



Hi Everyone



What a great turn out we had today for our Annual General Meeting, maybe the Bradley Fold Scones had something to do with it!

We were also blessed with a nice sunny day which could have helped as the weather has been pretty poor over the last few weeks.

For those of you that were not able to take in all the information I threw at you today will find a copy of 'The Chairman's Statement' at the back of the newsletter. You will also find a report of the meeting on page 3.

The Football card proved to be very popular, so much so, I never got the chance to get my name on it. Kath Maguire won it so 'well done' Kath.

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 one inch around the stamp.

We know there are several of you out there that are not very well, in hospital or convalescing so all our best wishes and get well soon.

You may remember that we had a gentleman by the name of Martin Heuter visit us recently and he circulated among the tables to chat to you about a new scheme called 'Rally Round'. It is a new initiative that has been launched and involves family and friends to come together to support those they care about. Martin has sent us some leaflets. A leaflet is included with this newsletter.

Bolton Healthwatch have asked for Jigsaw's help with a Wheelchair Survey so Lynn wandered round after the AGM to see if a few members would fill in the survey.

If you didn't attend the meeting and want to help please give Lynn a call - she has some hard copies available. Details of Survey on Page 5.

Pam, from the Stroke Association popped in for part of the AGM.

Many thanks to those who donated books of 2nd class Stamps, much appreciated.

Note to members – don't forget you don't have to sit on the same table each visit, you can move around and get to know other members of the group.

OLYMPUS FISH & CHIP RESTAURANT OUTING

Monday 6th March 2017

£7.50 per person



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). As usual we will have full waiter/waitress service.

You pay for your own drinks (apart from tea/coffee with the meal).

You make your own way there and back.

Meeting at the Olympus at 11.30/11.45am – Orders will be taken at 12 Noon. (there is a good choice of food – you don't need to have fish & chips – they have steamed fish, steak puddings, pies, jacket potatoes, moussaka, salads, sandwiches etc). So - Plenty of choice for everyone.

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.

There are a few places left so 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.

SAD NEWS - Eileen Rollinson died 26th January 2017 aged 88yrs



Eileen came to Jigsaw meetings with her friend, May Barlow, as often as her health would allow. Last year the visit from Chetham's School of Music was a particular favourite. Eileen was also able to come to several of our more local outings to The Olympus Restaurant and also on the Canal trips which she always enjoyed as well as the trip to Ryecroft Hall during 2016.

Eileen had spent a few years working at Chloride in Little Lever but her other Career in textiles as a Textile Designer was something she loved to do and was her real passion. Colour and design was very prominent in her life. Eileen was a lovely person and will be sadly missed by all who knew her.

Our sincere condolences to Eileen's family and friends.

JIGSAW ANNUAL GENERAL MEETING (AGM) TUE 14th FEBRUARY 2017

Thank you all for making the AGM a meaningful one by turning up in the numbers you did. I appreciated everyone listening attentively and I know I got through quite a lot so I just want to give an overview of what was said and where we are today.

Unfortunately, we had six of our members pass away this year, their names are in The Chairman's report which is attached to this Newsletter. I have to say we all observed the minute's silence impeccably.

We had a very successful 2016 due to the remarkable amount of funding that we had received for the year. This allowed us to have some great trips and in house entertainment and it helps to secure our financial status for this year.

Copies of the accounts were on the table and accepted at the meeting. I did say if anyone would like a copy to let me know.

We will still need and are always looking for funding and Mike Hallam has volunteered to help me to look for what is available out there.

I mentioned that several members joined the Bolton Hospice Lottery from which it is possible to win £1000. The good thing is that Jigsaw gets back approximately half of what we contribute (£586 this year) and each member has the opportunity to win some money. If you require more details, see Sandra at the next meeting.

You overwhelmingly voted for the existing committee to continue for the forthcoming year and we will continue to do so. You also agreed to let Marie Gradwell join the committee and she was duly elected, Marie is in the centre of photo bottom left.

Why two photos? We thought that we would do a group shot of the new committee (smiling faces and all that) but we could only find seven of us as Rhona and Sandra (right picture) were indisposed. They were found eventually hence second photo.

There you have it. A very successful Annual General Meeting and a picture(s) of the committee with smiling faces.

Thank you all.



MEETING – Tuesday 14th 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 Baronia’. 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 completely new programme. This time the singers will present ‘**A Night at the 19th 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!

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

Main Meeting

14th March

11th April

9th May

13th June

11th July

8th August

12th September

10th October

14th November

12th December

‘Drop In’

28th February

28th March

25th April

23rd May

27 June

25th July

22 August

26th September

24th October

28th November

(NB: Christmas Party – Ticket Only with extended hours)

TRIPS for 2017

All Jigsaw trips will use a disabled access coach

Canal Trips

Wednesday 17th May

Tuesday 20th June

Friday 21 July

Monday 14th August

Summer Trip – Southport

Wed 5 July

Other possible trips will be discussed at the Committee Meeting in March 2017

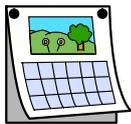
Remember just because you have a disability it shouldn't stop you enjoying life. You just have to do things differently and plan a bit more.

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

	Third Floor Bolton College Deane Road Campus Dean Road, Bolton BL3 5BG
Wednesday 22nd February	
Wednesday 8th & 22nd March	

For further details about this group or to arrange to come along please contact Kathryn George or Pamela Dawson



01204 895940

Healthwatch – Bolton – Wheelchair Survey

Bolton Healthwatch would like our help with a 'Wheelchair' Survey. If you have used a wheelchair in the past or use one at the moment, then Healthwatch would like to hear from you about the service provided.

They want information, good and bad, so that the service can continue to be improved.

We had forms available at the AGM meeting today but if you were not able to attend, for whatever reason, and you would like to take part in this survey. Please contact Lynn on 01204 387704 for copies.

Alternatively, this can also be done on line: <https://www.surveymonkey.co.uk/r/3PTH6W2>
Forms/online Survey must be completed by 24th February.

NOTICES

Dates for your Diary for Forthcoming Meetings in 2017

'Drop In'	Tue 28 th February Quizzes, Chill & Chat + Exercises with Alicia
Formal Meeting	Tue 14 th March Chethams School of Music (‘A Night at the 19 th Century Opera’)
'Drop In'	Tue 28 th March Quizzes, Chill & Chat + Exercises with Alicia
Formal Meeting	Tue 11 th April Joan’s Music Quiz

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

TRANSPORT

For members using Taxis (organised by Jigsaw)

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

INFORMATION (for Stroke Survivors & Carers)

The Information Table is always being updated, as is the Book Library (more choice).

Books are now located in the Coffee Lounge + we also have Audio Books on the Info Table.

Pop along and have a look there's always something new! e.g. Wiltshire Farm Foods, Carers Info, Holidays, Stroke News magazine Physios, Counselling and more.....

'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. So if you wish to have one, please see Lynn at the next meeting.

WHEELCHAIR ACCESSIBLE TAXI PHONE NUMBERS

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

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

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).

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

A truck carrying copies of Roget's Thesaurus crashed on the motorway. The local newspaper reported that onlookers were 'stunned, overwhelmed, astonished, bewildered and dumbfounded'

A woman is coming out of a store and has her hands full of shopping. Suddenly a gust of wind blows her skirt up, revealing she is not wearing any underwear. A passing man can't help but look and gets an eyeful. "Well" fumes the woman, "you certainly are no gentleman" "That's funny" replies the man "I was just thinking the same thing"

A woman walks into the church where a wedding is about to take place. An Usher asks her "Are you a friend of the Groom?" "Oh no" replies the woman "I am the Mother of the Bride"

This guy waved at me then came across the road to me, then said "Sorry I thought you were someone else" And I said "I am"

How long a minute is, depends on which side of the bathroom door your on>

A woman is looking at a display of diamond necklaces in a jeweller's shop. She holds one against her neck. The manager asks "Do you like that madam?" The woman says "Yes I do, but if my husband doesn't would you refuse to take it back"

On the first morning of his honeymoon, Harry surprises his new bride with breakfast in bed. He puts down a tray with a plate of eggs, bacon, sausages, mushrooms, fresh orange juice, a rack of buttered toast and a pot of tea. "What do you think?" asks Harry. "Oh Harry, it is wonderful" replies his bride. "Good" says Harry "Make sure you remember how it is laid out, as that is the way I want my breakfast every morning"

Fred goes up to Jack. "Hi there Jack". "Oh, Hi there Fred" replies Jack "Aren't you going to ask me how I am?" asks Fred. "Sorry Fred, how are you feeling?" replies Jack. "Don't ask" says Fred.

A Blonde is playing 'Trivial Pursuit'. She is asked a Science question "You are in a vacuum, if someone speaks to you will you be able to hear it?" The Blonde asks "Is the vacuum on or off"

I think we must have had some inbreeding in our family. I have a cousin who can count to thirteen on his fingers.

What do you call a hen with lettuce stuck in its eye?
A Chicken Ceaser Salad.

Once I used to suffer from multi personality disorder. The doctor gave us some pills and now we are all feeling great.

Dave Smith Britain's smallest man died in a freak accident. He fell into a bowl of Meusli and got pulled under by a strong currant.

POEMS

Wrinkle Beaters

First thing in the morning, as I do every day,
I apply a little moisture cream to keep the lines at bay.

But now I've got a problem that could really make me scream,
Cosmetic stalls are baffling us with yet another cream!

There are day creams and night creams, and one for round the eyes,
Hydration creams and serums, and they're all expensive buys.

There are creams to turn the clock back, and according to TV,
They are guaranteed to do the trick – now *that* I've got to see!

With toning creams and cleansing creams, and sunblock lotions too,
It seems they're all essential, designed for me and you.

But then of course, that's not quite all, we have not finished there!
We've got hand creams and foot creams, and unguents for our hair.

We've got nail creams and body creams, each better than the other,
But when I hear of all this choice, it makes me think of mother.

For her skin was like a baby's and she only used one balm, The rest
was soap and water, but it didn't do mum much harm!

Margaret Mattinson – N. Yorks
Vias Daily Mail

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

**JIGSAW (BOLTON STROKE GROUP)
AGM 2016- 2017**

CHAIRMAN'S STATEMENT.

Welcome everybody to our Annual General Meeting for year ending January 2017. It's nice to see so many of you here and hopefully I will not be too long.

Before I go any further there are three groups of people who deserve a special mention. Without these three groups, Jigsaw would not be where it is today.

So as Chairman I would like you all to join me in showing your appreciation to the first group which are the Committee and all the Helpers.

I hope that we did you proud during the past year and that you enjoyed all the meetings and events we organised on your behalf. If feedback is anything to go by I think we did alright and I hope that we will continue to do so for 2017-18.

The second group is the reason Jigsaw exists. That group are the Stroke Survivors. Having the positive attitude to come through those doors for the first time and then sticking with it is not easy. So a round of applause for all the Stroke Survivors. Well done to all of you.

The third group are the Carers, having been one myself (and still am on occasions) I know exactly what you are going through. So, a round of applause for the Carers.

All three groups are what make JIGSAW. Your enthusiasm, commitment, positive attitude and sense of humour is something special. What I like about it is, it just seems to have developed naturally within the environment we have provided. Let us hope that it continues.

Whilst we are in thanking mode I would also like to thank Christ Church for allowing us to use this splendid venue and for the support they have given us during our time here and for some time to come I hope.

The Newsletter will continue to be produced for the forthcoming year and I would welcome any suggestions from you as to its format. I would also like to see more contributions from you such as poems, jokes, recipes, articles, personal stories, etc. The personal stories can be very interesting and helpful to other members.

Sadly, we have had to say farewell to six of our members who have passed on during the past year. So I would like us to show our respect by observing one minutes silence for Roy Elsby, Eddie Shakespeare, Terry Hyams, Peter Baker, Ernie Sharples, Eileen Rollinson.

Thank you.

So what have we done over the past year?

Well, I would, again, like to give special thanks to Joan Armstrong, who has produced all the frustrating picture, and general knowledge quizzes during the year. She has already produced more for 2017.

The Exercise Sessions continue to be popular (these will continue for 2017)

We have to thank Joan again for doing a fiendish musical quiz and Michael Eastwood for his talk on Egypt.

We have had two choirs, The Ladybridge Singers and The Entertainers.

We had Mitch singing for us and also Kennedy doing her Dolly Parton Tribute act and who can forget 'Chetham's School of Music' Students giving us an incredible afternoon, reducing us all to tears and leaving me a gibbering wreck. Brilliant.

They are coming again next month. Hankies at the ready.

We have had pasty and peas and gravy of course.

A couple of Buffets.

Bradley Fold Garden Centre scones.

And then the Christmas Party, what a success that was.

Everything ran like clockwork, you guys being on top form, Cappuccino's providing another great buffet and Kenny Stephens, our entertainer, the icing on the cake.

It was a great send off into the New Year.

Every visitor, speaker, and performer, have all left with fond memories of JIGSAW with the comment "You would never believe this is a Stroke Group?"

Where have been last year?

A couple of outings to the Olympus Chippy

Ryecroft Hall

5- Canal Barge Trips

The Annual day out to the splendid Ramada Hotel, Southport (another fantastic day)

The Holiday Inn, great food and entertained royally by Tony Berry.

And finally, the Christmas Outing, again, to The Holiday Inn. I think you will agree it was a great venue. We have already reserved the room for next Christmas.

And where applicable we have been able to use the splendid coaches that 'Swans of Oldham' have provided.

So all in all it hasn't been a bad year and until the committee finalises the programme for 2017 I have no idea what the year will bring.

As Chairman I have been heavily involved with the Treasurer looking for funding and I know we have had an exceptional year so I will hand over to the treasurer to tell you all about it.

Thank you.