

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.

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

Dear editor,
In response to the Summer issue of 'stroke matters' to the couple who bought a mobility scooter and had problems. Firstly there are lots of questions that need answering:-



- What type of scooter do you want?
- Small (to go in a car boot)
- Medium (general around town 4mph)
- Large (8mph, longer range and generally for the larger person)

The person

- What size is the person?
- Can they sit in a normal sitting position?
- Are they in control of both hands?
- Most importantly are they competent to drive a mobility scooter?

The Vehicle

- Will the scooter fit into the car?
- Who will be putting it into the car?
- Will the car need any modifications ie. Hoists?

If you are keeping the scooter at home

- Where will it be parked?
- If it is a shed or garage, is there an electric point?
- Curbs can often be a problem, make sure everything is flat ie. Into sheds.

These are just a few general questions but the main question you must ask yourself is, 'would you buy a car from a market?' the answer is, 'No you wouldn't!' If you are looking for a mobility scooter, go and see your local dealer. Most dealers are honest and reliable.

Kind regards, Gary & Katie
Beverley Mobility, 87 Mill Lane, Beverley, HU17 9DH
Tel: 01482 860948

EDITORIAL



We hope you enjoy the new startling front cover for 2015. The message remains the same and we continue to wish you a safe and pleasant journey on the road to recovery, however you travel.

In the last edition there was good news to report about the National Lottery. This time, I can tell you about a new exciting development concerning Stroke Matters.

We have had an audio recording of the magazine put on to a CD by Talking Books, who are a charity based in Driffield. This additional format will appeal to survivors who are blind, partially sighted and those who experience difficulty in reading. Already we have received interest from stroke nurses, GP surgeries and requests from libraries for their audio section. So watch this space as they say, for further developments.

I enjoyed talking to Andy (see Inspiration section). Modesty precluded him from making much of his achievements, but he did tell me that he had walked across the Humber Bridge after leaving his wheelchair behind, to raise funds for his local stroke club (see photo, Andy on the Humber Bridge). I am sure the club benefitted in more ways than one from all his efforts.

We were sorry to hear that Haltemprice Stroke Club is to close. However, Bridlington Stroke Club and Orchard Stroke Club are now open for business.

Again my thanks go to all who have helped us to produce your magazine. We hope that this edition will provide additional hope and encouragement to persevere on your road to recovery.

Gill and the team.

ACTIVITY



Shortwave listening – an ideal pastime for the dark winter months

Shortwave listening has much to commend it as an interesting and informative activity, which may truly be said to bring the world into your living room. Unlike some hobbies, it does not require the purchase of costly equipment in order to start enjoying yourself. If you just want to try it out, a small battery portable shortwave radio can be bought for a few pounds. With it, you will be able to listen to broadcasts from many radio stations located in other European countries. You will have access to news broadcasts in English, from, for example, the likes of Moscow Radio. These frequently have a very different take on world events, when compared with news from the BBC.

When you have mastered the basic listening technique, you can progress to a more sophisticated shortwave radio receiver. This will then enable you to listen into communications from ships, aeroplanes, radio amateurs, and a host of other interesting broadcasts, from far away stations in the rest of the world. If you become really “bitten by the bug” you may decide to become a licenced radio amateur. This would allow you to talk directly to other radio amateurs, located throughout the world. If you would like to learn more about this fascinating hobby, just type “Shortwave listening” into Google, and away you go. The library service may be able to help you with the internet.

Posture and Exercise (seated and standing) following stroke

The benefits of exercise are not restricted to people who have full mobility. If injury, disability, illness or weight problems have limited your mobility it's even more important to experience the effects of exercise.

Continued on page 4.

FRIENDSHIP LINK

I am told Evelyn was born in 1920, had a stroke in September 2007 and joined our club following that. She was an outgoing person and in her youth had ridden a motorbike. On her retirement, much to the apprehension of her family, she bought a bright yellow Honda 70cc motorcycle and became instantly known as “The yellow peril”.

The extract was part of her eulogy at her funeral and relates to life in the “early days” in rural Alnwick area and was written by her when she was 85.

“All over the place with my memories, of the days I spent with Granny and Granda Straughan, Easter was spent going around the farms to get an egg, fresh or hard boiled. I would be about 8 then, life was quite safe in those days. Went with the Dixon boys from Harlow Hill, Granny always had a tin of condensed milk which I used to love to have a big spoonful of many times a day or a slice of bread and butter with sugar sprinkled on top. We played houses in the old quarry at Harlow Hill and stayed all the summer holidays with Granny and Granda Straughan. We pinched apples and white turnips and sat in the hedges to eat them, good times we had.

At Harlow hill about 1928 on Saturday night we heard loud noises and all went outside in the dark and saw the Airship 101 passing overhead going north. I will always remember the sight of it. Another memory was going to see an aeroplane doing flights at Greensfield Moor, I was 8 then and on my own. Mother came looking for me, poor soul, what a hiding I got that day. Unknown to me, my sister Nancy was born that same night while I was asleep.”

Although having been widowed early in life Evelyn led a full and active life until her health deteriorated further recently.

Sent in by Alnwick Stroke Club in Northumberland.

GUEST SPOT (Cont.)

Did you know, high blood pressure is the single biggest cause of stroke, and it affects almost a quarter of the population in Yorkshire and the Humber? Controlling your blood pressure is essential to keep your stroke risk down. Drinking alcohol in moderation and quitting smoking, accompanied by healthy eating and exercise are also effective ways of reducing your risk of stroke.



This year, we're planning to run a series of workshops in Hull, looking at risk factors and how to help prevent stroke. For more information about the workshops, for advice or to request a visit, please contact Myra Barker, Stroke Prevention Coordinator on 01482 474791.

Communication Support in East Yorkshire

More than 152,000 people have a stroke every year in the UK, and one third will have aphasia. Aphasia affects people's ability to communicate, whether it is speaking, reading, writing or understanding.

The Stroke Association's Communication Support Service in East Yorkshire is here every step of the way to help you cope with the aftermath of stroke and support you as you work towards rebuilding your life. The service helps stroke survivors to cope with aphasia and difficulty in using language. Our co-ordinator and volunteers will work with you to build up your confidence and help you achieve the best possible recovery.

For more information and to find out how to get support, contact Sally Welch, Communication Support Coordinator on 01430 871 728.

ACTIVITY (Cont.)

Good posture is paramount in achieving the benefits of an exercise programme both in a wheelchair/chair or standing. This in turn can help with balance and puts less strain on the body. It also looks good and aligns the body. It can be hard to maintain good posture but exercise improves it and makes it easier to maintain.

Contact your local leisure centre/gym to find out if appropriate sessions are available possibly through the GP referral system. The NHS also run falls prevention sessions with physiotherapists which might be in your area, in conjunction with postural stability instructors trained in individual tailor made functional exercises.

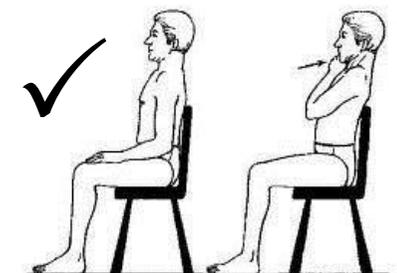
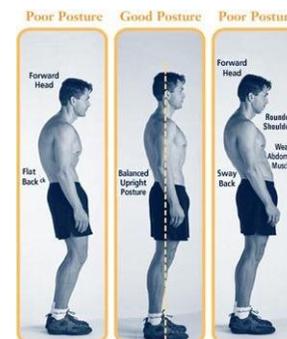
Health benefits of good posture

1. Protects joints and prevents bad backs
2. Improves digestion more oxygen to brain released and opens rib cage to lungs creating more space
3. Reduces tension giving more energy
4. Improves muscle tone
5. Improves self-confidence and image
6. Improves thinking ability
7. Helps with other health complications I.e. Back pain/poor blood circulation and reduce pain.

All of the above are points can improve your overall health too.

Standing posture

Seated posture



Linda Lawson Postural Stability Instructor –
lindalawson@hotmail.co.uk

INSPIRATION



At the end of October I had the great pleasure and privilege to visit and talk to Andy at his home. This is the man who kindly often provides recipes for us. He was born and brought up in New Zealand and from the age of 8 years loved cooking breakfast for his family. He worked as a baker after leaving school and later after he and his family moved to UK worked as a chef in the Grand Hotel in Jersey. He married and had two little boys.

As a child his health was not good. From the age of 8 years he received treatment for leukaemia which lasted for three years. He also had high blood pressure from the age of 14 years.

When driving home from work on 13.1.2008 when he was 33 years of age after working a twelve hour shift, he felt "a bit funny". He had suffered a stroke which affected his left side and was in hospital for 3 months.

After approximately one year after discharge Andy was back in hospital again. The second time for surgery for a brain tumour (this may well have been caused by the radiotherapy he received as a child).

Continued on page 6

GUEST SPOT

The Stroke Association is the UK's leading stroke charity which campaigns to improve stroke care; supports people to make the best recovery they can; and funds ground-breaking research to change the lives of people affected by stroke.



Every year there are about 152,000 strokes in the UK; that is one every three and a half minutes. Thanks to improvements to stroke care you are twice as likely to survive a stroke than 20 years ago, however stroke remains the world's second biggest killer. Stroke is the largest cause of complex disability in the UK and half of all stroke survivors are left with a disability.

Together we can conquer stroke. For more information about stroke, ring the Helpline on 0303 30 33 100 or visit www.stroke.org.uk

Stroke Association Support in Hull and East Yorkshire

In Yorkshire and Humberside, there are more than 10,600 strokes per year and over 112,300 people living with the effects of stroke. The Stroke Association's services in Hull and East Yorkshire can provide practical advice, essential information and emotional support for stroke survivors and carers.

Helping to Prevent Stroke in Hull

In Hull, the Stroke Prevention Service is an intensive one to one programme for those who have had a stroke or mini-stroke (TIA). The service helps stroke survivors to make lifestyle changes and better manage their risk of further strokes. We encourage family members to be involved, signpost to other relevant organisations and deliver tailored workshops.

Continued on page 19

MEDICAL INFO (Cont.)

The second service applies if you are taking two or more prescribed medicines for a long term condition, the pharmacist can provide a Medicines Use Review which is a personal NHS consultation.

“For most people, taking medicines will be trouble free but problems can occur” says Raymond. “You may have several different medicines to take at different times of the day and find this difficult to manage. Your tablets may be hard to swallow or may not be compatible with other medicines or foods. Or you may be experiencing side effects from one or more of your drugs. An MUR or NMS provide a perfect opportunity for an in-depth conversation with a pharmacist.”

To find out more about the range of services available at community pharmacists, visit www.askyourpharmacist.co.uk

Raymond Hall, Pharmacist, 564 Beverley Road, Hull.

DID YOU KNOW????

There are no words in the dictionary to rhyme with orange, purple and silver.

Months that begin on a Sunday will always have a Friday the 13th.

A person can go without food for about a month but only about a week without water.

If the amount of water in your body is reduced by just 1% you will be feeling thirsty. If it is reduced by 18% you will die.

INSPIRATION (Cont.)

Things did not go well and he remained in hospital for 2 years during which time he had multiple strokes and was put on a respirator. He could not move or speak. At one stage he almost lost the will to live. It took him 4 months to rally round after he had received some very stern lectures from his mother who would not accept the situation. After being discharged from hospital he then spent 13 months in rehabilitation.

Now he gets great strength from his two sons, one is 11 years and the other is three years younger. He says they keep him going. He greatly enjoys playing football with them. He has made lots of friends through the four stroke clubs and groups to which he belongs, and says all his many friends have helped him immeasurably and he particularly enjoys their chit chat. He also likes his table tennis. Through all this he has recovered a lot of confidence and with the help of a tutor is improving his memory and other difficulties for example with money, time, reading and writing.

Just talking to Andy is a joy and I can well understand how much he inspires others. When I met him there was no self-pity or regret only optimism, he has been able to put all his sufferings behind him. Thank you Andy for sharing your story with us. It has been for you a very long journey on the road back to recovery. You have great courage and determination. We all wish you and your family great joy and continually improving health in the years ahead. You are truly an example to us all.

The Editor

REFLECTIONS

“Crabbit Old Woman” Part 1

What do you see, what do you see?
Are you thinking, when you look at me,
A crabbit old woman, not very wise,
Uncertain of habit, with far-away eyes,
Who dribbles her food and makes no reply
When you say in a loud voice,
I do wish you'd try.
Who seems not to notice the things that you do
And forever is loosing a stocking or shoe.
Who, unresisting or not, lets you do as you will
With bathing and feeding the long day is fill.
Is that what you're thinking.
Is that what you see?
Then open your eyes,
Nurse, you're looking at me.

I'll tell you who I am as I sit here so still!
As I rise at your bidding, as I eat at your will.
I'm a small child of 10 with a father and mother,
Brothers and sisters, who loved one another-
A young girl of 16 with wings on her feet.
Dreaming that soon now a lover she'll meet,
A bride soon at 20, my heart gives a leap.
Remembering the vows that I promised to keep.

At 25 now I have young of my own
Who need me to build a secure happy home.
A woman of 30, my young now grown fast,
Bound to each other with ties that should last.

At 40, my young sons have grown and are gone.
But my man's beside me to see I don't mourn.

Continued on page 8

MEDICAL INFO

Raymond Hall, alongside his wife Fiona run an independent pharmacist which has been in Hull since 1961. As Raymond says, “Pharmacies are more than just a place to pick up a prescription. A free range of services are available on the NHS such as blood pressure monitoring and cholesterol testing to help you stay well”.



In the UK, around 17 million people have a long term condition such as diabetes or high blood pressure. However, its estimated that up to half of all medicines are not taken as intended by the GP or pharmacist. To help people get the maximum benefit from their medicines there are two services available.

One is the New Medicine Service (NMS) which is aimed at people who have been prescribed a medicine to thin the blood or to treat one of the following conditions:

- Asthma or Chronic Obstructive Pulmonary Disease (COPD)
- Type 2 diabetes
- High blood pressure

The service involves a structured conversation between the patient and the pharmacist to discuss any concerns you are having with medicines such as side effects or what to do if you miss a dose.

“Lots of people find they have problems when they start a new medicine. The NMS helps to sort these problems out from day one with the help of a pharmacist, so you stay well,” says Raymond.

Continued on page 17

HUMOUR



Brilliant Beijing Hotel Brochure – Translated

A friend went to Beijing recently and was given this brochure by the hotel. It is precious. She's keeping it and reading it whenever she feels depressed. Obviously, it has been translated literally, word for word, from Mandarin to English.

Getting There: Our representative will make you wait at the airport. The bus to the hotel runs along the lake shore. Soon you will feel pleasure in passing water. You will know that you are getting near the hotel, because you will go around the bend. The Manger will await you in the entrance hall. He always tries to have intercourse with all new guests.

The Hotel: This is a family hotel, so children are very welcome. We of course are always pleased to accept adultery. Highly skilled nurses are available in the evenings to put down your children. Guests are invited to conjugate in the bar and expose themselves to others. But please note that ladies are not allowed to have babies in the bar. We organise social games, so no guest is ever left alone to play with them self.



The Restaurant: Our menus have been carefully chosen to be ordinary and unexciting. At dinner, our quartet will circulate from table to table, and fiddle with you.

Your Room: Every room has excellent facilities for you private parts. In winter, every room is on heat. Each room has a balcony offering views of outstanding obscenity! You will not be disturbed by traffic noise, since the road between the hotel and the lake is used only by pederasts.

Bed: Your bed has been made in accordance with local tradition. If you have any other ideas please ring for the chambermaid. Please take

advantage of her. She will be very pleased to squash your shirts, blouses and underwear. If asked, she will also squeeze your trousers.
Above All: When leaving us at the end of your holiday, you will have no hope. You will struggle to forget it.

REFLECTIONS (Cont.)

At 50 once more babies play around my knee.
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead,
For my young are all rearing young of their own.

And I think of the years and the love that I've known;
I'm an old woman now and nature is cruel,
Tis her jest to make old age look like a fool.
The body is crumbled, grace and vigor depart,
There is not a stone where I once had a heart,
But inside this old carcass, a young girl still dwells,
And now and again my battered heart swells,
I remember the joy, I remember the pain,
And I'm loving and living life over again.
I think of the years all too few – gone too fast.
And accept the stark fact that nothing can last-
So open your eyes, nurse, open and see,
Not a crabbit old woman, look closer-
See me.

By Phyllis McCormick
Sent in by Ashby De La Zouch – Stroke Club



Part 2 The Nurses reply in Spring Edition

PUZZLE PAGE

QUIZ – How well do you remember the events of the 1950's?

1. Princess Elizabeth became Queen in 1952. What was her age at that time? 22, 25 or 27.
2. In 1956 Prince Rainier married which film star? Bette Davies, Grace Kelly, or Ingrid Bergman.
3. Which war began in 1950? World War II, Vietnam, or Korean War.
4. Who was appointed Prime Minister in Britain in 1951? Churchill, Atlee or Wilson.
5. Everest was climbed by Hilary in 1953, who also reached the summit? Bonnington, Mallory or Tenzing.
6. Disney Land opened in 1955, in which country? France, America or Canada.
7. In 1957 the Soviets launched the first satellite. What was it called? Spatnik, Spacenik or Sputnik.
8. In 1957 Castro became the dictator of which country? El Salvador, Cuba or Honduras.
9. When was Colour Television introduced in Britain? 1951, 1954 or 1959.
10. In 1954 who became the first person to run a mile in under 4 minutes? Bannister, Coe or Ratcliffe.

DINGBATS -

**RUBBISH
TIP**

Courtesy Hull Daily
Mail

public

Quiz – 1. 25 2. Grace Kelly, 3. Korean War, 4. Churchill, 5. Tenzing, 6. America, 7. Sputnik, 8. Cuba, 9. 1951, 10. Bannister.
Dingbats — Where there's muck there's money, In The Public Eye.

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.

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 - Stop Press - At the time of going to press we have been informed that the club will be closing in December. If there is any further news this will be communicated to us in time for the next edition.

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



A voluntary organisation and registered charity, Beverley Community Lift provides a fully integrated transport service, (minibuses, voluntary drivers and passenger assistants) aimed at increasing the independence, mobility and peace of mind of elderly and disabled people. The service helps combat the problems of loneliness and isolation faced by some people.

Our service is open to all members of the community, but is mainly used by the “elderly” and disabled and those who are rurally isolated, providing transport for medical appointments, shopping or to go to social events.

The volunteer car scheme has been running successfully in Beverley and surrounding villages since 1970 and continues to be of great service to the local community. This scheme runs on a ‘dial a ride’ basis, all you need to do is ring to register with us. Volunteer drivers will wait for you if your appointment is under an hour, but will be ready for your call to return and collect you when you have finished, if your appointment is longer. We can provide a wheelchair accessible vehicle if needed.



We also offer this service for people who are blind or partially sighted. Our fully trained volunteer drivers offer sighted guiding for shopping, banking, leisure activities, and hospital and health appointments. “Alone we can do little, together we can do much” Helen Keller

Whatever the need...we are here to help. Call us to register on 01482 868082. Reg. Charity No. 506813.

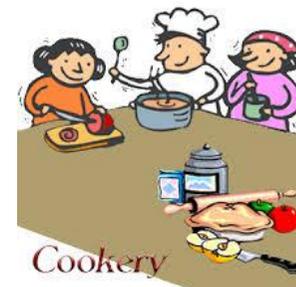
COOKERY

Cajun seasoning

2tsp salt
2 tsp garlic powder
2 1/2 tsp paprika
1 tsp black pepper
1 tsp onion powder
1 tsp cayenne pepper
1 tsp oregano
1 1/4 tsp thyme
1/2 tsp red pepper flakes

Good with chicken pieces

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

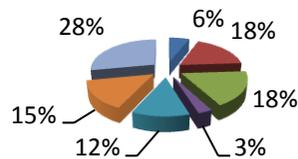
4 anonymous donors
Beverley and District Rotary Club
Goole and District Rotary Club



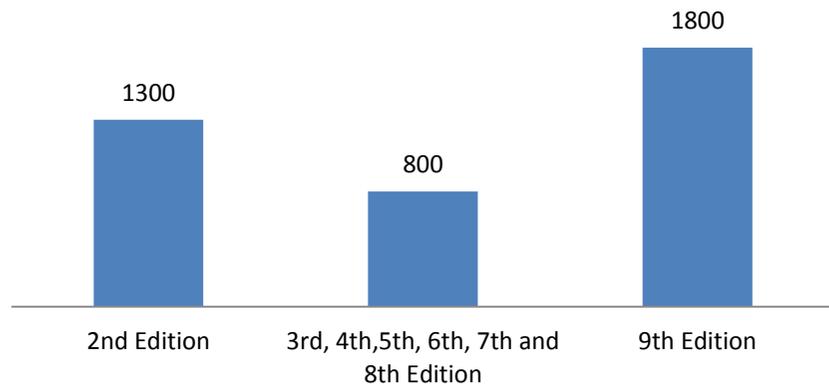
DISTRIBUTION

Distribution to East Yorkshire and Hull

- A Stroke Clubs and Stroke survivors, carers and supporters
- B Hospitals, Hospice, Therapists
- C Care Homes
- D Contributors
- E Libraries (inc Mobiles) and Sponsors
- F Carers Centres, L/A's, Stroke Teams



Circulation (continued from 2nd edition)



RESEARCH

Hospital Specialised Stroke Units save extra lives

Professor Niaomi Fuller has reported in the British Medical Journal on the success of a revised strategy for dealing with strokes in the London area.

In the past, everyone suffering a stroke was taken to the nearest of 30 hospitals. However, during the last twelve months, patients were taken to one of eight Specialised Stroke Units, where, most importantly, all of the very latest equipment was available, combines with a staff of stroke specialists.

In many instances, this meant that patients had longer journeys and hence longer times in ambulances before getting hospital treatment. Despite initial reservations regarding the potential negative consequences of the inevitable time delays in the new service, the results have been extremely good.

In the period of the first year during which the new strategy has been in operation, 96 additional lives have been saved. Professor Fuller believes that many more lives would be saved, if a similar service was put in place on a national basis.

