

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 (Cont.)

Outwood Stroke Club

We were originally affiliated to the Red Cross, but we are now totally independent. One of our members and two helpers sit on the Stroke Patient and Public Reference and Information Group (SPPRInG), which was set up by the local PCT, now the local council. SPPRInG acts as a channel of communication between the authority, the hospital trust and patients and carers.

At Outwood Club we now receive copies of Stroke Matters and enjoy the wide variety of articles. We are pleased to establish links with other clubs. One day we may even get one of our members to write an article for Stroke Matters.

Chris a Stroke Volunteer, contact No.07775603809.

GUEST SPOT (Cont.)

One of my props is a model of a black lead fireside range it's an exact replica and made to scale, complete with open fire, side oven and water boiler.



It was invented by a man called George Bodley in 1802 and quickly became known as a Kitchener. I take the children back to what their life would have been like in 1837, and how their mothers would light the range first thing in the morning using paper sticks and coal, and then using the damper to get the oven up to temperature. Out comes the tin bath and I place it on the ragrug in front of the range and they all take turns sitting in the bath, of cause they would have been a privacy screen in the way of a cloths horse covered with towels ETC. Jethro Vivian, Tel No. 07906 149143

Editor: Jethro's wife is also a chimney sweep! An idea for a Christmas present, Jethro's latest book is now out on Amazon Kindle called "The life and times of the Victorian chimney children."

EDITORIAL



Autumn is here after what passed as an apology for Summer, let's hope the Winter is kind to us.

This October is the second anniversary of when Stroke Matters was first published. In October 2012 we produced our pilot edition, hoping that by so doing, we could persuade the National Lottery to provide us with start-up funding. Much to the relief of all involved, we received funding for one year. That put us into the "starting blocks" and got us up and running.

Recently we applied again. In the latest application we relied upon the excellent feedback which we had received from hospitals, GP surgeries, care and nursing homes etc. I am delighted to announce that once again, the National Lottery have seen fit to support the ongoing publication of Stroke Matters for another year. So a very big thank you from the editorial team, to everyone who assisted us in securing the funding, by providing the positive feedback. We could not have done it without your help. One important consequence of the latest National Lottery funding is that we can now respond to the increased demand for Stroke Matters and expand our circulation to include Hull, so that the stroke community in that city can now enjoy also the benefit of the magazine.

Following your stroke, do try to put a positive spin on as many aspects of your life as possible. Do not expect miracles, but by so doing you will find that as a result, you will have a lot more energy to sustain you on your journey to recovery.

There is an old adage, which says that everyone is allowed five minutes of fame, at some time during their lives. If this is indeed true, I can only say in my case, that it seems a long time coming! However, about a month ago, when I was out shopping, a total stranger, in the form of an attractive young lady, whose face was lit up with a very broad smile, rushed up to me. "I am so pleased to meet you, this has made my day" she gushed, "just wait until I tell my husband that I have met you at last". Seemingly without pausing even for breath, she went on, "I do so admire what you are doing, and I am so very grateful". Clearly, this was my long awaited five minutes of fame and I was enjoying it. As I desperately tried to get a word in edgeways, she steamed ahead with her outpouring of praise, "If only they could speak for themselves, I am absolutely certain that the elephants would all thank you for everything you have achieved on their behalf!" And with that she was gone: taking my much inflated ego with her! So, with both feet now firmly back on the ground, and suitably humbled, I am still waiting for my five minutes of fame! From Gill and the team.

DISABLED ACTIVITY

There's a short, short trail a-winding.....

This piece started its life as a jolly little introduction to an excellent website, devoted to National Trails in England, and which contains details of walks on public paths in East and North Yorkshire designed or adapted to be suitable for those of us with less than Olympic walking abilities. Downloadable leaflets have a map, photos of the tricky bits and of the terrain, details of car parking, and directions so clear they can be followed even by those with Geography 'O' level 1965, (failed).

www.nationaltrail.co.uk/yorkshire-wolds-way/leaflets,

I'd hoped to be able to tell you that hard copies of the leaflets were available, but sadly, this is not the case. If you don't have access to a PC, visit your local library, where the helpful yet woefully underpaid staff will help you download them.

But, and here is the good news, I did get the chance to speak to Malcom Hodgson, the Trail Manager, who tells me he would be delighted to hear from readers of this magazine who accessed the website or walked the walks. He will be happy to discuss with you what you liked, what you didn't, and how he and his team can help you enjoy the delights of this wonderful part of Yorkshire. He can be reached on 01439 772700, or e-mail m.hodgson@northyorkmoors.org.uk, and Malcom is very much to be congratulated for being so willing to engage directly with the people he seeks to help.

I do my walking, for therapeutic reasons, on a treadmill at a local gym, where I attempt weekly – no, not weakly, *weekly* – to break the fat blokes' with a lung disease record for 400 metres, and in my pomp I would never have thought of looking for an easy walk; bring on the tough stuff, said I.

Yet as we all know, a stroll to the corner shop nowadays is to some of us what 10,000 metres is to Mo Farrah, and you don't need Berghaus boots and a beard to walk slowly, breathe deeply and enjoy the sounds and sights and smells of the Yorkshire countryside.

Continued on page 4.



FRIENDSHIP LINK

Outwood Stroke Club

Outwood is about 2 miles north of Wakefield on the Leeds road. The Stroke Club meets in the Memorial Hall, which the people of Outwood built as a war memorial in 1953. The Hall is ideal for the Club as it has full wheelchair access, disabled toilets, plenty of storage space for armchairs, tables and other equipment and lots of parking space.

The Club was founded 21 years ago and it has moved its meeting place several times. It now seems to be well-settled in the Memorial Hall and will probably stay there for many years.

We have some 20 members and 10 volunteer helpers. As with most clubs, we never get all the members or helpers at meetings, but we manage! The Club meets every other Thursday from 10.30am to 3.00pm.

We are lucky to have the use of a Red Cross minibus to bring some of the members to meetings. Three of our volunteers are accredited drivers with the Red Cross. Other members make their own way to the Club.

If we are not going out we spend the morning chatting over tea or coffee, catching up with the gossip and sharing news of missing members. We get our lunch from the sandwich shop over the road and then we have a speaker, an entertainer, a quiz or even a session of bingo. Occasionally we go out to a local hostelry for lunch or on a trip. We visit Bridlington each summer and we generally have a day on a canal boat, courtesy of The Safe Anchor Trust, a local charity.



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LETTERS

Dear Editor

I had my stroke on Boxing Day, the Christmas before last, I had four weeks in hospital and following that, lots of physiotherapy. We hear lots of complaints about eh NHS, but I have to say that all the Nurses and Staff looked after me very well and the physiotherapy team were first class. In fact everyone involved in my care was really dedicated to getting me walking again (I used to be a regular A party rambler, prior to my stroke).

Last week my sister and brother-in-law, who live in Buxton, gathered me up from my flat in Coventry and took me to Dove Dale, in Derbyshire. It was a lovely warm and sunny day, just perfect for the first occasion of being back in the countryside, since having my stroke. We ambled sedately along the path beside the river Dove, a truly beautiful setting for a first real walk. After a mile or so we stopped for a picnic, where I fed the swans. On the way back we startled a Heron which rose majestically into the sky. In total I walked about two miles, and oh how I enjoyed it!

My ambition now is to gradually increase the length of my walks, until I can once again go rambling, firstly along the flat and eventually up and down the hills. It all goes to show that with the right help from the dedicated NHS people at the time of the stroke, and with a good follow up of physiotherapy, there is, as it says on the cover of Stroke Matters, a road to recovery after a stroke.

Last but not least, I think that Stroke Matters does a great job and I look forward eagerly to each new edition. Keep up the good work. William P.

Editor: Congratulations on making such excellent progress. Your walk marks the start of your journey back to one of the things which is seemingly dear to you, namely long walks in beautiful countryside. We wish you every success in that endeavour. Do please write again and share your future rambling experiences with our readers. Note Walking Article, pages 3/4.

DISABLED ACTIVITY (Cont.)

So the theme of this piece is that an hour or so on one of these highlighted paths will not only provide a challenge or moments of pure relaxation, but will turn out to be, thanks to Malcom and his organisation, one more of those delicious and serendipitous finds revealed only as a result of a stroke or sudden illness.

There is a more subtle benefit too. As I walked into the gym one wet cold winter Sunday morning, I was greeted with a cheery "Morning, Jeppo, well done," from one of the trainers, the aptly named Bash. "Well done for what, I haven't got my jacket off yet?" "Yeah, but making the effort to get your backside off the sofa and getting it in here on a day like this has done you just as much good as the next half-hour on the treadmill."

The benefits of exercise, gentle or Mo Farrah, are well known. Exercise releases chemicals known as endorphins into the brain, which has the effect of improving mood, and reducing the awareness of pain. This is known as "runner's high", and that is the sum of my knowledge of human biology which runs as deep and as wide as my knowledge of geography (see above). But then there is the "Bash effect."

Even if you decide to have a go at one of these walks, but manage just a couple of hundred yards, even if you get to the starting point, have a little look and decide that you don't fancy it, even if you get to the car-park and decide the Tea Shop looks more tempting, you've achieved something. You've taken a decision to do something, got up, got out and made your own choice. Believe me, that feels good, and that, dear reader, is the "Bash effect."

So who remembers Children's Favourites, 10.00 a.m. Saturday mornings, with Derek McCulloch, "Uncle Mac", and the Obernkirchen Children's Choir? All together now; "I love to go a wandering, along the mountain track...Valdereee...valderaaa...valderahahahahahaha!"

John Jepson Stroke Supporter



© Can Stock Photo - csp15773164

INSPIRATION

My brother is Dale Howden. He suffered a stroke in August 2008 when he was 23. Now at 29 years of age he has just done a sponsored bike ride for the stroke club juniors. He rode from Withernsea to Hornsea Freeport; it took him 1 hour 45 minutes and raised £413. The money raised was put towards the upkeep of the club's minibus and outings for members of the club. Sue and Ralph Longbone run the club and their son Richard was Dale's buddy on the day of the bike ride.

Dale has been attending the group for many years and has joined in all their sponsored days. This last event was a big deal for Dale as he never thought he would even be able to ride a bike again after his stroke which knocked him for six and which took him a long time to recover from. However, it has brought us as a family closer together. When he was ill the family looked after him at home. As a consequence of his stroke Dale now suffers from epilepsy and has to take numerous amounts of medication. Recently I have been ill in hospital and Dale has looked after me. We are very close as a result of these misfortunes.

Dale has many friends who have helped him recover and be the survivor he is today. He was a healthy young man before his stroke and worked as a farm labourer driving tractors and other farm machinery. This he loved to do. He has learned to adapt his life in so many ways. He is a real inspiration to us as a family and all who know him. He tries his best in all he does. He never gives up. He loves to do the garden with his dad and nan, cutting the grass is his favourite. He is a perfectionist. The grass must look like a bowling green. He used to work for East Yorkshire Council employed as a gardener so his standards are very high!
From Sarah of Withernsea.

Editor: Our younger stroke survivors will be delighted to read this letter. Everyone will join me I am sure in giving Dale our best wishes for the future. Please keep in touch.

GUEST SPOT

Jethro Vivian

I've been a professional working chimney sweep for more years than I care to remember, I'm based in Beverley in the East Riding of Yorkshire. I consider myself very lucky that I can make a living out of doing something that I really enjoy.



Occasionally I get asked to attend a wedding in my capacity as a lucky sweep, it's such a pleasure to adorn my dress coat, top hat and be part of someone's special day. That's the nicest part about being a chimney sweep, (Good luck and good fortune is where you're heading, when a dickens sweep attends your wedding).

Why are chimney sweeps considered lucky, folk law has it that a sooty figure of a man stepped out of the crowd and grabbed the reins of a runaway horse and carriage, inside the carriage was the King of England, he saved the King's life and the King said from this day on all chimney sweeps must be considered lucky and treated with high respect.

Her Majesty Queen Elizabeth II and Prince Philip arranged a chimney sweep to visit Buckingham Palace on their wedding day to bring them good luck.

Why are chimney sweeps dressed in a black tail coat and top hat!!! The Victorian undertakers would give their cast off clothing to the sweep. Things don't always go to plan, I remember attending a wedding in Walkington some years ago and there was another chimney sweep already there, somebody had double booked, so as he was their first I left discretely.

My other passion is visiting primary schools key stage two and putting on a 90 minute show for the children, aged between 7 and 9, their little faces light up with anticipation knowing they will soon be reliving the lives of the chimney children.
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MEDICAL INFO (Cont.)

Sometimes, when we have to rely on others for lots of help, it can be one area in which we can maintain our independence – that is, by choosing not to talk about personal things. Sometimes people who are used to just getting on with things find it particularly difficult to start talking about their feelings at this stage in their lives. People with language difficulties following their stroke can find it particularly difficult to express their inner feelings and thoughts.

Unfortunately, what this means is that those low moods can become more pervasive, leading to depression. Feeling low and being depressed are not the same thing. There is an expectation that low mood will be transient, or passing, whereas depression becomes all enveloping, with people commonly reporting that they can see no end to these feelings, and feel no relief from them. It is the persistence of these symptoms that will lead to a diagnosis of depression.

Typical symptoms of depression include:

- Difficulty sleeping (and in particular, a tendency to wake up very early in the morning)
- A loss of appetite, or a tendency to overeat without gaining pleasure from the food
- Persistent negative thoughts such as “I’m not good enough” or “there’s no point in carrying on”
- A tendency to withdraw from contact with others
- A loss of interest in your appearance
- An inability to find pleasure in things that were previously pleasurable

If you or someone you care about who has had a stroke exhibits these sorts of symptoms unrelentingly over a number of weeks, it is important that they see their GP. The GP will ask questions about how you are feeling, and make a decision about diagnosis and treatment based on what you say.

Treatment can be either in the form of anti-depressant medication, and/or referral to a local mental health service for talking therapy. This talking therapy will look to see what pattern of thinking you have fallen into, to look for the negative and unhelpful thoughts which can then be tackled and challenged.

Dr Louise Lorenc, Consultant Clinical Neuropsychologist

REFLECTIONS

THE NORMAN CONKEREST



**Artist Mr Chris Caley,
President of Hornsea Art Society.**

Pleasures were very simple when I was a lad, more than 60 years ago. There were no computer games, play stations or any of the multiplicity of mindless devices, which these days, are seemingly steadily turning far too many youngsters into inarticulate zombies.

Come every Autumn, all those years ago, the ritual of conkers arrived. The timid lads were content to simply gather up the horse chestnuts which had fallen to the ground. Lads’ fathers, who appeared to have become born again hooligans for a few hours, could be seen throwing lumps of wood, bricks, or anything else that was heavy enough, into the trees to dislodge the nuts.

The more adventurous lads climbed up into the trees and shook the branches vigorously. One lad in my form, alias Mouser, shook the branches so vigorously that he toppled out of the tree. By good fortune, he landed unharmed on the back of a very startled cow, which had been quietly grazing beneath the tree.

Having secured a good stock of the largest possible nuts, these were in due course attached to a suitable length of strong string. Most of the nuts did not last long in battle and a “sixer”, was regarded as a pretty good nut.

One memorable year, another lad from my school, nicknamed Smart (real name Alec) became the proud owner of a truly championship grade nut, which had demolished over 100 other lesser nuts. Unbeknown to us at this time, this seemingly unconquerable nut was fake.

REFLECTIONS (Cont.)

It had been hollowed out and filled with glass fibre. Equally unbeknown, to Smart, was that Smart's dad had carelessly let the cat out of the bag, when he confided in Smart's mate "Blabber Mouth Tommo", that the nut was a phoney.

Enter Norman, a small, quiet, unassuming lad. Everyone was shocked when he went up to Smart and said, "Bet you ten quid that my nut will beat yours," with no hesitation, Smart replied "You're on ". "Hang on", said Norman, "I'm not sure I want to bet after all," "Too late now" said Smart, adding dire threats as to Norman's fate if he backed out of the bet. It was therefore agreed that the battle of the nuts would definitely take place at the weekend. When the day for the contest arrived, about 70 lads had assembled to witness the great event. The crowd gathered in a tight circle around the two combatants.

Smart reached into his jacket pocket and drew out his cheat's nut. Norman responded by opening the draw strings of a small cloth bag, which he was carrying. Very slowly, he started to pull up the string attached to his nut. There was a loud gasp, when the nut finally appeared. It was stupendous, much larger than Smarts, it gleamed menacingly in the Autumn sunshine. This was the king of nuts, the nut that dreams were made of, a nut to conquer all other nuts. Unlike Smart's nut, it had a hexagonal shape, it was about 3 inches across and must have come off an enormous, steel bolt.

The outcome was never in doubt and a triumphant Norman, who ever afterwards, answered to the nick-name "Nuts", took his ten crisp one pound notes, he and his pals went off to the local chippy for a slap up lunch. The rest, as they say, is history. Well not quite, actually. I had not seen Nuts for getting on for 10 years or more, when I bumped into him in town. We chattered for a while about old times and our school days. I reminded him of the famous ten pounds bet on the conker match. He protested, "You're confused in your old age, that was definitely not me!" As we were about to go our separate ways, he said "Do take care, it has been very nice to see you again Michael." A kindly farewell I thought. However, there was only one problem, my name is Leo, not Michael. I knew then that I had definitely not confused him with anyone else. He was obviously nuts!

Leo H.

MEDICAL INFO

Life after stroke – psychosocial and emotional challenges

"Brain injury, regardless of chronological age, catapults individuals into the second half of life. That is, life is no longer the same after brain injury..."

This is a quote from an American psychologist called George Prigatano, who has written widely on the subject of rehabilitation following an acquired brain injury – a term which refers to all sudden onset brain injuries, including stroke. What he recognised is that, even when people recover well from their stroke, they are faced with a different future to the one they were expecting. He has likened this to a mid-life crisis, where people are unexpectedly forced to consider their lives as a whole – what is the meaning of life, what will the next years hold, has it all been worthwhile...

These sorts of thoughts can give rise to feelings of low mood and anxiety, which are common problems following stroke. Typically, stroke survivors will describe a period of relief at having survived, followed by a gradual dawning that recovery is not necessarily going to be complete, and that the future may well be more limited than the past.

Feelings of low mood or anxiety, while common, do not necessarily mean that people need professional help to deal with them. Most of us feel low or anxious at times. Being able to talk to someone that we trust about these feelings will go a long way towards dissipating them. Sometimes, however, stroke survivors find that they do not have anyone to talk to about these feelings.

This can be because of the fact that they don't have many family or friends around, but more commonly, it is about not wanting to burden others by talking about one's own feelings. Sometimes people feel guilty about feeling low, when they think that they should just be glad to be alive.

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HUMOUR

A Family Historian's Lament

I've been doing family history for nearly thirty years, diligently tracing my illustrious forebears, from Peterhead to Peterborough, Pendle to Penzance, my merry band of ancestors has led me quite a dance. There's no one rich and famous, no, not even well do to, though a second cousin twice removed once played in goal for Crewe. My bride of just three minutes I left standing in the church, while I nipped into the graveyard for a spot of quick research. Eventually I found an uncle, sixty years deceased, who is far more satisfying than a silly wedding feast. But now my thirty years obsession is lying in the bin, last Tuesday week I heard the news that made me jack it in. For my darling mother who'd not long on this earth, casually informed me they had adopted me from birth.

Author unknown, internet content.

Strenuous activities that do not require much physical exercise

1. Jumping on the bandwagon
2. Balancing the books
3. Running around in circles
4. Eating crow
5. Tooting your own horn
6. Climbing the ladder of success
7. Pulling out all the stops
8. Adding fuel to the fire
9. Opening a can of worms
10. Putting your foot in your mouth
11. Starting the ball rolling
12. Going over the edge
13. Picking up the pieces

Whew! That is some workout! Now sit down.

14. Exercise caution..!!

RESEARCH

Statins

Q. I have recently been prescribed statins. Should I be worried about the side effects?

A. Statins are usually prescribed to lower cholesterol, but may also be prescribed to people who are at high risk of heart disease, or to help prevent further problems in those who have already had a heart attack, stroke or peripheral vascular disease. Controlling cholesterol is important because a higher level of low-density lipoprotein cholesterol (LDL) increases the risk of cardiovascular disease, which includes heart attack and stroke.



Statins work by reducing the production of LDL cholesterol in the liver and in general are very safe with a low risk of side effects. As statins work mainly by targeting liver cells, your doctor will test your liver function before prescribing them and possibly again a few months afterwards to make sure that no problems have developed.

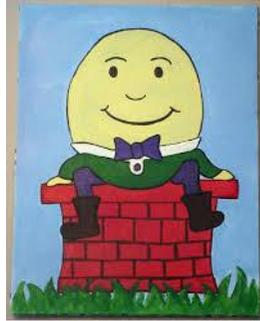
While most people experience no side effects, the most common ones include muscle pain, headaches, insomnia or stomach upset. If you do experience muscle pain, it usually does not last long. However, if it continues you should see your GP.

From the Diabetes Balance Magazine July-August 2014.

PUZZLE PAGE

QUIZ ARE YOU AN EGGHEAD?

1. What is a titmouse?
A harvest mouse, a field vole or a bird?
2. What is full of Eastern Promise?
Belly dance, Turkish Delight or A silk carpet?
3. "You either love it or hate it" refers to what?
Football, Marmite, or Politics?
4. What kind of vegetable is a Savoy?
A leek, onion or a cabbage?
5. What football teams plays at Don Valley Stadium?
Rotherham United, Sheffield United or The Steelers?
6. Who said "I don't like babies, though I think very young ones are disgusting".
Marie Lloyd, Queen Victoria, or King George IV?



DINGBATS -

D
N
ADVENT

Courtesy Hull Daily
Mail

ACT

Dingbats — Up And Coming, Disappearing Act.

Quiz - 1. Bird, 2. Turkish Delight, 3. Marmite, 4. Cabbage, 5. Rotherham United, 6. Queen Victoria.

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.

- 1st October 2014 Ken Walker antiques quiz
- 5th November 2014 games afternoon
- 9th December 2014 Christmas Dinner

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

Bridlington Stroke Club - Bridlington Fire Station community building, 1-3pm every first Wednesday of the month. The group has a good number of people attending. We have a dedicated 'catering manager' who bakes for every meeting; she has a dense hemiplegia down one side but used to be a chef and so makes a determined effort! Contact: Rachel Tel: - 01377 208718.

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 gatherings, and trips out for meals. Contact Derek Devlin Tel: -01430 872769.

HINTS AND TIPS

HELP AT A STROKE

EAST RIDING STROKE SURVIVORS SMALL GRANTS FUND

Have you had a stroke?

Do you care for someone who has had a stroke?

Do you provide health or social care services to stroke survivors?

You may not know that public funds are available to provide financial assistance to those who are stroke survivors, and who live in the East Riding of Yorkshire. Examples of successful applications for small grants include paving stones for a patio area, a kettle with a wide base to facilitate easy pouring, help towards the cost of providing non slip flooring and a device to assist in lifting a wheelchair into the boot of a car.



A leaflet and an application form can be obtained from East Riding Voluntary Action Services in Beverley, telephone 01482 871077. It is recommended that applications are supported by health care professionals.



COOKERY

Spaghetti carbonara (ham mushroom sauce)



- 2 tablespoons of oil
- 1 egg yolk
- 2 ham steaks chopped or 2 grilled pieces of bacon
- Pepper
- 1 onion chopped
- 200 g sliced mushrooms
- 250g sour cream
- 250g of cooked pasta
- 1 tablespoon chopped parsley and a pot of 50g sour cream .

Heat the oil in a frying pan. Add ham and onion. And cook until onion is clear and ham slightly browned. Stir in mushrooms. Cook for a further two minutes. Remove from heat. In a bowl beat sour cream and egg yolk together. Add this to ham mixture. Return pan to a low heat and cook, stirring constantly until sauce thickens slightly. Do not allow to boil. Season with pepper to taste. Add hot pasta and stir. Garnish with parsley. Serves 4- 6.

Recipe from Andrewkeene@outlook.com

SPONSORS

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

Hull Wyke Tangent Club No, 342
Various Freemasonry Lodges



INDEX

OCT 2012 – JULY 2014

This index is to remind you of the vast variety of articles we have published over the last 8 editions. Back copies can be obtained, please look at the section Extra Luggage on the back page or consult our website.

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Psychology	6 th	Jan 2014
St. John's Ambulance	7 th	April 2014

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Ian McMillan	2 nd
Chris Caley(Art)	3 rd
Archbishop of York	4 th
Howard Petch (Agriculture)	5 th
Dickie Bird	6 th
Sister Catherine Ryan (Local convent)	7 th

Cookery

Chicken Cacciatore	Pilot
Mushroom Soup	1 st
Sweet and Sour pork	2 nd
Beef with green veg	3 rd
Chocolate brownies	4 th
Leek and potato soup	5 th
Indian Pie	6 th
Stuffed mushrooms	7 th

In addition, in Stroke Matters, we have sections giving details of Stroke Clubs in E. Yorks, in Hull (our neighbours) and others in England (friendship link) humour, puzzles, cookery, reflections, letters and inspirational stories.

Editor: Explanatory Note. The difference between celebrities and guests is that celebrities have a national profile.