



TOE-NAIL CUTTING SERVICE

BY APPOINTMENT ONLY

AGE CONCERN ESSEX offers a Toe-Nail cutting service to people who are unable to cut their own toe-nails. We aim to help you remain mobile and active. Our staff and volunteers are trained by a professional Podiatrist / Chiropodist registered with the Health Professions Council, to standards set by The Society of Chiropodists and **AGE CONCERN ENGLAND**.

Do you qualify for our service? The service is available to people who are unable to cut their own toe-nails.

Where is the service available?

Clacton & District Stroke Association
85 Frinton Road, Holland on Sea

**On Tuesdays: 21st July, Aug 18th, Sept 29th
10am – 3pm**

Is there a charge for the service? There is a £11 charge for this service plus a one off fee of £5 on your first appointment

Please note:

We are unable to trim your nails if you suffer from diabetes or certain circulatory disorders.

For more information or to make an appointment

Please telephone between 9 am and 4 pm Monday to Friday
01245 423333 or email us at info@ageconcernservices.co.uk

CLACTON & DISTRICT STROKE ASSOCIATION

85 Frinton Road, Holland-on-Sea CO15 5UH

01255 815905



SUMMER NEWSLETTER JULY/AUG/SEPT 2009

email: cDSA@freeola.com
www.cDSA.org.uk

Registered Charity No. 1054049

Carers' Group Meetings & Support Group Meetings being held at CDSA in 2009

Carers' Group Meetings - 2pm - 3.30 pm
To be held on the
3rd Wednesday of the month

Support Group Meeting- 7pm - 8.30 pm
To be held on the
1st Tuesday of the month

Both of the groups above have been invaluable to the members. Many subjects are covered and often people pick up a piece of information that has made a significant change to their daily life of living with a brain injury. The support and understanding of others can be so beneficial. The groups also give people a chance to talk about lots of other aspects of life and interests.

For more information on these groups please contact:

Linda Eliot - Stroke Carers' & Family Support
01255 815916

EDITORIAL

Welcome to our Summer Newsletter!

The wonderful sum of £1,272.55 was realised at the Spring Fayre on Saturday 30th May.

Small amounts are still trickling in.

I wish to thank EVERYONE, that includes those who helped on the day to make it such a success and those visitors who spent on the day.



Summer is
on its way!

We hope you have a lovely summer.
If you are going away on holiday, please let us know so that we can cancel the transport.

Rosemary Garrey

**The group will be closed on:
Summer Bank Holiday – Monday 31st August**

STROKE CARERS & FAMILY SUPPORT

Stroke Family Support is a visiting service, which provides information, literature and emotional support for stroke survivors, their families and stroke survivors living alone.

Strokes can bring about many changes for the stroke person and their family. The Stroke Family Support Adviser is available to help support families both emotionally and practically during these changes. It can be very beneficial to talk things over in a supportive, empathic and confidential environment.

Individuals or health professionals can access our service at any time after a stroke. We offer a free confidential counselling service for stroke survivors and/or their carer(s).

Tel: 01255 815916

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THE CLACTON & DISTRICT STROKE ASSOCIATION

CDSA is a local independent charity caring for the community of Tendring.

Our aim is to assist in any way possible during recovery, rehabilitation and in the long term.

We offer support in various ways to stroke survivors, their families, carers, friends and professionals involved in their care.

We offer the opportunity to meet and share experiences and concerns.

We constantly press for improvements in services for stroke survivors and strive to increase public awareness of stroke survivors and resulting trauma. We offer education through information and training.

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Welcome new attenders –

MARY STEPHENS

MABEL AYRES

JOHN BUBB

IRIS DOE

JUDITH EADE

MOIRA KEASLEY

ANNE MCKIM

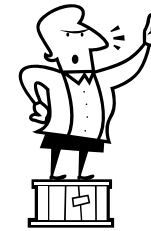
DAVID FULLER

VERA FRYER

If anybody would like any information about our organisation and our daily groups, please ask Rosemary Garrey our Co-ordinator

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COMING EVENTS FOR 2009:



**The Annual General Meeting will be
Wednesday 22nd July**



**Autumn Jumble Sale will be
Saturday 24th October**



**The Xmas Fayre will be held on
Saturday 21st November**

***Don't forget to tell friends and relatives about
these events!!***

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Abstinence: If you resolve to give up smoking, drinking and making love, you don't actually live longer; it just seems longer. *Clement Freud*

Brains: The brain is a wonderful organ. It starts working to moment you get up in the morning, and does not stop working until you get into the office. *Robert Frost*

Marriage: Mae West's husband on saving money; "If you could learn to cook we could sack the chef". Mae West: "if you could learn to make love, we could sack the chauffeur".

Joke: Bill, Hamish and Paddy working on a building site, take a well deserved lunch break on the 20th floor of the building. Bill opens his sandwich box and much to his dismay he has ham sandwiches again, "If I see another ham sandwich I will jump off this building". The next day, sure enough he has ham sandwiches, and sure enough he jumps off the top of the building. Hamish is of the same opinion, his says' "If I have chicken sandwiches once more I will follow Bill's example and jump off the top of the building. Sure enough the very next day - chicken sandwiches again and yes, you've guessed it, he jumps. Paddy is sitting all alone missing his pals sitting on the top floor and discovers he has cheese sandwiches once again and remembering his pals' dismay at having the same sandwiches over and over, he too jumps off the top of the building. At the inquest about the strange deaths and the testimony of their fellow workers, the 3 wives meet up and Bill's wife says that if she had only known how he had felt about ham sandwiches she would have made different ones, Hamish's wife said exactly the same. Paddy's wife was most bewildered, "I wouldn't mind, but Paddy always made his own sandwiches"!

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Recipe

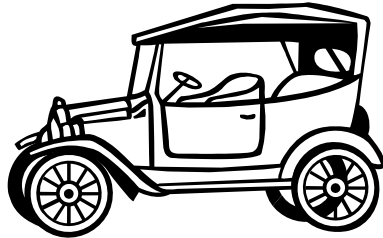
Summer Pudding

SUMMER PUDDING - Best prepared previous day

- | | |
|----------|---|
| 1lb 8ozs | Mixed summer fruits (any 3-4 or all of the following: raspberries, blueberries, redcurrants, sliced strawberries, blackberries etc.) You can also use packets of frozen 'fruits of the forest' from the supermarket frozen food dessert counter. |
| 3 tbsp | Sugar – or to taste |
| 5 fl ozs | Cranberry Juice or any red juice (if using fresh fruits only) – or you can use ½ juice and half sherry! If using frozen fruits, you will need less juice. |
| 8 | Thin slices white bread, preferably 1-2 days old. |
| 1 | Mix the fruit, sugar and juice and heat in large pan stirring gently until just reaching boiling point. Leave till cool. |
| 2 | Cut crusts from bread and slice into strips or triangles. Line a 2 pint pudding basin bottom and sides with bread, filling in gaps with small bits of bread, reserving enough bread to cover the top. |
| 3 | Reserve 3-4 tbsp of juice from fruit. Gently pour the fruit mixture into the bread-lined pudding basin. Top with the remaining bread. Cover with a plate or saucer that fits inside the basin, sitting directly on top of the bread, and then place a heavy weight such as a can of food (wrapped in cling film or tin foil) on top. Place the basin in the fridge to chill for 8 hours or overnight. |
| 4 | To serve turn the pudding out onto a serving dish. Use the reserved fruit juice to brush or pour over any parts of the bread that have not been coloured. Serve with cream, crème fraîche, or ice cream. |

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The Joy of Travelling



ESSEX TRAVEL TRAINING

Freedom to move

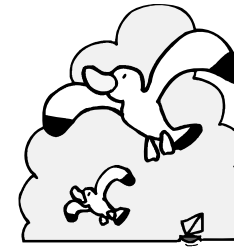
Being able to travel independently is something that most of us take for granted, but for many people who have sustained a brain injury it can be a monumental task because of physical, communication or visual difficulties. This is where Essex Travel Training can help. Specialist travel trainers will accompany trainees on their journeys, providing encouragement and guidance until he or she is able to travel independently. They can also provide advice and support on skills such as using a travel timetable, road safety and coping with traffic.

The confidence to travel can give disabled people a new lease of life, and it can open up horizons which they thought they might have lost, especially if they have unfortunately been told they are no longer able to drive. This may include travelling to college, gaining employment, accessing leisure activities or simply going out to visit family or friends.

**For further information on Travel Training call
01245 434 865, Email: traveltraining@essex.gov.uk
or visit www.getonthemove.org.uk**

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COUNT MY BLESSINGS



I sit upon my patio on a summer afternoon
And hopefully evaluate my lot
Away with all self pity and no crying for the moon—
I'll count up all the joys that I have got.
I have two lovely daughters and granddaughters so dear
Between them they supply my every need.
And what with my dear son-in-law
And the jobs that they find here.
I feel that I am very blessed indeed.
My home is clean and tidy though I never lift a broom
All thanks to my housekeeper, best of friends.
She sings a little ditty
As she flits from room to room
And minds not how much energy she spends.
I have so many lovely friends,
I cannot count them all.
I treasure every one both old and new,
There's some who still remember me
When I was very small—
That's saying something, now I'm 92!
Mostly I thank God for gifts He showers every day
All love and joy and peace are born of Him
To those who haven't met Him yet, then All that I can say
My life without Him would be very grim.

Connie Oliver – Monday attender

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Collecting Tins from

Remnant Shop - Town Centre
Carousel Newsagents - Town Centre
Top Nosh – Town Centre
The residents of Wescliff Court
Bradleys on Frinton Road
Moss Chemist on Frinton Road
Lawrence Desmond, Hairdresser, Gt Clacton
Weston's Taxis
Mrs Jean Twiss
Mrs D Blunden
Harry Lane
Mrs Gainsford
Mrs Andrews
Mr Alistair Keeble, Solicitors
Harwich Dysphasia Group

DONATION BY STANDING ORDER

Please contact Rosemary if you would like to donate in this way or if you would like a collecting tin for your home to collect your loose change

THANK YOU TO

Recent Donations from

LINDA MEAD IN MEMORY OF HUGH MORRISON
TRINITY METHODIST CHURCH
MR D PUGH
MR & MRS MILLAR IN MEMORY OF MRS R PARSONS
E & J RUDDOCK
MR D PUGH
JULIA & SHARON 'SAVE OUR SPACE'
FRANK SAITCH
MR KEOGH
MRS I. MUMFORD
C.O.S. INDOOR BOWLS – MRS M ROBERTS
MR & MRS HEADLEY JORDAN

Due to lack of space in the newsletter, it is absolutely impossible to name and thank all individuals who donate to CDSA. If your name is not in the above list, please do not be offended. ALL donors have CDSA's sincere and grateful thanks.

INFORMATION

Did you know that our Hall in Holland on Sea is full of leaflets and information that may be of use for you i.e. healthy eating, exercise, local services available, adult education, carers' support services, allowances, transport as well as stroke prevention. Why not pop in and see if there is anything we can help you with.