

## 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](mailto:ruckles16@rickles16.karoo.co.uk)

**Masterstrokes** - 2<sup>nd</sup> 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 has now changed venue.** The group has moved from The Avenue to the National Pub on National Ave. The first meeting at the National will be on the 4th of March at 1 p.m. and on the 1st Wednesday of each month thereafter at 1 p.m. Further details can be obtained from Sue and Rolph on 07966927845.

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.

### Orchard Stroke Club

Meets 2nd Friday each month at the Humber Pilot Pub in Beverley Road Hill at 1pm.

Offers to stroke survivors and carers friendship and support in informal and friendly surroundings.

Contact Gillian on 01482 572715.

## LETTERS(Cont.)

I am not yet ready for Master Chef, but when I get the bit between my teeth, anything is possible! Well done Stroke Matters and whatever else you change, do keep the cooking page. **Lydia D.**

Editor – At this rate we will soon be expecting to receive some culinary suggestions from you!

## HELP AT A STROKE



Dear Editor

I am writing to let your readers know about a grant which is available for stroke survivors from East Riding Voluntary Action Services.

Grants are available to help with for example the cost of buying a piece of equipment which would help the stroke survivor & carer to be more independent and improve their lives. The grant is available for equipment which cannot be provided by any other agency.

Application forms are available by ringing ERVAS on 01482 871077.

I recently successfully applied for the grant and found the process easy and the administration staff very friendly. Thank you very much.

I hope you will be able to include this information in your newsletter and maybe encourage other people to apply.

Chris Watson – Stroke Carer

## EDITORIAL



During the dull months of winter it has been anything but dull at Stroke Matters.

We are progressing well with our CD recording project of the magazine and shortly all 10 editions of the magazine that is including the pilot will have been recorded.

Just before Christmas at the YPI table tennis club a friend of mine to my surprise said she had something for me. She produced a big carrier bag. In it was Nellie a large 1ft. x 1 ft. stuffed, toy elephant which she had lovingly made. The instruction was that the toy had to be raffled and the proceeds had to be donated to Stroke Matters. To see what happened to Nellie see page 5.



In this edition in the activities section we look ahead to the spring and better weather. We have featured an article on fishing, perhaps the most popular leisure activity in this country. This may well encourage you to get out and about and enjoy some fresh air and hopefully sunshine and of course, the beautiful countryside.

We are very fortunate in having 11 stroke clubs outside our region which have given us their support and have joined our friendship links. You will have noticed that many of our articles are from these clubs and we greatly value their friendship, contributions and input. I have included a list of them in this edition on page 17. If you wish to visit any of them you will find contact details on our website [www.strokematters.co.uk](http://www.strokematters.co.uk). Please contact us if you would like this list in a hard copy format. I am sure you will be made very welcome if you wish to visit any of the clubs especially if you take a copy of Stroke Matters with you.

My thanks as ever go to the team of trustees and helpers for all their hard work. We aim to help you on your journey to recovery and to make it a little easier. Once again we wish to convey the message that you are not alone but that you are a valuable part of the wider stroke community. All the effort and determination will be worthwhile. Gill and the team.

## ACTIVITY



### Fishing for the disabled

If you have never been fishing, you could well be in for a treat. Fishing gets you out into the fresh air, in pleasant surroundings, it does not require the expenditure of much energy, it need not be expensive, and it is both therapeutic and fun. On a warm sunny day, sitting by the water in peaceful surroundings, with a rod and line, a bottle of “pop” and a lunch box packed with tasty treats, takes a lot of beating. If you catch a few fish, so much the better, but the enduring pleasure is the prospect of one day catching a real “monster” fish.

Like many other pastimes, you can choose to make your fishing either simple or complex and costly or inexpensive. It all depends upon what you want from the hobby. The basic requirements are obviously a fishing rod and a reel. You will also need a few floats; some hooks together with a few other bits and bobs. You do not need to spend a fortune. A six foot rod and a spinning reel can be bought on the internet for less than £20. You will also need a fishing licence. Do not be tempted to avoid paying for a licence, the penalty for fishing without a licence is a fine of up to £2500!

I would suggest that if you are new to fishing, you start with ponds rather than river fishing. Access to ponds is generally better than to river banks. Also when the float is cast into the water it stays put, whereas in a river it constantly drifts away, and requires endless recasting, which can be tiring.

A good plan is to go with a friend, as good company is always enjoyable and of course they can assist with getting you down to the water and if necessary help with setting up the fishing tackle.

So where do you go to fish? The Internet is a good place to start! The British Disabled Anglers Association website [www.bdaa.co.uk](http://www.bdaa.co.uk) is worth a look. To locate local ponds, [www.yorkshirerefishing.net](http://www.yorkshirerefishing.net) has a list of 47 local ponds. The wheely boat trust provides wheelchair accessible fishing [www.wheelyboats.org](http://www.wheelyboats.org)

Robert Gibson Bevan Tel. 01673 868387 designs and manufactures aids for anglers with arm and hand difficulties.

I should perhaps add a final note of warning. Fishing is potentially addictive and there is a real possibility that you may get hooked! (Pardon the pun). Have fun. Graeme

## LETTERS

Hello,

My carer has given me one of your magazines for strokes. It's not bad, but surely you must know what men like me are really interested in is football, not cooking and puzzles and all that kind of stuff. I can't go to matches anymore which is a real bind, but I'm a tough guy so no big deal. When I was a lot younger I used to keep goal most Saturday afternoons, but I had to pack it in after I broke my right leg in two places. I reckon it would be good to have something about my team Forest, so how about it? Just because I've had a stroke it doesn't mean that I won't be interested in football any more.

See you, Mally.

Editor – Hello Mally. Thank you for your comments regarding the magazine content. I am aware that there is a lot of interest in football. If you have only seen one issue of the magazine, you may not be aware that we constantly try to find out what activities are available for the disabled and we publish details in Stroke Matters. As far as I am aware, there is nothing available for disabled football fans. We wish your team, Forest, every success, but regrettably, it would not be practical to feature them in the magazine. That has to be a job for the specialist football magazines.

.....

Hello there,

Just to say that thanks to your magazine I now have a new interest. Prior to my stroke, I went off to the office every morning and left my “house husband” at home to do the chores, which included cooking. Now that my rehabilitation is nearly complete, although I am not quite recovered enough to go back to work, I am, or rather I was, getting bored. With guidance and some help from my husband, I managed to turn one of your chef's suggestions into something tasty. To cut it short, I now have the cooking bug and really enjoy expanding my elementary culinary skills, in order to put tasty food on the table. As an extra benefit, it gives my husband a welcomed break from having to cook all the food. **Continued on page 21.**

## INSPIRATION

One of the people I most admire is Alan a fellow member of the Alnwick Castle Golf Club Ltd. The land upon which the club has been built is owned by the Duke of Northumberland.



Alan is retired and in his late 60's. He plays golf with the seniors twice a week and he has a handicap of 20. He had a very active working life as a manager of a bookies in the local town square. I subsequently learned after he had been absent for about 2 years that in about 2010 he had had a stroke and had been paralysed down his left side. After that time he appeared again early one morning practising his swing accompanied by his 2 little dogs. Gradually he felt confident enough to play a few holes. From 9 holes he progressed to 18 and with much perseverance his handicap returned to where it was before he had his stroke. He won two matches. It has been an inspiration to me to see his determination and his perseverance with his golf. He had a goal and target to reach and he succeeded.



Although Alan is not a member of the Alnwick Stroke Club, there are two members of the Stroke Club whom I have also been inspired by, one is called Helen who suffered a stroke she was 44 years old and is now 70 (the longest serving member of our Stroke Club). At one time, she used to sing in a band, now she cannot speak but she can sing and her friend whom she sits next to, called Rosy, who is totally blind following her stroke is also a singer, so they are able to lead us in our club especially at Christmas when we sing carols.

Alnwick Stroke Club was started by WRVS in 1979 and run by RVS volunteers ever since. George Stokoe (Chairman Alnwick Stroke Club)

Editor: Many thanks for yet another contribution from one of our friendship link clubs. See Page 7 Reflections from Ashby de la Zouch and our link page 4 from Birmingham Stroke Club. We are indebted to them and greatly appreciate their interest in our magazine.

## FRIENDSHIP LINKS



A day in the life of a speech and language therapist from Birmingham.

My day is very structured although every day is different and enjoyable. From 8.45 am to 10am in the Speech and Therapy Dept. of the hospital in which I work we have a meeting to organise what we are going to do and to prepare our materials for sessions.

For new patients an initial appointment is made by talking to the patient and their family, the approach is very person centred. The patient is booked in for an initial 3 week induction session which will include appointments with speech and language, occupational, or physiotherapists and clinical psychologists.

A programme is devised for each patient tailored to meet their individual needs. Patients generally stay for 6 months. There are always lots of questions after the explanations and there is always lots of paperwork to be completed.

In the afternoon there are group sessions. Help is given to prepare patients for their discharge and the possibility of looking for voluntary or paid work. We arrange mock interviews.

A singing session finishes the day.

Contact Leona at Heart of Birmingham Stroke Club which meets every other Friday from 10.30 to 12.30 Tel: 07969992223.

Editor: I know Leone loves her job with all its challenges. She juggles her professional life with looking after her young daughter who always expects her tea to be ready as soon as she comes home from school. She also plays a large part in her local Stroke Club.

## STROKE CLUBS E.R.

### Beverley Stroke Club

One of the highlights of the year at Beverley Stroke Club occurs in December each year and that is the Christmas party. In 2014 during the festivities a raffle was held by kind permission of the club in aid of Stroke Matters, with Nellie being the star prize. Nellie was on display with a label around her neck. A bit like Paddington Bear but instead of saying on it "from darkest Peru" it said.



" I am called Nellie. I was lovingly hand made by an elderly grandma. If I am loved I will give joy and happiness in return. I am not just for Christmas. I am looking forward to meeting my new owner. I have packed my trunk. The circus will have to wait"

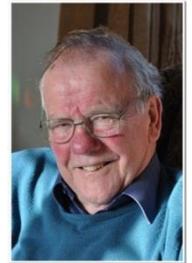
The raffle made £33 thanks to the generosity of the stroke club members. The proceeds were donated to Stroke Matters.

The proud winner was a slightly embarrassed Sean from the club who gave Nellie to his granddaughter Evie aged 8 years for Christmas who does love her and has taken Nellie to her bedroom. It is with her every night and does bring her happiness.



## CELEBRITY SPOT

### LORD HASKINS



Lord Haskins was born in Dublin, the son of a Protestant farmer. He attended St .Columba's College and Trinity College Dublin, and graduated with an honours degree in modern history. He met his future wife at university and her father, Alec Horsley, agreed they could marry on condition that he joined the family business, Northern Dairies, which he did in 1962, after working on a dairy farm in Ireland.

He foresaw the huge demand for good quality prepared meals and turned the company into Northern Foods, whose brands include Ski Yoghurt and Boyers Sausages, while M&S are the largest customer for ready meals. He became a director in 1967, Deputy Chairman in 1974 and Chairman from 1980 to 2002. Ennobled as a life peer with the title Baron Haskins of Skidby in July 1998, he became Tony Blair's 'rural tsar' at the height of the foot and mouth disease epidemic.

He has been Chairman of the Better Regulation Task Force and a member of the New Deal Task Force. A pro-European, he was a leading member of the Britain in Europe Campaign, the House of Lords European Sub-Committee, and is a former Chairman of the European Movement. He is a fellow member of Yorkshire Forward and also Chairman of the Council of the Open University. He is currently Chair of the Humber Local Enterprise Partnership. Lord Haskins lives at a large farm in Skidby, East Yorkshire.

One of the greatest successes in the modern world has been how medical progress has lengthened our lives enormously. There have been three spectacular breakthroughs. The Victorians virtually eliminated chronic water borne diseases like cholera and typhoid by providing everybody with clean fresh water. In the first half of the 20th century brilliant scientist found ways of eliminating most infectious diseases, such as small pox, diphtheria, polio and measles, by the development of vaccinations. And in the second half of the 20th century enormous strides were made in reducing premature deaths by heart disease and strokes.

The greatest problem facing the Health Service today is that people are living much longer than before, but because of their age are infirm and less well able to look after themselves. That is why it is so important to provide more resources for the care of people, who do not need to be in hospital, but require help at home or in care homes. And that care must also bring a reasonable quality of life to those who receive it.

## FRIENDSHIP LINK (Cont.)

### List of Stroke Clubs in Friendship Link

Alnwick SC	Contact	Jennifer	01665 603729
Ashby de la Zouch	Contact	Pat	01530411537
Birmingham SL	Contact	Leona	0121 4666000
Grimsby SC	Contact	Christine	01472879870
Hexham SC	Contact	Susan	01472 879870
Isle of Wight SC	Contact	Carole	01983 297121
Peterborough SC	Contact	Jean	01572 812078
Rydale SC	Contact	Pat	01653 628620
Swindon SSC	Contact	Lil	01793826962
Wakefield/Barnsley	Contact	Chris	07775603809
Yeovil SC	Contact	Robert	01935873245



## STROKE CLUBS E.R.

### Activities at the Driffield Stroke Club.

David a member of the club writes. "Our club finished a good year with a trip out to a Christmas variety show at Leberston, Cayton Bay called the Scarborough Fair Collection.

Before the show started we went for a look around all the vintage motor cycles, cars and steam fairground Gavioli organs. As it was just before Christmas as well as joining in the carols, we were treated to sketches and live entertainment from a Scarborough theatre group.

On our way home we called in for a fish and chip supper in Driffield.

We all went for our Christmas lunch to the Driffield Rugby Club at Kellythorpe. The setting was beautiful overlooking the rugby club pitches. The traditional Christmas meal at the club of turkey and Christmas pud was lovely. We had a magician for entertainment afterwards doing his sleight of hand magic tricks. Another really good year for the Driffield Stroke Club.

Well done to all concerned.

We believe in Driffield that life goes on after a stroke but finding the way forward and coming to terms with what has happened is never easy. "

Editor. Many of us know things have not been easy for you lately David so a special thank you from the team for writing to us at this time, it is much appreciated.

## DID YOU KNOW????

You replace every particle in your body every seven years.

When your mother was born, she was already carrying the egg that would become you.

If you put all the earth's ants in one pile, and all the earth's humans in another pile, the pile made of ants would have the most weight.

A pencil has the potential to draw a line 38 miles long.

Lighters were invented before matches

If a man never cut his beard, by the time he dies it would be 30 feet long.

## REFLECTIONS



### A Nurse's reply "Crabbit Old Woman" Part 2

What do we see, you ask, what do we see?  
Yes, we are thinking when looking at thee!

We may seem to be hard when we hurry and fuss,  
But there's many of you, and too few of us.

We would like far more time to sit by you and talk,  
To bath you and feed you and help you walk.

To hear of your lives, and the things you have done,  
Your childhood, your husband, your daughter, your son.

But time is against us.  
There's too much to do – Patients too many, and nurses too few.

We grieve when we see you so sad and alone,  
With nobody near you, no friends of your own.

We feel all your pain,  
And know of your fear that nobody cares now your end is so near  
But nurses are people with feelings as well,  
And when we're together you'll often hear tell of the dearest old Gran in the  
very end bed,  
And the lovely old Dad, and the things that he said.

We speak with compassion and love,  
And feel sad when we think of our lives and the joy that you've had,  
When the time has arrived for you to depart,  
You leave us behind with an ache in our heart.

When you sleep the long sleep, no more worry or care,  
There are other old people, and we must be there.

So please understand if we hurry and fuss –  
There are many of you, and so few of us.

Many thanks to Ashy de la Zouch Stroke Club.

## MEDICAL INFO (Cont.)



Patients who have had strokes will often see the ward OT when assessments are needed to see if they are ready for discharge home. This often involves assessing in personal care and perhaps kitchen activities on the ward, often followed by a home visit to see if there are any other issues which need to be resolved before safe discharge. They will often liaise closely at this point with social workers if the person needs care support organising for their return home.

In stroke rehabilitation OT's can support people with their psychological adjustment after a stroke, to changes in their life roles, and help them to deal with anxiety or mood problems. Many people struggle to cope with relationship and role changes post-stroke, and a lot of my time is spent in supporting these adjustments to enable people to lead fulfilled lives, despite their disabilities.

OT's do liaise closely where possible with other members of the team, often Physiotherapists and Speech and Language Therapists, to ensure that best co-ordinated therapy is offered. We all work towards goals in rehabilitation which have been agreed between client and therapists, to ensure we are on the right track. It is important that we do set goals which keep the focus on what the individual wants to achieve and that these goals are achievable.

OT's essentially work 'functional' tasks. Often these will be practical every day things like getting washed and dressed, making a meal or hot drink, or doing the shopping. It can also mean working together to enable a return to past hobbies, interests or a return to employment. Our therapy is always led by the needs of the individual, so if the most important goal for you is to work towards returning to playing snooker, golf, or to resume caring for relatives, then this is what we will work towards with you.

My work in stroke rehabilitation has been a rewarding one, and I know when I retire in 2015, I shall have very fond memories of the many lovely people I have seen over the years, and hope to have played a very small part in their post stroke recovery journeys.

## MEDICAL INFO

Hello, my name is Val and I'm the Community Stroke Occupational Therapist for the East Riding. I work within the East Riding Community Stroke team, based in Beverley Hospital with my nursing colleagues, and we cover all of the East Riding area.



### Occupational Therapy

Occupational therapy aims to **enable** people to participate in meaningful **activities**: (work/productivity; play/leisure; rest; personal/self care and domestic tasks) to improve their **independence** and enhance their quality of life.



Prior to this NHS post I worked in community stroke rehabilitation in Hull, and before that I worked for Hull Royal and Scunthorpe Hospitals, also in Stroke Rehabilitation. I am sometimes asked to give presentations to Stroke Groups in the locality on topics like 'Memory and Perception', or 'Equipment' or 'Fatigue management'. One of the problems I find with explaining what occupational therapists do is that we cover a lot of different areas, and this means explaining to anyone what we do is not so simple! However, I will do my best in this short article.

Training for Occupational therapy covers both physical and mental health aspects. Consequently you will find Occupational Therapists (OT's) in many diverse roles, within hospitals, community roles, social services and industry. Our colleagues in social services may assess for adaptations to the home like stair lifts, ramps and other large environmental adaptations, as well as supplying smaller aids like rails at the door and next to the toilet to help people to move around the environment. All OT's are able to assess and supply some equipment needs like raised toilet seats, commodes, or bathing aids which will help people with access problems. For even smaller aids like plate guards, pen grips or special cutlery for one-handed use etc, we can offer information about where to purchase and advice on what might be of benefit to the individual concerned.

**Continued on page 16.**

## HUMOUR (Cont.)

### Science.

Helicopters are cleverer than planes, not only can they fly through the air they can also Hoover.

### History

Then Joan of Ark met her end she was burned as a steak.

Sir Walter Raleigh circumcised the world with a big clipper.

### Geography

In geography we learned that countries with sea round them are islands and ones without sea are incontinents  
In Scandinavia, the Danish people come from Denmark, the Norwegians come from Norway and the Lapdancers come from Lapland.



## RESEARCH

For the first time the Sentinel Stroke National Audit Programme (SSNAP) is now available from their RCP website. The period covered was from 1st January and 31st March 2014. The comment is that "there is still an unacceptable variation between hospitals and follow-up care outside hospital"

The SSAP results for the first time contain figures for the six month assessment from October 2013 to March 2014. The report showed that only 15% of patients in England and Wales received an assessment six months after having a stroke. It does, however, highlight other areas of improvement, including scanning patients within one hour of being admitted – only 42% of patients received this, missing the target of 50%.

Info. Supplied by the Stroke Association.



## PUZZLE PAGE

QUIZ – Try to identify the sweets by the following clues:-



1. Wobbly Infants.
2. They see Matadors.
3. Edible Fasteners.
4. Nine Ten Eleven.
5. May be occult.
6. Home for alcoholic teeth.
7. Sport for princes.

Try solving these numerical puzzles, which are not as difficult as they look

1. Sarah and Joan breed poodles. Joan had 11 poodles including 5 puppies which she later sold. Sarah bought 2 of the puppies from Joan. After buying the puppies from Joan, Sarah had 3 times more poodles than Joan had, after she had sold the puppies to Sarah. How many puppies did Sarah have before she bought the puppies from Joan?

2. Tim has an MG Sports Car, which he likes to drive fast. His friend Sebastian has a vintage Rolls Royce which he drives sedately. The Rolls Royce uses 3 times more fuel than the MG, to travel the same distance. Tim and Sebastian set off at the same time on a 70 miles long journey. Each has 5 gallons of petrol in his tank at the start of the run. Neither of them arrived at the destination. The MG ran out of petrol after travelling 66 miles. How far did the Rolls Royce Travel before it two ran out of petrol?

### DINGBATS -

**BLACK  
BEAUTY**

Courtesy Hull Daily  
Mail

**TIMING TIM ING**

Dingbats – Black Beauty, Split-Second Timing

Quiz 2 - 1. 16 S, 2. 22

Black Magic, 6. Wine Gums, 7. Polo.

Quiz 1 – 1. Jelly Babies, 2. Bulls eyes, 3. Choc Buttons, 4. After 8, 5.

## 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 April The British Red Cross talk by Jeanette Harrison
- 6th May Derick Clark Talk/quizz antiques
- 3rd June Trip to Victorian Gdns Bishop Burton
- 1st July Burnby Hall Gdns

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.

**Cherry Tree Stroke Club Beverley** - Meets last Thursday each month between 1 - 3 pm, 117 Cherry Tree Lane, Beverley HU 17 0AY. Planned are talks about Occupational therapy, pets for therapy, and a slide show of old Beverley. Contact Pat 01482 871993

**Driffield Stroke Club** - Meet 1st and 3rd Tuesday monthly, from 2:00pm to 4:00pm at Cass Hall, King Street, Driffield. 1st Meeting monthly usually a guest speaker; second meeting on 3rd Tuesday involves social activity, bingo, and quizzes, beetle drive, 1st Sunday monthly there is a Sunday lunch. At least once a year there is a club holiday. Day trips twice a year, theatre trips etc. Contact: Janet Tel: - 01377 256343

**Goole Stroke Club** - Meet 3<sup>rd</sup> Thursday of the month at the library in Goole, 12 noon to 2:00pm. It is a small social group; we welcome new members, very friendly, we also have occasional meals together. Contact:- Trevor Mouncey:- 01405 764645 or email:- [tmouncey@gmail.com](mailto:tmouncey@gmail.com)

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

## HUMOUR

### BEST LAWYER / INSURANCE STORY OF THE YEAR.

This actually took place in Charlotte, North Carolina. A lawyer purchased a box of very rare and expensive cigars, then insured them against, among other things fire.

Within a month, having smoked his entire stockpile of these great cigars, the lawyer filed a claim against the insurance company. In his claim, the lawyer stated the cigars were lost 'in a series of small fires.'

The insurance company refused to pay, citing the obvious reason, that the man had consumed the cigars in the normal fashion. The lawyer sued and WON!

(Stay with me.)

Delivering the ruling, the judge agreed with the insurance company that the claim was frivolous. The judge stated nevertheless, that the lawyer held a policy from the company, in which it had warranted that the cigars were insurable and also guaranteed that it would insure them against fire, without defining what is considered to be unacceptable 'fire' and was obligated to pay the claim.

Rather than endure lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000 to the lawyer for his loss of the cigars that perished in the 'fires'.

NOW FOR THE BEST PART...

After the lawyer cashed the check, the insurance company had him arrested on 24 counts of ARSON!!! With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000 fine.

This true story won First Place in last year's Criminal Lawyers Award contest.



## COOKERY

### French Onion Soup

3 tbsp butter  
6 medium onions, thinly sliced  
1 tsp sugar  
4 cups liquid stock - can be vegetable, beef or Marmite made into stock  
Salt  
Black pepper  
4-6 slices cheese on toast

Serves 4-6

Melt butter in a saucepan and add onions and sugar. Cook slowly for 15 minutes or until the onion is golden. Add the stock and bring to the boil. Simmer for 15 minutes. Season with salt and pepper to taste.

Grill the cheese on toast. Cut into triangles or squares and place on top of the soup.

Recipe provided by Andy Keene



## SPONSORS

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

2 anonymous donors



## HINTS AND TIPS (Cont.)

### STAIRLIFTS

There may come a time when you, your family and friends feel that the stairs are simply not safe anymore or that even though you can just about manage the stairs and need to have two hands free, you are unable to carry anything upstairs. What can you do to ensure that the stairs do not stop you from having a fully independent life style and so that you can continue to enjoy your home and do not have to move?



The first stairlifts can be traced back to the early 1920's and like so many innovations came from North America, where because of the polio epidemic many were left with mobility problems. It was called the "inclin-ator". At first the drive mechanism was just ropes attached to a small motor. The ropes were replaced with chains and simple gearbox. Essentially a cable was reeled in, or fed from, a motor housed at the top of the stairs in order to move the chair. These cables – often little more than glorified bicycle chains required continual lubrication and replacement in order to function. The majority of manufacturers have now moved to a safer, more efficient and practical "rack and pinion" drives so that the chair itself has the power to climb up the rail, rather than being dragged from above.

There are many shapes and sizes of stairlifts to suit all types of staircases. The perfect straight, the 90 degree square corner and there is even one to fit a spiral staircase. There are also ones to meet different needs. Users can choose to sit, perch, or stand. They are also available for indoor and outside use.

Continued on page 12

## HINTS AND TIPS (Cont.)

Initially, in the first stage of the fitting process, details are required from the user about their weight and height and whether the person is right or left handed and the user's degree of movement. If space is at a premium, it is possible to install a stairlift which allows for space saving docking.

Watch out however, if you buy a second hand chairlift. A possible bargain may turn out to be an expensive dud. If you buy one that is reconditioned ensure that warranties and guarantees are available. A seat that does not swivel may also indicate an older or faulty unit – make sure you question the seller about its history, age and maintenance record. Stairlifts often require very little maintenance. A qualified engineer will be needed to give the system a thorough MOT and most companies will have some kind of service agreement.

Information supplied by the consumer's guide to stairlifts. For assistance and further info please go to the Mobility Aids Information Service, Tel 02078 407 6645.

Editor: The days could be over of feeling as if you are climbing Mount Everest when you tackle the stairs to go to bed.

