

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 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.

FRIENDSHIP LINK



News from Ashby & District Stroke Support Group.

When a person has a stroke it takes time to come to terms with what has happened both physically and mentally, which is where stroke clubs have a part to play.

A definition of a stroke club is “somewhere that people can find information, share experiences and support each other”. This definition fits our group which has been in existence for 21 years.

The main emphasis of our group is friendship but we also have information of where to get various aids or benefits in the form of a help sheet.

Transport may be available to our meetings which always start and end with a cup of tea and social time. Our programme is then varied; we sometimes have speakers, which can be factual, general interest or exercise. At other times there is lots of chat, which often is the result of members' experiences. We also have outings often with a meal. Recent outings include nearby Beau Manor Hall, where we had a history talk including the Hall's involvement in enigma activities during the last world war, and a visit to a portable travelling theatre (The Century) from the 1950's in Snibton. Carers are welcome to either come along or to use the opportunity to have a break.

Ashby Stroke Group is affiliated to the National Stroke Association and as a result has access to all their advice and publications.

If you, or someone you know has had a stroke or would like more information about our group please contact Pat on 01530 413723 or pop in for a cup of tea if you are in the area. The club meets once a fortnight at Brown Court, Atkinson Road, Ashby, Leicestershire, fortnightly at 2 p.m. on a Tuesday.



EDITORIAL



I wonder if like me, you have been counting the days until Spring time is here bringing with it better weather. When it arrives I am sure it will give us a new lease of life. Each day as we leave Winter further behind us, the happier I become.

We have had some very good fortune over the last few months, firstly in recruiting two very well respected professional writers, both of whom have had strokes, who will write for Stroke Matters. Howard intends to contribute in the fullness of time. It is early days for him but when he is feeling stronger we will hear from him. The other writer has sent us his excellent thought provoking poem which you can see on page 3 under reflections. We are delighted to have them both on board as contributors.

Again we have a very full magazine including this time and as in the last edition, recipes provided by our professional chef Andy Keene, who again gives us the benefit of his expertise. These are always well received.

Secondly we also welcome Gary as a new trustee from the south bank you can see him on our website www.strokematters.co.uk. He is a professional fund raiser. Both he and another new trustee Dorothy both being from Lincolnshire have been key to helping us with our venture of expanding our distribution territory into that county. So far the response to the magazine and audio CDs has been overwhelmingly positive. We look forward to receiving contributions to the magazine from our new friends from south of the Humber.

As always, my thanks go to the team for all their help and support and to our helpers particularly those involved with the distribution and to all our contributors, please continue to send your articles to us, we are always interested to hear from you. I believe there are new and exciting times ahead!

Gill.

REFLECTIONS

A Stroke Sonnet

A Stroke in my youth was a glance through the slips,
Or a delicate touch from a girl with sweet lips.
The stroke of midnight brought a change of intent,
And a stroke of good fortune was a welcome event.
Brush strokes, pen strokes, in swimming too,
A stroke was something you wanted to do.
The only association of a stroke with pain,
Was the head delivering six strokes of the cane.
Until that day a stroke was not to be feared,
Twas gentle and soothing like stroking a beard.
Until the day when my brain blew apart,
As a bullet of blood was fired from my heart.
A stroke seemed them a most inappropriate word;
Blast, blitz or tsunami I would have preferred.

Alan Combes, 20th November 2015

Editor: Alan Combes is a freelance writer for the Yorkshire Post, The Guardian and the Dalesman. He gives talks about his years as a teacher and his NHS experiences for a small fee and is contactable through his website: www.alancombes.com

GARDENING ACTIVITY

ASPARAGUS - TIME TO START GROWING YOUR OWN



This is a crop which requires little maintenance. The first harvest (mid-April – mid June) will only be available 2 years after planting. Asparagus prefers a sunny site, with well-drained soil. Keep the asparagus plot weed-free **and** enrich the soil with garden compost or well-rotted farmyard manure dug thoroughly to a depth of around 10 inches. Use one-year-old dormant plants, known as crowns, planting them in April in a trench 12in wide and 8in deep. Make a 4in ridge of soil down the centre of the trench. Place the crowns on top of this ridge, spacing them 15 inches apart within the row. Spread the roots each side of the ridge, evenly and replace the rest of the soil, leaving the bud tips just visible. Water in and mulch with 2in of well-rotted manure or other weed-free organic matter

Cut the asparagus fronds close to ground level when they turn yellow in autumn. Mulch the bed in winter. In early spring, apply 3oz per sq. yd. of general fertiliser such as Growmore. Repeat this treatment after harvesting is completed.

To avoid the top-growth breaking in windy weather and damaging the crowns, use 2' high posts and light rope to make a 'fence' either side of the bed for support.

Allow the foliage of your asparagus plants to turn yellow in autumn before cutting it down to soil level.

Year 1 – do not cut; year 2 cut for 6 weeks; year 3 onwards cut for 8 weeks.

Harvest the spears using gardening scissors, cutting approximately 1" below the soil. Cut the spears at 6 -7" high, - best eaten fresh but will keep for days in the fridge wrapped in moist kitchen roll. Late frost will damage the emerging spears, so cover with a double layer of fleece, if frost is predicted. Yellow and black Asparagus Beetles appear in May, and lay dark coloured eggs in small rows on the spears. Large infestations of hatched larvae can eventually kill plants. Collect beetles and larvae and destroy. Slugs are fond of asparagus, so clear them from the area.

John Fagge - Tel 01652 618615.

INSPIRATION

My name is Brian and I belong to Beverley Stroke Club. I have been married to Chris for 45 years. She used to be a nurse. We have two children, a boy and a girl, and live in Cottingham. Before I had my stroke in 2004 I worked as a customer manager in a very busy logistics department meeting deadlines. It was a very stressful job; I had to man 2 computers, and a telephone that never seemed to stop ringing.

The early signs that things were not right came in April of that year when I now know I had a TIA or mini stroke. It lasted for about half an hour. My legs felt funny and I was speaking gibberish. As I soon recovered I did not go to hospital or to my doctor's to get it checked out.

Later in the year in October, I was doing a work out in my gym. I had just received the news from work that I had been made redundant. I was delighted and had lots of plans for the future. Unfortunately, I lost strength in my left arm and collapsed and was taken by ambulance to Hull Royal Infirmary. There was a history of strokes in my family. My wife was and still is, extremely interested in learning about strokes and TIAs. There was some difficulty in getting hold of her at the time to let her know my condition because at the time of my collapse, she was attending a lecture about strokes at the hospital where she worked!

I had some balance problems and had to have a brace fitted to my left leg and I am now wheelchair bound.

However, I have gained great comfort from being a member of my local stroke club in Beverley. Chris and I like talking to people who have similar problems, hearing tips and how survivors have coped. I have always been "sports balmy" so now I have plenty of time to watch on the telly every sport you can think of, anything and everything will fit the bill, football, cricket, bowls, tennis, table tennis, darts hockey you name it, and I have the time and energy to watch it at my leisure. I can get quite animated and excited; I was always competitive by nature. Our son has inherited my love of sport and is a triathlon athlete.

As a result of my stroke, I am now able to spend more time with my wife and family and appreciate how well Chris looks after me. I am very interested in art and have in the past drawn cartoons for Stroke Matters. I like the humour section and the recipes in the magazine. I make the most of life; I cook and like especially stirring cakes and colouring in books both of which keep me occupied. I have the full collection of Stroke Matters and am delighted to be able to contribute this article. I look forward to seeing it in print.



OUR NEIGHBOURS

Hull

Since September 2014 the Hull Integrated Community stroke service has been working with Royal Philharmonic Orchestra (RPO) to participate in a pioneering piece of work to explore the benefits of creative music making on stroke rehabilitation. This has been funded through a public health grant.



The project has involved stroke survivors and the Hull Integrated Community Stroke Service (HICSS) working closely with musicians and the creative director from the RPO, which is currently part way through a 5 year residency in Hull. As part of the residency the RPO routinely sets up projects with services in the local area, but work has never been undertaken in stroke rehabilitation before. Whilst there is a growing body of evidence on the possible benefits of music therapy in stroke, there is little or none on the benefits of creative music making using a wide range of instruments.

Patients and carers with a wide variety of stroke rehabilitation needs have participated. Their needs have included upper limb dysfunction, aphasia, low mood, social isolation, changes in cognition and memory, balance and mobility problems, carer strain, loss of role and confidenceand more. Outcome measures, relevant to each individual's needs are being used to provide pre and post intervention assessment, along with individual goals. The goals have been agreed with the participants in order to plan the therapeutic input required and potentially highlight the type of instruments which would help this. The service has tried to be as inclusive as possible, so that as many patients as possible can benefit from the unique opportunity to work with an international orchestra, whilst also helping the service to develop new ways of delivering effective stroke rehabilitation.

The patients and staff have worked for 2 days a month with 3 members of the orchestra for the last 5 months. HICSS staff have run sessions in between.

Continued on page 5.

OUR NEIGHBOURS (Cont.)

Hull

The Creative Director, Tim Steiner has guided the creation and playing of original music using a wide range of instruments and the work culminated in a performance by the 'Royal Philharmonic Strokestra' at the City Hall on 1st October in front of family, friends and civic dignitaries. This was an absolutely fantastic and a very moving event. The formal evaluation phase has now begun, but the informal feedback from all involved has been extremely positive. Some of the benefits are listed below but there are many that it is impossible to either quantify or put into words.

- Aphasic patients speaking out loud in groups for the first time
- weakened limbs brought more into function
- severely disabled patients standing confidently in a group situation and conducting musicians
- massive improvements in mood and confidence
- All participants learning new skills – including patients buying and learning to play musical instruments
- Improved staff morale and team work.
- Successful partnership working across multiple organisations.
- Fun and laughter!

Some of the comments from the stroke survivors include -
'My concentration is so much better, especially when I am playing the instruments and listening to the musicians. I live in sheltered accommodation and since the music group I have started to go in the communal room and have a coffee with others, which I never did.'
And another stroke survivor said –'It gave me respite from my problems and I don't ever want to forget this part of my stroke journey'
This has been an amazing piece of work for all involved and it is the first time this form of stroke rehabilitation has been performed in this way nationally, so it is truly innovative practice. It has certainly improved delivery of some aspects of our rehabilitation service and our next challenge is to find the funding to make this a sustainable part of the stroke therapy we offer.

Carole 07833787412

Editor: This is an amazing and imaginative project and we wish it continued success in the future.

FEATURE EAST RIDING



A day at the bank

On a gusty day in November 2015 Gill and new trustee Dorothy by invitation, and kind arrangement with Barclays Bank in Beverley prepared to camp out for the day in the bank. 'The objective of the exercise being to promote an awareness of Stroke Matters, the magazines and audio CD.s

At 9.30am the bank was heaving with customers as we set up our table. Unfortunately, after a few minutes we were reaching for our scarfs and hats because the automatic entrance doors had jammed open, letting the bitterly cold wind blow directly upon us. Our table was near to the entrance. Fortunately, within a relatively short time the situation was remedied by the heaters over the doorway being activated which quickly defrosted us.

We attracted attention by our balloons, coloured ribbons and of course by our posters, magazines and CDs which we proudly displayed. Also interest was shown in Dorothy and her knitting! We did have a locked box for donations on our table even though fund raising was not the main objective of the exercise. When notes got stuck in the slot Dorothy's knitting needles came in handy! We took it in turns to spend a penny (under guard but fortunately not armed) and have some refreshments.

The result was, we increased the size of our mailing list. It was surprising to learn just how many people have suffered strokes. Enquiries came from all quarters some quite unexpected e.g. from a local vet's practice. Do animals have strokes?

It was a long day and the staff were very helpful and kind. It was one which put us in touch with many stroke survivors who will now look forward to receiving Stroke Matters in the future.

LETTER

Dear Editor,

My sister always looks out for the latest edition of Stroke Matters when she goes to the Library to change her books. I always look forward to getting the latest edition, which because of my stroke five years ago; my sister has to read to me. I can read a bit, but only slowly and it makes me very tired.

When she came back at tea time, she had your magazine and also a CD. To cut a long story short, the CD is a brilliant idea. No longer does Trish have to read the magazine to me, which she does not mind doing, but she already does so much for me as well as working part time at the shop, so it's one less job to do, caring for me. I have never really got on with talking books, as the same voice going on for chapter after chapter, gets really tedious.

The CD is really good because it has several different voices reading it out to me, which makes it really interesting. It reminds me of the conversations which I used to enjoy in my local pub, with my old pals. It's sort of happy days revisited. Trish has let my neighbour borrow the CD; she has not had a stroke but is only partially sighted. I reckon you should also make your CD's available to the blind people, even if they have not had a stroke. They would definitely enjoy them. I have gone on a bit, but I just wanted you to know how good the idea of CD's is. It really is a winner for stroke survivors like me and don't forget our blind friends.

Thanks a lot, David

Editor: Thank you for your letter, we are glad you enjoy the CDs. You will be pleased to know we already supply the Blind Institute with the CDs.

Hello Ken, The other night I was looking at me dads Stroke Newsletter magazine , when me old nan whose a bit deaf asked me what I was reading. I said Stroke Newsletter magazine. Nan gave me a dirty look and said disgusting. I thought whats she on about now. I tried to show her the magazine but she didn't want to look. She just said you should be ashamed of yourself. Eventually she did look at the cover. Oh sorry Steve, I thought it was one of them girly magazines. How do you work that out I said. Well said Nan, I thought you said Stroke Nudes Better magazine. We all had a good laugh. All the best, Steve.

PS. If you do go over to printing a Stroke Nudes Better mag Ken, don't forget to send me a copy. Only kidding.

Editor: Sorry Steve, I don't think that the female members of the team are up for becoming calendar girls at the moment!

CELEBRITY SPOT

Part 1

From Holland

I will introduce myself:

My name is Lineke Dijkstra and have been married for 50 years this year with my husband Gerrit, we have three children all married, and we are the happy grandparents of six grandchildren.



Our daughter was hit by a stroke at the age of 21. She was a healthy athletic young woman. She has now right-sided paralysed and a severe form of Aphasia.

This event did not only affect our daughter but our whole family. During the long rehabilitation period, I always thought when she gets better I want to do voluntary work.

It was a very difficult time but we remained positive despite everything. So I contacted the Dutch Stroke Association and I have been working with them as a volunteer since 1992.

I was board member of both the regional department and was the chairman of the region of North Holland for 10 years and 22 years board member of the national board, of which I was the president for the last five years.

Currently I am the president of The Friends of the Dutch Brain Injury and we support projects for our target groups. I am organizing and coaching several national projects, including the self-management days for those who are affected and their partners.

I was a working mother at the time of Anita's stroke, but after it, it was not possible for me to work and to care for Anita.

Helping with the recovery of our daughter Anita, was my job after the stroke.

What is the future when you are 21 years and hit by a stroke, her studies were completed, she had friends and a nice job. My daughter's social life changed. A whole new and different life developed and she had to allow for certain limitations.

Continued on page 7

CELEBRITY SPOT (Cont.)



For example, her daughter says;

“I had a job as window dresser in many shops but I need both my hands to do my job. I could no longer make a conversation with people and could not drive although I had a licence before. I did drive again but in a modified car.”

All is easier said than done, but we had a motto, my daughter and I “TOGETHER WE ARE STRONGER.”

Anita spent one year in the rehabilitation centre, and for two years, three days a week therapy, including 10 years speech therapy and one year music therapy. She learned to walk again (custom shoes), but her right arm was permanently disabled.

The optimism and perseverance made her into a beautiful woman who is always cheerful and happy now and can cope well independently, there is much sadness, but there was always humour. Laughing is important!!

Part 2 to follow in the Summer 15th Edition

COMPETITION

LOUSY CHRISTMAS CRACKER JOKE COMPETITION - RESULTS

Winner – PAM



Q What's red and white, and red,
red and white and red and white?

A Santa Claus rolling down a hill



Runners Up.

Q What does Santa like to eat? A. A jolly roll

Q What is mum's favourite Christmas carol? A. A silent night

Sick joke

Q Can I please have a cat for Christmas?

A No, you'll have a turkey the same as the rest of us.

Clever one

Q If athletes get athlete's foot, what do astronauts get? A. A missile toe

Q Which of Danta's reindeers needs to mind his manners the most?

A "Rude" olph

MEDICAL INFO (Cont.)



After a stroke people can experience what is known as emotional lability or emotionalism. Emotional lability is caused by changes in the brain which control and regulate emotion. A person can experience rapid and exaggerated changes in emotion including having sudden outbursts of crying or laughing, which again can be out of character.

Cognitive changes

It is common for cognitive changes to occur as the result of a stroke. Cognition involves things such as memory, attention, concentration, planning, perception, reasoning and judgement. Problems in these areas can cause the person or family/carers to feel like the person is different.

The ability to inhibit or control your behaviour is another function that can be affected after a stroke. This can result in people behaving in an unusual way such as making inappropriate comments or actions or outbursts of anger.

Can anything be done to help?

Perceived changes in personality can be distressing for the person and those close to them. It is possible that things could be done to address the difficulties and it is important that the reasons for the change in personality are accurately identified as stroke affects everyone differently. Clinical Psychologists with specialist knowledge of stroke can work with you and assess all of the aspects discussed above to fully understand the difficulties. This will help the person and those around them understand the changes and also identify what support or strategies would help.

Dr Michelle Wilson and Dr Sarah Lewis

Clinical Psychologists, Hull Integrated Community Stroke Service
Hull Integrated Community Stroke Service telephone number 01482 303669.

MEDICAL INFO

Personality changes after a stroke

People often describe that their personality has changed after having a stroke. It is more common for family or friends to notice this more than the person themselves. This can be difficult to understand and to cope with for everyone.

There is a number of explanations for why a person's personality seems to have changed. The main ones are summarised below, however as both people and strokes are complex, this is not always easy to determine and there can be more than one explanation.

Emotional changes

It is normal to experience a range of emotions following a significant event such as a stroke. These can include feeling sad, angry, frightened etc. For people that did not typically express their emotions before the stroke, this can look like their personality has changed.

A stroke can impact on many aspects of a person's life, such as not being able to perform activities like before, changes in roles, sense of identity, relationships and social networks. This can result in low mood which can impact on motivation for and enjoyment of activities. Living with the difficulties following a stroke can be extremely frustrating, and as a result people can find that they might be more irritable.

Worry/anxiety are also common problems after a stroke. Often people worry about what is going to happen in the future, their health, relationships, finances and returning to work etc. Also it is natural to feel more vulnerable after a stroke due to physical or cognitive limitations. This can sometimes result in people becoming anxious, fearful to be on their own, worried to go out or do the things they previously did.

Continued on page 16

FEATURE LINCOLNSHIRE

The Lincolnshire Show is one of the most popular county shows, offering a huge variety of spectacular entertainment, food, shopping, livestock and equine classes, and a whole host of other things to see and do.



Now in its 132nd year and organised by the Lincolnshire Agricultural Society, the Lincolnshire Show has grown to become one of the county's flagship annual events. Regularly attracting over 60,000 visitors across two days, this year's event held on 22nd and 23rd June promises another action packed line-up with something for everyone to enjoy.

You'll be spoilt for choice with a variety of exciting acts, classes and performances in the Main Ring & Countryside Ring, with a number of headline acts already confirmed including the JCB Dancing Diggers, freestyle motocross riders Broke FMX and daredevil mountain bike stunt team, Savage Skills.

Over in the Show Gardens & Floral Art section you can browse and admire the beautiful blooms on display. Then it's time to shop at some of the 600 trade stands which will be selling everything from handbags to hot tubs, mowers to muck spreaders and combines to candles – plus much more! Visitors can rest their legs and jump aboard the land train to visit the cows, sheep, pigs and an array of new and traditional farm machinery.

The Food Court will be brimming with Lincolnshire produce from hog roasts and sausages to jams, pickles and cakes. And newly updated for 2016, The Lincolnshire Kitchen plays host to some of the finest food producers and chefs from across the country who will demonstrate live their delicious recipes using local produce.

For our younger audience, The Show is packed full of educational stands on food, farming and animals, not least in the Schools Challenge Area. Finally, we're often lucky enough to experience a flypast or two to honour the historical RAF presence in Lincolnshire, so keep your eyes to the skies as the Lincolnshire Show returns for 2016!

With regards to [disabled access](#), [groups and discounts](#), all of the information you need can be found on the Lincolnshire Show website.

PUZZLE PAGE

QUIZ. How well do you know, who did what?



- 1. Who invented the telephone?** - James Clerk Maxwell, Alexander Graham Bell or Ericsson.
- 2. Who discovered America?** - Christopher Columbus, Vasco da Gama or Magellan.
- 3. Who discovered Penicillin?** - Sigmund Freud, Alexander Fleming, or Edward Jenner
- 4. Who invented the first petrol engine car?** - Henry Ford, De Dion-Bouton or Karl Benz.
- 5. Who invented the first Steam Engine?** - Brunel, Thomas Savery or James Watt.
- 6. Who discovered gravity?** - Michael Faraday, Robert Hook or Sir Isaac Newton.
- 7. Who was the first person to reach the South Pole?** - Roald Amundsen, Robert Scott or Sir Edmund Hilary.
- 8. Who was the first person to fly alone from Britain to Australia?** - Amelia Earhart, Amy Johnson or Howard Hughes.
- 9. Who invented television?** - Charles Babbage, John Logie Baird or Hans Oerstead.
- 10. Who invented wireless communication?** - Heinrich Hertz, Guglielmo Marconi or E.K. Cole.

WELL DODO

DINGBATS -

Courtesy Hull Daily Mail

YOU JUST ME

Dingbats – Well to do, Just Between You and Me

Marconi.

Quiz 1 – 1. Alexander Graham Bell 2. Christopher Columbus 3. Alexan-
der Fleming 4. Karl Benz 5. Thomas Savery 6. Sir Isaac Newton 7.
Roald Amundsen 8. Amy Johnson 9. John Logie Baird 10. Guglielmo

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.

- 6th April - Talk Yorkshire Air Ambulance
- 4th May - Talk Community Care Beverley
- 1st June - Outing to Lothian Hall, Abberforth, Leeds
- 6th July - Outing to Hornsea Inshore Rescue Centre

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 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

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

Editor's note - We were sorry to hear this club has now closed but former members are continuing to receive Stroke Matters.

HUMOUR



About fifty years ago, at a very prestigious banquet a lady found herself sitting next to a Chinese gentleman. She assumed as he spoke little he had a very poor grasp of the English language. She therefore lapsed into a monologue of pidgin English which he seemed to understand perfectly. Although he said nothing. Whilst she was still talking to him the toastmaster “prayed silence” for his Excellency the Chinese Ambassador, whereupon the Chinese

gentleman rose to his feet and delivered an excellent speech in perfect English. During the applause which followed, he bent down and whispered in the lady’s ear: “Like speechee?”

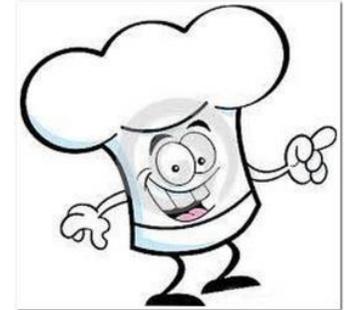
- Q. What clothes do lawyers wear in court?
A. lawsuits
- Q. How do you get down from an elephant?
A. You don’t you get it from a duck.
- Q. What did one pig say to the other pig?
A. Let’s be pen pals
- Q. What has a bed but doesn’t sleep and a mouth but cannot speak?
A. A river
- Q. Who is the most famous married lady in America?
A. Mrs Sippi
- Q. What do you call a woman who stands between 2 goal posts?
Annette.
- Q. Where should a dressmaker build her house?
A. On the outskirts.
- Q. Why are brides unlucky?
A. They never marry the best man.
- Q. What do dogs and trees have in common
A. Bark



COOKERY

Chicken Kebabs

- 375g boneless chicken pieces
- 3 tbspsn soy sauce
- 1 tbsp chilli sauce
- 1 large red pepper
- 1 onion, diced
- 2 courgettes, sliced
- Skewers soaked in water



Remove skin and fat from chicken. Cut the flesh into cubes. In a bowl combine soy and chilli sauces. Add the chicken and leave to marinate for about 30 minutes. Drain, reserving the marinade. Deseed the pepper and cut into large cubes. Thread chicken, pepper, onion and courgettes onto soaked skewers. Barbecue or grill until golden and cooked through, brushing with marinade during cooking. Serves 4-6.

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 – VERY MANY THANKS TO ALL OUR
SUPPORTERS

North Wolds Lions
Outwood Stroke Club, Wakefield
Waitrose Supermarket – Willerby (prize Voucher £25, pg 7)
Awards for All



LOTTERY FUNDED

HINTS AND TIPS

AROUND THE HOUSE

To deal with the horrible jobs first

Cleaning the toilet - A job no-one wants to do. Try dropping a couple of tablets of Alka-Selzer into the bowl and then leave them for 25 minutes or so. Then quickly scrub the bowl around. Result entire satisfaction with little effort.



Unblocking and deodorising the kitchen sink - Again by dropping 2 Alka-Seltzer into the plug hole and then a cup of vinegar followed after by turning on the hot water taps for about ten minutes. This should clear the blockage and remove any unwanted odours



Scrubbing pans - When you find you have run out of soapy scouring pads or similar in an emergency crumple up a handful of aluminium foil and use it to scrape and scrub your pans.

Speeding up ironing - Place some aluminium foil under the ironing board cover. This will reflect the heat and ensure more crease free garments.



Wardrobe dampness - To reduce this tie about ten pieces of chalk together in a muslin bag and hang in your wardrobe. Replace every few months.

In the toolbox - For the same reason put chalk in the box to prevent rusting and to eliminate moisture. Another way is to rub the tools with hair conditioner.

Tidying up - When you shred your old receipts, do this more efficiently by putting them all in an old envelope first.

Oranges

Editor: I remember this from my Girl Guide days. The peel from oranges and lemons are wonderful for lighting fires and used to be highly prized and called punk. Does anyone remember? It was frowned upon to use newspapers to light hiking or camp fires.

EVENTS



DON'T MISS OUT ON THIS YEAR'S FESTIVAL



ALREADY CONFIRMED

KATE RUSBY - STEELEYE SPAN

TYNE BILLY MITCHELL, RAY LAIDLAW & THE UNDISBAND STORY BAND PERFORM THE COMPLETE 'FOG ON THE TYNE' ALBUM PLUS SPECIAL GUESTS - ANIMALS & FRIENDS AND JEZ LOWE
ACOUSTIC STRAWBS - TIM EDEY - THE YOUNG'UNS - MAIA
JOE BROUGHTON'S CONSERVATOIRE FOLK ENSEMBLE - GILMORE & ROBERTS
 THE GOAT ROPER RODEO BAND - CELTARABIA - WILD PONIES (USA) - THE CHURCHFITTERS
 GRAND OLD UKE OF YORK - KING COURGETTE - RÓISÍN BÂN - BEVERLEY COMMUNITY CHOIR
 MORE ACTS ANNOUNCED SOON...

SPRING INTO ACTION!

LAST CHANCE TO SAVE MONEY ON FULL WEEKEND TICKETS
 THE SPRING SPECIAL DEAL available for a limited period at the bargain price of **£105**
 A SAVING OF £10!
(under 12's FREE, add-on camping, concession and family deals available)

A WEEKEND OF FUN

Informal Sessions - Workshops
 Real Ale - Street Shows
 Late Night Festival Club
 Great Food, Craft & Music Stalls
 Under Cover Venues - Camping
 Showers - Free Parking

BOOK TICKETS

BEVERLEYFESTIVAL.COM

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01377 219112

WEEKEND, DAY, INDIVIDUAL EVENTS

GET WEBSITE / SIGN UP FOR NEWSLETTER

tickets delivered to your inbox

This is the 33rd annual Folk Festival in Beverley. It will be held on 17th - 19th June 2016 at Beverley Racecourse, York Rd, Beverley . E.Yorks HU 17 8 QZ.

<http://www.beverleyfestival.com/>

Telephone No. Folk Festival Office: 01377 219 122

Wheelchair access is available to the site.

HELP AT A STROKE



It has been reported that the Stroke Survivors Funding Panel which operated in E. Yorkshire from the Autumn 2012 has now been disbanded as funds have been exhausted. The group therefore, no longer operates and applications should not be made. All the funds have now been distributed to those who successfully applied i.e. individual stroke survivors and stroke clubs. During the period the scheme operated the funds from the Dept of Health helped finance amongst other items, non-slip flooring, adaptations to vehicles for wheelchairs, tumble driers, special chairs and broad based kettles. Thanks go to all those concerned and to Judith of ERVAS who helped with the administration.