

**Hi everyone.**



'Blood Pressure Monitor'

Another good meeting with a few things going on.

We had Pam from The Stroke Association, taking Blood Pressures, Alicia with her Exercise session, Martin Heuter from the Bolton Council promoting a new service "Rally Round" and we had three quizzes on the go as well!

In addition, the list went up for our first outing this year to the Olympus Fish and Chip Restaurant. On Monday 6<sup>th</sup> March. (You can find details for this outing on page 2)

Pam told me that quite a lot of you took up the opportunity to have your Blood Pressures tested, so well done to those that had it done.

Alicia had a good turnout for her first chair based exercise session of the year. When I looked in I saw quite a raucous session going on with members throwing a rubber ring around the room! What is brilliant is so many of you were able to catch the flipping thing.

We also had Martin Heuter (from Bolton Council) visit today to talk to members about a new service for Bolton. 'Rally Round' is a new on-line/mobile phone support system which provides additional support for Carers via family members, friends and neighbours, co-ordinated through the internet or a mobile phone. Martin e-mailed me to say thank you. **"Thanks again for inviting me to the drop in yesterday, lots of life stories and everyone was happy to listen and talk."**

Martin will be sending a supply of leaflets about this new service which will be distributed with a later edition of the Newsletter and there is now a small supply on the Information Table at meetings

Two new members came to see us today – Marion and also Keith accompanied by Gillian from the Halliwell Befriending Group. It was very brave of both Marion and Keith to join in the Exercise Sessions. We hope you enjoyed your visit and will come again.

Susan Cowburn won the Football Card and kindly donated £10 back to Jigsaw, 'thank you' Susan

The Quizzes proved challenging so once again Joan had the better of you. (I love it)

**For those members who are ill, in hospital or convalescing we send our best wishes and hope to see you soon.**

**Our next meeting will be our Annual General Meeting which is in 3 weeks time on 14<sup>th</sup> February 2017 .** We will be putting on the Bradley Fold Garden Centre Scones. (Bribery?)

Thanks to those who donated books of 2<sup>nd</sup> class stamps and to our brilliant helpers of course.

## Olympus Fish & Chip Restaurant – Outing

Monday 6<sup>th</sup> March 2017

Price £7.50 per person



“Salt and Vinegar please”

Tasos and his team welcome us back again for a 2-course Lunch (Main Course & Dessert). We are limited to 66 people for this visit (Olympus’ request).

You make your own way there and back.

Meeting at the Olympus at 11.30am – Orders will be taken at 12 Noon. (there is a good choice of food – you don’t have to have fish & chips – they have steamed fish, steak puddings, pies, jacket potatoes, moussaka, salads etc). Plenty of choice.

Allow a couple of hours for a leisurely lunch (It takes some time to serve 66 people!) so arrange for Taxi’s/cars to pick you up at around 2.30pm.

**If you want to go on the outing or be put on the ‘Wait List’ in case of cancellation – please contact Lynn at the next meeting or on 01204 387704 as soon as possible.**

## MEETING – Tuesday 14 March 2017 – Chetham’s School of Music

Last year the students from Chetham’s School of Music in Manchester came along to entertain us for the afternoon with a selection of songs and music from the Musicals, entitled – ‘Broadway to Baronial’. This was a brilliant success and those Jigsaw members who attended, together with the Chetham’s students, found it an emotional and very enjoyable experience. As I said at the time, we heard the voices of angels perform for us. It was a really wonderful performance by all the very talented students (both young women and young men) - an excellent afternoon.

Chetham’s agreed to come along once again to Jigsaw, this time with a new group of sixth-form students and a new programme. This time the singers will present ‘**A Night at the 19<sup>th</sup> Century Opera**’. Performing a variety of well-known opera choruses and arias from favourites such as *Cavalleria Rusticana*, *The Mikado*, *Carmen* and *Ruddigore* etc. Directed by the renowned international mezzo soprano Margaret McDonald, this concert promises to offer music to please one and all!

Why not join us for a great afternoon and a very special performance.

We all know stroke survivors can be a bit emotional when hearing beautiful voices/music, so don’t forget some tissues!

## Annual General Meeting to be held on Tuesday 14<sup>th</sup> February 2017

Under the rules of our constitution we have to give you notice of our forthcoming AGM .

At the first meeting in January we issued voting forms for you to re-elect or reject members of the present committee. Some of you completed them at the meeting and returned them.

For those who couldn't attend the last meeting and haven't completed a voting form please obtain a form and complete before the start of the AGM on Tue 14th February 2016.

If you would like to nominate someone or wish to join the committee yourself please let me know as soon as possible.

As at previous AGM's we will start promptly and keep the formalities to the minimum (approx 30/40 minutes) and there will be plenty of time to Chill & Chat and take in a Quiz or two.

**As a treat, we will be having Scones from Bradley Fold Garden Centre!**

### Committee Members:



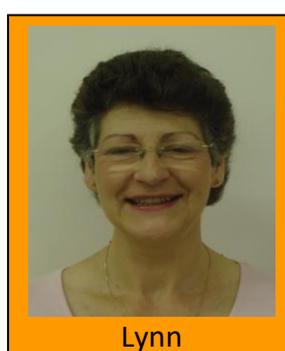
Graham

Stand in Chair/Treasurer



Rhona

Secretary



Lynn



Mike



Gwyneth



Sandra



Lynn D



Wendy



Maureen



Marie

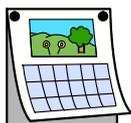
Marie has put her name forward to join the committee and her nomination will be dealt with at the AGM.

## STROKE ASSOCIATION & SPEAKEASY COMMUNICATION CAFES - 2017

The Stroke Association is continuing to offer a fortnightly drop in session for stroke survivors and their carers who have experienced communication difficulties following their stroke. The session will allow you to learn and practice new communication skills as well as meeting new people who have been through similar experiences.



**Time 10am – 12Noon**



**Dates – All Wednesdays**



**Venue**

<b>Wednesday 25<sup>th</sup> January</b>	<b>Third Floor Bolton College Deane Road Campus Dean Road, Bolton BL3 5BG</b>
<b>Wednesday 8<sup>th</sup> &amp; 22<sup>nd</sup> February</b>	
<b>Wednesday 8<sup>th</sup> &amp; 22<sup>nd</sup> March</b>	

**For further details about this group or to arrange to come along please contact Kathryn George or Pamela Bann on 01204 895940**



## ACCESSIBLE HOLIDAY INFORMATION

The 'Information Table' at Jigsaw now has the 2017 **Revitalise Accessible Holiday** Brochure on it – the nearest one being 'Sandpipers' situated on the Marine Lake in Southport. (This also provides respite care). Revitalise may be able to help with funding via the Revitalise Support Fund (Subject to eligibility) – if you want more information or to book please contact them on **0303 303 0145**.

**Website:** [revitalise.org.uk](http://revitalise.org.uk) **email:** [bookings@revitalise.org.uk](mailto:bookings@revitalise.org.uk)

'**Safehands' Holidays** – are situated in Blackpool and Llandudno and provide holidays for people with disabilities. They have 2 hotels - Esplanade Hotel, Llandudno and The New Mayfair Hotel, Blackpool. If you want more information or a brochure please contact them direct on **0333 999 8888**

**Website:** [safehandsholidays.co.uk](http://safehandsholidays.co.uk) **email:** [sales@safehandsholidays.co.uk](mailto:sales@safehandsholidays.co.uk)

If you want to go further afield or stay in the UK – there is a specialised **Accessible Holiday Travel Counsellor**, based in Bromley Cross who may be able to help. Whether it's hotels, cruises, apartments/villas, city breaks, tailor made solutions etc. We are awaiting leaflets about this service but if you want to know more please contact **Julie Tebay on 01204 894380**

**Website:** [travelcounsellors.co.uk/Julie.tebay](http://travelcounsellors.co.uk/Julie.tebay) **email:** [Julie.tebay@travelcounsellors.com](mailto:Julie.tebay@travelcounsellors.com)

**Jigsaw is not able to recommend particular hotels or providers – we just bring you information about what is available. Please note that these specialised providers can be more costly than normal holidays so be aware.**

**Remember just because you have a disability it should not stop you enjoying life. You just have to do things differently and plan a bit more.**

**DATES FOR YOUR DIARY – JIGSAW MEETINGS 2017 (All Tuesdays) 1pm – 3pm**

<b>Main Meeting</b>	<b>'Drop In'</b>	
10 <sup>th</sup> January	24 <sup>th</sup> January	
14 <sup>th</sup> February (AGM)	28 <sup>th</sup> February	
14 <sup>th</sup> March	28 <sup>th</sup> March	
11 <sup>th</sup> April	25 <sup>th</sup> April	
9 <sup>th</sup> May	23 <sup>rd</sup> May	
13 <sup>th</sup> June	27 June	
11 <sup>th</sup> July	25 <sup>th</sup> July	
8 <sup>th</sup> August	22 August	Jigsaw Christmas Party
12 <sup>th</sup> September	26 <sup>th</sup> September	Tue 12 <sup>th</sup> December – (Ticket
10 <sup>th</sup> October	24 <sup>th</sup> October	Only) – Note extended hours)
14 <sup>th</sup> November	28 <sup>th</sup> November	

**Can you help collect used stamps for the Church.**

Collect any old stamps and bring them to the meetings. We can then pass them on to the Church'

If possible can you try to have as much as much of the envelope around the stamp as possible.

**WHEELCHAIR ACCESSIBLE TAXI PHONE NUMBERS**

Here are a few numbers for your reference – all are roomy 'Black Cab' style Taxis:-

<b>Nigel's Taxi</b>	<b>07737 472847</b>	
<b>Stephen Jackson</b>	<b>07757 608034</b>	
<b>Wal</b>	<b>07866 740031</b>	
<b>Street Cars (Ajaz &amp; Wajid)</b>	<b>07766 207454 (Ajaz)</b>	<b>07916 802833 (Wajid)</b>
<b>Bowcock Private Hire (Andy)</b>	<b>07860 801830</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ricksway Private Hire (Rick)</b>	<b>07958 788816</b>	<b>(Peugeot E7 Wheelchair Taxi)</b>
<b>Ken's Cabs</b>	<b>07800 546876/0770 418 7735</b>	

**We are always on the lookout for Wheelchair Accessible Taxis – so if you have used one that is not on the list above please let us know and we can spread the word! (If you know of any with a tail-lift do let us know – We are aware that most of these are on contract for school runs during the day but can be available outside these hours).**

## NOTICES:

### Dates for your Diary for Forthcoming Meetings in 2017 (1pm – 3pm)

Formal Meeting	Tue 14 <sup>th</sup> February AGM (+ Scones)
'Drop In'	Tue 28 <sup>th</sup> February Quizzes, Chill & Chat + Exercises with Alicia
Formal Meeting	Tue 14 <sup>th</sup> March Chethams School of Music Concert
'Drop In'	Tue 28 <sup>th</sup> March Quizzes, Chill & Chat + Exercises with Alicia

Remember – All meetings are the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month – sometimes there may be 3 weeks between dates – so please check the Newsletters or the Website to confirm dates.

#### INFORMATION (for Stroke Survivors & Carers)

The Information Table is always being updated, as is the Book Library (more choice) now located in the Coffee Lounge + Audio Books. **Pop along and have a look there's always something new! e.g. Wiltshire Farm Foods/Oakhouse Foods, Physios, Counselling, holidays etc**

#### 'See It – Say It' Communication Aid

We have a supply of the above leaflet. This is useful for anyone with aphasia or communication problems and uses pictures to help with communication. Normally retailing at £10 – Jigsaw has them available for members at £4.00. So if you wish to have one, please see Lynn at the next meeting.

### \*\*\*APHASIA UNITED 2-DAY RESIDENTIAL CONFERENCE - 5<sup>th</sup> & 6<sup>th</sup> MARCH 2017 \*\*\* (for People with Aphasia, their Carers, Families, Friends, Stroke Organisations, Health Professionals)

The first Aphasia United Residential Conference event is being held in Warwick University Conference Centre next year on the above dates. Topics will include – **Technology & Aphasia / Increasing Awareness/ Sharing good practice from around the world / Research /Caring for people with Aphasia /Aphasia & the Arts / Feel Empowered / Learn from the Experts / Meet people with Aphasia from around the world.**

**Cost £100** (includes meals, overnight stay, 2 days of events).

**To express your Interest – Contact Gill Pearl (Speakeasy at Ramsbottom) on 01706 825802 /email [info@buryspeakeasy.org.uk](mailto:info@buryspeakeasy.org.uk) for more information or contact Aphasia United by email for more information [contact@aphasiaunited.org](mailto:contact@aphasiaunited.org)**

## BIRTHDAY GREETINGS

For February 2017

Jean Holt  
George Holt  
Mary Cookson  
Tony Coleman  
Margaret McLellan  
Fred Haslam  
Marie Gradwell  
Vicky Fletcher  
Karen Boyle

Remember if we do not have your birthday details then we can't give you a mention

## TRANSPORT

For members using the Taxi or transport arrangements we provide.

Please don't forget, if you require transport, please ensure you ring Lynn on 01204 387704 on the Wednesday before the meeting date, to confirm your seat.

The cost for the transport will be **£7** (Return)

**Pay Graham on arrival at the meeting**

In the event we need to use an alternative taxi the cost will be the same as above

**HUMOUR SECTION** Always remember this: You do not stop laughing because you grow old. You grow old when you stop laughing.

The parents of a young girl decided to throw her a birthday party. Part way through, to the astonishment of her parents and guests, she loudly announced that she wanted a wee. Her father brought out her potty and parked her in the corner with it. Whilst still in the process of sitting down, she knocked it over and immediately burst into tears. Her father picked her up and tried to calm her down, reassure her, and stop her crying. She responded straight away with "It's my potty, and I'll cry if I want to!"

I said to my Mother in Law. "You are welcome, my house is your house" She said "In that case get the hell off my property"

If 4 out of 5 people **SUFFER** from diarrhea, does that mean one enjoys it?

How did the Blonde die while raking the leaves? She fell out of the tree.

A diner in a restaurant asked for the daily special. When it arrived the waiter was asked what it was and was told "It's ox tongue, sir". He replied "I'm not eating something from an animal's mouth." And. As the waiter was helpful, he took the plate away and returned with a boiled egg.

A dachshund and an Alsatian were walking together through newly-fallen snow. The Alsatian looked down and said "My paws are absolutely freezing". The dachshund was not very sympathetic and responded with a snarl "Think yourself lucky it is only your **paws** that are freezing!!"

What do you get if you receive a letter from a feminist? Hate Male

It was recently announced that fashion designer, Gok Wan, has a younger brother. His name is Gok Tu.

The definition of Irreconcilable Differences in a marriage is when she melts down her wedding ring to make a bullet.

Somebody said to me "Smile" Things could be worse."

So I smiled. And things **were** worse.

I was looking into family history and found that one ancestor had emigrated to America and joined an early wagon train west. His name was Bicarbonate: he was one of the early settlers.

A friend of mine said he saw Elvis last week. He swore it was absolutely true. He says he was sat between Elvis and Buddy Holly on a UFO trip to Saturn.

Women are like roads. The more curve they have the more dangerous they are.

I like chocolate. Chocolate is made from cocoa beans. These are part of a plant. And so chocolate must be a salad.

Newlyweds have their first argument. The wife rings her mother. "Mum, we have had a real big row" Mum answers "Not to worry these things happen" The wife says " I know but what will I do with the body?"

## POETS CORNER

### English Oddities

The English language is quite odd.  
It must've been a different sort of clod,  
Who thought this mess all out.  
He really didn't know what talking was all  
about!

After all more than one mouse is mice,  
But on my block we have houses not hice!  
A goose can fly with a bunch of geese,  
But in Canada I have not seen a herd of meese.

One man and a male friend make men,  
Then you know as well as I that pan ain't ever  
pen.

I put a foot down and stand on both feet,  
But I wear some boots and definitely not beet!

I pull a tooth and have a gap in my teeth,  
But at the fair they have booths not beeth.  
This is one and two or more are these,  
And I get one kiss but I don't get several kесе!

How about a brother or a group of brethren?  
Where as a lovely mother won't meet methren.  
Then there's pronouns he, his, and him,  
But you shan't say she, shis, and shim!

As you know it's tough with words like bough,  
Whooping cough, and cookie dough,  
And another thing you can start to hate,  
Is how people take boats straight down the  
strait!

And why doesn't nose sound like lose?  
Why, tell me, is it goose and moose, then  
choose?  
I still haven't got a single, solitary clue,  
And they tell me I've been talking since two!

Internet

**EDITOR:** Graham Bridge. If you wish to  
contact me on any of the topics in the  
Newsletter then please call me on  
**01204 387704 or Mobile: 07894 810901**