and confidence, through interactive work. Talks don't really work when some members have very poor comprehension.

Activities vary from week to week, and include social chat, direct language stimulation (using broad therapeutical techniques), quizzes, and gentle exercises, which often use singing and ball throwing. After a sandwich lunch there are scrabble, dominoes, cards, bowls, or snooker on offer.

Relatives and carers get a four hour break, but join us for meals out in the summer, and at Christmas, and for any musical entertainment that we arrange.

Our members come from the North and South Tyne valleys, some from quite rural areas. Many are brought by carers to the Torch Centre, and some we bring by taxi. One enterprising member comes by train, but he did spend all his working life organizing trains! We have a cheerful, friendly group here in Hexham, and we welcome visitors at any time.

Susan Gilmour S.A.S. co-ordinator on 01434 681587.

EDITORIAL

What a relief, winter weather looks to be over! We hope you noticed the exquisite timing of our ski-ing for the disabled article which coincided with the winter Olympics. Was it by luck or design?

The website became live just as we went to press with the winter edition. We hope you have seen it and liked it.

In the last edition we also hope you liked the wonderful article about travelling in a different direction. Also the superb graphic drawn by the President of the Hornsea Art Society. Very many thanks once again to Chris Caley, who also did the graphics on page 9.

Thank you for returning your feedback forms see page 3 for an analysis. It makes interesting reading. Please send us a joke, quiz question, letter etc., so that we can give you plenty of variety in your magazine. Would you like to see your efforts in print?

Also please, look at our request for helpers. If you have a little time to spare during the week we would be delighted to hear from you. I am sure you would find it very rewarding putting something back to help others.

Please consider doing a sky dive. I did a solo static jump for charity a few years ago. Although I was terrified, I remember it well and when I watch war films about going into enemy territory I think, I did that, I had the bottle to jump when it came to it, and I feel proud of myself. No-one can take that away from me!

My thanks as always to the team, Gill and the rest of the backroom "boys"!



FEEDBACK RESULTS



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

The results indicate that the magazine is certainly going in the right direction, with regard to meeting the

needs and expectations of the readership.

In response to the question, "Do you wish the magazine to continue in the same format, the response was 100% in favour of no change", a very gratifying result. In answer to the question "Do you think the magazine could be improved?" the consensus of opinion was that it is "doing a good job as it is," or as one person who responded observed, "there is an old saying that if it is not broken, don't fix it". Thank you for that, and we will abide by your words of wisdom. He also kindly did some of the drawings for the helpers advert.

We asked you to evaluate the various contents of the magazine in order of interest from 1 to 10. The results of your feedback were as follows: The top scorers were Medical Information, Letters, and Humour, which all scored an average of 9 out of 10. In joint second place were Inspiration, Reflections, Activities for the Disabled, Hints and Tips, and Guest/Celebrity Spot, which all scored an average of 8 out of 10. The runners-up were Puzzle pages and Cookery, which scored an average 6 out of 10 and 5 out of 10 respectively. Our response to your verdicts will be to reduce the content of the Cookery and the Puzzles sections and devote the space thereby created to increasing the size of most popular categories. **Continued on page 4.**

LETTERS (cont.)

I am called Darren, I am nearly 28 and I had my stroke about 2 years ago. I have looked at the stroke magazine which is by you, at the doctors. It has good things I am interested. I think that it is about old people who have had strokes mainly. Don't think me wrong about old people, I like all old people. Best of all I like my mum and dad they are my carers for two years. But please in your magazine, do not forget young people we also have strokes. We also get good days and bad days and sometimes happy and then sad. So we are in together when we have a stroke, old people and young people like me. I am getting better slowly and one day I hope to get a job again and take care of my mum and dad when they are very old. What I am trying to tell you is that we are all the same with strokes, old and young and we should look after each other.

Thank you, Darren

Editor: Thank you so much for taking the time and trouble to write to us. The point which you make so movingly is an important one. We are indeed all in this together. Not just those who have had strokes in later life, but young people recovering from strokes, like yourself. Every member of the Stroke Matters team has either had a stroke, or has cared for someone or is caring for someone who had had a stroke. The magazine is intended for everyone involved with stroke, regardless of age. The Winter edition issue of the magazine included an article about ski-ing for the disabled, an activity which is available to old and young alike, but will probably appeal mostly to younger stroke survivors. Also there is a poem about a lady in her 20's a stroke survivor. In this edition we have a feature about sky diving. We try to give a balance to suit all readers.

The fact that you have clear objectives which you are working towards is brilliant. Your wish to pay back the help and kindness shown to you by your mum and dad is an immense credit to you and an inspiration to us all. The team join me in wishing you every success in the future. We hope more young people will write to us.

LETTERS (cont.)

Dear Editor

We all have our preferred ways of receiving information, some of us like the written word, sometimes in great detail, sometimes summarised. Others respond more readily to the spoken word or to pictures, you will all have heard the saying 'a picture says a thousand words'.

A stroke can impact one's ability to speak, to understand the written and spoken word and even gestures. My husband, Richard's ability to understand or use the spoken and written work has been badly impacted by a stroke which has left him with Dysphasia. Over time his ability to understand instructions. Conversations and writing has improved significantly. Key to this is ensuring he is aware of the general subject and context that is being addressed. A good idea to this is to provide pictures to introduce topics and give him the context i.e. clues as to what is being presented. Life can be very frustrating and Richard is all too aware of his language difficulties and to make it worse he is a Gemini and just loves to talk.

To help we have asked Stroke Matters to use pictures as a means of identifying subjects in the magazine so that it would be immediately obvious what general topics were being addressed. You will see that in this edition pictures are being used... So thank you, Richard and Angela.

Editor: Angela is the wife of Richard, a stroke survivor.

Dear Gill

I am a registered nurse working in Sydney and wanted to write to say how much I enjoyed receiving Stroke Matters. It is a light-hearted yet informative newsletter. As a professional it is very insightful to understand the experiences and needs of people who have suffered from a stroke and that of their carers as well. I hope you will get continued funding for 2014 and maybe be able to look into developing a website.

Liz

Editor: It is good to know Stroke Matters is read and appreciated in OZ. Thank you for your support. **Continued on pages 20 and 11.**



FEEDBACK (cont.)

A significant number of you made comments regarding how much you enjoyed the letters page. Please keep your letters coming in, as they give so much pleasure to so many of those who read them. They can be about whatever you wish, for example your own experiences of recovering from a stroke, what it is like to be a carer, something which you have enjoyed, a visit to somewhere nice, something which made you laugh, the kindness of a friend, or a helpful suggestion which you are willing to share with others. The possibilities are truly endless.

The editorial team depends upon you, the readers, to keep the letters page going, and as we have said many times, Stroke Matters is your magazine, so do please "come on board" as a contributor. One of the real pleasures for the editorial team is to receive either a letter or a short article from a reader.

So once again, thank you for your time and invaluable help with the survey and we look forward to hearing from as many of you as possible in the near future.

SKYDIVING - ACTIVITY

Skydiving...what's that all about and how can it possibly relate to my life?

Skydiving to me is the ultimate freedom, I'm not an 'adrenaline junkie' or crazy - I simply have a passion for the blue skies, the beautiful scenery and the freedom of flight.

Jumping out of an aircraft over the East coast of England is invigorating and every jump is an achievement in my opinion. I am in the fortunate position to be able to film tandem skydivers embarking on this experience. They are harnesses to highly trained instructors and jump from 10,000 feet above the breath-taking scenery of the Bridlington coast. To witness their elation at overcoming their fears is priceless and seeing a beaming smile in free fall makes my job the best ever. **Continued on page 17.**

MEDICAL INFO

Possible changes following stroke



Clinical psychologists are not a large profession within the NHS. We tend to be concentrated in Mental Health Trusts, but small numbers exist in other areas, such as stroke and neuro-rehabilitation services.

Clinical psychologists are people who have completed at least a first degree in psychology, followed by a three year doctoral degree in clinical psychology. This means that they have the title Dr, but are not medical staff.

Clinical psychologists can diagnose and treat mental health problems such as depression and anxiety, but also assess and interpret cognitive capabilities. These cognitive capabilities include things like memory, speed of information processing, the ability to plan and make decisions and the ability to monitor

and govern our own behaviour.

Following a stroke, both mood and cognitive ability can be affected to varying degrees.

Cognitive ability is usually assessed using standardised screening tools, where you will be asked a number of questions, required to remember pieces of information and carry out certain pen and paper tasks such as drawing a clock face or designing a route through a maze.

These tasks can seem a bit odd, or feel a bit like being back at school, but they do provide useful information about what might and might not have been affected by your stroke.

Your results on these assessments are scored and compared with the results of other people of a similar age. This allows us to see how you perform in comparison to your peer group. We use this as a means of understanding how you have been affected because we cannot compare your post-stroke performance with your level of ability prior to your stroke (because that has not been measured). **Continued on page 6.**

INSPIRATION

My daughter had a very severe stroke eighteen months ago. Subsequently her speech has been reduced to unintelligible sounds, and she is no longer able to read or write. It is almost impossible for me to know what goes on in her mind, and it saddens me greatly, to say that she has never once laughed or smiled, since she returned home from hospital. That is until about two weeks ago.

A friend gave me a copy of your Stroke Matters magazine. After dinner one evening, I sat down beside my daughter and put the magazine on her table. Predictably, she totally ignored it. I began to turn the pages and show them to her, but there was no response. Then I came to the Medical Info section, where there is a coloured cartoon of a doctor (page 5). For the first time in nearly a year and a half, she started to smile, the smile slowly turned into a chuckle, and the chuckle became a laugh. I cannot begin to tell you how precious that moment was, as tears of joy ran down both our faces. It was as though something in her brain which had been lying dormant for such a long time, had been awakened by the cartoon. We went on to experience the same joyous reaction, when we came to the cookery page (page 12) with the cartoon of the chef.

Since that wonderful evening, my daughter has smiled, chuckled and laughed at all manner of things, throughout every single day. The transformation has been truly wondrous, as an inner happiness has evidently entered her life. Who would have thought that such a simple thing as seeing a picture in Stroke Matters, could have such momentous, life enhancing consequence.

From the bottom of my heart, and on behalf of my daughter, I thank you and the team for producing such a lovely magazine.

Yours sincerely, Rachel P.

Editor: It is experiences like yours that make our humble efforts worthwhile. But much more importantly than that, your uplifting experience justifies the belief that where strokes are concerned, after even the darkest night, there will indeed be a bright new dawn. We all wish you and your daughter, more smiles and laughter, as you progress together on the journey to recovery.

SKYDIVING - ACTIVITY (cont.)



The beauty of tandem skydiving is that most people can do it, including the less able bodied amongst us. At Skydive GB we are supportive of those with medical problems, our only stipulations are a medical certificate signed by a doctor and weight restrictions apply as both are related to safety - which is paramount.

Many people jump for their chosen charity by raising the money and paying for the skydive via the fundraising process; others do it simply for the experience. So, in answer to my initial question; skydiving is the dream of flight and it can offer you a new and unforgettable experience.

Editor: Please consider doing a ski dive. I did a solo jump for charity a few years ago. Although I was terrified, I remember it well. When I watch war films now, when foreign agents come hurtling out of planes into enemy territory, I think I did that, well sort of. I had the bottle to jump when it came to it and I feel quite proud of myself!

If you would like more information, please contact us on 01262 228033 or pop in and meet us. There are canteen facilities and everyone is made to feel very welcome. There is also disabled access and facilities. Sara

MEDICAL INFO (cont.)

The people who have designed the cognitive assessments will have asked large numbers of people to complete them. Their scores are plotted on graphs, so that we can see the usual pattern of responding. This will give us the average scores for this group, and allows us to compare your performance with these average scores.

We then look to see if you have performed at the same level as your peers. The further below the average that you score, the more likely it is that this is a result of the effects of your stroke.

The purpose of doing these cognitive assessments, however, is not to be able to say you can't do this or that as well as your peers. It is to help explain why some things might be difficult now and to provide advice and strategies on how to manage these difficulties.

For example, where people show problems with memory, we can look to see if the problem sits in the encoding or retrieval stage. This means, do people have difficulty putting information into their memory banks, or do they have difficulty drawing it out. If the former, we would recommend trying to process the information more deeply, by repeating it, or writing it down, or trying to link it to something else you know. This could mean linking the name of your psychologist to an image of a famous person with the same name, for example.

If the problem is one of retrieval, then we would recommend using triggers or cues to bring out the information – thinking what letter it starts with, or checking entries in a diary.

Generally, we recommend supporting memory and planning skills using external aids such as calendars, mobile phones, diaries and notes.

Dr Louise Lorenc – Clinical Psychologist

REFLECTIONS

GO PLACIDLY AMID THE NOISE AND HASTE, & REMEMBER WHAT PEACE THERE MAY BE IN SILENCE. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. Avoid loud and aggressive persons; they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. Take kindly the counsel of years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

FOUND IN OLD SAINT PAUL'S CHURCH BALTIMORE , USA
dated 1692

CELEBRITY SPOT

Dickie Bird

Dickie in his own words has “done not bad” for a local miner’s son from Barnsley. A confirmed bachelor married to cricket; he has of course, a worldwide reputation in the field of cricket umpiring.

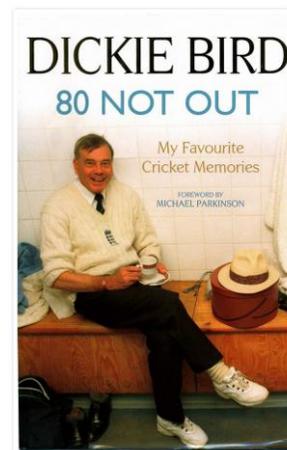
He grew up in the 19 50’s in a world of flat caps, women out and about with curlers in their hair, and whippets as pets. A world in which money for the insurance man could be left on the kitchen table, and milk money put in milk bottles. A world in which being “under the influence” meant the influence of the chapels, with families regularly worshipping on Sundays.

He loved playing football and cricket with his dad. He became a follower of Shirley Bassey and later a fan of Barbara Streisand, and developed a passion for brass bands. He has been a lifelong royalist.

He has travelled the globe and tells the story of losing a dental crown in India, whilst chewing a toffee. He had it replaced in Delhi. At first, he was quite apprehensive about the procedure as the conditions under which the crown was to be replaced were basic, to say the least. The crown has remained secure for the last thirty years!

He has met celebs galore, Margaret Thatcher, Eric and Ernie, Terry Wogan, Ronnie Barker, Nelson Mandela and Freddie Trueman to name a few and Michael Parkinson is a lifelong friend. What is more, he has had tea with the Queen on several occasions.

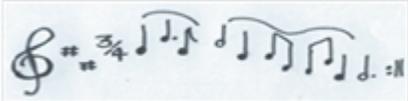
After hanging up his white cap, he recently suffered a stroke but is focussing on having a happy future enjoying Yorkshire’s beautiful countryside and coast, which he calls “God’s own county”. Dickie has recently published his memoirs which make fascinating reading called “Dickie Bird 80 not out”.



HUMOUR

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favourite Things', from the Legendary-movie 'Sound Of Music'.

Here are the lyrics she used:



(Sing it!) – if you sing it, it's especially hysterical!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cataracts, hearing aids and glasses,
Poly-grip and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak – When the bones creak –
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating-pads and hot-meals they bring,
These are a few of my favourite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair – that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache – When the hips break,
When the eyes grown dim,
Then I remember the great life I've had,
And I don't feel so bad.

Ms. Andrews received a standing ovation from the crowd which lasted over four minutes and repeated encores.

Swindon Stroke Club

STROKE CLUB TRIP

The Royal Armouries Leeds



Driffield Stroke Club went on a day trip to Leeds to visit the Armouries. It is a great place to study history from the ancient Greeks to modern warfare.

The hall of mirrors at the staircase is impressive in the centre from which you can look up to see swords and shields on the wall decorated with gold and precious stones! On one floor there was a large elephant in full armour. In the Indian section there were Indian arms and armour showing Indian inspired weapons.

On the top floor there were modern items that the police use today, firearms, guns, Tasers, truncheons and an area displaying guns and knives which the police had removed from our streets. "Say NO to knives" part is a must for all. The building housing the collection is new and is wheelchair friendly; it has lifts to all floors. The developers have made a wonderful job of the area. In the canals nearby the barges were very colourful.

On the way home we called at Langlands Garden Centre at Shiptonthorpe for our tea. It was another lovely trip out with our Stroke Club.

David, Driffield Stroke Club

Editor: Thank you very much for telling us all about your trip. I hope you will have many more in the coming year.

VOLUNTEER HELPERS

Volunteer Unpaid Helpers Wanted

General Help – The editorial team would love to hear from anyone who from time to time has a few hours to spare during the course of the week. No long term commitment is involved.

As you can imagine there are lots of jobs to be done in order to produce and distribute STROKE MATTERS. Advice and assistance will be given.

Please contact Ken; details are available on the back page of STROKE MATTERS under Extra Luggage. If possible, please indicate how many hours you have available during a week and what sort of tasks you are happy doing.

OR DO YOU HAVE ANY EXPERIENCE OR KNOWLEDGE IN THE FOLLOWING SPECIALIST AREAS IN WHICH HELP IS NEEDED?



FUND RAISING
Public Speaking
Organising events
Applying for grants

SECRETARIAL
Minute taking
Typing
Writing Letters



FINANCE
Preparing A/cs, including projections
Annual reports



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.

- 7th May – Stroke Association, Jo Koszels.
 - 4th June – Wildlife Park, Doncaster
 - 2nd July – Burton Constable Hall
- 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 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, we also have occasional meals together. Contact:- Trevor Mouncey:- 01405 764645 or email:- tmouncey@gmail.com

Haltemprice Stroke Club - Meet 2nd 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. There are also social outings, join us for a chat and a cuppa. Contact Alison Smith: Tel: 01964 631051 or 0779348589

Market Weighton Stroke Club - Meet 2nd 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

Memory Training

1. Kim's Game (from Rudyard Kipling's Kim)

Some of you may remember this game from your Scouting and Guiding days.

Take a tray and put on it 6 household items e.g. a cup, a pen, a fork, a roll of sticking plaster, a scrubbing brush and a banana. Cover the tray with a cloth. Put them aside for one day.

Then try to remember which items were on the tray. Check to see if your memory is as good as you think it is. Then increase the number of items as you get better at remembering them or increase the length of time before you look at them!

Does it remind you of that TV programme some years ago called "Take Your Pick" with the conveyor belt? Unfortunately, you won't go home with a cuddly toy or an electric kettle.

2. Tip from Your own News quiz.

When you have seen or heard the national news, write down after about 50mins, the 4 top headlines or stories. Check with the new bulletin later to see if you got the headlines right – beware though, the news team may have changed the order or content just to fool you! Increase the number of top stories as you improve.

From the Editor - A tip from Occupational Therapy.



After I had my stroke I had difficulty writing because my hand was swollen. I was given a sleeve to put on my pen which made it much easier to grip the pen. It helped me a lot. I am told by the OT Department that the sleeves can be obtained from any good High St. stationers or Mobility Centre and they only cost a few pence.

PUZZLE PAGE

Quiz 1 – Where am I?

1. Famous for its big clock, grand openings, riverside view and noisy inhabitants.
2. An excellent place to sit down if your name is Arthur.
3. If you are a Hoodie with a bow and arrow and your girlfriend's name begins with M, you should feel at home here.
4. Sand castles galore, a real one on top, and even a famous Bronte can all be found here.
5. A famous cook, whalebones, a nice old ruin and a chair for Mr Scorsby.

Quiz 2 – Puzzles from Christmas crackers.

1. In the Bond films, who is M's personal secretary?
2. How many keys are there on a standard piano?
3. What can go up a chimney down, but can't go down a chimney up?

DINGBATS -

Idea an

Courtesy Hull Daily Mail

Ever
Ever 24 HRS
Ever
Ever

Puzzle Answers:-

Quiz 1 – 1. The Houses of Parliament, 2. Arthur's Seat, Edinburgh, 3. Sherwood Forest, the home of Robin Hood, 4. Scarborough, 5. Whitby.
Quiz 2 - 1. Miss Moneypenny, 2. Eighty eight, 3. An umbrella
Dingbats — An Afterthought, For Ever and a Day.

LETTERS

Dear Ken,



I was absolutely delighted to hear that I had won the Lousy Christmas Cracker joke competition. It was only the second time in my life I have ever won anything! Things are looking up! The luxury crackers are really good. It was very generous of Waitrose to donate them. I intend to pull them at my dad's 85th birthday party in May. They will make a lovely surprise, and make his day. Thank you very much. Julia

Editor: We hope the birthday party goes with a bang. There is a down side with the likely quality jokes in the crackers there is little chance you will win the competition again. You will see Waitrose supermarket listed under sponsors (green counter scheme). We raised £370. Thank you once again.

SPONSORS

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

Help for Health
Outwood Stroke Club (Wakefield)
Waitrose Supermarket Willerby
Rossmore Nursing Home
Soroptomists International Beverley
Various Masonic Lodges

COOKERY

Indian Pie

1. 3 tablespoons of olive oil
2. 8oz chopped onion
3. 2 rounded tablespoons of curry powder
4. 1 tablespoon vinegar
5. 2 tablespoons stock (can be made from oxo cube)
6. 1 large tomato or can of chopped tomatoes
7. 12oz minced beef
8. 1 ½ lb mashed potatoes
9. Parsley to decorate
10. A knob of marg or butter



Fry the onions in the oil until they are golden brown. Add the curry powder and vinegar and continue frying for about 5 minutes. Add the tomatoes, stock and meat and continue frying for 10 minutes. Turn into a casserole dish with mashed potatoes on top and then add marg or butter. Bake in the middle of a hot oven (425F – Gas Mark 6) for 25-30 minutes or until done. Garnish with parsley.

Editor: I am sure you will find this a welcome change from cottage pie. Of course shepherds' pie can be made in the same way, just use corned beef instead of minced beef.