

## 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:rickles16@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 meet at the National Pub on National Ave. The group meet on the 1st Wednesday of each month at 1pm. Further details can be obtained from Sue and Ralph on 07966927845.  
A very friendly group, 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 Hull Pilot Pub in Beverley Road Hull at 1pm.  
Offers to stroke survivors and carers friendship and support in informal and friendly surroundings.  
Contact Gillian on 01482 572715.

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## FRIENDSHIP LINK



The Grimsby Stroke Club was formed in August 2000, in the past we have had as many as 25 members, but at the moment we have 14. Age range is from 64 to 94! We are affiliated to the Stroke Association. We plan a program for the year ahead which we give to members in September which is the start of our year; we don't meet during August. We raise funds by selling unwanted bric-a-brac, books, toys etc on the charity stall at the local hospital and having raffles. We meet twice a month on a Thursday afternoon, we try to arrange transport for members where possible.

We have various activities including speakers on various subjects, quizzes and going out for meals. In the autumn we plant hyacinth bulbs to flower after Christmas, and in the summer each member plants a pot of bedding plants to display in their garden. We enjoy meeting up with the OK Stroke Club. We join them for their Christmas party, and meet them at a local restaurant for a meal of fish and chips when they come to Cleethorpes in the summer. They have also joined us at our meeting when we have a small local amateur dramatic society performing one of their own plays.

Last year we had a day trip to Normanby Hall where we had a lovely meal in the Hall and then enjoyed a glorious afternoon in the gardens watching the resident peacocks displaying their tails. This year our outing was to Brigg Garden Centre. The mini-bus was quite full on the return journey with all the plants that members had bought!

Written by Christine Jayasinha

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I first heard about the Grimsby Stroke Group from the physiotherapist as I was discharged from hospital in 2010. They met near my own home so I thought I would go. I went alone to the first meeting, not knowing anyone, feeling quite apprehensive; I need not have worried. I was made very welcome, and found them all easy company. The group is small, a very mixed group with one aim, to enjoy ourselves. This was obvious at a recent outing where we had two cars of members ended up at the wrong destination. There was much leg pulling when all were reunited again. We have dined out with such favourites as fish and chips ( Grimsby Style ), to posh dining out at Normanby Hall; excellent speakers on e.g. Local history, Memories ( with artefacts ) and Quiz afternoons which again provide much hilarity, we are not very clever at them. I look forward to the meetings very much.

Written by Mildred Hirst – Member

## EDITORIAL



Autumn signals change. As if by magic, the colours of the countryside change, from summer green, to glorious shades of orange and red and ultimately to browns, signalling the end of another year. Many things symbolize this season, schoolboy conkers, roasting chestnuts on an open fire, bonfire night, and a growing chill in the air. Autumn also marks the start of the new school year and Hull Fair, with Parkin and Brandy Snap.

As I write this I am shocked to see on TV, coverage of the tragic crash at the Air Show and the changes to families this will bring. Those of us who have had our own lives, or the lives of loved ones, changed suddenly as a consequence of a stroke, know all too well the immediate shock and horror. How lucky we are, to have survived our personal disasters when we had our strokes.

We wish the Stroke Association every success with their new style magazine, called Stroke News. Imitation we are told is the sincerest form of flattery, so we are pleased that they liked the format, size and contents of Stroke Matters, which their new magazine so closely resembles. We do wonder however, how long it will be before they follow our lead and produce an audio CD of their new magazine.

Speaking of audio CDs, all editions of Stroke Matters i.e. the pilot, plus editions 1-12 are now available in Audio CD format. Please let us know in the usual way (see back page), or via our website, which editions you would like. They are supplied, like the magazine itself, free of charge to those survivors with visual impairments.

Sadly, we have now said goodbye to two trustees who have retired. Judy our Treasurer and Ken (Motorbike) our Deputy Editor. Both have played an invaluable part as members of our editorial team since its inception and we can never thank them enough for their unstinting contribution to the success of Stroke Matters. For the immediate future they will very generously continue to help us out. We wish them every happiness in the future.

Taking their places in the team, we welcome another Dorothy, who was formerly a stroke nurse and health adviser, and Ann the new Treasurer, who is the organizer of the registered charity Driffeld Talking Newspapers, which has made such a fine job of recording our CDs.

My thanks once again to all the team and helpers, who join me, in wishing you, as always, good progress on your journey of recovery.

Gill

## REFLECTIONS

A Water Bearer in India had two large pots; each hung on each end of a pole, which he carried across his neck.

One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water, to his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the Water Bearer one day by the stream "I am ashamed of myself, and I want to apologise to you"

"Why?" asked the bearer "What are you ashamed of?"

I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said. The Water Bearer felt sorry for the old cracked pot, and in his compassion he said "As we return to the master's house, I want you to notice the beautiful flowers along the path".

Indeed, as they went up the hill, the old cracked pot noticed the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trial, it still felt bad because it had leaked out half its load, and so again it apologised to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day whilst we walked back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house"

Editor: Our thanks once again go to the Ashby de La Zouch Stroke Club



## INSPIRATION (Cont.)

Meeting people again had become a new fear though. I had lost my self-confidence and I was frustrated with my poor communication skills and was scared how people would react to me. My husband insisted we get out into the community again. Why was I worried, it became the best medicine I could hope for! It is from this that we have realised that socialising is a great tonic for stroke survivors. It was this that prompted me to wonder how others coped with problems following a stroke.

Part 2, Sue's inspirational story to be continued in the 13<sup>th</sup> Winter 2016 Edition.



## COMPETITION

BY POPULAR DEMAND

THE RETURN OF THE LOUSY CHRISTMAS CRACKER JOKE COMPETITION.

So once again start pulling crackers and collecting jokes. Then send to Ken – see back page for details. We will announce the winner in the next edition.

PRIZE: a mystery hamper to celebrate the New Year.

Have great fun over Christmas and give us a fund time after Christmas reading the jokes!



## INSPIRATION (Part 1)



Hi my name is Sue Longbone and I have been asked to write about my story of stroke and subsequent interaction with other stroke survivors.

I had my stroke, the result of a blood clot, in 2007 at the age of 44 – Remembrance Day in fact. Ironic really as remembering is not a big part of my daily life anymore. My short term memory has been badly affected by my stroke. However, I was more fortunate that many stroke survivors in that my mobility and dexterity wasn't impaired, just a weakness down one side. The first shock after resurfacing into the world and more so to my family, was that I did not know my two youngest children, 9 & 7 years old at the time. I recognised some familiarity in their faces but could not relate to them, not even their names. As the days went by more problems came to light. I could not remember anything from an hour before never mind the day before. I could not string words together properly in my speech and realised I could not read or write properly. At the time we did not know a lot about strokes and its effects, and I'm honest we were not much wiser when I left the hospital.

The family knuckled down. Daily routines were laid down; we found out early this was of great benefit both for me and the family in learning to deal with what was going to be a life changing event. Gentle lessons in reading and writing ensued. We had taught our kids to read and write as youngsters, now the tables were turned and they helped me. It was strange but it helped them relate to my problems and I think they found it fun. Win, win situation! Once we got used to the regular bouts of tiredness, depression and frustration – (some of my first new words were swear-words for the first time in my life!!), the patience and hard work started to reap dividends. Each day was a challenge but each time we achieved something positive it was time to celebrate. It continued to be one step forward, three back for some time and can still be today but now we've learned to live with it. My reading and writing has come back with time, certainly to an acceptable degree. I realise it will never be 100%; the poor memory has put pay to that. We have learnt now that each day is a new day. Stroke means starting a new life and not looking back. Learning new and alternative ways of doing things.

Continued on page 20

## ACTIVITY

Line Dancing – fun, coordination and exercise

Line Dancing as it exists today can trace its roots back to the 1950's to a novelty dance which originated in America called the Madison in which a group of people danced in one or more lines or rows. The dance came to real public prominence when it was featured on a popular US dance show in the 1960's.



The Madison is a 'line dance' which features a regular back-and-forth pattern dotted with a usually called out sequence of moves and steps. The basic line dance of today remains a choreographed dance with the trademark repeated sequence of steps.

Typically the dance will have participants all facing either each other or moving off in the same direction executing steps and movements at the same time, line dancing does not rely on contact with other dancers so the need to have or to come with a partner is eliminated also there is no importance with regard for the gender of the individuals performing the dance.

This latter fact has helped the popularity in recent years as people can still turn up and participate even if they are on their own. In this country line dancing can be found being performed in community centres, church halls, in workingmen's clubs and at Country and Western festivals.

It is increasingly seen as a good way to exercise, improve coordination and socialise - by taking part in the dance participants can tick lots of health and wellbeing agenda boxes – it is also a lot of fun!

Les Rogers  
The Time of Your Life Project  
The Courtyard, Goole  
Tel. 01405 837100

## STROKE CLUBS E.R.



## FASHION SHOW

WHEN: 21<sup>st</sup> October 2015 7pm- 8pm

WHERE: M & CO Main St. Driffield. Post Code YO25 6AP

COST: £5. Per person as tickets are limited please purchase in advance to save disappointment.



INCLUDING: The draw of the prizes in the raffle. Star prize is a 2 day cruise for 2 on the new ship Magellan pride to the fleet sailing from London Tilbury to Antwerp Belgium for Christmas shopping. This prize has been donated by Cruise and Maritime Voyages, ABTA registered. Raffle tickets are £1 each.

All to be held in memory of Mrs Mary Mawer who was a stroke survivor.

All proceeds to Driffield Stroke Club.

The draw for the raffle will take place during the fashion show on 21<sup>st</sup> October. For details of the show and to obtain raffle tickets contact Mr. David Mawer, Tel. 01377 270594.

## FEEDBACK

3rd Questionnaire/feedback



Q1. Do you enjoy reading Stroke Matters and do you want the magazine to continue to be available?

A. The response was 100% yes.

Q2. Do you find it helpful?

A. As above and 100% yes.

Q3. Is there anything not included in the magazine but which you would like included?

A. Nothing.

Q4. As you will have noticed many articles come from different stroke clubs.

Would you like this to continue and in particular continue to learn about Stroke Clubs in different parts of the country?

A. A definite 100% yes

Q5. Do you have difficulty reading following your stroke and if so, would you find an audio CD of Stroke Matters helpful?

A. The response was an enthusiastic 100% yes.

Editors's Note. Very many thanks to everyone who took part, the replies were most encouraging and details have been put on our application form to the National Lottery so keep everything crossed!

## LETTERS

Dear Editor,

In the last edition you are on about having CD tapes so that blind people and visually impaired people can hear the magazine. This is a very good idea as far as it goes but not far enough. I celebrated my 79 birthday by having a stroke shortly after I blew out the candles on the cake which my sister made. She only put a few candles on it, as when I blow hard I feel faint. I still think that it was blowing out the candles which caused my stroke. I live with my sister who is 7 years younger than me and she looks after me and does the shopping and collects my pills. She is a good sort and does her best for me.



When we get the magazine she reads the interesting bits to me which is much better than most of the rubbish on the television. The wireless is no better. I am telling my sister what to write to you for me as I think that people like me should also be able to get the CD. Why only blind and visually impaired, it not does not seem fair at all. My eyes were not affected by my stroke for which I am very thankful and I can still see very well when I put my glasses on when I can find them. The doctors will tell you this is genuine they have a name for the condition. There must be many other people like me who can see the words. They don't mean anything, just jumbles of letters. So I think that people with my problem should also be able to get the CD. We get the talking books so why not the CD. Please add us to your list. What do you think?

Madge J writing this for Tom.

Editor: Thank you for bringing this matter to my attention. I am pleased to confirm that the CDs are available to everyone, who for whatever reason is unable to read and who had had a stroke. I hope that in future, you will both enjoy listening to the new audio version of the magazine.

## GUEST SPOT

JEANNETTE HARRISON

My involvement with the Red Cross began in 1984 at the age of forty two when together with friends I signed up for a First Aid course. What fun we had and what knowledge we gained to help people at their most vulnerable.



While attending Tuesday night sessions at our local Red Cross centre we came to realise that the society provided so many services that most people are unaware of. Impressed by all these lovely volunteers doing so much, five of us joined up (and in my case) for 30 years of great days.

The list of activities was endless and to have been involved in all of them would have been impossible without a forty eight hour clock and unlimited energy.

The medical loans service has helped so many people. Wheelchairs, and commodes, free and instantly available, this service has been a godsend to families who have had an accident and need short term help.

Home from hospital sees our trained staff helping patients on discharge from hospital who are finding it hard to get back to managing at home and included expert help with those awful white stockings, and some luxury by our ladies who come along and provide a tension relieving neck and shoulders massage. Our First Aiders attend public events to be on hand should an accident occur.

The refugee service has brought so much happiness with messages from loved ones to families who have despaired for words from home.

**Continued on page 7**

## **GUEST SPOT (Cont.)**

We train thousands of people a year both in industry and the community to acquire First Aid skills. Personally I strongly believe everyone should have first aid knowledge regardless of age or status. The ability to give appropriate help to someone who is injured or suddenly taken ill e.g with a heart attack is invaluable and makes a huge difference to the outcome.

The Fire Brigade call our personnel to attend distressed sufferers of fire and flood. Practical help arrives with a well stocked vehicle and volunteers who will sort out immediate problems with the family.

Of course, everything has to be funded and many happy hours are spent in all manner of raising money. Bag packing, street collections, coffee mornings, tombola stalls at fetes, ladies lunches, and not forgetting our open gardens and our wonderful high street shops which bring in much needed income.

My years with the Red Cross have been rewarding and enlightening. I have made wonderful loyal friends who spend hours upholding the Red Cross principles and done things I would never have thought of thirty years ago.

Contact telephone no. County HQ – 01482 499830

Editors note.

It was a pleasure to hear Janette give a talk recently to the Beverley Stroke Club. She has been recognised by the Queen for her work and is the holder of the BEM. She can be seen on the left of the photograph.

## **MEDICAL INFO (Cont.)**

Pain medication can also impact on fatigue, as if taken in larger doses, can make people tired and reduce their capacity for exercise and activity. Pain medication should be monitored closely to ensure the correct balance between taking pain away to allow participation in exercise, whilst not making the person sleepy!

Fatigue is not something that can easily be fixed. Recognising that you have fatigue is the first step to dealing with it. Educating patients as well as carers, friends and relatives will help the problem to be recognised and to ensure that treatment is given where needed, and rehabilitation is geared to ensure this is taken into account.

The general advice is: Recognise it, explore the times when fatigue is felt most to understand it more, and perhaps change the way you do things. Accept it, address it with the help of professionals where needed, and be patient and persistent. Gradually your fatigue should reduce over time.

Val Masterman Specialist Stroke Occupational Therapist

Editor: Know your own limitations and operate within your own boundaries. I know that I can do activities for up to two hours a day. After that my legs pack up and I struggle to walk.

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### **Errors and Omissions**

In the Summer 2015 edition under Activities in the archery article we mentioned local archery at Bishop Burton, this should have read Burton Constable.

Plus in the same edition we omitted the name of the author of the article under medical about dentistry who was dentist Charlotte Rowles enquiries should be directed to Perfect 32 Dental Surgery Beverley – 01482 863667.

Editor: we apologise to all concerned.

## MEDICAL INFO



### Post Stroke Fatigue

What is Fatigue? Defined as:- “physical and mental exhaustion that is triggered by stress, medication, overwork and mental and physical illness or disease” or “a feeling of overwhelming illness or disease”.

Fatigue can make dealing with every day activities much harder to manage. It is one of the most common side effects after Stroke or Transient Ischaemic Attacks (TIAs or mini strokes). It is a feeling of tiredness or exhaustion which can vary from mild to severe and the severity of the fatigue does not necessarily correspond to the severity of the stroke experienced.

Even people who have made a good physical recovery from stroke may still experience on going fatigue for quite some time post stroke. Damage to the brain may have affected the senses as well as more obvious physical effects. Fatigue is largely subjective, so one person's tolerance levels will be very different from another's, so it is hard to be too general.

Fatigue affects between 39% and 72% of stroke survivors.

Good questions to ask yourself if you feel you are suffering from fatigue:-

Is your sleep disturbed?

Are medications contributing?

Do you have an infection?

Are you exercising as much as you are able to?

How much is your mood affecting fatigue levels?

What times of the day do you feel fatigued?

Does this improve after rest?

Keep a diary or complete forms to help identify when/why you feel fatigued.

Occupational therapists will consider levels of fatigue when agreeing how much daily activity is expected of the stroke patient, as part of their individually agreed rehabilitation programme, and will grade this activity level to slowly increase as the person is able to participate, and fatigue levels diminish.

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## CARERS

Withernsea Carers' Group.

We are a group of carer looking after relatives and friends who have suffered strokes, heart problems and other incapacities. We meet regularly on the third Monday of each month at the Shores Centre in Seaside Road, Withernsea from 1 pm to 3 pm. This gives us a break from our caring role and a chance to have some pampering from the Red Cross Ladies. Their back and shoulder massages are so relaxing. We occasionally have visiting help from health trainers, speakers etc. and enjoy occasional trips to the theatre or a meal out. We are a friendly bunch and welcome anyone who is a registered carer to take a couple of hours break and join us. The kettle is always on. For more info contact Hilary on 07944970568



Contact for East Riding Carers Centre, Wednesday Market, Beverley.

Tel. 0800 917 6844 or (01482) 396500

Contact for Hull, Carers' Information and Support Service, 30 King Edwards Street, Hull. Tel. 01482 222220

Editor's note.

I understand the Withernsea Stroke Club has been a great help to the group in raising funds to start them off. All their help and encouragement have been very welcome.

We carefully noted Edward's letter in the Summer edition. We hope to include more information from carers. So can we have some letters and articles from carers please?

## PUZZLE PAGE

How well do you know your TV show characters?

1. In the sit-com Steptoe & Son, what was the name of the horse? Goliath, Victor or Hercules?
2. In the comedy Citizen Smith, what was the name of Smith's organisation? Broadway Popular Front, Tooting Popular Front or Barking Popular Front?
3. Who was the chairman of the Panel Game What's my line? Damien Andrews, Eamon Andrews or Adrian Andrews?
4. What was the real name of the character Pike, in Dad's Army? Ian Laffeter, Ian Lavender or Ian Rose?
5. In the comedy MASH, what was Colonel Potter's first name? Hiram, Henry or Sherman?
6. Who was the original presenter of Opportunity Knocks? Damien Green, Julie Green or Hughie Green?
7. The naturalist David Attenborough had a famous film maker brother, what was his first name? James, Richard or Charles?
8. What was the first name of the original presenter of the programme Panorama? David, Jonathan or Richard?
9. Which of the following is a panel member of the quiz show, Eggheads? Daphnie Flower, Kevin Ashman or CJ Honeycut?
10. Which of the following programmes was presented by John Craven? News Round, Countryside, On your farm?



**DINGBATS** -

Courtesy Hull Daily Mail

**THINK  
THINK  
THINK SELF  
THINK**

Dingbats – Damion Hill, Think for Oneself.

Quiz 1 – 1. Hercules, 2. Tooting Popular Front 3. Eamon Andrews 4. Ian Lavender, 5. Sherman 6. Hughie Green 7. Richard 8. Richard 9. Kevin Ashman 10. News Round

## 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.

- 7<sup>th</sup> Oct Music Hall
- 4<sup>th</sup> Nov Antiques Quiz – Ken Walker
- 14<sup>th</sup> Dec noon – Christmas Lunch
- 6<sup>th</sup> Jan AGM Programme 2016

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. 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 Beryl Whitton Tel: - 01964 612609.

**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

### Five Rules for Men

1. It's important to have a woman who looks after the home in a grand style and is a cordon bleu chef.
2. It's important to have a woman with a fantastic sense of humour who can make you laugh.
3. It's important to have a woman you can trust implicitly.
4. It's important that you have a woman who is playful and keeps you entertained.
5. It's very, very important that these four women do not know, or ever meet each other.

### The Blond Lady.

Bob, a very handsome film star type of man walked into a sports bar around 9.58 pm. He sat next to a beautiful blond young lady and stared up at the TV.



The 10pm news was coming on. The news crew was covering the story of a man on the ledge of a large building preparing to jump.

The lady looked at Bob and said, "Do you think he'll jump?"

Bob said, "You know, I bet he'll jump"

The lady replied "Well, I bet he won't."

Bob placed a £20 note on the bar and said, "You're on!"

Just as the lady placed her money on the bar, the guy on the ledge did a swan dive off the building falling to his death. The blond was very upset, but willingly handed over her £20 note to Bob saying "Fair's fair. Here's your money."

Bob replied, "I can't take your money. I saw this earlier on the 5pm news, and so I knew he would jump." The lady replied, "I did too, but didn't think he'd do it again."

Bob took the money....

## COOKERY

### Beef Stroganoff

- 1lb of fillet steak
- 4 tablespoons butter
- 2 tablespoons flour
- 1 pt beef stock (made from a cube)
- 1 tablespoon tomato paste
- 3-4 tablespoons thick sour cream or yoghurt
- 1 small onion, chopped very fine
- Parsley



Cut the beef into generous inch cubes, and season. Heat the butter in a frying pan, blend in the flour and cook to a smooth brown paste over a low heat. Add the beef stock, stirring constantly, and allow the mixture to cook to a smooth cream. Transfer to a saucepan, and, while not on the heat, stir in the tomato paste and the sour cream. Bring this gradually to the boil and allow to simmer very gently. Meanwhile cook the beef and onion in the remaining 2 tablespoons of butter over a strong heat, until delicately browned. Add the meat to the sauce, and let simmer for a further 10 mins. Serve with small triangles of bread fried in butter until crisp and brown the meat with chopped parsley.

Editor: This is a very rich dish. Use the tail end of fillet steak which is relatively cheap. Can be served with creamed potatoes. The sauce is delicious. Ideal for a special Christmas dish.

Do you know? - Because of lamb's reputation for purity, it is not excluded from the diet of any religious sect, or any nationality.

## SPONSORS

**SPONSORS (in the previous quarter up to date of publication)**  
**Names published reflect donations of £20 and over in the previous quarter – VERY MANY THANKS TO ALL OUR SUPPORTERS**

Alnwick Stroke Club  
Outwood Stroke Club - Wakefield  
**LOTTERY GRANT NOW ENDED**

## HINTS AND TIPS (Cont.)



### DRIVING AFTER A STROKE

I'm Chris Lofthouse, Outreach Manager for Rica, a national consumer research charity that works with older and disabled people [www.rica.org.uk](http://www.rica.org.uk)

Here I'm going to give you some pointers about driving after a stroke which is taken from our free guide called *Motoring after a stroke* available by sending a large (A4) self-addressed envelope with 74p in stamps to: Rica, Unit G03 The Wenlock, 50-52 Wharf Road, London N1 7EU Telephone: 020 7427 2460 or email: [mail@rica.org.uk](mailto:mail@rica.org.uk)

After your stroke, you may want to get straight behind the wheel but the advice is don't rush. Recovery can take up to two years or more. For some people with full or near-full recovery, you may well be able to drive with standard controls.

Whatever ways that your stroke has affected you, the following checklist may be worth following:

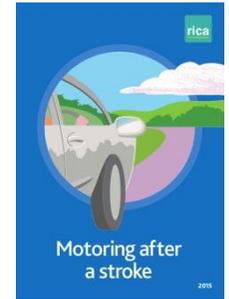
- Talk to your GP – they're the gatekeeper to other services
- Get information – use the Rica mobility information which is unbiased and practical
- Find out what other people know about driving eg. at your local clubs, Stroke association, or from Different Stroke
- Contact a Mobility centre

Mobility Centres - If you want to get back to driving, talk to your local Mobility Centre. Their staff are the experts who carry out an assessment of your skills and provide advice on driving safely:

<http://www.mobility-centres.org.uk/>

Your nearest centre is The William Merritt Centre, St Mary's Hospital, Green Hill Road, Armley, Leeds LS12 3QE Tel: 0113 350 8989 Email: [info@wmdlc.org](mailto:info@wmdlc.org) Website: <http://www.wmdlc.org>

## HINTS AND TIPS (Cont.)



### Legal requirements

You mustn't drive a car for at least a month after a stroke. If your GP is happy that you've made a full recovery, you can return to driving. If you've ongoing problems, you must tell the DVLA:

- also about any other medical conditions, such as epilepsy or diabetes.
- if you have fits that they're controlled by medication - you won't be licensed to drive until you have been free of fits for a year, not counting any epileptic attacks you had within 24 hours of the stroke.
- And they'll probably ask you to complete a questionnaire to give them permission to contact your GP or hospital consultant for more information.

You need to tell your insurance company of your stroke and of any special controls fitted to your car. And both the DVLA and your insurer need to be kept informed of any changes to your health or medication. For further information go to the DVLA website or get 'What you need to know about driving licences' (D100) from a post office.

On our website we have a car search where you can use measurements such as seat height or boot size to find a car to suit your needs. Also we have other free guides - Choosing a car, Car controls, Getting into and out of a car and Getting a wheelchair into a car.

If you fancy helping us with our research, then join our consumer research panel! We're always looking for new members. Any questions? Ring me 020 7427 2467 or email me: [chrislofthouse@rica.org.uk](mailto:chrislofthouse@rica.org.uk)

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Editor's note: RICA stands for Research Institute for Consumer Affairs.