

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 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.

FRIENDSHIP LINK



Isle of Wight Stroke Club

The club was formed in 2002 and has 90 members. It is a Registered Charity, No. 1099759 and is affiliated to the Stroke Association. The age range of members is from 40-90 years. The club offers all inclusive peer support and has contact with younger survivors and their families. In addition to giving members an itinerary of events for the year it is also sent to young survivors and we encourage them and their families to come to parties at Christmas, club holidays (twice a year) and outings. We make a special effort to visit those survivors who find it difficult to attend meetings (although we can organise transport) and if appropriate, visit them in their homes.

All those running the club are stroke survivors. We raise funds through activities mainly in the holiday season. When coach loads of visitors arrive on the island we hold tombola's at events e.g. the river festivals or regattas. The club buys prizes and wraps them in gift paper marking and identifying each as suitable for gentlemen, ladies, or children. As they are good value some tourists obtain all their Christmas presents for all their family and friends at these events. In so doing everyone gets a surprise at Christmas even the buying tourists!

The activities at our club meetings are varied. We have craft days, speakers and sing alongs. Two people from the Stroke Association attend our meetings, one is involved with those with speech difficulties, the other is a family support worker. We raised funds to buy a second-hand mini bus for the club about 3 years ago. However, this proved to be a disaster as it spent more time off the road than on it. Now to the disappointment of all we will probably have to sell it at a loss.

Amongst our members some have difficulty reading, so I was interested to hear about the CDs. Good luck with that project.

Finally, we hope that if any of your readers come to the Isle of Wight they will drop in to see us at our club. A call beforehand would be helpful. Carole Tel. No. 01983 297121.



Editor's note: For details of when and where the club meets, see our website www.strokematters.co.uk under friendship link.

EDITORIAL



As I write this editorial at the end of May for the Summer edition, (please note the yellow band on the front cover instead of the yellow car – to reflect the season), the weather is very mixed. One minute you think Summer has at last arrived, the next you know you were wrong. So put the bikinis away until another day! They will last a bit longer if you don't wear them!

Out lottery funding grant has now come to an end. I ask you TO PLEASE COMPLETE THE ENCLOSED QUESTIONNAIRE to hopefully confirm you like Stroke Matters so that we can send the results to the lottery to support our application for another grant. When completed, please hand it into your stroke club or send it directly to us. If you wish the magazine to survive it is vital that you help us. Your co-operation will be greatly appreciated. I am sure if you have difficulty completing the form someone will assist you e.g. your stroke nurse.

The audio CDs, all 12 editions having been recorded and approved by the libraries in Hull and E. Yorkshire as well as HERIB (Hull and East Yorkshire Institute for the Blind). They will shortly be ready for despatch probably in August. So if you have impaired vision as a result of a stroke please call in at your library or contact us, see back page indicating which edition you would like to have.

Also note Guest Spot Robert Amos page 18. His Claim to fame in the magazine is that in the audio CD version he sings the Julie Andrews song (6th Edition), very many thanks Robert.

So many thanks once again to the team and our helpers who work on your behalf, for their hard work and support.

Enjoy the holiday season which I am sure will be made even more enjoyable by reading this magazine.

Gill and all at Stroke Matters.

ACTIVITY

Archery a sport for all

There is little more satisfying than shooting an arrow and hearing or seeing it thud into its target, most people when you mention archery will immediately think of Robin Hood and the competition in which he splits the arrow in the middle of the gold in the target competition with the sheriff of Nottingham, in fact it is much more than that, it is truly a sport for all.

Over the past ten years I have taught in schools and special schools, I have had visually impaired archers and a vast variety of physically and hearing impaired people come to me and learn to shoot

Paralympic archers can have many different adaptations to their equipment so that they can compete, the only restriction to what they can use is if it would give them an unfair advantage over the other archers, I personally have made several different pieces of equipment so that anyone can enjoy the sport, we can usually find a way round any difficulty with help and patience virtually everyone can learn to shoot and enjoy the sport and the instant gratification that it brings.

The most common form of archery that we all recognise is called target archery where you shoot on a fairly flat field at a target on a stand at distances varying from around 20 yards up to and including 100 yards (roughly the distance post to post along a football field).



INSPIRATION (Cont.)

Many stroke clubs have regular speakers from health professionals and service providers to entertainers like magicians, and comical talkers.

Although Hull & East Riding is well served with caring and professional multidiscipline stroke service the peer support stroke clubs provide a vital link in the chain. **Alan Bowmaster**

Editor's note: Alan has been a prominent member of the stroke community in the region for many years. He is a very modest man and wishes to emphasise that in setting up stroke clubs, he has been part of a team. Many of these clubs are thriving today and he continues to give his support. No doubt very many owe Alan a great debt of gratitude for all the help and support they have received from stroke clubs over the years.

REFLECTIONS



"Making a difference"

Once upon a time there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work. One day, he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer.

He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up. As he got closer he called out, "Good morning! What are you doing?"

The young man paused, looked up and replied. "Throwing starfish into the ocean" "I guess I should have asked, why are you throwing starfish into the ocean?" "The sun is up, and the tide is going out and if I don't throw them in they'll die. "But young man, don't you realise that there are miles and miles of beach and starfish all along it. You can't possibly make a difference!" The young man listened politely.

Then bent down, picked up another starfish gently, and threw it into the sea beyond the breaking waves, and said "It made a difference for that one"

Author unknown.

Kindly sent in by Ashby de la Zouch Stroke Club

INSPIRATION



I suffered a stroke in 1998 at the age of 48. Upon discharge I found myself suffering cognitive, psychological and emotional problems. Something that wasn't explained or discussed at discharge.

I felt unique and there was a lack of awareness back then of what I was going through. A lady from the stroke community team, who was employed at that time by the Stroke Association, visited me and tried to explain to me what was happening to me. I wasn't very receptive.

She told me of a group that meets at the Odd Bottle Pub on Wold Road in Hull and I attended to what was the OK Stroke Club. I was warmly welcomed by other stroke survivors who knew what I was going through which eased my anxieties and knowing that I was not the only one going through what I was experiencing, was a boost to my fragile confidence.

Not being able to continue with my job left me at a low ebb and useless so I decided to become more involved with the OK Stroke Club and became secretary. Meeting people with similar experiences in an informal and relaxed environment was a help to me but it is not for everybody. By attending and becoming involved in the running of the club it increased and maintained my psychological and physical wellbeing and I know it did so for other people.

Along with other people from the OK Stroke Club I was invited to be part of the stroke user carers group. As a group of friends we were asked by the Stroke Community Nurses to visit stroke survivors and carers in their homes or speak to people over the phone. It was suggested by the stroke service that we as a group could help them set up other stroke clubs throughout Hull and East Riding. Stroke Clubs emerged all over the area as part of a team effort.

Finding the right venue was sometimes a challenge. The venue would have to have wheelchair access and disabled toilets and parking facilities.

Stroke Clubs are there to offer support, friendship, empathy and encouragement to both stroke survivors and carers. Suffering a stroke can cause social isolation to both the stroke survivor and carers due to disability, transport and finances. This can lead to depression. By offering a social outlet and days out they help to alleviate this.

Continued on page 20

ACTIVITY (Cont.)

There are also other forms of archery including clout archery which involves shooting at a flag on the floor at extended distances(these can be up to and including 200 metres) a rope is used to determine value of your score marked off in the colours of the target and pulled around in a circle from the flag, your score is determined by the position of the point of the arrow in the ground, the other form is field archery which normally set out in a wood or on difficult terrain using smaller targets at varying distances and is extremely challenging

My own club All Abilities Archery which is a target archery club, started life as a council incentive to get more people with disabilities involved in the sport and over the last few years I have helped many different people to get involved in the sport including sessions at the George Ashton Centre, Ashton Close, Hull, HU6 9RJ, which caters for all different clientele who all have a go

If you require more information about archery or would like to have a go then please look on the Yorkshire archery association or Archery GB websites where there are lists of clubs in your local area with disabled clubs or you can contact me on All Abilities Archery website or Face book page and I will do my utmost to help you in any way I can. Tel. No. 07792757154.

Also Archery is available at Bishop Burton Archery club, 01482 897606

Patrick Revell coach/secretary All Abilities Archery



Editor's note: I have tried this at Bishop Burton. Equipment is provided and it is all great fun. Sometimes you can get a lovely piece of homemade cake! So why not give it a go?

STROKE CLUBS E.R.

SHARING EXPERIENCES OF STROKE SURVIVORS



A performance given by students from the Dept of Music and Drama at the University of Hull on the 21st April 2015 and was called THIS IS WHO I AM NOW.

The shows started with the girl dancer Annika Kompart. In the dance she was starting to have a stroke. She fell to the floor and could not figure out why one of her arms and hand would not do as she wanted. She had to use one hand to help the other when dancing. This was just like my wife Mary when she had her stroke. (The dancer had studied stroke patients at Hull Royal Infirmary before undertaking the role) Based upon that research, she interpreted the experiences very well.

She came to the side of the stage and was trying to talk. The saxophonist Jesse Bannister was playing over every word she was trying to say. This was just like having a stroke thinking you can talk and making sense but not being able to get the words out as demonstrated by the noise from the saxophonist who was drowning out every sound she made.

The producer Campbell Edinburgh came on and was trying to talk the same words but was finding it difficult because of the music just as if he too had had a stroke!

The whole show was good and brought back memories for me, the production team had done a lot of research into stroke and performed well. Well done to all concerned. A very thought provoking, sensitive and helpful performance.
David Mawer, Driffeld Stroke Club

Editor's note.- Thank you very much David for attending and sharing your views with us.

GUEST SPOT



I have been sorting out. I still have unopened boxes that haven't been touched since we last moved in 2006. In one box I came across some old photographs that made me declare "Did my mum let me go out looking like that! There was also my school report. I got lots of comments such as 'Fair' or 'Good'. Occasionally it said 'good oral work' which meant that I talked a lot and I joined in discussions! A friend of mine said his Geography teacher had written "John can just about find his way home!" I somehow think that Technical Drawing was not my best subject 'Robert knows he has absolutely no aptitude for this subject whatsoever!'

My favourite subject was history. I remember my teacher Mr Shaw calling me out to the front of the class, shaking my hand and saying "Well done, Robert, I didn't think you could do it" I later learned that I had been given a grade 1 mark. It might not seem a lot, but to me it was like winning an Olympic gold because I felt encouraged and spurred on to learn more. I love history and if I could have one wish, apart from a cure for all ills, and world peace, it would be to have a time machine and go back to the firsts and see history in the making. Many years ago I was fascinated to talk with a lady called Alice telling me when as a little girl on the cliffs of Dover being told by her Daddy to look up and saw Louis Bleriot crossing the English Channel.

As I get older there are times when I start to enjoy a little bit of nostalgia. There are times I look back when growing up; spending my hard earned pocket money on 'The Beatles -Sgt Pepper, Simon and Garfunkel's -Bridge over troubled water. I know the songs off by heart, they were good times, weren't summers longer? We had real Hovis brown bread and golden butter. I begin to sound like my granddad who would say 'When I were a lad, we didn't have central heating, we had lino on the floor, frost on the inside of the windows....In July!! We left our back doors open, because we had nothing to pinch apart from a mangle. And you knew who had a mangle because they had cracked buttons!

History and nostalgia are not the same. Nostalgia is when we look back through 'rose coloured spectacles' the misty eyed feelings about them grow in sentiment but not necessarily wisdom.. Nostalgia is not always a good thing when we try to relive something that is gone. History, however, pays off in wisdom and insight. It involves sober reflection on the past in a way that helps us know who we are, where we are, and how we got here.

Revd Robert M. Amos, Superintendent Minister, Driffeld Hornsea Methodist Circuit.

LETTERS

Dear Editor,

I had a severe stroke almost nine years ago. Despite the best endeavours of many people, I have failed to make any significant progress with my mobility and dexterity, which remain very poor. As a consequence, the main burden of caring for me has fallen upon my dear wife. She somehow manages to do a full time job, hurries home each lunchtime to “sort me out” and does the same when she returns home around 6pm. After cooking a meal for the two of us, she does all of the accumulated household chores. My wife is a real treasure and truly, God alone knows how I would manage without her. But by now you may be wondering why I am telling you this, so I will explain.

I, like many others I am sure, look forward with eager anticipation to the arrival of the latest edition of Stroke Matters. It is a genuine tonic for anyone who has been privileged to survive a stroke. However, strange as it may sound, I feel almost guilty, as whilst reading the contents gives me so much pleasure, there is almost nothing in the magazine which is specifically intended for my wife, or indeed for the many others who care for stroke survivors.

Just a small section in Stroke Matters, for carers, would suffice. An acknowledgement I suppose, of the tireless, unselfish and endless care which individuals like my wife give unstintingly, every day. And of the fact that they do so with no desire for reward, save for the wellbeing of their loved ones.

The pleasure which I get from reading Stroke Matters is already considerable, but it would be immeasurably enhanced if it contained something specifically for my wife and for the hundreds of other kind souls like her. They are beyond any doubt, deservedly high upon the list of unsung heroes in our society. A little recognition in Stroke Matters would surely not be amiss.

Please do not interpret my comments as a criticism of Stroke matters, far from it. I offer them with great respect, merely a suggestion, which hopefully you may consider to have some merit.

If you have persevered with reading thus far, permit me to say a big thank you to all those responsible for producing Stroke Matters. May your success continue long into the future.

All good wishes, Edward.

ATTRACTIONS

Sewerby Hall, Nr Bridlington, E. Yorks, YO15 1EA

Sewerby Hall emerged from a major restoration campaign and re-opened to the public in August 2014. The house has been lovingly restored as an Edwardian country house in its heyday with important pieces of furniture from the national collection at the Victoria and Albert Museum, London. A fully interactive service wing has been reinstated including a fully working kitchen with a range that actually works! Handling collections of historic kitchen objects bring back memories and our costumed volunteers bring history to life. Groups can also book an Edwardian cookery experience and tailored activities to suit all capabilities.

Sewerby Hall is fully accessible and wheelchairs are available for use inside the house, there is also a passenger lift. The courtyard boasts the Welcome Centre, the visitor hub for annual passes, tourism information and forthcoming events. Catering facilities feature the Stables shop for coffees, ice creams and prepared sandwiches. The Clock Tower Café has also been totally refurbished and expanded and offers a great variety of meals and refreshments. Group bookings have the option to include a cream tea in the restored Orangery and guided tours of the house with the curator's insider knowledge of the restoration. Fully accessible WCs are in the courtyard and also feature a Changing Places unit.



There is also a small zoo. Discounts are available for group bookings. For details please contact Janice Smith, the Curator, Tel. No. 01262 673769.



OUR NEIGHBOURS

Hull Stroke Club Juniors



Fundraising night at the Walton St. club on 10th July 2015; 7pm 'til late. Kindly donated to us with entertainment by Mrs B's Karaoke & Disco, Raffle & Tombola. Tickets £4 at the door or by calling Sue on 07966927845 or Ralph on 07531445938

We are self supporting groups who provides help & support to **STROKE SURVIVORS** of all ages, their families & carers. We offer our help with speech, writing, memory, socializing, going on trips or just out for a meal. We provide everything that is needed for our activities including transport and welcome donations and minimal subscriptions to help cover the cost of keeping our bus on the road, the rent of our hall, refreshments, stationary etc.

JOIN US, HAVE FUN & WE WILL SURVIVE!!

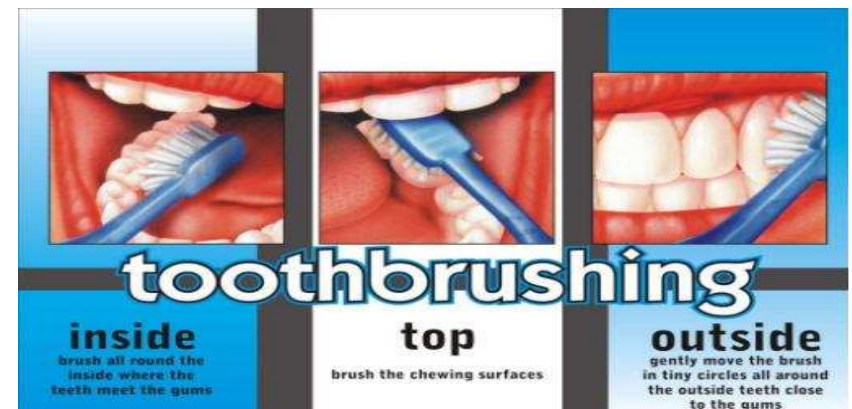
MEDICAL INFO (Cont.)

Assessment for oral cancer and other oral infections by a dentist is recommended at least once a year. Lumps, bumps or non-healing ulcers that don't heal within 3 weeks should always be assessed. Ulcers and sores may be linked to problems with the digestive system or anaemia.

The common associations with oral cancer are smoking, excessive alcohol consumption, poor oral hygiene, poor diet and the HPV virus.

Most people are aware smoking is not good for your general health. It causes problems with Cardio Vascular Disease, COPD, and Emphysema, Impotence, increased risk of infection, poor wound healing, premature aging and lung cancer. Orally smoking causes bad breath, tooth staining, altered taste and smell, gum disease and oral cancer.

Moderate alcohol intake and a healthy balanced diet reduce the risk of oral cancer and other medical conditions e.g. Cardio Vascular Disease and type 2 diabetes. It reduces tooth decay and erosion. Fruit juices in supermarkets are highly acidic and contain lots of sugars causing huge problems with decay and erosion, try to restrict sugar drinks and snacks to meal times. Moderation and being sensible is important with food and drink.



MEDICAL INFO

It's not all about teeth

Whether you're eight, or eighty your oral health is of great importance. Maintaining good oral health isn't just about teeth, it's about maintaining our general health.

Problems with our oral health can affect us functionally, physically and psychologically. Especially if we are in pain or our appearance is affected. Behaviour and lifestyle choices can help us maintain good oral and general health.

From a dental perspective oral hygiene is important. It is recommended we brush at least twice a day with a fluoridate toothpaste for 2 minutes, one of those brushes being last thing at night. Spit toothpaste out and do NOT rinse after brushing. This reduces the risk of tooth decay.

Brushing along the gum line is a must. It helps reduce gum disease combined with the use of interdental brushes or flossing between teeth. It is essential diabetics maintain good plaque control as gum disease directly affects diabetes.



Continued on page 16

RESEARCH

From a recent article published by the Stroke Association.

Someone in UK has a stroke every 3 ½ minutes. One in 4 of those are under the age of 65 years.

From a survey of 350 people of working age who have had a stroke it found that to ¾ of those getting a job or going back to work, is very important.

More than ½ found the work they could do after a stroke was very different from the work they did before a stroke. 92% felt their prospects had been affected by their stroke. However, with appropriate support many stroke survivors were and are able to return to work.

It also asked 500 owners and managers in small and medium sized businesses across UK about their understanding of stroke and their attitudes to employing stroke survivors. There was a considerable lack of understanding about strokes, the consequences and what support was necessary.

The main point and outcome of the research being that some stroke survivors can return to work and recover some degree of normality they have just have to be prepared to adapt and do things differently.

Editor's note. This final remark applies to everyday life for all stroke survivors.



PUZZLE PAGE

Chocolate Quiz

If you have any teeth left try to and answer these.

1. Floral items, could be climbing
2. Single snowy deposit.
3. This becomes you according to the song.
4. The “E” is missing from this pet food.
5. Oh look there’s another star cluster
6. Sounds like cluster
7. Sounds like bloomers
8. Christmas and birthdays give rise to these.
9. Are you a ----- and --- case.
10. SSH! TALK QUIETLY

DINGBATS -

Idea an

Courtesy Hull Daily Mail

**ever
ever
ever 24 HRS
ever**

Quiz 1 – 1. Roses, 2. Flake, 3. Moonlight, 4. Kit Kat, 5. Planet made by Mars, 6. Milky Way, 7. S(nicker)s, 8. Celebrations, 9. Fruit and Nut case, 10. Whispers

Dingbats – An Afterthought, For Ever and a Day.

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.

- 5th August BBQ Seasons Melton
- 2nd Sept Trip to Castle Howard
- 7th Oct Music Hall

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 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 - 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.

HUMOUR

AFTER DINNER STORIES

During a medical examination a man was asked to stretch out his arms in front of him. He did so and the hands trembled. "Good heavens," said the doctor, "However much do you drink?" "Hardly anything at all, said the man "I spill most if it".



A Yorkshireman was mowing his lawn when the motor stopped. "Drat it," he said I've broken me b. mower. What'll I do now? I know what I'll do – I'll go and see old George".

Then he thought: "What'll I say to 'I'm? I know what I'll say. I'll say morning George, I've broke me b. mower and I thought ye'd lend me thine! That's what I'll say".

Then he thought again "I wonder what he'll say". I know what he'll say, "tha's broken thine, have ye, Tom? Tha's broken thine, tha's likely to break mine!" Aye, that's what he'll say, the old beggar. So when he reached George's door he knocked and looked him straight in the eye and said: "Tha canst stuff it".

A policeman tells the story of his first night on duty in Walsall. He was passing the entrance to a golf club when a car came out with no lights on. He stopped the car and pointed out the offence to the driver, who said his eyesight was so good he didn't need lights. The constable then asked for his driving licence, only to be told he had never had one nor an insurance certificate because as he never had accidents he didn't need them. The constable asked him his missing road tax badge and was told that he didn't use the car often enough to bother with road tax. At this point the wife intervened. "Take no notice of him, officer. He's drunk.

A cannibal and his son, out hunting in the jungle, came on a dusky maiden in a clearing. She was so beautiful that the two cannibals were boggle-eyed. "Cor, Dad", said the son, "let's take her home and eat her. " No, son" said the father a man of mature judgement, "let's take her home and eat your mother".



COOKERY

Ratatouille

2 medium courgettes
1 large onion
½ box mushrooms
2 cloves garlic/ garlic salt - optional but nice
1 can chopped tomatoes
1 tablespoon tomato puree
Any herbs of your choice, season to taste, Small amount of oil – about 2 tablespoons, 1oz butter



Method

Wash and slice courgette. Peel and slice onion and mushrooms. Crush garlic if using.
Put oil and butter in a saucepan and add courgettes, onion and mushrooms. Sauté slowly for 5/10 minutes until they start to soften. Add the can of chopped tomatoes, herbs and garlic and seasoning. Bring to the boil and simmer gently until onions have softened but are still firm. Five minutes from the end of cooking add tomato puree.

This is best if made early in the day and warmed up later, as the flavours are then more intense. Can be used as layers in a vegetable lasagne and topped with a white/butter sauce and cheese of your choice.

Sent in by Hilary Fearn, Withersea Stroke Club.

SPONSORS

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

Jen Jepson – Stroke Supporter



HINTS AND TIPS (Cont.)

Holidays - luggage

1. Put a distinctive strap around your luggage so that it can be identified easily. If someone tries to pinch it you may well spot it before it disappears for ever.



2. If you buy expensive luggage it may stand out and be tempting to thieves. Also cases without zips as these tend to be expensive.

3. If you are buying cases or bags with wheels make sure they can contract otherwise they may be knocked off if roughly handled.

Hay Fever - Five ways to keep pollen at bay

1. If possible avoid going out when pollen levels are highest – usually around 8 am – 10am and 5pm – 7pm. And keep windows and doors closed.



2. Wraparound sunglasses can help keep pollen out of your eyes and eyelashes.

3. Put petroleum jelly (Vaseline) just inside the nostrils to stop pollen sticking to the lining.

4. Ideally, if grass pollen is your trigger, avoid mowing or sitting on the lawn when the pollen count is high.

5. Pollen can stick to skin, hair and eyelashes if you've been out when the pollen count's high, wash hands and face regularly. And, once back indoors, shower and change clothes.

Taken from the Diabetes Balance Magazine April 2015

Editor's note: I am told a good way to filter the air when there is a lot of pollen around is to wet a large cotton handkerchief with water and tie it over the nose.

Another good tip is to make sure you do not get pollen on your clothing particularly from lilies as it will not come out.

HINTS AND TIPS (Cont.)



East Riding Voluntary Action Services (ERVAS) Limited Community Accountancy Service

Delivering quality accounting services and training to the voluntary sector

FREE TEMPLATES FOR STROKE CLUBS

We have developed some standard templates that can help you manage your stroke club.

The templates include:

*Cash books with reporting functions

*Cash Flow Forecasting

These can all be found with instructions on the ERVAS website at www.ervas.org.uk under Accountancy, Accountancy Downloads, Templates and Instructions.

FREE GOOD PRACTICE GUIDES

We have 22 different Good Practice Guides around finance and governance available to download for free from our website at www.ervas.org.uk under Accountancy, Accountancy Downloads, Good Practice Guides.

For further support please see www.ervas.org.uk.

PAYROLL SUPPORT FOR INDIVIDUALS IN RECEIPT OF DIRECT PAYMENTS

We can provide payroll services for people in receipt of Direct Payments who would like to employ their own carers/support workers at a reasonable rate.

Please contact: dawn@ervas.org.uk

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