

SIGNPOSTS

Along the Road To Recovery

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

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

Swindon Stroke Support Group

We are a happy, friendly & fun loving group & have been going now for 32 years. We have around 60 members, which include volunteers. We meet every Thursday evening from 7.00pm – 9.00pm, (at the Methodist Church Hall, Stratton St Margaret, Swindon, SN3 4BT) throughout the year except for a short break at Christmas.

Our weekly social evenings always involve a chat, tea & biscuits; with many activities running alongside. We enjoy a variety of in-house entertainment from bingo, quizzes, card making, flower arranging, along with some fund raising evenings. We have the occasional singer or local band, & enjoy many interesting talks & demonstrations. We have also been privileged to enjoy over the years many themed party nights with the help of a local disco who give their time to our group for free. Besides all of these activities & events we arrange monthly outings & an annual holiday. We have just recently enjoyed a terrific 5 day break at Bodelwyddan Castle Hotel



(Warner's) in North Wales. The staff & entertainment was the best ever and they really looked after us.

We are very fortunate to have a great team of volunteers & are so very proud of our group & believe we are living proof that there is "Life after a Stroke". If anyone of

you are visiting our area, please feel free to pop in & say hello, you would be made very welcome. Lin Hancock (Chair) Tel No. 01793 529693 or swindonstrokesupport@hotmail.co.uk Photo: Bodelwyddan Castle
September 2013

EDITORIAL



Over the last few days the sun has finally made its very welcome debut. Hopefully, the article on bird watching, by Motor Bike Ken, will inspire you to get out into the countryside with a pair of binoculars. Who knows, you may well be the first person to spot some exotic bird and thereby become famous overnight. Even if that does not happen, you will have still had the pleasure of enjoying the summer sun shine.

When one thinks about it, we all have to experience the rain (the bad bits of weather) in order to appreciate the sun (the good bits). After all, without the rain, the beauty of the Lake District would be lost and replaced by nothing more than barren hills, and unattractive parched, dry valleys.

After the inevitable rain in our lives has passed, our "emotional skies" become lighter and brighter and our mood becomes optimistic once again. Sometimes we even get a bonus, in the form of what might be appropriately described as "an emotional rainbow".

We all I suspect suffer to some extent from SADS (Seasonal Adjustment Disorder Syndrome), in which our mood is dependent upon the amount of sunshine we experience. It is likewise with strokes. For a time, everything seems gloomy and dull. Our energy is sapped. Then things begin to improve, and we become justly pleased with ourselves. Steady progress begins to be made and our mood becomes one of happiness and good cheer. We are energised. In no time at all we accept making just an occasional step backwards when it is immediately followed by three or more steps forward.

Yes, there can be no doubt about it, sun shine is indeed a great tonic. In fact, given enough of it, we might almost come to like certain politicians or even city bankers (well maybe not)!

Finally, our thanks, as ever, go to the editorial team. We all hope that the sun will shine brightly upon you, as you continue to make progress along the road to recovery. If sometimes, you are feeling tired, always remember that you like me, are one of the lucky ones. You are a survivor!

From Gill and the team.

GUEST SPOT

Sister Catherine Ryan

Sister Catherine belongs to the Order of Sisters of Mercy. The nuns came from Ireland 1857 and were known as “the walking nuns”. They started walking around the streets and visiting people in their own homes. They taught in poor areas of the city. Before then, nuns were semi-cloistered; they didn’t come out into the streets. Three nuns continue to live at the centre.



Sister Catherine lives and is in charge at the former Endsleigh Convent on Beverley Road, in Hull now known as the Endsleigh Mercy Conference Centre.

Sister Catherine was born to a Catholic family in Ireland one of seven children. She uses technology to keep in touch with them including her twin brother who lives in America. She joined the order in Cumbria and worked there for 40 years in a multi faith school established by the order. Then she was asked to come to Hull after retirement from teaching.

Describing her day and work she says “the latest I get up is 5.45am”. The first two hours are basically prayer at the Endsleigh Convent, which is involved in holding weddings, family parties, conferences and funerals. “The best funeral in the city. If you want a good send off, I will give it to you” she says. She prays and eats with her sisters. She retires late despite getting up early.

The biggest crime in our society today in her view is the lonely. At the centre we have time and that is one of the reasons why I get up so early, so you never have to say to somebody “I haven’t got time because I think that is what all of us want, that little bit of space that bit of listening, to help us.”



Photo courtesy of Hull Daily Mail the journal.

Editor: For events and more information telephone 01482 342779. The centre is wheelchair friendly.

LETTERS (cont.)

Then, three weeks after buying the scooter, the battery failed completely. I had no idea that scooter batteries were so expensive. It came as quite a shock to learn that a replacement battery would cost nearly £100. We were forced to face the sad reality that for the time being, the prospect of enjoying the freedom of mobility which comes from ownership of a scooter had come to an end. To try to recoup some of the wasted money, we put the scooter into a sale, where it made less than a quarter of the price paid for it. So if any of your readers are contemplating buying a scooter, be warned, and do not repeat our mistakes.

Best wishes to all at Stroke Matters
P.J.O.

Editor: I am afraid that from time to time we are all much wiser, after an event. As a general rule, buying for cash from an unknown person and in a lay-by is likely to be a very risky proposition. It might be a wise precaution to ask Trading Standards for general advice regarding the purchase of second hand goods from private individuals. I do hope that it will not be long before you have a scooter which is both reliable and suitable for your needs.



LETTERS (cont.)

Dear Editor

A well-known supermarket has a system of giving tokens, which can be placed in a choice of 3 boxes to benefit local charities. When I was in the supermarket recently, the choice of beneficiaries was amongst disability, youth and football. The box for football had twice as many tokens as the box for youth. It had five or six times more than the box for disability, which was almost empty. I have nothing against football and I have a lot of time for the younger generation. However, it seems that as usual, the disabled are quite literally at the bottom of the pile. Incidentally just in case you are wondering, I am 29 years old and not disabled.

Yours sincerely, Miss Pat M.C.

Editor: A number of charities are doing their very best to get a fair deal for the disabled. Unfortunately changes in both priorities and attitudes to disability are to come about. A notable example is Waitrose (see 6th Spring Edition) whose green counter scheme boosted our funds.

Dear Madam,

I seem to learn everything the hard way and buying a mobility scooter was no exception to this rule. I am writing in order to pass on the wisdom of hindsight which resulted from this event. Hopefully, it may serve to save someone from making the same mistakes.

To be frank, since my stroke money has been rather tight, a new scooter was out of the question. However, as my legs have not improved in the last year or so, my wife and I decided that buying a mobility scooter had become a priority. Eventually, we bought one from the newspaper for cash, having agreed to meet the seller in a lay-by on the outskirts of town. The seller told us that the scooter was in excellent condition. He seemed like a nice chap. A week or so after buying the scooter my wife took me out for a treat, to a car boot sale. I had only gone a few yards across the field when the scooter bogged down and became stuck. Two young lads were a great help, as they managed to get me back to the car and then retrieved the scooter. The problem resulted from the scooter having small wheels, which I now know are only suitable for smooth hard surfaces, which I now know are only suitable for smooth hard surfaces and which are quite useless on soft ground.

Continued on page 20

PUZZLE PAGE

Quiz 2 - World Cup

1. Who was the England goalkeeper when they won the World Cup in 1966?
2. What is always taken to the FA Cup Final but never used?
3. Geoff Hurst scored a hat-trick in the 1966 World Cup Final when they beat West Germany 4-2. Who scored the other goal?
4. Which other three countries has Roy Hodgson managed other than England?



Quiz 3 - Wimbledon

1. Which tennis clubs are the oldest in the world, arrange in order. A. Edgbaston (Priory) B'ham, B. Wimbledon, C. Clevedon in Devon or D. Queens in London
2. When did Andy Murray become men's singles champion at Wimbledon was it in A. 2010, B. 2012 or C. 2013
3. Who was the last British player to win the men's final at Wimbledon before Murray? Was it A. Arthur Ashe, B. Fred Perry or C. Tony Mottram
4. Who won the men's final at Wimbledon in 1940 was it A. Jack Kramer, B. Lew Hoad or C. Ken Rosewall



Editorial note.

Just to demonstrate we are on the ball no matter what size it happens to be, some topical questions to get you in the mood with what is happening around you!

MEDICAL INFO

**St John
Ambulance**



**BE THE DIFFERENCE WITH
FIRST AID TIPS FROM ST JOHN
AMBULANCE**

As the nation's leading first aid charity, St John Ambulance believes that first aid skills should be available to everyone, which is why it teaches as many people as possible in the community, for the workplace and to young people – Nothing is more tragic than a life lost needlessly when simple first aid knowledge can be the difference between a life lost and a life saved. Every year up to 140,000* people die in situations where first aid could have given them a chance to live.

We have invited Stuart Lammings, St John Ambulance's Area Manager (East Yorkshire) to help us be the difference if someone collapses with first aid advice

What to do if someone collapses – Breathing

You should first attempt to wake the casualty by tapping them on the shoulders and giving them a command such as "Open your eyes" Next, we need to check if they are breathing. This is done by placing one hand on the forehead and two fingers of your other hand under their chin. Tilt the head back and lift the chin. This opens the airway.



Put your cheek very close to their mouth and nose, look across their chest and look, listen and feel for their breathing. You should do this for 10 seconds.

If they are breathing, they need to be placed in the recovery position. Bring their arm closest to you out to one side, so it is at a 90 degree angle. Take the arm furthest from you and bring it across their chest and rest it on their cheek closest to you, palm facing outwards. Continued on page 6.



INSPIRATION (cont.)

Yes, a stroke is something which neither I nor anyone else would want, but as the unquestionably true saying goes, "There is life after a stroke." The stroke changed my life in many ways, but in the aftermath, it has brought much unexpected happiness into my life. Just to have the time to relax and enjoy the world around me, is a source of enduring happiness. The relationship with my wife and daughters has never been better. For the first time in years, I am happy and fulfilled, and I look forward to getting up every day. After the rain comes the rainbow and the darkest nights give way to glorious sunshine. So journey on with determination along the road to recovery and you will assuredly find the happiness and fulfilment which you most desire and which will be your just reward.

Sincerely yours,



James W.

PS. My wife says that my letter is too long, so please feel free to edit it down to size.

Editors reply

The team and I found your letter to be so inspirational, that we are printing it in full. It would be a travesty to shorten it in any way. It is truly heart-warming to read your story and I thank you most sincerely for sharing it with us. We all wish you and your loved ones, continued happiness in the future. Our activity section features your new hobby of bird watching.

INSPIRATION

Dear Madam Editor,

She who must be obeyed, has brow beaten me into writing to you, as she believes that fellow stroke survivors may benefit from reading my tale. I had my stroke, without warning, in 2006. Prior to the stroke I worked as a manager for a large distribution company. With the benefit of hindsight, I should have realised long before my stroke that I was in trouble. My typical working day was 10 hours long and I took home work to do, most evenings. It was frequently the case that I had to work at weekends and I was constantly under considerable stress. I had no time for leisure or hobbies, my social life was non-existent and I was for ever arguing with my wife and daughters. In short I was a mess, a disaster waiting to happen. And happen it did, when I literally went down with a stroke and found myself in hospital. When I eventually came home, I embarked upon what your excellent magazine describes as “the road to recovery”.

The journey was a long one, and not without many trials and tribulations, but there was indeed a bright light at the end of the proverbial tunnel. Three years and four months after my stroke, I was well enough to take a part time clerical job, in a small local office. My colleagues made me welcome from day one and several of them have subsequently become close friends. Gradually my self-esteem began to return. My bad temper became long gone. I am now able to relax and take an active part in family life. I even have to new hobbies, which would have been quite impossible before my stroke. I go ten pin bowling, which excellent exercise for my “gammy” arm and bird watching has opened up a whole new world for me. Continued on page 18.

MEDICAL INFO (cont.)

Next, lift their opposite leg at the knee and put their foot flat on the floor (their knee should be in the air). Whilst holding the hand on their cheek with one of your hands use your other hand on their knee as a lever and pull them on to their side.



Once they are on their side you should check their breathing again. At this point you should dial 999 (or ask someone to do it for you) if you haven't already.

What to do if someone collapses – Not breathing

This time we're going to look at Cardio Pulmonary Resuscitation (better known as CPR)

This is manually pumping blood around the body because the heart is no longer doing so, or is ineffective. Compression-only CPR is vital to help save someone's life.

Remember to check for breathing in the same way as outlined and if they are not breathing call 999 for an ambulance right away.

To start CPR, put the heel of one hand in the centre of their chest (on the breast bone). Put your other hand on top of your first and interlock your fingers. Keeping your elbows locked, bring your shoulders right up over the casualty. Press hard, fast and deep at a steady rhythm of between 100-120 beats per minute. You should do this for as long as you can or until professional help arrives. If there is more than one person, you should take turns so you don't tire.



You are maybe wondering about putting breaths in or “mouth to mouth”. If you are trained in first aid and are able to give rescue breaths, then please do. For those who are untrained, just administer compression-only CPR, you will still be giving the casualty a much better chance of survival than not doing anything at all.

Learning first aid techniques is a very simple process. Anyone can do it. Visit sja.org.uk or call 08700 10 49 50 for more information.

*in England and Wales, using Office for National Statistics death registration data 2010.

Editor: It is advisable to check with St. John's before applying any of these techniques, in order to make sure that you are delivering them correctly.

REFLECTIONS

What happened on 4th September?

Nothing at all happened on this day in 1752 – how do we know? In 1752 the calendar was reformed because Britain was 11 days behind the rest of Europe. The dates were simply moved forward: September 3rd became September 14th and 11 days went missing. Diaries and calendars read 1st September, 2nd September, 14th September, 15th September, etc. There was rioting in the streets as people wanted their missing days back. People paying rents and mortgages were very upset because they still had to pay for the whole month of September even though it didn't have its usual amount of days.

For years afterwards it still caused trouble – look in churchyards and you may see tombstones with dates that say “born old style, died new style”, which means that the person in the grave was actually eleven days younger than the dates would say.

Courtesy of St Peter's Church, Redcar.

LETTERS

Hello,
I have been into Smiths in town and they say that they have never heard of your magazine. Maybe I was given the wrong name by Susan, I don't know. Anyway my point is what is the point of printing a magazine if you can't buy it at Smiths? Not very impressive is it. As my teacher used to say on my report could do better. Anyway, my dad was never one for reading much even before he had a stroke.

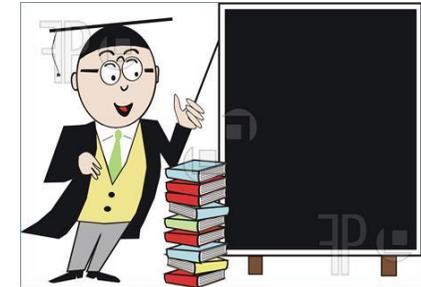
Cheers, Rob.

Editors reply: Thank you for your letter. I am guessing that you have never seen a copy of the magazine. If you had, you would know that it is a free magazine and therefore not one which you can buy at Smiths. I am sending you a copy of the latest edition and if you father likes it let me know and I will put you on to our mailing list.

HUMOUR (Cont.)

WHAT MAKES TEACHERS DRINK?

RELIGIOUS STUDIES



A mosque is a sort of church. The main difference is that its roof is doomed.

HOLIDAYS

On our activity holiday Dad wanted to ride the horses, but mom said they were too ekspensiv.

MATHS

I would like to be an accountant but you have to know a lot about moths.



HUMOUR

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals.

One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

"Yes," said the policeman, "the detectives want very badly to capture him."

Larry asked, "Why didn't you keep him when you took his picture?"

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump and chest.

After a few minutes, Larry asked, "Dad, why are you doing that?"

His father replied, "Because when I'm buying a horse, I have to make sure that they are healthy and in good shape before I buy."

Larry, looking worried, said, "Dad, I think the Milkman wants to buy Mum...."

Language Oddities

The insurance was invalid for the invalid.
There was a row among the oarsmen about how to row.
They were too close to the door to close it.
The buck does funny things when the does are present.
A seamstress and a sewer fell down into a sewer line.
To help with planting, the farmer taught his sow to sow.
The wind was too strong to wind the sail.
Upon seeing the tear in the painting I shed a tear.
I had to subject the subject to a series of tests.
How can I intimate this to my most intimate.
It is very nice in Nice.



RESEARCH

Weather Eye by Paul Simons

The weather plays an important role in illness. In a recent study, researchers looked at thousands of people admitted to hospital with strokes, and matched these admissions with weather records. Cold weather, high humidity and big daily swings in temperature all matched increases in the admissions with strokes. However, warmer weather had the opposite effect, and each .55C (1F) rise in temperature was linked to a .86% drop in stroke hospital admissions, and a 1.1% less chance of death.

Most strokes are caused by clots in blood vessels to the brain, and in cold weather blood vessels constrict, raising blood pressure, which can lead to a stroke. Cold weather also results in the body releasing chemicals that make blood stickier and more likely to clot.

"Weather is not something people typically associate with stroke risk. However, we've found weather conditions, are amongst the multiple factors that are associated with stroke hospitalisations," says Judith Lichtman, at the Yale School of Public Health. The study also went on some way to explain a seasonal pattern in the incidence of strokes – high in winter, lower in summer.

A recent study in the UK also suggested that sunshine may help to reduce blood pressure, which in turn could lower the risk of a stroke and heart attack. Volunteers exposed to ultraviolet light from a tanning lamp had lower blood pressure, possibly thanks to stores of key substances in the skin that help to dilate blood vessels.

Editor: Many thanks to John, a Stroke Supporter from Northumberland who kindly sent me this article from the Times dated 25.2.14. A fascinating article, I am sure you will agree.

ACTIVITIES – Birdwatching

Bempton RSPB Nature Reserve, near Bridlington.



Photographs by Barbara Kitching

Suitable for disabled with care including access for wheelchairs with ramps at some viewing points. There is a visitor centre with adjacent toilets, also gift shop and coffee shop. There are safety fences around viewing points. Many seabirds nest on the cliffs including gannets, puffins, guillemots, razorbills, fulmars and kittiwakes.

Other birds which can be seen are reed buntings, corn buntings, skylarks, meadow pipits, whitethroats linnets and a peregrine. Further details can be obtained from the website, www.rspb.org.uk/reserves/bemptoncliffs



Kittiwakes



Reed Bunting

Photographs by Ken Barker

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.

- 2nd July – Burton Constable Hall
 - 8th August BBQ at Seasons in Melton
 - 3rd September National Railway Museum in York
- 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 The Shores Centre on Valley Road in 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 (Cont.)

HOLIDAYS GENERAL

1. Do not take anything with you that you could not bear to lose.
2. Baby wipes are useful and antiseptic hand wash that does not need water. Pop a toilet roll or two into your luggage.
3. Arrowroot biscuits are good for tummy troubles; liquorice is good for the reverse but don't get them the wrong way round
4. Take a bag for dirty clothing and if touring take small bags to keep underwear together, socks, nightwear.
5. Press a retracted ballpoint pen under the ball of your big toes when flying; this is a reflex point which should help with jet lag.
6. Take some drinking straws – hygienic.



WHEELCHAIRS

Arrange when booking tickets to have a wheelchair available at airports and train stations.

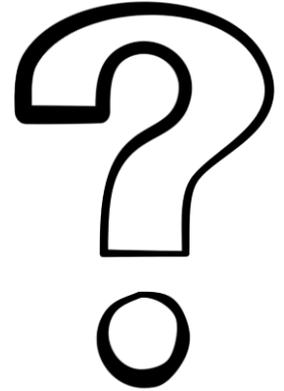


ENJOY YOUR BREAK AND REMEMBER WHEREVER YOU ARE, YOU WILL STILL BE ON YOUR JOURNEY TO RECOVERY

PUZZLE PAGE (Cont.)

Quiz 1 – Where am I?

1. A famous museum behind, an ancient stone tower on a mound in front and a short walk to the left leads to a possible river boat trip.
2. This building is next to a big river. There are plenty of fish, but no chips. Beware, there are still Tigers here.
3. It looks like a cathedral but it is not. You will not get any transport from the Army any more, but you can still go to the races.
4. Just names should identify this island, Osborne and Victoria.
5. Not a rock festival, as the stones are not rolling, just standing idly by in a circle.



DINGBATS -

Flame + fuel

Courtesy Hull Daily Mail

HEAD HEAD
HEAD HEAD

Puzzle Answers:-

Dingbats — Add Fuel to the Flame, Head to head.
 Quiz 1 – 1. York, 2. The Marina in Hull, home of the Tigers football club, 3. Beverley, minus the Army Transport Museum, 4. Isle of Wight, 5. Stone Henge.
 Quiz 2 - World Cup - 1. Jordan Banks, 2. The loser's ribbons, 3. Martin Peters, 4. Switzerland, UAE and Finland
 Quiz 3 - Wimbledon - 1. 1st (A), 2nd (B), 3rd (C), 4th (D), 2. 2013, 3. Fred Perry, 4. None of these - tournament due to the war!

COOKERY

Stuffed Mushrooms

12 Large Mushrooms
3 rashers of bacon
25g Butter
1 cup of soft bread
Tsp salt and pepper
1 onion (chopped)

To start, melt the butter in the pan, cook the bacon add onions in the butter, cook for a few minutes. Place the pan contents in the large mushrooms and cook for a few minutes under the grill and serve.

This recipe was provided by Andrewkeene@outlook.com



HINTS AND TIPS

SECURITY (do not keep copies with originals)

1. Make sure when you book your holiday you have protection in case of bankruptcy of your travel agent by checking that they are registered with e.g. ABTA, ATOL, IATA etc. and pay by credit card. Again this gives you protection if anything goes wrong.
2. Copy travel documents and contact numbers and names
3. Copy credit cards and take with you emergency tel. numbers in case they are lost.
4. Put some money into a belt purse and keep separate from your main money.
5. Photocopy your passport.
6. Keep a change of underwear, clothing and toiletries in a separate bag in case you lose contact with your luggage.



MEDICATION

Either keep all your medication with you or put enough for 2 days in your hand luggage. Take a recent prescription with you. Continued on page 13.



SPONSORS

SPONSORS (in the previous quarter up to date of publication)
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Two anonymous donors
Franco and Yvonne Vallarelli
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